



The AWAKENING

Newsletter of the Wisconsin Society of PeriAnesthesia Nurses

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Contents

President Address	1
WISPAN BOD Minutes	2
News from National	3
BOD Members	4
International Conference	5
Calendar of Events	6
Thank you, WISPAN	6
Look What's New in CPR	7
WISPAN Winter Seminar	
What a Success	8
Government Affairs	9
Election Ballots	10



President's Message

Sue Matheys RN, BSN, CPAN

WISPAN had their first board meeting of the year on Friday, January 28. Future seminars planned include a fall 2012 seminar with the possible location in the Wisconsin Dells. The spring seminar will be in Fort Atkinson on May 14, and will include sessions on new advances in joint replacement surgery, outpatient prostate procedures, and current regional techniques for ambulatory surgery.

ASPAN has announced the first International Conference for Perianesthesia Nurses to be held in Toronto, CA – October 2-5, 2011. Nurses from Ireland, England, Canada and the US will be participating. Details can be found on the ASPAN website. The WISPAN board decided to offer two \$1000 scholarships to attend this conference. Application forms are on the WISPAN website and must be submitted by June 1st.

Seattle, Washington is the location for the ASPAN National Conference April 3-7. WISPAN will send Stephanie Kassulke (president elect) and me to the conference where we will participate in the Representative Assembly. The assembly consists of representatives from all of the components. It is during these meetings that elections take place for board members on the national level as well as other decision-making activities. Sunday evening, April 3, members from WISPAN will participate in component night where the theme is "follow the yellow brick road". We will be raffling off a \$100 bill to raise money for a local charity. This evening is always fun and a great way to kick off the conference. Tuesday evening, April 5 I am inviting all WISPAN members who are attending the conference to get together for dinner. Please email me if interested and I will let you know the details.

I'd like to congratulate the following WISPAN members who received a \$1000 scholarship to attend the national conference – Carroll Peeper, Sharon O'Hara, Mimi Spence, and Marlene Nahavandi. These folks also get the honor of coordinating our component night table at the conference.

ASPAN recognizes Certified Nurses Day, which is March 10. I would like to recognize 2 nurses who passed the CAPA exam last fall – Michele Rice and Kristine Cherney. Congratulations to them and to all the certified nurses who take pride in giving exceptional care every day.

rotator

WISPAN BOD MINUTES

Secretary's Report: Pattie Miller

- Minutes reviewed and accepted.

Treasurer's Report: Paula O'Neal

- Paula handed out a current financial statement. Concern was voiced re: lack of moneymaking event from the fall seminar in Door County. The fall seminar generated about \$500. Stephanie Kassulke suggested looking into changing site of fall seminar to The Wisconsin Dells or the Lake Geneva area. She felt this would market to other neighboring states. Stephanie Kassulke and Cindi Haddeman agreed to work together to investigate sites for the fall 2012 seminar site.
- Paula O'Neal is working on following up on investigating liability insurance.
- Paula O'Neal moved some of the WISPAN money to a CD where she was able to get a higher interest rate for the organization.
- Paula O'Neal did some investigation and suggests that forms can be completed to complete bonding. She is preparing to do this online. In preparing to do this, it was noted that WISPAN was incorporated in Feb 2009. Bylaws were last reviewed Feb 2009. We need to do a more recent review.
- Paula O'Neal states that we need to address Bylaw Article 11.2 What to do if WISPAN disbands? Where does the money go (article 6.2)? 501 C3 notes the Funds must be sent to a qualifying organization

- (such as ASPAN). Stephanie Kassulke moves to accept bylaw changes and Anne Marie second the motion.

President's Report: Sue Matheys

- Sue Matheys read a thank you note from Martha Clark re: her visit to the Wisconsin Component in the fall.
- New CAPA certifications from fall 2010 exam were Michelle Rice and Kristine Cherney. It was reported WISPAN has 290 members, 6 dual certified RN's, 41 CAPA, and 74 CPAN.
- Sue Matheys announced the National Conference would be April 3-7th in Seattle.
- This year's theme at the conference for Component Night is "follow the yellow brick road". Sharon O'Hara volunteered to coordinate WISPAN's table.
- WISPAN will donate one lanyard and one pair of earrings to the silent auction at Nationals. Also, WISPAN will again give a \$500 donation to ASPAN Foundation.
- Official representative credentialing form submitted. Sue Matheys and Stephanie Kassulke are primary representatives and Carroll Peeper and Marlene Nahavandi are serving as alternates.

President Elect Report: Stephanie Kassulke

- Stephanie discussed that she will be doing an interactive survey at the conference on Jan 29, 2011 with conference attendees to get feedback on how WISPAN is doing in meeting its strategic goal.



- The WISPAN strategic goal that will be discussed is "The society is committed to the promotion of perianesthesia nursing as a specialty and enhancing the professional growth of its members. She may put a questionnaire in Awakening for more feedback.

Immediate Past President: Cyndi Siebel-Mohler

- Cyndi reported the spring seminar will be on Saturday May 14, 2011 at Fort Healthcare in Fort Atkinson. More details to follow.
- The board discussed options for the fall seminar. This seminar will provide educational opportunity to prepare for certification exam. A suggestion was made to ask Kim Litwick to speak at the seminar. Marlene will ask

Kim if she is interested. Cindi Haddeman will check on a site in Eau Claire to host the seminar. Epic site in Madison was discussed as an alternate site.

- Cyndi Siebel-Mohler announced there is an open position for President Elect and encouraged Board members to consider others to get involved on the board.

Government Affairs: Marlene Nahavandi

- Marlene noted that WNA did not have any more meetings since her last report noted in the last Awakenings. See Awakenings for the meeting details.
- Marlene noted that WNA would be sponsoring a retreat called Promoting the Value of Nursing Quality

It's almost time to celebrate as we travel to ASPAN's 30th National Conference at the New Seattle Sheraton Hotel. Do you have your bags packed? Are you ready?

The Development team wanted to take this opportunity to let every Component, and every individual know about all of the Development activities at National Conference. ASPAN Development supports educational scholarships, research projects, and many other ASPAN activities throughout the year.

15th ANNUAL DREAM WALK –

Please join us, bright and early, on Sunday, April 3rd at 6:30am for a walk around the streets of Seattle! Take in the early morning sights and sounds of Seattle and raise money for future ASPAN projects.

EXHIBIT GRAND OPENING / SILENT AUCTION –

The exhibits open on Monday, April 4th at 5:00pm, as does the *SILENT AUCTION!* For those of you new to the National Conference, the Silent Auction is where you can find the unusual, the bling, a regional or State related item, or that piece of memorabilia that you simply **MUST** take home with you. Bids are taken up until the close of exhibits on Wednesday, April 6th at 9:00am, when everyone tries to make sure their bid **WINS!** Don't miss out. Come and bid often. Also, you may donate, as a Component or individual, an item for the Silent Auction.

“Development” LUNCHEON –

Come and be a part of the Development Luncheon celebration and this year's Hail, Honor Salute program. Enjoy great food, great friends and listen to an inspiring presentation, *“Be” The Gift and Make Their Day!* You don't want to miss being a part of this great luncheon. Keep in mind that proceeds from this luncheon help to provide scholarships and services to ASPAN members. Help ASPAN be all that it can be! See YOU there!!

Candace Taylor
Chair, ASPAN Development
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WISPAN BOD 2010-2011

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The First International Conference!

October 3-5, 2011
Toronto, Ontario Canada



ASPAN is working in coordination with BARNA (British Anaesthetic & Recovery Nurses Association), IARNA (Irish Anaesthetic & Recovery Nurses Association) and NAPANc (National Association of PeriAnesthesia Nurses, Canada) to sponsor this educational opportunity to all nurses practicing in perianesthesia related fields.

WISPAN Announces Scholarships Available to Attend!

Dead Line is June 1, 2011

For more information contact Sue Fossum at fossumsusan@hotmail.com

Calendar of Events

April 3-7, 2011 ASPAN National Conference

Seattle, WA

May 14, 2011 WISPAN Spring Seminar

Fort Memorial Hospital

May 14, 2011 WISPAN BOD Meeting Following

October 27-29, 2011 WNA Annual Convention

Green Bay

WISPAN Fall Seminar

Date/location to be determined



*Marlene Nahavandi
to WISPAN*

*Dear Marlene,
On behalf of the Cottage Grove Food Pantry,
I want to thank you and your
organization for the recent monetary
donation collected at your January
workshop. Donations such as yours
helps us continue in our efforts of
assisting families in need.*

*Thank you again for your thoughtful
and caring gift.
In appreciation,
Kathy Stapleton,
Coordinator*

*See WISPAN website for more information

The AWAKENING is written by and for
WISPAN members.

Look What's New in CPR

Diane Solomon BSN, RN CPAN

1960 was the year where three physicians documented fourteen cases where patients survived after closed chest compressions. This was the start of Cardio Pulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC) 1. These physicians laid the groundwork for evaluating and improving techniques. The 2010 guidelines are the result of an extensive literature and case study review on an international basis. Evidence was evaluated by over 300 hundred experts via phone calls, webinars and ultimately at a conference. ^{1,2}

The 2005 CPR guidelines were evaluated and compared to new evidence. Guidelines were developed based on the recommendations of these experts that included adequate chest compressions and depth, high quality CPR, and minimal interruptions. The 2010 CPR Guidelines are based on the evidence; following is a summary of these changes.



Health care providers continue to perform 30:2 cycles beginning with compressions. After two minutes check for a pulse (not more than 10 seconds) quickly resuming compressions; allow complete recoil after each compression. Compressors (rescuers) are switched every two minutes when two are present.

CPR for children places emphasis on high quality compressions. Pulse absent or less than 60 and a child is symptomatic begin chest compressions. Compressions need to be two inches deep at 100 per minute. One healthcare rescuer a ratio of 30:2 is recommended, two healthcare rescuers a ratio of 15:2 is recommended. ²

The American Heart Association released new guidelines for Cardio Pulmonary Resuscitation (CPR). Research proved the most important factor in successful CPR is effective compressions, with minimal interruptions.

The old Airway, Breathing, and Circulation (ABC's) is now replaced with Circulation, Airway, and Breathing (CAB); beginning with compressions. Compressions should be at least two inches deep at a rate of 100 per minute. Healthcare workers still open the airway and give two quick breaths with immediate resumption of compressions. While respirations are assessed initially, no more Look, Listen, and Feel. Nothing is more important than effective compressions, hard and fast. The key to successful CPR is action-not assessment. ²



This year marks the 50th anniversary of the first medical publication documenting survival after closed chest compression for cardiac arrest. We have seen changes over the years based on the evidence. Research will continue to guide our practice and promote positive outcomes.

1. Field, J. Co-Chair, Hazinski, M. Co-Chair, Sayre, M., Chameides, M., Schexnayder, S., Hemphill, R., Samson, R., Kattwinkel, J., Berg, R., Bhanji, F., Cave, D., Jauch, E., Kudenchuk, P., Neumar, R., Peberdy, M., Perlman, J., Sinz, E., Travers, A., Berg, M., Billi, J., Eigel, B., Hickey, R., Kleinman, M., Link, M., Morrison, L., O'Connor, R., Shuster, M., Callaway, C., Cucchiara, B., D. Ferguson, J., Rea, T., Vanden Hoek, T. 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science Part 1: Executive Summary. *Circulation*. Available at http://circ.ahajournals.org/content/vol122/18_suppl_3/. Accessed 3/1/11.

2. American Heart Association. Highlights of the 2010 American Heart Association. Guidelines for CPR and ECC. Available at http://circ.ahajournals.org/content/vol122/18_suppl_3/. Accessed 3/1/11.

WISPAN WINTER SEMINAR WHAT A SUCCESS

Stephanie Kassulke MSN, RN, CPAN
WISPAN President Elect

Madison was the place to be the end of January. The annual Winter Seminar held in Madison had over 200 attendees. I believe this was due to the quality of the topics, the expert presenters, and the education offered. Thank you! The previous night the Board of Directors met, identifying the work to be done this year. Strategic Goals need to be evaluated in a predefined timetable. These goals are used to guide the work, give you the framework for growth. The attendees made for a captive audience, providing a random focus group of members and nonmembers.

There were four main themes that came out of this discussion. Time, money, website, and feeling valued. I want to let the members know that you were heard and that the BOD is investigating what we can do.

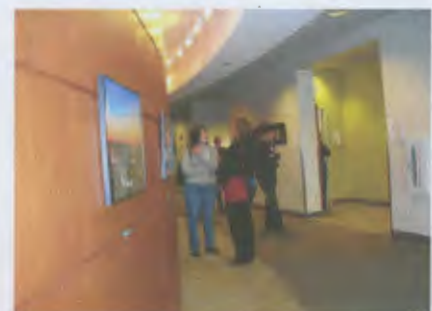
The first was time. Discussion included what did the members think, did they think that being on the board took a lot of time? Many felt that this was very time consuming. I asked the BOD members to estimate the amount of time that each had spent on WISPAN activities for the last three months. Please see table 1 for these estimates.

Position	Time Spent	Activity
President	2 hours	BOD meeting prep
	2.5 hours	BOD meeting 1/27/11
	1 hour	Prep for WISPAN update presentation
	.5 hour	President's message for newsletter
	1 hour	Various email correspondence
	2.5 hours total	Madison travel time (round trip)
President Elect	1 hour	Prep for Strategic Planning Discussion
	1 hour	Email correspondence
	4 hours	Working on 2012 Seminar, Wisconsin Dells
	2.5 hours	BOD meeting 1/27/11
	3 hours	Madison travel time (round trip)
Secretary	4 hours	Sorting WISPAN information/papers
	1.5 hours	Typing WISPAN minutes
	2 hours	BOD Meeting
	2 hours	Travel time to Madison
Research	8 hours	Working on audit
Membership	7 hours	Correspondence
	30 minutes	e-mails
Historian	1 hour	Organizing Pictures
	3 hours	Working On Component Night

Table 1

As you can see from the table that WISPAN activities vary according to position. The secret to being on the board is dedicating increments of time that is set aside to get the work done. Hopefully, this information will change your belief concerning commitment, opening the path to joining the board. Join us for a meeting.

WISPAN Members Networking Winter Seminar



WISPAN WINTER SEMINAR

The next topic was money. ASPAN went to a dual membership structure, what this means is that one pays national dues as well as state. I am proud to say that WISPAN are good stewards, resulting in not raising the state membership dues in several years. We are solvent due to our successful educational programs therefore not requiring that we increase dues. ASPAN charges \$75.00 for an active membership and \$30.00 for our state. The total is \$105.00 for the year. I randomly checked various nursing organizations, please see table 2 for comparison. ASPAN/WISPAN's dues are comparable to other organizations. Education, scholarships, networking, discounts, and publications are available at the state and national levels within ASPAN/WISPAN. Organizations need money to exist, providing the benefits that each member enjoys. WISPAN evaluates the budget and costs at every board meeting.

Organization	Cost	Benefits
Wisconsin Nursing Association	Cost varies by county. Average \$270.00	Publications Discounts to seminars Insurance programs Save on products through
American Society for Pain Management	\$95.00 per year	Educational opportunities On-line education Publications
Academy of Med-Surg Nurses	\$84.00 per year	Publication Scholarships Education
AACN	\$78.00 for 1 year \$148.00 for 2 years	Publications Education Networking
American Holistic Nurses	\$125.00 per year	Publications Networking Education

Table 2



The website was another topic raised. Updating the website was discussed last year. A quote was obtained from a Web design company. The quote was evaluated, alternatives were looked at, and the decision was made not to update at the time. Ease of use, visual look, and having a place for information sharing were identified. These concerns are being looked. There are several questions that need to be addressed. These include can the present web program provide the means for a forum area. The cost of getting an outside vendor and who would be able to add information needs to be evaluated. The Website redesign is something that needs to be done, but we want to accomplish this task in the most cost effective manner. Information is being collected by the web master as to present functionality of the site and will be shared at the next board meeting.

The last topic was feeling valued, promoting the importance of education, organizational involvement, and support. This will be discussed at the next meeting. Strategies will be shared, determining if there is anything that we can do. The answer maybe that we can't but that is something that we may need to accept.

I wanted to take this opportunity to share with you that we did hear what you had to say, that we are taking steps to address each issue. Membership will be kept up to date regarding these issues through the AWAKENING by means of meeting minutes or articles.

I want to thank everyone for participating. Please contact a board member if you have questions, concerns, and/or suggestions.

Government Affairs

Marlene Navalandi BSN, RN CAPA

WNC Nurse Summit report from February 17, 2011

First a little history:

Over the past few months, nurses and other stakeholders have focused their attention on the report and recommendations by IOM (Institute of Medicine), in conjunction with Robert Wood Johnson Foundation, identifying how nurses need to be utilized as part of the quest for health care reform. Transforming the health care system to meet the demand for safe quality, and affordable care will require a fundamental rethinking of the roles of many health care professionals, including nurses. The 2010 Affordable Care Act represents the broadest health care overhaul since the creation of Medicare and Medicaid programs, but nurses are unable to fully participate in the resulting evolution of the U.S. health care system. This is true for nurses at all levels, whether we practice in schools, community, public health care centers or the acute care setting. There are a variety of historical, cultural, regulatory and policy barriers

The summit also focused on nursing leadership, digital revolution and payment reform. There was general discussion about Wisconsin initiatives to improve quality and cost effective healthcare in Wisconsin. The following is a list of a few of the initiatives/groups that are working towards this goal:

- WCHQ) <http://www.wchq.org/>
- Wisconsin Health Information Organization (WHIO) <http://wisconsinhealthinfo.org/>
- Wisconsin Health IT Extension Center (WHIEC) <http://www.whitec.org/>
- Wisconsin Health IT Workforce Development Program <http://matcmadison.edu/hit>
- Wisconsin Medicaid Electronic Health Record (HER) Incentive Program <http://www.dhs.wisconsin.gov/ehrincentive/index.htm>

that limit nurse's ability to contribute to widespread and meaningful change.

This one day summit was an informative session in which nurse leaders and nurses from around the state discussed "What is the road map of actions that can be identified, designed and implemented to better utilize and demonstrate the value that nurse contribute to improved patient care in Wisconsin?" The summit provided an overview of the national and state activities and initiatives related to the selection, collections, measurement, reporting and payment of health care professionals in the USA and in Wisconsin. The summit focused on the following two recommendations from IOM.

- Nurses should practice to the full extent of their education and training.
- Nurses should be full partners with physicians and other health care professionals, in redesigning health care in the United States."

-
- Wisconsin Relay of Electronic Data (WIRED) for Health/WI E-Health Record <http://wiredboard.wisconsin.gov/>
 - The National Quality Forum <http://www.qualityforum.org/Home.aspx>

The previous list is just a few of the many groups that are working towards the goal to improve the quality and provide cost effective healthcare. Please take the time to few one or more of the websites to learn more about the actions that are taking place to work towards improvement in patient care.

The next steps from the summit include the following: as reported in the WNA Stat bulletin.

1. Develop and publish a Summary of the Proceedings.
2. Encourage and support nurse leadership and involvement on state organizations/groups charged

Government Affairs Cont.

with generating, reviewing reports and payment related to patient care outcomes.

3. Create a unified message regarding the recognition and validation of professional nursing role, responsibility, contribution and value to quality patient care outcomes.

4. The Wisconsin Nursing Coalition will develop recommendations.

State Budget Adjustment Proposal (SS SB11)

WNA response

WNA realizes that Wisconsin is facing a budget deficit but the organization does not agree with the process that is being used to enact Special Session SB11. WNA does not support the fast track process that changes a long-standing state statute governing the collective bargaining rights for public

employees. WNA is also concerned about removing the legislature from the discussion, authority and responsibility to vote on changes that impact the funding of Wisconsin Medicaid programs. More information can be found on the WNA website

CONFERENCE'S

"The IOM Report: Building the Future of Nursing in Wisconsin." *It is a* conference to advance IOM recommendations for the state. It will be held May 2, 2011 at the Wilderness Resort in Wisconsin Dells. NURSES Day at the Capitol is March 8th, 2011. To register visit WNA home page.

2011 WNA Annual convention October 27-29, 2011 at Green Bay, WI

Elections

President Elect

___ Cindi Haddeman, RN, BSN, CPAN

Lives in Eau Claire, WI

Currently works at Luther Hospital

Position: Supervisor Perioperative Services

Member of WISPAN / ASPAN

Currently serves on the WISPAN Board as

Education Chair

___ Write-In Candidate: _____

Education Chair

___ Mary Raspanti RN, CPAN

Lives in Shorewood, WI

Currently works at Columbia-St Mary's Hospital – Milwaukee

Position: Clinical RN II

Member of WISPAN / ASPAN

Has served on the WISPAN Board as President Elect, President (2009) and Past President

___ Write-In Candidate: _____



Send email votes to RnCsm@aol.com

Or paper ballots to:

Cyndi Mohler

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WISPAN MISSION STATEMENT

The Society is committed to the promotion of PeriAnesthesia nursing as a speciality and enhancing the professional growth of its members.

*Deadline for next AWAKENING is
June 10, 2011*

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