



UP TO PAR

Newsletter of the New York State PeriAnesthesia Nurses Association

Volume 35 No. 2

July 2013

Post-Polio Syndrome And The Surgical Patient

What is post-polio syndrome (PPS)? PPS is a collection of symptoms seen in individuals who had polio. Onset is gradual and ranges from muscle weakness, fatigue, intolerance to cold, respiratory depression and aspiration. (NIH) The severity and weakness varies with each individual and not all polio victims are affected. Medication is symptom related and exercise is encouraged.

Polio is a viral infection that affected many Americans in the 1940s and 50s. Today it is still active in parts of the Middle East and Africa. Thanks to the polio vaccine introduced in 1955, polio has been eradicated in the rest of the world. (Farbu) There are 3 types of polio: abortive, non-paralytic and paralytic. Abortive polio presents as having flu-like symptoms and very few side effects are seen.

Non-paralytic presents as viral meningitis. Recovery involves no residual to life-long disabilities. (Wheeler) Since recovery varies for individuals, unless picked up on interview, you may not be aware they've had polio.

In paralytic polio the virus attacks the anterior horn of the spinal column resulting in loss of motor neurons. The surviving neurons sprout collaterals and re-innervate the motor neurons. The new motor neurons are bigger and fewer in number than the destroyed neurons. (Wheeler) These are the patients who may develop post-polio syndrome (PPS). The theory is the new neurons wear out as an individual ages. Motor neurons weaken with age, so polio victims are predisposed to the use of these neurons and they may fail sooner. (Wheeler)

What is post-polio syndrome (PPS)? PPS is a collection of symptoms seen in individuals who had polio. Onset is gradual and ranges from muscle weak-

ness, fatigue, intolerance to cold, respiratory depression and aspiration. (NIH) The severity and weakness varies with each individual and not all polio victims are affected. Medication is symptom related and exercise is encouraged.

Diagnosis of PPS relies on clinical information. It is difficult to diagnosis and is often confused for other disease processes. A patient should seek advice from a physician trained in neuromuscular disorders. There are no diagnostic tests and treatment is based on management strategies. (NIH)

As a perianesthesia nurse, why should you be concerned? Patients with PPS may have delayed awakening in PACU. Since many patients may suffer from dysphagia, aspiration and apnea are a concern. These patients are more sensitive to narcotics and muscle relaxants and careful titration is needed. Some literature suggests not to use succinylcholine because of the risk of hyperkalemia, myalgia and potential for longer duration of action. (Wheeler) Other considerations are patient positioning because of chronic pain conditions, profound cold intolerance necessitating the use of forced air warmers, and an increase ambient room temperature. Fast tracking is not recommended due to a need for respiratory monitoring. (Wheeler) Careful monitoring and a through history will make the PPS patient's surgical experience event free.

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AANA Journal. 79: 5. 408-410.

*Barb Ochampaugh
RN, BSN, CPAN*

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COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of *UP TO PAR* will be **OCTOBER 1, 2013**. Please forward all articles to NYSPANA or to:
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Mission Statement

The New York State PeriAnesthesia Nurses Association advances nursing practice through education, research and standards.

From The President



This year the ASPAN National Conference was held in downtown Chicago, Illinois. The “Windy City” was very windy! The weather was a bit cold and rainy but it did not stop the attendees from visiting shopping malls, museums, restaurants and famous landmarks. Marty Maresco, our Vice President/President Elect and I attended the Representative Assembly (R.A.) on Sunday, April

14 to assist in the legislative process of our organization. It is a momentous experience to be part of ASPAN history making. Even though this is serious business, we still had fun. Before the R.A., I attended the Dream Walk that raises funds for all of ASPAN’s scholarships. The morning was also very cold, rainy, and windy. Later on Sunday evening we all attended the opening celebration, “Component Night”. This event is for all attendees to kick off the conference by networking and having fun. The theme was “Get your Game On” where everyone was invited to wear their favorite sports attire. We enjoyed the theme menu of the Chicago style hot dog with poppy seed buns, nachos and plenty of candy coated popcorn. The NYSPANA attendees had so many to choose from and the host table was decorated with a Buffalo Bills theme, Marty wore a special edition, autographed New York Yankees jersey, and others had Buffalo Sabres, NY Giants, and other NY Yankee attire. New York had a great representation. We enjoyed the DJ’s talent who engaged everyone’s dancing skills.

On Monday, April 15, the opening ceremony included messages from our ASPAN President, Susan Carter, the Chicago Mayor, Rahm Emanuel, and an inspirational speaker and comedian who created a wonderfully light and happy atmosphere. She spoke about some of life’s challenges both from her youth and most recent past. Many awards and scholarships were also announced for those most deserving. I am proud to announce NYSPANA as the proud recipient of the 2012 Gold Leaf Award. Congratulations to all NYSPANA members who contributed to our Component’s mission and goal. All of our seminars, educational offerings, certification, coaching, articles, research, evidence based projects, involvement with students and needy organizations are the team work efforts throughout 2012 that helped win this prestigious award. I am so proud to be your representative at the national level. You are professional examples all should follow. Thank you for your dedication, hard work and willingness to be involved. Please continue with these efforts of excellence and mentor your peers to do the same.

*Dianne M. Lysarz, RN, BSN, CPAN, CAPA
 2012-2013 NYSPANA President*

~ Treasurer’s Report ~

| | |
|--|-------------|
| Checking (before Nat. Conference Expenses) | \$8,092.16 |
| Savings | \$12,062.95 |
| Investment Account Value | \$14,722.59 |

Kathy Balog, Treasurer, NYSPANA

NYSPANA Network

District 8 News

Over 45 attended the ASPAN Seminar *PeriAnesthesia Pathophysiology & Assessment: A Systems Approach* at the Crowne Plaza, White Plains, NY on Saturday, June 1, 2013 presented by District 8. Topics included: *pulmonary, cardiovascular, gastrointestinal, neurologic, renal and endocrine pathophysiology and assessment*. Former ASPAN President Denise O'Brien, DNP, RN, ACNS-BC, CPAN, CAPA presented this program.

NYSPANA District 8 awarded 'on the spot' refund checks to 5 attendees covering the seminar's registration fee (\$115), who were selected by lottery from a pool of all those in attendance. Congratulations to the lucky winners!



*Doreen Popp, Patricia Wunder,
Karen Kennedy, Stephanie Morgan and Helena Kirk*

Thank you to District 8 members MaryAnn Servidio, BSN, RNC, CPAN, CAPA and Carol Cramer, BSN, CPAN, CAPA who served as host and co-host for this seminar.

District 8 ASPAN 2013 Summer/Fall Seminar Award Winners!

CONGRATUALTIONS to the ten District 8 members listed below who won the registration fee (\$115 early bird registration by reimbursement) to the upcoming ASPAN 2013 Summer/Fall Seminar of their choice. The names were chosen by lottery from a pool including all current members of NYSPANA District 8.

| | |
|------------------|--------------------|
| Diane Alexander | Mary Lynn Beckett |
| Aimee Dannaoui | Christine Crimmins |
| Carolyn Hair | Kristina Hogan |
| Margaret Lennon | Eugenia Minton |
| Barbie-Jo Morgan | Jacqueline Serrano |

Upcoming ASPAN Seminar:

On Saturday November 2, 2013 District 8 is presenting the *new* ASPAN seminar *Refreshing Your PeriAnesthesia Practice* at the Crowne Plaza in White Plains, NY. Topics will include: *Exploring Orthopedic Surgery, Neurological Issues, Challenge of Chronic Pain, ASPAN Standards and PeriAnesthesia Best Practices*. Linda Ziolkowski, MSN, RN, CPAN past-president of the American Board of PeriAnesthesia Nursing Certification (ABPANC) and former Director of Education for ASPAN will present this program.

Seminar Hosts needed for the November 2nd Seminar:

Seminar Hosts and Co-hosts are always needed. As a host or co-host you receive free registration to the seminar. Please volunteer your time to help District 8 present future seminars. Contact Maryanne Carollo, RN, District 8 President at 914-242-8176 or MCarollo@nwhc.net leaving your name and contact information.

*Maryanne Carollo, BS, RN, CAPA
President*

District 10 News

District 10 celebrated Perianesthesia Nurse Awareness Week (PANAW) at our February 19th program with Dr. Gist presenting "Robotic Surgery: General Uses and Advantages" at St Mary's Hospital in Troy, NY. There was a drawing of gifts for the 27 attendees, dinner, and a brief meeting.

On March 9, 2013, District 10 hosted an ASPAN Seminar "Perianesthesia Pathophysiology and Assessment: A Systems Approach" presented by Kim Kraft, BSN, RN, CPAN at the Fort William Henry Conference Center in Lake George, NY. The 60 nurses who attended the program received 7.25 contact hours. A special thank you to Peggy Hatch and Sue Malvuccio from Glens Falls Hospital for their hard work in organizing such a successful event!

Once again on May 13th, we co-hosted a program on "Arthroplasty" by Dr Suslak with our sister organization, the AORN, at Memorial Hospital in Albany, NY. A short business meeting was held with District 10 elections for officers. Re-elected for another term was: Debbie Kwacz -Vice President, Cheryl Barnes - Secretary, Sandy Lowery - Treasurer, and Shari DuGuay - President. Thanks to all who participated in the vote.

Our membership is slightly down at 71 members this year. We are always looking to grow and encourage new members to join us. Please reach out and bring a friend to our next meeting. They are always fun and provide great opportunities for networking.

We encourage you to get involved by hosting a meeting/educational program at your facility. Our officers will assist you in planning and setting up a meeting. It is a great way to obtain new knowledge, get a free CEU, and collaborate with other perianesthesia nurses. Please contact me if you are interested in hosting a program: 518-268-5608 or sduguay@setonhealth.org

Shari DuGuay, RN, BS, CAPA, BC-NE, President

District 1, 6, 9, News

No News Reported

Elizabeth A. White, BSN, RN, CAPA, President - Dist. 1

Trina Mills, RN, BSN, MS, President - Dist. 6

Susan See, President - Dist. 9

District 13 News

District 13 is hosting an ASPAN seminar in early fall scheduled for September 27th and will be located in Liverpool, NY, just a short drive from Destiny USA!! What a fun way to start a long fall weekend; gain some CEU credits, network with other Perianesthesia Nurses and start some early Christmas shopping at the mall!

Ginger Giarrusso

District 14 News

We would like to congratulate our new officers, Sally Sackett as President -Elect and Sandy Price as Secretary. We look forward to your terms with our district. We are also actively working on educational opportunities. District 14 will offer a half day seminar in fall 2013 and our Annual February Conference in 2014. We will be hosting the NYSPANA Fall State Conference in 2014.

Linda Giarrizzo, Secretary

District 15 News

District 15 continues to recruit officers for the Board of Directors. Dianne Lysarz is willing to mentor anyone who wishes to volunteer and is also willing to be the education coordinator for the District 15 membership. Please contact her at 716-698-9000 or dlysz@roadrunner.com. Thanks for considering volunteering.

Mark your calendars for an ASPAN Seminar on September 28, 2013 "Refreshing Your Perianesthesia Practice" with Nancy Strzyzewski at the Holiday Inn Buffalo Airport, 4600 Genesee Street, Cheektowaga, NY 14225. Topics include: *Exploring Orthopedic Surgery, Neurological Issues in Perianesthesia Care, Meeting the Challenge of Chronic Pain, ASPAN Standards, and Best Practices*. ASPAN is offering 7.25 Contact Hours for the seminar. Contact Dianne Lysarz at dlysz@roadrunner.com to obtain registration information or ASPAN at aspan.org/seminars. Early Bird registration ends 8-31-2013.

Dianne M. Lysarz, President

From The Past President



As I write my last report, I want to thank the Board of Directors for all their support and mentoring. Without them, my tenure would have been more burdensome. We have a great group of people serving on the board to ensure our members receive the education needed to make them excellent perianesthesia nurses.

Our organization wouldn't be effective without the volunteers. Volunteers are needed in many categories, from people to find speakers and others who are willing to be officers. More facilities are becoming Magnet Facilities and others are refining their Career Ladders to include being active in a professional organization. This increases the pool of people to potentially become active in the organization. Volunteers are needed in all the districts. ASPAN is also seeking volunteers. Being active in the organization allows you to network with nurses in your district and across the state and the nation. The knowledge you gain makes you an outstanding perianesthesia nurse. Look inside yourself and see where you can become active in the organization. The officers will welcome you.

The applications for Student Nurse Scholarship and Educational Funding are due July 1. Visit the web site to download forms and see criteria.

History is very important to the organization. If you have any of the NYSPANA historical documents taking up space in your home, please send it to your district president or send it to me. Thank you all for the support. Look forward to meeting many of you on Long Island in October.

Barbara U. Ochampaugh, RN, BSN, CPAN

Barbara Ochampaugh Wins Nursing Excellence In Quality And Research Award

Barbara Ochampaugh, RN, BSN, CPAN, Level IV of St Peter's Hospital, Albany, NY was nominated by Meagan Goff, RN, CNS for her commitment to quality, patient safety, and her dedication to research in the Phase I PACU. Barb chooses a research project each year relevant to the improvement of perianesthesia patient care. She collaborates with other PACU nurses. Barb has researched: music therapy in the pre-op setting to reduce anxiety in the breast surgery patient, pre-op warming using forced air warming to prevent post-op hypothermia, a comparison of sedation scales, nurse's knowledge of pain, sleep apnea and PACU length of stay. Her current project is a comparison study of thermometers. Barb has done many education programs for the PACU staff. She has presented at the AORN nurse's conference and has written many articles for *UP TO Par*. Barb is past-president of NYSPANA as well as District 10. She is currently the GAC representative.

Governmental Affairs Committee Report

Once again the Federal and NYS Congress are in disarray and cannot make decisions. The US congress is divided over gun control and healthcare. The NYS assembly cannot get ethic violation Assemblyman Lopez to resign without threats. The big question is should Assembly Leader Sheldon Silver be forced to resign for "egregious behavior" in secretly using public money to end accusations against Assemblyman Lopez. Governor Cuomo was elected on the promise of Election Reform and to clean up Albany. It seems we have politics as usual. Is it the citizen's fault for continuing to elect the same politicians? It is something to consider when you vote in November.

No matter which side you are on regarding health care and gun control, we need decisions on both issues. There are many Americans without healthcare and those who cannot get insurance because of pre-existing conditions. Healthcare is needed for these individuals. I personally don't see anything wrong with a background check for gun ownership. It is not taking guns away, it is inquiring if you have the stability to be a responsible gun owner. Unfortunately, criminals and determined people will always find a gun. How can we really keep people safe without having screening at the doors of schools and businesses? We pride ourselves on our independence and walk a fine line between safety and searching everyone.

Please consider writing to President Obama to take Executive Action to help solve the problem of rape and sexual abuse in the military. Women who have been raped or sexually abused in the military are forced to resign or continue to receive abuse at the hands of their commanders. Complaints are often swept under the rug and the women are disciplined, not the offender. This must stop. We have obtained rights for women in the private sector and it does not extend to our sisters in the military.

Legislation to watch on both the Federal and State level are the Safe Staffing Act of 2013. H.R. 1821 and A. 6571. It would require

Medicare facilities to create a staffing committee which consists of staff nurses. This will stop floating nurses to units they are not familiar with. There would be a "whistle blower" protection policy and penalties imposed for violations. There was a rally in May for this legislation in Albany. ANA- New York supports this bill.

NYS has not passed the RN to BSN program A3103. This bill is supported by NYSNA and would require RN's to have a BSN degree within 10 years of obtaining their nursing license. There is a bill proposed for continuing education credits when renewing your license. A Rally for Women and Equality is scheduled in Albany on June 4th.

The ANA-NY is holding a convention on Saturday, Sept. 28th at the Hilton Garden Inn, Clifton Park, NY. The ANA-NY is a diverse group of nurses across New York State created by the American Nurses Association-New York (ANA-New York) in the wake of the New York State Nurses Association (NYSNA) Board of Directors' action in late October to end its more than century-long affiliation with the American Nurses Association (ANA). The ANA is proud to recognize ANA-New York as its newest state affiliate. The ANA-New York is dedicated to promoting excellence in nursing practice, seeks to improve the quality of health care services, and promotes the professional and leadership development of registered nurses. Nurses who join ANA-New York will have membership in, and receive benefits from both the state and national organizations.

website: www.ana-newyork.org

email address: ana-newyork@ana.org

contact number: (877) 810-5972

NYSNA continues in New York. It is more a bargaining agent for unions. NYSNA still watches legislative issues.

Barb Ochampaugh, RN, BSN, CPAN

Research News

Research on the "Needs Survey" showed that cost is a large factor preventing people from attending conferences. I want to remind everyone about the scholarship program we have at NYSPANA. It works on a point system . . . get involved and many opportunities are available to you through NYSPANA. Our website has a NYSPANA application for educational funding under the bylaws/forms section of our website, NYSPANA.net. See your District President for any problems with this.

There are also many hospitals that offer grant money to nurses for conferences/learning opportunities. I recently applied to my hospital, the University of Rochester Medical Center (URMC), and will receive \$500.00 after showing my proof of attendance/payment and conducting an in-service for staff.

On another note, Sally Sackett, District 14 President-Elect, and I heard many stories at the ASPAN National Conference in Chicago about nurses who volunteer utilizing their medical expertise. We wrote up some questions on a form titled "You did what?" It was circulated at the national conference and district meetings. Preliminary findings show that the majority of nurses who volunteer feel it expands their professional network. Comments like "increased my knowledge and competency skills" and "builds networking and shared vision" resonated throughout many returned surveys. Some shared their emails and we are hoping to get them to write about their experiences for all of us in this newsletter in the future. We would like to hear about your volunteering experience! Contact us @ CVL54@hotmail.com.

Cindy Veltri Lucieer, RN, Research Chair

Reflections From Our ASPAN Regional Director

Springtime is here, and the season usually signals a renewal...and an awareness of change. ASPAN had a very successful National Conference in Chicago. Our new ASPAN President, Twilla Shroul has revealed her presidential theme: *Dealing with Challenges: Winning with Power, Practice and Purpose*. May brings National Nurse's Week, and the theme: *Delivering Quality and Innovation in Patient Care*. National Hospital Week follows with this theme: *A Guiding Light for Changing Times*. All of these central thoughts acknowledge the fact that each day we deal with challenges in our professional lives. Nurses, who continue to be the most trusted profession in the public's perception, are designing strategies to succeed. In my humble opinion, we cannot be successful alone; it takes the "home" team and the "work" team, to help us be the best we can be. So during this time of renewal and new beginnings, I ask that we take a moment, to appreciate all of those key persons, who help us be successful and perhaps, give us the fortitude to deal with challenges we face.

According to research conducted by the US Department of Labor, 64 percent of Americans who leave their jobs do so because they don't feel appreciated.¹ What is also true, according to authors of *The 5 Languages of Appreciation in the Workplace*, Gary Chapman and Paul White, is what makes one person feel appreciated, does not necessarily, make another feel appreciated. And so they have thoughtfully suggested some basic tenets.

Words of Affirmation: What is it that says to you – I am/my work is valued and appreciated? For everyone, this could be different. How many of us have quietly said to each other – how far a simple "thank you" would go, after a particularly difficult day? The perception becomes one of "a lack of value and a lack of support" from not only leaders, but peers. It becomes a potential tragedy for neglect. Consider this: praise is usually task-specific. What we really need to focus on is affirming positive character traits.

Quality Time: I think of this as mindful engagement; in other words, giving someone your undivided time and attention. Multi-tasking has risen to a new level, but can be fraught with safety issues. Have that quality conversation, in a sharing, safe context. Coupled with this, is the art of listening; focused and attentive. This means listening for feelings as well as thoughts. Validate what you are hearing. This process opens the door for further communication about shared experiences, creating an understanding of what is valued.

Acts of Service: Provide assistance to your colleagues *and do so with a positive manner!* Be encouraging, do it their way when offering assistance, and complete what you start. Great axioms – and surely, the assistance you give will be reciprocated. My friend, Dr. Kim Noble, ASPAN Director for Research often says: "many hands make light work".

Tangible Gifts: Chapman and White suggest that two key elements are necessary for tangible gifts: 1.) give gifts primarily to those who appreciate them and 2.) Give a gift the person values. Gifts given in response to tradition and a feeling of obligation miss the mark. They potentially communicate a lack of personal investment in the action and so are perceived by the receiver in a negative way.

Physical Touch: Physical touch during difficult times is human and instinctive. But in today's world, the question must be asked, is there a place for physical touch in the workplace? The authors believe the potential benefits of appropriate touch are significant, but individuals and workplaces must clearly define the boundaries. Certainly handshakes are part of our western culture. You must ascertain your own comfort level with your colleagues, and be sensitive and insightful when using this affirmation.

So as our new season of ASPAN activities begins, within the national arena, your components, and your workplaces, think about the challenges you and your colleagues face. Appreciate your team members in the appropriate manner. The opportunity for success is elevated, when we feel appreciated, and when we appreciate others. Region IV has many great events coming up, so please check your component website, and those of neighboring components.

Most importantly, I want to acknowledge and thank each and every one of YOU, for your time and your talent, which you share with your Component and ASPAN. I value YOU, and I look forward to our continued partnership and success in the coming year!

Laura Kling, MSN, RN, CNS, CPAN, CAPA
 ASPAN Region IV Director 2012-2014
 contact information: lkling@aspan.org

References:

Chapman, C. and White, P. *The Five Languages of Appreciation in the Workplace: Empowering organizations by encouraging people*. 2011. Chicago: Northside Publishing.

Website:
www.mmc.org



7.25
 Contact Hrs

Interested in Certification?

**Already certified but want a review??
 Mark your calendar now for July 13, 2013.**

**American Society of PeriAnesthesia Nurses
 presenting SUMMER/FALL 2013 Seminar Series
 Perianesthesia Certification Review**

Presented by: Terry Clifford, MSN, RN, CPAN

Saturday, July 13, 2013

7:30 AM Registration

AM Coffee/tea service - Lunch is on your own

Program Time: 8:00 AM - 4:55 PM

Location: Maine Medical Center - The Dana Center
 22 Bramhall Street, Portland, ME 04102



ASPAN's Summer/Fall 2013 Seminar Series is Now Open for Registration

Each seminar provides 7.25 contact hours. Topics include:

- Perianesthesia Certification Review
- Perianesthesia Pathophysiology and Assessment: A Systems Approach
- Foundations of Perianesthesia Practice
- Pediatrics: Beyond the Basics
- Pediatrics: Little Bodies, Big Differences
- Refreshing Your Perianesthesia Practice **NEW!**

Your copy of the seminar brochure will arrive in the mail shortly!

For more information, call the National Office at 877.737.9696, x. 219 or go to ASPAN.org

~ Refreshing Your Perianesthesia Practice ~

Presented by:

Meg Returne, MSN, RN, CPAN, CAPA

Date: Friday, September 27, 2013

Time: 7:30 AM Registration

AM Coffee/tea service - Lunch is on your own

Program Time: 8:00 AM – 4:55 PM

Location: Ramada Syracuse

1305 Buckley Road

Syracuse, NY 13212

www.ramadasyracuse.com

Presented by:

Nancy Strzyzewski, MSN, RN, CPAN, CAPA

Date: Saturday, September 28, 2013

Time: 7:30 AM Registration

AM Coffee/tea service - Lunch is on your own

Program Time: 8:00 AM – 4:55 PM

Location: Holiday Inn Buffalo Airport

4600 Genesee Street

Cheektowaga, NY 14225

www.hibuffaloairport.com

Topics Include:

- Exploring Orthopedic Surgery _ASPAN Standards
- Neurological Issues in Perianesthesia Care
Best Practices in Perianesthesia Care
- Meeting the Challenge of Chronic Pain in the Perianesthesia Setting

Target Audience:

All perianesthesia nurses

Purpose:

To enable the nurse to implement competent complex patient care in order to maintain standards and improve patient care in the perianesthesia setting

Overall Program Objective:

Review current complex clinical topics and their implications for perianesthesia nurses

7.25 Contact Hours

Congratulations To Michele Rossignol

Newsletter Editor/Website Coordinator

Our Newsletter Editor and Website Coordinator, Michele Rossignol deserves a huge round of applause for all of her accomplishments with the award winning efforts over a great number of years. She has consistently achieved the ASPAN Component Newsletter Award to include 2013. The newsletters are categorized by the number of pages it publishes. Michele has consistently been given this award for the category of 9-14 pages. The award is given "in recognition of outstanding presentation of information to our Component." Michele volunteers her time to give our members the information we need to communicate across New York State. Members make announcements of certification, scholarships, education, attend seminars, make contributions, and receive District announcements. Michele organizes all of this plus ASPAN information and coordinates its presentation. She has the talent to present all of this vital membership information in such an appealing display for all to enjoy. I can speak for all of our members and Board of Directors that we are proud to have Michele Rossignol as our "Up to Par" editor and website coordinator. She does an amazing job and makes it look effortless. We thank you for your expertise and dedication. Thank you very much, Michele for creating an award winning newsletter and website.

Dianne Lysarz, NYSPANA President

Copy Deadline for
the Next Edition of
UP TO PAR
is October 1, 2013
Please be punctual . . .

Forward articles to NYSPANA
or
Michele Rossignol, Editor
michele_rr2003@yahoo.com

News To Share



CPAN® / CAPA® Certification is Growing!

Nursing Certification is becoming more important and our numbers are growing. There are a total of 10,455 CPAN and CAPA certified nurses this year, representing an overall growth of more than 7 percent.

6,412 CPAN certified nurses

4,053 CAPA certified nurses

462 CPAN and CAPA dual certified nurses

Our spring examination was the largest ever with 1,226 candidates registered.

22 Components Receive Shining Star Award

A record number of Components received the 2013 Shining Star Award for their role in supporting and encouraging CPAN® and CAPA® certification. Some of the criteria used to determine this award include the availability of scholarships for educational programs, contact hours, at least one Certification Coach per component, and 25% certified membership.

Arizona – AzPANA*

California – PANAC

Chesapeake Bay – CBSPAN

Florida – FLASPAN*

Georgia – GAPAN

Illinois – ILSPAN

Indiana – INSPAN

Louisiana – LAPAN

Maine – MESPAN*

Massachusetts – MASPAN*

Missouri-Kansas – MO KAN PANA

* 5-time Award Recipient

Nebraska – NAPAN

New York – NYSPANA

New Mexico – PANANM

North Carolina – NCAPAN

Northwest – NPANA*

Pennsylvania – PAPAN

Rocky Mountain – RMPANA

South Carolina – SCAPAN

Tennessee – TSPAN

Texas – TAPAN

Wisconsin – WISPAN

CERTIFICATION INFORMATION

It's not too early to begin planning for certification and recertification exams this Fall. Encourage your colleagues to join over 10,000 perianesthesia nurses who became certified and increase their own personal knowledge and skills for patient care, while enhancing the awareness and respect of perianesthesia nursing.

The Fall 2013 Examination schedule is set with the following dates:

Registration Window – Online

July 15 – September 9

Examination Administration Window

October 7 – November 16

Period for Scheduling Exam Appt. with Prometric

Upon receipt of your ATT letter through November 14

Deadline for Rescheduling or Cancelling Appt. with Prometric

**31 calendar days before scheduled test date - no charge
3-30 calendar days before scheduled test date - \$62.50
Less than 3 days - \$66.24**

www.Prometric.com/abpanc is your contact for the most up to date certification exam locations.

RECERTIFICATION INFORMATION

The recertification process is done completely online. Those individuals due for recertification should read the Recertification Handbook (www.cpancapa.org > **Recertification**). Instructions will be provided in the First Renewal Notice, sent to certificants in July for the Fall recertification cycle.

- 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 Recertification.
- 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 enter their contact hours as they earn them by visiting the ABPANC website and clicking the Continual Learning Log link found on the Recertification page.

Tip: At the time of your recertification, after you complete the Continual Learning Online Log, if you wish to keep a copy, please print the document for your files. Once you successfully recertify, the Log is erased and you can start a new one.

Thank You ! ! !

Many thanks to all who contributed, supported, and assisted all of NYSPANA'S efforts during 2012-2013. Special thanks go to our Regional Director, Laura Kling. Her professional ability to mentor and coach us at the component leadership level has been greatly appreciated and valued. She has created an environment of collaboration among all Region IV Components. Thank you Laura!

Also, I can only aspire to be as accomplished as ASPAN Leader Maureen Iacono. Maureen has been an inspiration to me from our first introduction. Maureen's leadership as a past ASPAN President, her tireless enthusiasm for our specialty within our organization, and in her professional role as Nurse Manager, her ability to lecture and author JoPAN articles is true dedication. I thank Maureen for all of her advice over the years as well as her exemplary motivation and stamina. Maureen has the repu-

tation for being able "to save the day." In any crisis, small or monumental, she creates a safe and rational solution that is acceptable for all. Thank you, Maureen for organizing the successful NYSPANA State Conference in Syracuse. Thank you for recruiting the new Syracuse Board of Directors and continuing to mentor them. Also, thank you for your "Hail, Honor, and Salute" contribution in NYSPANA's name for "the well deserved Gold Leaf achievement."

A great deal of gratitude and thanks is given to the entire NYSPANA Board of Directors current as well as past. I became a District Leader in 2008 and every Board Member has been a tremendous asset to our membership. The variety of expertise, knowledge, and professional contributions has continued to meet the ASPAN Mission and goals by supporting membership with education, scholarship, networking and friendship. The 2012 Gold Leaf Award for NYSPANA was achieved because of this rich history.

Most of all, I would like to thank Kathy Balog, NYSPANA Treasurer. Kathy has officially announced her retirement from her position as Treasurer at the end of NYSPANA's fiscal year in September, 2013. Kathy has volunteered her time and expertise to our organization for many year and her expertise in finance has provided our membership with sound financial judgments, investments and decisions. She has provided fiscal security during the most difficult financial times of our generation. Kathy, we will miss you. We all wish you the very best in your retirement from NYSPANA and nursing. Your professionalism and dedication to your patients, our specialty, and our organization is greatly valued and will be missed. Thank you Kathy and CONGRATULATIONS!!



*Dianne Lysarz and Marty Maresco
at the 2013 ASPAN National Conference*

Dianne Lysarz, NYSPANA President

News For NYSPANA Historians

A few meetings ago, we discussed having won the Gold Leaf Award in 2002 but no one seemed to know the location of the plaque. I have some great and exciting news for all NYSPANA Historians. I received an email from ASPAN notifying me that the 2002 GOLD LEAF AWARD plaque was being sent to me. The other items sent are: a NYSPANA banner, the certificates for the 2002 Gold Leaf Award and the Newsletter from 2004, 2010. Also in the package from ASPAN is the 1st place certificate from Arizant Healthcare for the BAIR PAWS decorating creativity from 2004.

Dianne Lysarz, President

ANA
NEW YORK
AMERICAN NURSES
ASSOCIATION
NEW YORK

TO: NYS Registered Nurses
FROM: ANA-New York Board of Directors
RE: Founding Member Opportunity

Recently, a diverse group of nurses across New York rallied to create ANA-New York, the newest state affiliate of the American Nurses Association.

ANA-New York is dedicated to promoting excellence in nursing practice, improving the quality of health care services, and promoting the professional and leadership skills of registered nurses. Nurses who join ANA-New York will have membership in, and receive benefits from both the state and national organizations.

In addition to actively recruiting nurses to join as members, ANA-New York is seeking nurses, who are committed to the practice of professional nursing through support for multipurpose activities such as practice, education, administration, and legislation, to become a *Founding Member*. These nurse members will provide additional financial support to the fledgling association by donating a sum of \$1000.00. This gift can be provided over the next calendar year as a single payment or in two or four equal payments by December 31, 2013.

The ANA-New York Board of Directors hopes that many nurses will become *Founding Members*. Please make checks payable to ANA-New York and send to Interim Treasurer Donna Florkiewicz, ANA-New York, P.O. Box 13536, Albany, NY, 12212.

Please note in the check's memo line, *Founding Member*. Note: this contribution is *in addition* to joining ANA-New York through the American Nurses Association, which is an additional \$250.00 dues.

Thank you for considering this opportunity to support the profession of nursing through the activities of ANA-New York. For more information: (877) 810-5972 or ana-newyork@ana.org.

“We Have Always Done It That Way!”



Cross-contamination from patient to patient via multiple use items has been evidence-based as causing hospital acquired infections. The Day of Surgery Admissions Unit (DOSA) had always used the “IV Bucket” which was carried from patient to patient, and was not cleaned between patients.

In an effort to better meet the objective of preventing cross-contamination, different single-use disposable containers were reviewed. The first container was a plastic round bowl which was already supplied in our central stores. This container was used effectively but was expensive and not environmentally friendly. Another search located a rectangular paper tray that proved to be economical, environmentally safe, and a more user-friendly shape. The tray is resistant to moisture, able to be processed in commercial-scale composting, and provides a cost savings of over 50% per item when compared to the plastic bowl.

We now use the paper single use disposable trays to gather supplies to start IVs. These are also used to collect the contaminated supplies to dispose of in a proper waste container. The implementation has improved our infection control practice to prevent cross-contamination and hospital-acquired infections. It improves efficient collection and discarding of supplies, addresses our environmental concerns and is also a financial cost savings.

We need to examine simple everyday tasks in the peri-anesthesia arena to make sure that we don't do it because “WE HAVE ALWAYS DONE IT THAT WAY”. We need to use evidence-based strategies and by doing so, we may find extra bonuses such as financial and environmental improvements.

Sally Sackett, RN, BSN, CPAN, CAPA



NYSPANA ELECTION BALLOT 2013

VICE-PRESIDENT/PRESIDENT-ELECT

BARBARA O. OCHAMPAUGH, BSN, RN, CPAN

- PACU Phase I staff nurse for 17 years
- Research for 8 years
- Past NYSPANA President
- Past NYSPANA District 10 President
- Past GAC Representative for 6 years
- ABPANC Coach
- Active District Level Planning Meeting

I believe in the organization and wish to see it succeed and continue to bring quality programs throughout New York State. I want to see more involvement by members to ensure the future of NYSPANA.

_____ (Write in Vote)

TREASURER

SUSAN ALATI, BSN, RN, CAPA

- Staff Nurse Strong Surgical Center for over 25 years.
- Geriatric Resource Nurse (GRN) Core Curriculum
- Past NYSPANA Nominating Chairperson
- Past NYSPANA District 14 Treasurer and President
- Current Board Member District 14, Education Committee, 2014 State Conference Planning Committee

I am knowledgeable with the activities and requirements needed to continue the success of our organization. I have been actively involved on the local and state level for many years with the planning of educational activities, reviewing and rewriting policies and procedures.

_____ (Write in Vote)

MAIL, EMAIL, OR FAX COMPLETED BALLOT BY AUGUST 18, 2013 To:

Nominating Chair: Ken Nesbitt
4285 Bootes Road • Middlesex, NY 14507
or email to:
kenneth.nesbitt@thompsonhealth.org

At the 2013 ASPAN National Conference...



*Maureen Iacono, Dianne Lysarz,
Mary Ellen Nowak, Marcia Trawinski, Marty Maresco*



*Laura Kling, Region IV Director
and Dianne Lysarz*



**ASPAN's 33rd
National Conference**
Details Forthcoming

April 27-May 1, 2014
Las Vegas, Nevada

ASPAN's National Conferences

Future Conference Dates

Consider attending our
ASPAN National Conference . . .

April 26-30, 2015
San Antonio, Texas

April 10-14, 2016
Philadelphia, PA