



The AWAKENING

Newsletter of the Wisconsin Society of PeriAnesthesia Nurses

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President's Message

Sue Matheys RN, BSN, CPAN

It's June, it's summer (?), and another year for WISPAN is coming to a close. Starting July 1, we welcome new board members. Congratulations to Stephanie Kassulke, President, Cindi Haddeman, President Elect, and Mary Raspanti, Education Chair. All three of these ladies have served on the board in the past in different positions and are very capable leaders. Thank you for volunteering your time to ensure the continued success of WISPAN.

When I look back on the past year for our organization, I am extremely proud of the educational opportunities that were presented for perianesthesia nurses throughout our region. There were marvelous conferences in Door County, Madison, and Ft. Atkinson. WISPAN awarded 4 scholarships to attend the ASPAN National Conference in Seattle. We also sent 2 people to the Component Development Institute in Louisville last fall. In addition, we offered 2 scholarships to the International Conference for PeriAnesthesia Nurses taking place in Toronto in October.

Looking forward to the upcoming year, plans are progressing for a conference in Eau Claire in October featuring Kim Litwick, and a weekend conference scheduled for next September in Wisconsin Dells.

ASPAN's National Conference was fabulous! I met some great people and renewed acquaintances with others. The famous Seattle weather lived up to its name, but so did the Public Market, the shopping, and the food. Stephanie Kassulke and I attended the representative assembly and voted for ASPAN's leaders for the next year. The component leaders from our region met one of the evenings. There is quite a bit of interest in planning a multi-state conference and a research cooperative. Anyone interested in research is encouraged to contact myself, or Anne Marie VanDuzor, WISPAN's Research Chair. Martha Clark continues to serve as our Region 3 Director. She continues to work on distributing a Region 3 newsletter.

WISPAN is also proud of the fact that we are now a tax exempt organization. Thanks go to Paula O'Neal for navigating through all of the necessary paperwork.

WISPAN also has a very enthusiastic membership chair, she continues to mail membership welcome letters, and reminder letters for membership renewal. The organization encourages you to recognize coworkers for their excellence in practice, as there are two awards available, Excellence in Clinical practice and Outstanding Achievement Award. See the website for details.

Continued next page

WISCONSIN
REPORTER

President's Address, continued

WISPAN also continues its involvement in the community. Our government affairs representative continues to distribute information of interest to the nursing profession and encourages involvement through contacting state representatives and using your vote. Donations were made to local food pantries and to the Sojourner Peace House.

I was a "rookie" when I joined the board and served as WISPAN president for the past year. I have had the pleasure of working with some dedicated perianesthesia nursing professionals, and look forward to continued service in the future.

Editor's Corner

Stephanie Kassulke MSN, RN, CPAN Editor

There are two issues of the AWAKENING left. The contest continues. Are you in school or your hospital has a new procedure or equipment? Have you considered submitting an article? I am always ready to assist you in editing your story. It is inspiring to see your name in print. Take the challenge and stretch your wings, submit an article.

The deadline for the next issue is September 9, 2011. I look forward to hearing from you.



Strategic Goals Succession Planning

Stephanie Kassulke MSN, RN, CPAN
President-Elect

WISPAN's strategic goals include creating an environment of learning, networking, and support for our membership. Maintaining an effective organization is the mechanism that makes this happen. Educational offerings would not be possible without leadership dedication. WISPAN offers three seminars a year, these offerings are the result of board members working with various hospitals within the state.

Innovative leaders are imperative for an organization to grow. I have been involved in different roles, I have experienced how innovative leaders can lead an organization into the 21st Century. Continuing to provide information based on the focus group, I want to highlight various positions.

The first position is President-Elect to President. The President-Elect provides a time to learn and become comfortable with dealing with organizational business. This is the time where the President mentors and guides you, preparing you. Sue Mathey's has been WISPAN President 2010, she has done a remarkable job and this was her first time on the board. One needs to have leadership skills, the ability to make decisions, and stand by them. The other board members are treasurer, secretary, education, membership, and governmental affairs, ad hoc members webmaster and editor. Each position speaks to their responsibilities. Job descriptions are available on the website. These individuals comprise the organization's leadership, the decision makers. Dedication is the motivator for their involvement and without this the organization would fail.

WISPAN needs new leaders with new ideas in order to grow. Over the years, WISPAN has instituted the weekend away, half day ambulatory seminar, and working with other organizations. Members are invited to attend our board meetings. These meetings are held three times a year, linked to the seminar. Often organizational business is done via email between meetings, creating an alternative process for decision-making.

Take the time to consider giving back to your organization. See what we do. Seminars are highlighted in the AWAKENING, website, and via mail. The next board meeting will be Friday night October 7, 2011. Please contact myself or a board member about location and time.

WISPAN BOD MINUTES

MAY 14, 2011

Secretary's Report: Pattie Miller

- Minutes reviewed and accepted with one correction. WISPAN is applying for Tax exempt status not bonding
- Minutes will now be reviewed and approved electronically. This will save time at the meetings.

Treasurer's Report: Paula O'Neal

- Paula handed out the current financial statement. Key points were that the winter seminar was very successful
- Paula has asked for a volunteer to work on bonding and insurance, which is strongly recommended through CDI. Stephanie volunteered to go through ASPAN for more info and to look into Paula's contact at MARSH.

President's Report: Sue Matheys

- National Conference update: At the representatives assembly, VP/Pres Elect for ASPAN is Susan Carter, Martha Clark was re-elected as Region 3 Director. ASPAN membership is over 14,200. New marketing and communications manager is Doug Hanish.
- International Conference will be held Oct 2-5 in Toronto. Website for the conference is www.icpan.info.
- ASPAN's strategic plan includes reducing number of committees, to maintain primary focus of research, education, and clinical practice.
- ASPAN has 3 major sources of income: publications sold, memberships, and national conference.

President's Report: Sue Matheys

- Region 3 meeting, OH reported how they scanned their documents on to jump drives. They are interested in planning a "regional conference". Martha Clark is trying to develop a hyperlink from the Region 3 newsletter to the individual component newsletters.
- Component night brought in \$125 for Sojourner Family Peace Center. WISPAN donated a Wizard of Oz-themed lanyard and earrings for the silent auction.
- ABPANC news to share-there are new online practice exams available under the ABPANC website under Certification tab. 600 people attended the CPAN/CAPA breakfast at Nationals. Over 800 RNs will be sitting for the spring 2011 CPAN and CAPA exam-more than ever.

President Elect Report: Stephanie Kassulke

- Money, time and the website were identified as issues.
- These issues were addressed in the last AWAKENING. Website update will be discussed at the September BOD meeting when webmaster is present.
- Kalahari in Wisconsin Dells will be the site for Sept 15-17, 2012 conference. The contract is signed.
- Preliminary plans have been started. Menus, conference rooms and electronics are in place. Resort fees will be waived. This will be similar to Door County.



Immediate Past President: Cyndi Siebel-Mohler

- Elections were held and the results are in... Education Chair-Mary Raspanti, and President Elect-Cindi Haddeman. Congratulations to both of you.

Government Affairs: Marlene Nahavandi

- Review from the WNC Nurse Summit in Feb, 2011/other issues. See Government affairs article.

Membership: Bonnie Holzheimer

- 302 WISPAN members, almost 20% are certified. Bonnie continues to send out letters to members getting close to renewal dates and to seminar attendees who are not members.
- Strategies to increase membership were discussed.

Education: Cindi Haddeman-no report

- Fall 2011 seminar will be at Luther Hospital in Eau Claire.
- Kim Litwick will be the speaker. Cindi will discuss possible topics with Kim.
- The theme of the talk will be "A Potpourri of Perianesthesia Nursing". WNA will be approving contact hours for this event.

Standard Operations: Jill Katz

- Job descriptions were reviewed: Immediate Past President-will delete, "needs WISPAN board experience" as a requirement, as this is a given.
- Standard Operations-will add, "computer skills are recommended".

Minutes Continued

Standard Operations: Jill Katz (continued)

- Secretary-add "the secretary will send minutes to each bard member within 30 days after each meeting and post on the website with the next Awakening". Editor-delete "collaborate with printer, typist and publisher".
- Add, "electronically distribute Awakening within the established timeframe".
- Clarified that on the organizational chart that Scholarship is under Education.

Scholarship: Mimi Spence

- Clarification was made that those filling out applications for the International Conference will use the same application you would use for the National conference and follow the same requirement/guidelines as used for the National conference.
- If someone is awarded a National scholarship and they are unable to go, the money will go to the next qualified person in line and if nobody else had applied, the money will go back into WISPAN.

Historian: Sharon O'Hara

- No report

Web Master: Carroll Peeper

- No report

Research: Anne Marie Van Duzor

- No report

Awakening Editor: Stephanie Kassulke

- Deadline for the next issue is the 2nd Friday of June.

Old Business

- Scanning of documents--There was a brief discussion on scanning WISPAN documents. Pattie will contact the Ohio component to ask for feedback on it. Also, she will gather quotes from at least two or three companies for scanning quotes.
- Strategic Goal re: rewarding years of membership. Will check with Sue if there is a way to check on a members consecutive years of membership.

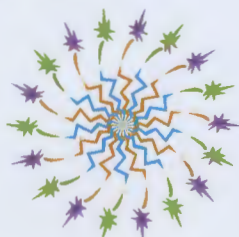


New Business

- See scholarship section for discussion on scholarship applications.

Motion to adjourn the meeting by Mimi Spence and seconded by Cindi Siebel-Mohler. The meeting was adjourned by 1415.

Minutes respectfully submitted by Pattie Miller, RN, CAPA, WISPAN Secretary.



WISPAN Fall Seminar 2012

WISPAN started offering family centered educational opportunities. These opportunities were offered every two years and held in Door County. This tradition will continue but this time in Wisconsin Dells at the Kalahari Resort, September 15 and 16. More information will be available in the future.

WISPAN is in the planning stages for the 2012 Fall Seminar. We are looking for ideas or topics that you, the membership would like to see offered. Ideas can be sent to Marlene Navahandi at marlenen@mail.com or my self at steph_kass@hotmail.com



**2nd QTR Report 2011
WNC May 26, 2011 report:**

Discussed TCAB (Transforming care at the bedside), a collaborative project of the Wisconsin Hospital Association and Aligning Forces for Quality that aims to improve patient care by directly engaging front line nurses who work with patients every day. It is part of an innovative nationwide program led by the Robert Wood Foundation. There are 18 hospitals in Wisconsin that are involved in the project, with specific units as the trial unit. TCAB is a nurse led hospital program that engages staff to work together to identify , pilot, test and adopt new practices over an 18 month period. The idea intended is to improve patient care and safety, teamwork and vitality, have patient –centered care and value added care processes. **Did you know?** For the 11th year, nurses were voted the most trusted profession in America in Gallup's annual survey that ranks professions for their honesty and ethical standards. Eighty-one percent of Americans believe nurses' honesty and ethical standards are either "high" or "very high."

Summary of May 2, 2011 Wisconsin Center of Nursing Summit on IOM

The conference revolved around the future of nursing in Wisconsin. Peter Buerhaus, PhD, RN and Ellen Murphy MSN, JD, FAAN were keynote speakers. The agenda discussed included workforce data and trends, recession impact on nursing, quality of care associated with nursing, importance of Scope of Practice in context of IOM report, understanding legal parameters for nurses in Wisconsin, what areas in our Scope of Practice that needs strengthening and what political realities are involved in changing legal Scope of Practice. The implications for nurses is that we must step it up, participate and lead change, work with hospital management and physicians to smooth patient flow and to achieve flexibility in staffing to meet patient needs.

WNC March 24, 2011 Report

Discussion revolved around the past WNC Nurse Summit on Validation of Nursing’s Contributions of Patient Outcomes via Electronic Medical Records meeting February, 2011. Overall themes from the summit included:

- Patients need to know the “whys” of care and impact
- Accountability-so care can cross systems to eliminate duplication in care
- Need for “self-care” and patient focused care.

Continued next page

WISSPAN BOD 2010-2011

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Government Affairs Cont.

The group identified some plans that could be examined.

1. Identify models of care delivery
2. Cost effective care nursing care as described in the 2010 IOM Report, Future of Nursing- with a focus of care and promote self-care (Orem nursing theory of care)
3. Embrace and promote transparency
4. Patient engagement. "Motivational Interviewing" which engages the patient
5. Quality measure of care (coordination of care). Nurse to nurse hand off across all settings

Other Updates:

WNA is concerned about the impact of budget changes on programs impacting vulnerable populations, i.e. SeniorCare, Family Care, Badger Care and lack of funding for educational institutions that educate nurses.

Department of Regulation and Licensing may be merging with the Department of Commerce. Governor Scott Walker's 2011-2013 budget proposal contains this initiative:

Reorganize the Department of Regulation and Licensing as the Department of Safety and Professional Services and consolidate regulatory functions from the

NEWS

budget adjustment bill. It takes the authority away from the legislature in deciding the cuts to Medicaid and BadgerCare programs. Legislation introduced in both houses 2/15/11 and referred to Joint Committee on Finance with public hearing 2/15/11. Assembly Debate 2/22/11. 128 amendments offered all voted down. Passed the Assembly 2/22/11 party line vote. Senate unable to vote due to lack of a quorum. 3/9/11 – Assembly/Senate Conference Committee offered Substitute Amendment 1. Taken up in the Senate and passed with 1 Nay. Sent over to Assembly and passed, party line vote. Signed by the Governor on 3/11/11.

To view the progressions of the bill go to:

<http://legis.wisconsin.gov/2011/data/jr1AB11hst.html>

EPIDEMIC: RESPONDING TO AMERICA'S PRESCRIPTION DRUG ABUSE CRISIS. Prescription drug abuse is classified by the Centers for Disease Control and Prevention as an epidemic. Addressing the prescription drug epidemic is a top priority for public health. The Office of

Department of Regulation and Licensing, the Department of Commerce, the Department of Agriculture, Trade and Consumer Protection, and the Department of Veterans Affairs. The transition to DRL is expected to occur by July of this year. However, many of the details are expected to extend well into December.

Legislation Updates from WNA as of March 14, 2011
Tort Reform – Decriminalization for Unintentional Medical Errors. WNA supports only decriminalization section. This was an omnibus bill that included decriminalization of unintentional medical errors. WNA has worked on getting legislation passed to address the issue of RNs being criminally prosecuted for unintentional errors. This bill raises the standard for a DA or Department of Justice to charge a nurse as a criminal for an unintentional error. Bills introduced in both houses. Public hearings conducted on Jan 10 & Jan. 11. Voted on and passed both houses January 20, 2011. Signed by the Governor on January 26, 2011 as Wisconsin Act 2. To view Wisconsin Act 2 go to: <http://legis.wisconsin.gov/2011/data/jr1SB11hst.html>
Companion Bills: SS AB 11/SS SB 11 WNA opposes: Rationale: WNA opposes these bills because they circumvent the legislative process. These are policy decisions that do not belong in this

FLASHY

National Drug Control Policy on April 19, 2011 released the 2011 Prescription Drug Abuse Prevention Plan. The plan provides for action in four areas. These include education, monitoring, proper medication disposal and enforcement. The ONDCP will convene a Federal Council on Prescription Drug Abuse, comprised of Federal agencies, to coordinate implementation of this prescription drug abuse prevention plan and will engage private parties as necessary.

Conference's

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

Marlene Nahavandi RN BSN CAPA

The AWAKENING is written by and for
WISPAN members.

Region 3 Report

Martha Clark MSN, RN, CPAN

Director region 3

Seattle, WA served as the host city for ASPAN's 30th National Conference where over 2100 perianesthesia nurses realized President Kim Kraft's theme, "Reinvest in Your Potential". Despite the rain, cold winds, and thunder snow during the week the conference was filled with multiple fun events, networking opportunities, and excellent educational presentations. A special *Thank You* goes out to Sheri Bowell, Conference Chair, the National Conference Strategic Work Team, and the ASPAN National Office Staff for the hard work in making ASPAN's 30th National Conference a grand success!

ASPAN's Representative Assembly (RA) met on Sunday to conduct the business of ASPAN. The RA is composed of the ASPAN Board, Committee Chairs and two representatives from each component. It is central to ASPAN's Organizational Structure. Items on the RA Agenda were review of the ASPAN year, examination of the fiscal statements, presentation of the new Organizational Structure and the 2011 elections.

The ASPAN Board for 2011-2012 is led by President Chris Price, MSN, RN, CPAN, CAPA. Other members of the ASPAN Board are: Susan Carter BSN, RN, CPAN, CAPA, Vice President/President-Elect
Jacque Crossen, MSN, RN, CPAN, Secretary
Katrina Bickerstaff BSN, RN, CPAN, CAPA, Treasurer
Deborah Bickford BSN, RN, CPAN, Region 1 Director
Armi Holcomb, BSN, RN, CPAN, Region 2 Director
Martha Clark MSN, RN, CPAN, Region 3 Director
Laura Kling, MSN, RN, CNS, CPAN, CAPA, Region 4 Director
Tanya Spiering MSN, RN, CPAN, Region 5 Director
Barbara Godden, MHS, RN, APAN, CAPA, Director for Clinical Practice
Nancy Strzyewski MSN, RN, CPAN, CAPA Director for Education
Kim Noble PhD, RN, CPAN, Director for Research



The ASPAN *Above and Beyond* Award was presented to ten members during the RA. Four Region 3 members received the awards. They are Marigrace Clarke and Wanda Ellenburg from ILSPAN and Raquel Evans and Susan Hardaway from WVSPAN. To nominate a colleague you feel has gone, *Above and Beyond*, please go to the ASPAN website www.aspan.org for more information and download a nomination form. Sunday ended with Component Night with the Emerald City being represented by many of the characters from the Wizard of Oz.

The remaining days of conference were filled with many activities from the opening ceremonies on Monday to the closing breakfast and installation of officers on Thursday. With the educational presentations, participants had the opportunity of earning over ²30 contact hours during the conference.

The ABPANC CPAN/CAPA luncheon celebrated all the certified nurses. Region 3 components KSPAN and OPANA were presented with the ABPANC Shining Star Award.

I want to thank all the component leaders who attended the Region 3 meeting on Monday evening to share stories and achievements during the past year. Many thanks to everyone involved in creating an awesome conference.

It is now time to plan for the 31st ASPAN National Conference in Orlando, Florida, ²April 15-19, 2012, as President Chris Price's theme encourages, "Beacons of Change, Focus on our Future"!



CURRENT TREATMENT OF STROKES

Carroll Peeper RN

A large number of strokes occur in patients less than 45 years of age; 20% Hemorrhagic (aneurysms and intra cerebral bleeds) and 80% Ischemic (artery blockage by plaque, clot). The racial differences noted: Caucasians tend to have more carotid disease and Afro Americans and Asians tend have more intra cerebral bleeds

It is important that stroke patients are transported to Stroke Centers for appropriate treatment. Treatment should occur within 4 hours of onset. In some instances treatment have been done after 8 hours with success. Time is of importance as brain cells are dying. The current approved stroke Joint Commission Accredited centers in Wisconsin are listed in figure 1.

Current treatment for *hemorrhagic stroke* is intra arterial coiling insertion in Interventional Radiology. The preferred treatment is insertion is intra arterial coil insertion but some cerebral aneurysms still need to be treated with surgical clipping.

Nursing Considerations:

- ◆ Changes in mentation are the first signs of increasing intracranial pressure that need to be reported to the medical provider ASP.
- ◆ To prevent cerebral arterial spasms post operatively blood pressures may be kept high just less than 200 mm HG.
- ◆ Blood pressure control may be accomplished with calcium channel blockers, phenylephrine, and scheduled albumin administration. Scheduled albumin administration keeps the central venous pressure high preventing cerebral artery spasm. Cerebral artery spasms commonly are seen 72 hours after procedure, but treatment to prevent needs to be initiated immediately after coil insertion or aneurysm clipping.

Sacred Heart Hospital
900 West Clairemont Avenue
Eau Claire, WI 54701

Luther Midelfort Stroke Center
1400 Bellinger Street
Eau Claire, WI 54702

Bellin Hospital
744 South Webster Avenue
Green Bay, WI 54305

St. Vincent Hospital Stroke Center
835 S. Van Buren Street
Green Bay, WI 54307

St. Mary's Hospital Medical Center
1726 Shawano Avenue
Green Bay, WI 54303

Aurora BayCare Medical Center NeuroCare
2845 Greenbrier Road
Green Bay, WI 54311

Aurora Health Care Southern Lakes, Inc.
10400 75th Street
Kenosha, WI 53142

Gundersen Lutheran Medical Center Neurosciences
1910 South Avenue
La Crosse, WI 54601

Saint Joseph's Hospital
611 Saint Joseph Avenue
Marshfield, WI 54449

Community Memorial Hospital of Menomonee Falls, Inc.
W180 N8085 Town Hall Road
Menomonee Falls, WI 53051

St. Mary's Hospital Ozaukee
13111 North Port Washington Road
Mequon, WI 53097

Columbia St. Mary's Hospital Milwaukee Stroke Center
2323 North Lake Drive
Milwaukee, WI 53211

Aurora St. Luke's Stroke Center
2900 West Oklahoma Avenue
Milwaukee, WI 53201

Froedtert & the Medical College of Wisconsin Stroke and Neurovascular Program
9200 West Wisconsin Avenue

Columbia St. Mary's Hospital Milwaukee, Inc.
2323 North Lake Drive
Milwaukee, WI 53211

Oconomowoc Memorial Hospital Neuroscience Center
791 Summit Avenue
Oconomowoc, WI 53066

Aurora Medical Center of Manitowoc County, Inc.
5000 Memorial Dr.
Two Rivers, WI 54241

Waukesha Neuroscience Center
725 American Avenue
Waukesha, WI 53188

Figure 1

Continued Page next page

Ischemic strokes make up the majority of strokes seen nationally. Current treatment involves retrieval of the clot in Interventional Radiology. There are several approved devices such as the Merci Retrieval System and Penumbra System currently used here in Wisconsin. After careful screening and work up the patient is taken to Interventional Radiology where under deep sedation or general anesthesia an arteriogram is performed using one of the name systems to retrieve the clot. In some instances urokinase or tPa will be injected at the site of the clot.

Nursing considerations:

- ◆ All patients should be started on a statin as this reduces the arterial inflammation at the site of the occlusion.
- ◆ Permissive hypertension: These patients were hypertensive prior to stroke so post retrieval they will need higher than normal pressures to perfuse at the capillary level. Ideally systolic blood pressures should be between 120 to 150 mm HG.

- ◆ Be Careful what you say around the patient as Locked in syndrome is quiet common in young stroke patients. Patients after recovery have related stories of what staff said at the bed side while providing care. Hearing and voice recognition is the last sense lost as a patient falls into a coma.
- ◆ Stroke patients tend to have nasal speech. In initial exam should trigger suspicion of stroke.
- ◆ Recovery from stroke systems may take several months.

More information:

<http://www.aspan.org/Portals/6/docs/Events/Conference/2011/11Syllabus/306sessionhandout.pdf>

<http://www.aspan.org/Portals/6/docs/Events/Conference/2011/11Syllabus/306sessionhand>

News From the Webmaster

Carroll Peeper, Webmaster

Just a reminder in order to keep getting the AWAKENING and brochures for the upcoming events goes to

www.aspan.org log in to update your email and mailing address. When I send out the email notifying that the newest AWAKENING can be viewed on the website I use the most current list from the national office. The same is true when I create the mailing labels I use the most current addresses from the ASPAN national office.

Jill Katz and I have been working on updating the WISPAN Job descriptions since January. I just posted them to the website. Please review them and let us know if there are any typos or omissions.

Calendar of Events

September 9, 2011 AWAKENING submission deadline

October 7, 2011 WISPAN BOD Meeting

October 8, 2011 WISPAN Fall Seminar

**October 27-29, 2011 WNA Annual Convention
Green Bay**

December 9, 2011 AWAKENING submission deadline

February, 2012 Winter Seminar, Madison (date to be determined)

**April 15-19, 2012 ASPAN National Conference
Spring Seminar (date and location to be determined)**

**September 15-16, 2012 WISPAN Fall Seminar
Kalahari Resort, WI Dells**

***See WISPAN website for more information**

National Conference

Marlene Nahavandi, BSN, RN,

I had the opportunity to attend the ASPAN 30th National conference in Seattle, Washington. The theme of this year's conference was "Reinvest in your Potential". This theme correlates with the Institute of Medicine (IOM) recommendations for nursing in the United States, which calls upon nurses to take a greater role in America's increasingly complex health care system. Nurses need to take a leadership role in all settings to meet the demands of our changing health care system. I know I was rejuvenated after attending this conference; it encouraged me to look at my practice and see where I can invest in my profession.

Donna Cordillo, the keynote speaker, spoke on ways to discover your passion in your career. Donna reminded the audience that we use only ten percent of our potential in a lifetime. Our limitations are most often due to the fears and self doubt that we have of ourselves. Fear is a stumbling block. According to Donna we do not need a clear vision to start moving forward but more importantly we need to ask ourselves questions and look to the future. Donna suggests a few actions that would help us move forward:

1. Get Motivated
2. Focus on the positive
3. Set Goals



4. Keep moving forward, take action

Component night was a night of great food, music and great company. The theme of the night was "Follow the Yellow Brick Road" from the "Wizard of Oz". Imagine if we take the characters of this show and relate them to Donna Cordillo topic of discovering passion in your career. Consider what challenges Dorothy, the Cowardly Lion, the Tin Woodman and Scarecrow encountered along their way to visit Oz. They did not have a clear vision. They each had self-doubt and fear. The Cowardly Lion failed to recognize his own courage that he already possessed. Tin Man wished for tenderness and emotion associated with the human heart. The Scarecrow wants a brain for deep thought. Each had the strengths but they were not in touch with them. Often each of us in our career path and day-to-day practice fail to recognize the courage, compassion and intelligence we each have. We need to focus and allow ourselves to use the inactive ninety percent of our potential and coax those character strengths out into our everyday life.

Besides the keynote speaker, I had the opportunity to attend many concurrent sessions to expand and reinforce my perianesthesia knowledge. One of my favorite topics was "PeriAnesthesia Nursing Standards and Practice Recommendations". The session reinforced that many RN's are

dealing with the similar issues around the country such as staffing issues, working in blended units, discharge criteria and etc. Networking at the national conference is priceless; you are able to talk with leaders and experts from varying healthcare settings. The concurrent sessions offered a variety of topics to choose from that allow one to learn about new or refresh your current knowledge. Please take the opportunity to attend a national conference if you are able. Thank you WISPAN for the scholarship.

Spring 2011

In General:

• New online **Practice Exams** (access on ABPANC’s website under Certification tab) are available for perianesthesia nurses studying for the CPAN® and/or CAPA® certification examinations. Using a new methodology for constructing the Practice Exams, there are virtually an unlimited number of 50 question practice exams available to take! Please read the information on the website about the practice exams. Each practice exam costs \$35, however, as a promotional, now through December 31, 2011, buy one practice exam and get another one free! Contact hours may also be earned.

ABPANC Activities at the ASPAN Conference in Seattle - the Emerald City:

- ◆ The CPAN®/CAPA® Celebration Event was a luncheon enjoyed by 600 participants.
- ◆ ABPANC celebrated its 25 year anniversary of the CPAN® credential. The 23 original CPANs who remain certified were honored.
- ◆ ABPANC honored the Yellow Brick Road theme at Component Night with custom designed cupcakes to celebrate the CPAN® credential. A display made by a local artist reminded us that

- ◆ Arizona (AZPANA)
- ◆ Chesapeake Bay (CBSPAN)
- ◆ Florida (FLASPAN)
- ◆ Kentucky (KSPAN)
- ◆ Maine (MESPAN)
- ◆ Massachusetts (MASPAN)
- ◆ Missouri-Kansas (MOKANPANA)
- ◆ Northwest (NPANA)
- ◆ Ohio (OPANA)
- ◆ Pennsylvania (PAPAN)
- ◆ South Carolina (SCAPAN)
- ◆ Texas (TAPAN)

Figure 1

- ◆ the qualities requested by the Scarecrow,
- ◆ Tin Man, and Cowardly Lion are the strengths needed to become certified.
- ◆ The 2011 ABPANC Advocacy Award recipient is Kundry Grove, RN, BSN, CAPA, a staff nurse who works in the Outpatient Surgery Dept. of Holy Spirit Hospital in Camp Hill, Pennsylvania.
- ◆ Several ASPAN Components were given the ABPANC Shining Star Award: (See figure 1)
- ◆ Lori Ladd, BSN, RN, CPAN of Gainesville, FL was selected as the 2011 ABPANC Item Writer of the Year!

At their April 2011 board meeting, the Board retired the ABPANC Leadership Circle award program due to minimal participation over the years.

- ◆ Over 800 nurses will be sitting for the Spring 2011 CPAN® and CAPA® examinations – more than ever!
- ◆ ABPANC announces the newly elected Board Members, whose terms of office begin July 1, 2011:

- Deirdre Gage Cronin, BSN, RN, CPAN, CAPA, President- Elect
- Rebecca Annette Brancati, RN, CPAN, Director
- Laura Williams, MSN, RN, CPAN, Director

- ◆ Returning Board Members include:

- Kathy Paskewitz, RN, CPAN, President
- Teresa Emmons, MSN, RN, CPAN, Secretary/Treasurer
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- Patricia Bouchard, RN, CAPA
- Cheryl Coleman, BSN, RN, CPAN
- Paulette Corbin, Public Member
- Anthony Pridemore, BSN, RN, CPAN
- lisa Shackelford, RN, MBA, MA, BSS, BSN, CCRN, CAPA
- Chris Price, MSN, RN, CPAN, CAPA, ASPAN President
- Bonnie Niebuhr, MS, RN, CAE, ABPANC Chief Executive Officer both serve as Ex-Officio Members of the ABPANC Board.

Continued next page

Due to the extremely small number of hospitals participating in the Group Discount Program through Vouchers, this program is discontinued, effective immediately. Any vouchers previously purchased and not yet used will be honored.

Interested in the ABPANC Coach Program - finding a Coach or becoming a Coach? Contact Zelda Williams at zwilliams@proexam.org for information. Many CPAN® and CAPA® certified nurses are already serving as unofficial coaches. This program can help them in the process, give them recognition and offer contact hours for their efforts. Join the more than 120 ABPANC Coaches now!

- ABPANC is committed to preserving the environment - being green! All ABPANC documents including the Certification Candidate Handbook, Recertification Handbook and the CertificationNOW Q&A Brochure are found online at www.cpancapa.org. Please take the time to read these very important documents where all of the policies that affect candidates and certificants are included.
- If a CPAN® and/or CAPA® certified nurse is interested in writing examination questions (items) for the certification examinations, go to ABPANC's website and click on the Get Involved section. This is an excellent way to be a part of the process and to earn free contact hours toward your recertification requirements. Most of the work is done on line.
- ABPANC offers many CPAN® and CAPA® related products – Visit the ABPANC Store, found under the Resources section of the website. A beautiful plaque is available and can be engraved with the names of the CPAN® and CAPA® certified nurses in your unit. CPAN and CAPA pins are also available for purchase. What better way to let the patients and their families know that a certified nurse is caring for them!

Examination-Related Information

- Reminder - In order for an examination candidate to receive a reduced examination fee of \$285 he/she must already be a member of ASPAN when applying online. Whatever name is entered on the online examination application **MUST EXACTLY MATCH** your name in the ASPAN member database. If the candidate's name does not match his/her name in the ASPAN database, the candidate must contact ASPAN (877-737-9696) to change the name prior to applying online. Also, the name entered on the examination application **MUST EXACTLY MATCH** the name on the candidate's government issued photo ID that will be presented at the Prometric testing center. In other words, your name must be exactly the same in three places: Examination Application/ASPAN member database (if a member), and the government issued photo ID.

Examination Registration & Administration - Dates & Deadlines Fall 2011

Registration Window	Online July 11 – September 5
Registration Deadline	Online September 5 by 11:59 p.m. ET
Time Period for Scheduling Examination Appt. with Prometric Examination Appt. with Prometric	Upon receipt of your ATT letter through November 10
Examination Administration Window	October 3 - November 12
Deadline for Canceling Appt	3 business days before scheduled test date

NEWS

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• FAQ's, found under the Certification section of the ABPANC website, answer questions concerning the exams. For example, candidates may sit for both CPAN® and CAPA® exams on the same day but need to submit two separate applications and fees.

Recertification-Related Information

• ABPANC now sends a renewal notice one year before a certificant's credential is due to expire. In total, three renewal notices are now sent!

• The process for recertifying changed beginning with those recertifying in the Fall 2009 and is now done completely online. Those individuals due for recertification must read the Recertification Handbook (available on ABPANC's website) under the Recertification section. Instructions will be provided in the first renewal notice, sent to certificants in July (for the Fall recertification cycle) and December (for the Spring recertification cycle).

• To access the online Recertification System, go to the ABPANC website and click on the link found on the Home Page, under the Get Recertified heading.

• Key points about the changes in the Recertification program include:

• For all certificants who initially certified in the Fall (October or November), the certification period is from October 1 through 11:59 pm October 31 (3 years later). Contact hours must be accrued during this timeframe. Certification status will expire at 12 midnight on November 1.

• For all certificants who initially certified in the Spring (April or May) the certification period is now April 1 through 11:59 pm April 30 (3 years later). Contact hours must be accrued during this timeframe. Certification status will expire at 12 midnight on May 1.

• Unless certificants successfully recertify, credentials expire at the end of three years, at midnight on May 1 or November 1.

• ABPANC has created a new Online Recertification System. Certificants can log in and track their contact hours in the new electronic filing cabinet, update their contact information, receive emails from ABPANC, and complete the recertification process.

• Certificants can create a user account anytime by visiting the ABPANC website and clicking the Create User Account link found on the Home Page under Get Recertified.

• Certificants can enter their contact hours as they earn them by visiting the ABPANC website and clicking the Electronic Filing Cabinet link found on the Home Page under Get Recertified.

THANK YOU FOR YOUR CONTINUING SUPPORT OF CPAN® AND CAPA® CERTIFICATION!

ABPANC

800-6ABPANC

abpnc@proexam.org

www.cpancapa.org



National Conference



National Conference, President's Reception

Carroll Peeper, Deb Kradecki, Sue Lex, Mimi Spence



Carroll Peeper and Stephanie Kassulke Component Night



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
September 9, 2011*

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