

New York State PeriAnesthesia Nurses Association



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March 2016

Up To Par

Newsletter of the New York State PeriAnesthesia Nurses Association

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Message From The President

I would like to wish you all a happy belated Perianesthesia Nurses Awareness Week! I hope that you had a wonderful week celebrating all we do as perianesthesia nurses.

NYSPANA is 893 members strong as of January 31st. New York State has 794 perianesthesia certified nurses, 296 CAPA, 463 CPAN and 35 who are dual certified. Several members hold certifications in other specialties, as well as advanced practice degrees. The NYSPANA Board would like to applaud the dedication of our members.



The NYSPANA board and district officers work diligently to provide educational opportunities to our members through the annual state conference and numerous district conferences and seminars offered throughout the year.

The board has also been working to redesign our website to help our members utilize the benefits of belonging to NYSPANA. A website committee consisting of four board members was formed in October 2015. The committee has been working diligently to redesign the NYSPANA website. The goal is to improve visibility, connect to social media, and keep members informed. Look for the new website to be unveiled in the next few months.

The board will be meeting in March to discuss the bylaws and look for new officers for the following year. Please consider a greater role in our organization in the next year. We need your help to continue providing the educational opportunities and scholarships in the future either on the state level or district level. For more information on the opportunities, please contact me at: bronwyn.ship@gmail.com

NYSPANA is looking forward to a very productive year ahead. Thank you for all you do!
Respectfully Submitted,
Bronwyn Ship, RN BSN, CPAN

NYSPANA Mission Statement

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



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Vice President Report

As I write this, I have just completed the submission of the ASPAN Gold Leaf application. The winner will be announced at the 2016 National Conference in Philadelphia, PA this April.

Research: Sally Sacket gave an oral presentation at the 2015 National Conference. The following members presented research posters in 2015: Jo Lynn Cornish, Nancy Parvano, Sandra Price, Theresa Brunner, Kristyn DiFortuna, Pamela Ginex, Bonnie Monson, Magda Kovacs, Jane Murphy, Kara Stemplewicz, Michael Letang, Lyndsay West, Antonio P. DeRosa, Sarah T. Jewel, and Donna S. Gibson. Kathy Morgan-Perry presented a research poster at the 2015 International Conference for PeriAnesthesia Nurses held in Copenhagen, Denmark.

ASPAN involvement: Wanda Rodriguez, our Recruiter of the Year, serves on the NA CNS, Research and Education Provider council. Eric Bachman serves on the Management Strategic Work Team (SWT) and Research Council. Jill Setaro serves on the Evidence Based Practice (EBP) SWT and Research Council.

NYSPANA donations: Monetary donations were given to the Wounded Warriors, the Red Cross, Seedfolk, Ronald McDonald House and numerous food banks. District 14 also donated reference books to Monroe Community College.

NYSPANA Scholarship Awards: 12- NYSPANA Education Funding scholarships, and 10- State Conference monetary awards were given. In addition, scholarships were awarded: NYSPANA Student Nurse, Nurse of Excellence in Clinical Practice, and Recruiter of the year. Many of the districts also awarded scholarships for education and recertification.

Articles published in JOPAN: "The Culture of Accommodation" by Maureen Iacono, August 2015, "Management of Postoperative Pain in Opioid-Tolerant Patients" by Maureen Cooney, October 2015, "The Culture of Collaboration" by Maureen Iacono, December 2015, "A Comparison of Two Differing Doses of Promethazine for the Treatment of Postoperative Nausea and Vomiting" by Christine Deitrick, Vicki Lauffer, and Eloise Prostka, February 2015.

These are just some of the highlights from 2015. 2016 promises to be just as busy!

Respectfully submitted,

Barbara Ochampaugh, BSN, RN, CPAN

Newly Elected Board Members in 2015:

NYSPANA President: Bronwyn Ship, BSN, RN, CAPA

NYSPANA Vice/President Elect: Barb Ochampaugh, BSN, RN, CPAN

NYSPANA Secretary: Sandra Price, MS, RN, CAPA

Nominating Chair: Regina Rivers, RN, CPAN, CAPA

Research Chair: Kathy Pecoraro, MS, RN, CPAN

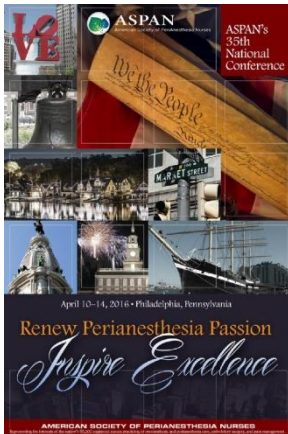
President District 1: Tina Stoebe, BSN, RN, CPAN

President District 8: Pam Werner, RN



ASPAN's 35th National Conference

"Renew Perianesthesia Passion: Inspire Excellence"



April 10-14, 2016 in Philadelphia, PA

We hope you will consider attending ASPAN's 35th National Conference in Philadelphia. The national conference will provide you both the opportunity to network with perianesthesia colleagues and learn from leading experts in healthcare. Early registration ends March 1st. Log onto: www.ASPAN.org for more information.

Hotel Accommodations and Conference Location

Philadelphia Marriott Downtown

1201 Market Street
Philadelphia, PA 19107

Phone: 215-625-2900 | Reservations: 800-320-5744

FUTURE CONFERENCE DATES

April 30 – May 4, 2017
Indianapolis, Indiana

April 29 – May 3, 2018
Anaheim, California

May 5-9, 2019
Nashville, Tennessee

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TREASURER'S REPORT

CHECKING ACCOUNT

..... \$17,240

**MONEY MARKET SAVINGS
ACCOUNT \$22,239**

**INVESTMENT PORTFOLIO
ACCOUNT \$14,318**

Respectfully Submitted,
Susan Alati, BSN, RN, CAPA
NYSPANA Treasurer

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OPEN

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NYSPANA NETWORK

District 6 News

We are pleased to announce Maureen Roman, BSN, RN, CCRN, LNC, as the Vice President of District 6. She is currently employed at New York University Medical Center. She has a wealth of nursing experience and is excited to serve as a board member of District 6. We are still in the process of recruiting for the following positions: Secretary and Treasurer. Please send an e-mail to meatatrm9024@yahoo.com, if you are interested in either position.

Trina Mills MS, RN, District 6 President

District 10 News

District 10 is hard at work planning a fabulous fall State Conference! The planning committee is meeting regularly in preparation for the upcoming State Conference. If you have any suggestions or are interested in helping please contact me.

On February 4th, 2016 we celebrated PANAW at Saratoga Hospital in Saratoga Springs, NY. Dr. Jose Posada, MD, a Thoracic Surgeon, discussed "Lung Cancer, Types, Treatments and Prognosis," which had 18 total attendees. Kathy Morgans-Perri and Nancy Parvana, from Saratoga Hospital, hosted the event and provided dinner. The night was highlighted with a raffle of PANAW gifts and cake!

The nurses in Glens Falls are planning to host a spring district meeting and educational program around May 19th on "Tick Borne Illnesses/Zika Update," presented by Dr. McDermott. Please watch for the official program flyer and date to come.

Our district membership is slightly up at 83 members this year! As always we are looking to promote and grow new members through continuing education and certification. 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 free contact hours, and collaborate with other perianesthesia nurses.

The District Board has positions that we would love to have members fill. If you are willing to serve the District in anyway please let us know! Elections are slated for this spring.

Shari DuGuay MSN, RN, CAPA, BC-NE, District 10 President

District 1 & 13

No News Reported

Tina Stoebe, BSN, RN, CPAN, District 1 President
Ginger Giarrusso, RN, District 13 President

District 8 News

District 8 is working on setting up one or two half day conferences and we have applied for an ASPAN Conference for certification review. We do not yet have confirmed dates. We are also looking at ways to encourage members to get certified and to encourage members to encourage colleagues to join ASPAN and get certified.

Pam Werner, RN, District 8 President

District 14 News

District 14 has been busy with activities supporting our local community, supporting our local perianesthesia nurses and networking with other nursing professional organizations. In November our District donated monies to The Open Door Mission a local charity serving the homeless, for their Thanksgiving Dinner Offering.

We are proud to announce our 19th Annual One Day Conference celebrating PANAW on February 6th was a huge success, with over 110 attendees. Presentations included E-Record Legal Implications, Techniques for Pediatric Patients, Transgender Healthcare, Serotonin Syndrome and Medical Cannabis – A Mother's Point of View. Scholarships were given out to 12 members. Our 50/50 raffle proceeds were donated to the Gay Alliance of Genesee Valley. Take a look on the new NYSPANA Facebook page for photos.

Our local Nursing Association held a meeting inviting officers of various nursing specialty organizations to share ideas on co-sponsoring programs and education. It was a wonderful opportunity to network. I recommend all districts to reach out and get involved with other nursing organizations in your area.

Plans for our spring educational offering are being finalized. We are looking for nominations for upcoming elections in April for President Elect and Treasurer, if any district member is interested please contact me at sally.sackett@gmail.com. A summary of responsibilities and duties of each position is available, along with mentorship from previous officers.

Sally Sackett, BSN, RN, CAPA, District 14 President

District 9 News

We are working on an educational offering on malignant hyperthermia for the spring...More details coming soon. We continue to recruit for Board members. Currently there are openings for Vice President, Secretary, and Treasurer. If you would like to help our district become active again, please contact me at: susan.see1@verizon.net

Susan See, RN, CPAN, NYSPANA District 9 President



E-Cigarettes: What's the Harm in Vapor?

Electronic cigarettes have become a hot item. Since they first appeared in China in 2004 and began to be imported, the numbers of brands and users have jumped.

Many smokers have been drawn to claims that e-cigarettes are a safe substitute for standard cigarettes because they deliver nicotine without the harmful chemicals and toxins in tobacco smoke. Some e-cigarette supporters say these products can help smokers to quit or cut down the amount of tobacco they use. What's more, e-cigarettes supposedly do not expose others to the dangers of second-hand smoke.

Yet many health experts have sounded alarms about e-cigarettes, calling for more study and control. Much of the debate has been about nicotine, the key—and addictive—ingredient in most e-cigarettes. Issues have included uneven delivery of inhaled nicotine, quality control problems such as poor labeling and leaks that can expose e-cigarette users to toxic liquid nicotine, maintaining a person's addiction to nicotine, and uncertainty about effects on health over time.

Until recently, the vapor that puffs from e-cigarettes in place of tobacco smoke has drawn little attention. In fact, many fans of e-cigs say that, because they create a mist produced by propylene glycol or vegetable glycerin rather than smoke, they should not be covered by no-smoking rules in public places.

But now doctors have raised concerns about e-cigarette vapor separate from those about nicotine. A 42-year-old woman who had used e-cigarettes for seven months experienced shortness of breath, cough, and fever over the same period.

The diagnosis was lipoid pneumonia—a chronic inflammation caused by fatty substances (lipids) in the lungs—due to e-cigarette use.

The specific cause was repeated exposure to glycerin-based oils found in e-cigarette nicotine vapor. The patient's symptoms improved after she stopped using e-cigarettes.¹

A recent study also found that using an e-cigarette for five minutes began to restrict lung function. It was not clear which e-cigarette ingredient or combination of substances caused these reactions. However, other

studies have shown that propylene glycol, the source of the e-cigarettes' visible vapor, can bring on respiratory irritation and increase the chance of developing asthma.²

These new findings are quite limited, but they are reminders that the e-cigarette story is still unfolding with many questions yet to be answered. One such question in addition to the effects of e-cigarettes on users is whether secondhand vapors may place other people at risk.

Our advice: proceed with caution and stay on top of the latest findings on e-cigs. To find out more, check out the Electronic Cigarettes section in our Resource Library section.

From news and facts to live help and text message quit support program, Quit Tobacco—UCanQuit2.org is here to support you.

References

- ¹ McCauley, L., Markin, C., & Hosmer, D. (2012). An Unexpected Consequence of Electronic Cigarette Use. *Chest*, 141(4): 1110–1113.
- ² Vardavas, C.I., Anagnostopoulos, N., Kougias, M., Evangelopoulou, V., Connolly, G.N., & Behrakis, P.K. (2011). Acute pulmonary effects of using an e-cigarette: Impact on respiratory flow resistance, impedance and exhaled nitric oxide. *Chest*: prepublished online.



ATTENTION

NYSPANA MEMBERS:

Please send all of your articles of interest, district news, events and photos to the website committee for the July newsletter edition of *Up To Par* by **June 1st**.

Your information will appear in the newsletter, as well as featured on our newly designed website. Please encourage your perianesthesia colleagues to share the great work they do with nurses across New York State.

Constant Contact News

Constant contact is used by NYSPANA for news flashes. If your district is planning an event, let us know and we can help you market it. If you find you are not receiving constant contacts, you may need to: check with ASPAN to make sure they have your correct email and check your junk mail. Constant contact sends a large volume email from NYSPANA (900 members) and it often goes to junk mail, especially if it's your work email. Please let me know how I can better assist you and your district.

*Respectfully Submitted,
Cindy Veltri Lucieer, BSN, RN, CAPA*

Resignation

The Board has accepted the resignation of Michele Rossignol, our newsletter editor. Michele was a dedicated editor who helped the *Up To Par* Newsletter evolve from a 4-page black and white issue to a 12-page colored issue. During her tenure as editor, the newsletter went from postal delivery to an online electronic format.

We thank Michele for her many years of service to NYSPANA. The Board wishes Michele well in her future endeavors.

New...Website Developer



Carrie Falzone has been creating website/print design and marketing since 1997. She has done work for such companies as Hard Rock Café, Universal Studios and the Walt Disney World Corporation, working across the country from Orlando to LA. In 2003, Carrie moved to Rochester and has built up her business as well as a long list of satisfied clients. Some recent clients are Optimax Systems Inc, Exele Systems, PMD Automation, BVR Construction and Kids Out and About as well as many other satisfied clients. Carrie continues to use an insightful and no-nonsense approach in dealing with her client's marketing and design needs; always focusing on the end users needs.

New...Website Committee

It was determined at the October board meeting that there was a need to update the NYSPANA website. The board appointed a committee made up of Susan Alati, Sandra Price, Susan See and Bronwyn Ship to explore new website options. After reviewing four proposals from website designers, the firm Vertical Insite was chosen with Carrie Falzone, Website Designer.

The website committee has been meeting with Carrie over the past few months to design a website with the most current technology which will help make the website easier to navigate and provide the most up to date information that our members or potential members are seeking. It will also have links to social media.

Searching for our website will be easier, because it can be accessed from any of the three domains: NYSPANA.net, NYSPANA.org and NYSPANA.com. Please view our redesigned website and inform your colleagues, too.

*Respectfully submitted,
NYSPANA Website Committee*

“Anesthesia: How it Affects Nursing Care & Patient Outcomes”

Debbie Fracassi, MS, RN-BC, service educator for perioperative services at University of Rochester Medical Center (URMC), graduated in 2013 with a Master's of Science in Nursing Education from Roberts Wesleyan College. Debbie teaches advanced cardiopulmonary elective course to senior nursing students at Roberts Wesleyan, as well as BLS and ACLS class at URMC. She is certified in Nursing Professional Development and a current member of ASPAN.

Debbie presented “Anesthesia: How it Affects Nursing Care and Patient Outcomes” to the URMC surgical center on Feb 1st, in celebration of PANAW week. Her presentation highlighted patient education, nursing implications, and discharge criteria post anesthesia. Contact hours for the presentation were approved by URMC and ANCC.

Debbie has been the service educator for the past 3 years and has over 30 years of experience as an RN, 5 years working in the surgical ICU, 9 years in the surgical center at URMC, and 13 years in cardiology, including 8 years in leadership. She is also the current service representative for career advancements at URMC along with the service representative for continuing education.



“Networking for Nurses: You Should Try It”

Amy L Dooley, MS, RN, CPAN, ASPAN Regional 4 Director

The business world has long understood and used the power of networking. In actuality “networking” is not just a business experience but really is a social interaction process that has a potential positive outcome for all involved. This process can be used successfully in all professional fields. The definition of networking according to Merriam-Webster, is “the exchange of information or services among individuals, groups, or institutions; specifically: the cultivation of productive relationships for employment or business.”

1. The key words in the definition are: exchange, cultivation and productive.

There must be an exchange between two or more persons which is used as an introduction to each other. Sharing information starts the process of finding a common point of interest which connects people to you. The cultivation piece is what you do with the information once you have it. You must reach out to your new contacts to ask for help yourself or to offer assistance for them to reach their goal. Productive is the operative word as to what relationship has the most potential of being beneficial to reach your goals.

Remember that networking is a two way street.

You may be asking yourself why I should care about networking; perhaps you are quite happy in your role in nursing and cannot envision changing jobs, perhaps you want to retire soon, perhaps life is so good that change is not an option. My response to any of those excuses is this “You never know what may happen or what will happen down the road.” As we have seen and will continue to watch is the ever changing health care scene. Perhaps your job will be consolidated with another, perhaps your department will merge, perhaps your facility may be acquired by another organization or just maybe you will get tired of doing what you are doing right now! If you have worked on creating a network for yourself it will be easy to move forward with another opportunity. Perhaps an opportunity may present itself that you never envisioned but once confronted decide to take advantage of it. These are all good reasons to begin learning how to network. Start today!

So how do you go about “networking”? First of all introduce yourself to new people and don’t be afraid to strike up a conversation. Asking open ended questions gives you a starting point to find that common point of interest for both parties. That common point provides a base to explore other commonalities that you enjoy. One simple way to start a conversation is to ask them, “Where is your favorite place.....? Or “When was the last time.....” Be open to responding to an inane question such as “How are you today? Or “How about this weather” with a wild answer such as “Let me tell you how GREAT I am today” or “The weather reflects my sunny personality”. These responses will spark a smile and the opportunity to converse sharing your thoughts. To make people more comfortable in your first meeting give them some information about yourself to set them at ease. One example is to say “I’m Amy and this is the first time I’ve been to.....” This gives the person a chance to remark about that topic which leads to other information. Networking is all about communication and making it easy for yourself and another person to share information. One important characteristic of non-verbal communication is crossing your arms. Avoid it at all costs because that posture sends a subtle message that I am not open to new ideas, I am not approachable and I am defensive, judgmental, close minded, and skeptical. Just don’t do it! A good way to open communication is to wear a name tag. That one act makes it easy for others to approach you because they will not worry about remembering your name, they will feel at ease using your name, and the person will have a better chance of remembering you. Another way to foster communication is to have ready and use business cards. I know that some of you do not work in a role that business cards are supplied.....MAKE YOUR OWN! Sheets of blank business cards can be purchased at many office supply stores and with a computer you can create them. I know because that is what I did for many years. As long as your name, address, email, and phone numbers are listed they present a way for others to get in contact with you. This is one way of being easy to reach.

One last suggestion for improving communication is to include your name, title, company, address, phone numbers, fax number, and email address at the bottom of your email signature. You can set up your email account to include this information every time you send an email, therefore not missing an opportunity to be available for connecting with a contact. Let me give you a couple of examples where I benefited from my networking experience.

My Mom attended a social hour after church services one day and met a fellow attendee. In their conversation my recent graduation from college with my Masters degree was discussed (as only a Mom would do). The other woman’s job was to organize nursing conferences throughout the year. She asked if I would contact her to see if I could present at one of her conferences. Once we met, there was not a mutual benefit but she suggested I give my resume to the Dean of the Nursing Program. So I did. The Dean stated there were no jobs available which I understood. Five months later the Dean called me and asked if I was interested in a clinical faculty job to start in 3 weeks. I was interested, we met, and I got a new job. All from a chance encounter at church.

My niece lived in another state than I. While playing soccer she fell, twisting her knee. Come to find out she tore her MCL and it was suggested that she have surgery. She called me and asked what to do. I immediately reached out to a nurse that I had chatted with while attending the ASPAN National Conference. She gave me a name of an orthopedic surgeon from that area that she recommended and that her family members had used successfully. My niece went to see him, felt comfortable with him, and had successful surgery on her knee. Without this recommendation she would have just been picking from random.

“Networking for Nurses: You Should Try It” (Cont.)

Amy L Dooley, MS, RN, CPAN, ASPAN Regional 4 Director

The last example is that my son was accepted to a college 6 hours away. He was so excited to attend! You can imagine my angst that if something bad happened I would not be right there to help him. So I picked up the phone and called a fellow nursing colleague that lived in that city. This nursing colleague was someone I had met at a nursing conference a few years back. In contacting her I asked if in an emergency I could call her and she would be there for my son. Of course was the answer and my mind was put at ease. Luckily I did not need to call her for the four years my son attended college but I knew I could call if needed. You need to start networking today!

It is not limited to a professional arena or a professional conference. Networking occurs wherever you are right now. It happens at work, it happens at your child’s school, it can happen at a place of worship, it can happen at the grocery store or even standing in line at the sports event. Strike up a conversation and see where it leads, be open to any opportunity that presents itself. Do not limit yourself or think that networking cannot happen here.

There is a time and a place for networking: ANY time and ANY place! Go forth and network!

Reference:

1. Networking [Def.1]. in Merriam Webster Online, Retrieved July 13, 2014, from <http://www.merriam-webster.com/dictionary/networking>

Government Affairs Chair

Caitlin Brion, BS, RN-BC

NYSNA Government Affairs Chair Report

Presidential Budget:

President Obama’s Fiscal Year 2017 nursing workforce budget sees an increase of \$1.05 billion from last year (will be \$33.1 billion for FY 17). AACN (American Association of Colleges of Nursing) has pledged to work with the White House on its initiative by organizing educational operatives and a response to the Zika Virus, the Cancer Moonshot and other issues.

<http://www.aacn.nche.edu/government-affairs/fy2017-budget>

Title VIII Nursing Workforce Development:

On DECEMBER 9, 2015, the president of AACN testified before the House Energy and Commerce Subcommittee on Health regarding the renovation of Title VIII, Public Health Service Act (aka Nursing Workforce Development Programs). Title VIII addresses Nursing Grants, Advanced Education Traineeships, Nursing Retention and Loan Repayment. For more information, please visit:

<http://www.aacn.nche.edu/government-affairs/aacn-president-testifies>

NYSNA 2016 Lobby Day: Wednesday, April 13 at 0900

Lobbying for Safe Staffing to Improve Patient Outcomes in New York.

Join nurses from across New York State to raise the alarm in Albany at NYSNA’s 2016 Lobby Day.

Event Address:

Convention Center

Empire State Plaza

Concourse Level

Albany, NY 12242

For more information, visit NYSNA’s site:

<http://www.nysna.org/events/tags/upcoming-major-events#.VtcN0sue2M8>

FYI: Current State Legislators

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<http://www.nursingworld.org/NurseLegislatorDirectory.aspx#ny>

Zika Virus: Should We Be Worried?

Barb Ochampaugh, BSN, RN, CPAN

The Zika virus is making worldwide news. We live in an area that is not affected by it. However, people like to travel to warm climates where the mosquito is active. Nurses need to know about this mosquito borne disease since our patients and families could potentially be exposed to the disease. Standard precautions should be used when exposed to body fluids from suspected carriers.

The facts about the disease are it is spread by mosquito bites. This aggressive mosquito bites in the daytime. They feed both indoors and outdoors near dwellings. They breed in stagnant pools of water as any mosquito. They will also bite non-human primates. (CDC) When there is an outbreak, human and non-human primates are the main reservoirs of the disease. An infected person passes the disease to a disease free mosquito, who then bites another person.

Perinatal, in utero, and possible sexual and transfusion transmission events have been reported and are under investigation. Investigations are ongoing to determine if there is a sexual or casual human to human transfer. Investigations are ongoing and information changes as more testing is done. An infected person can carry the virus in their blood for at least a week. There is no anti-viral or vaccine at this point in time. (CDC)

Only 1 in 5 victims will be symptomatic for the disease. The virus presents itself with acute fever, maculopapular rash, arthralgia or conjunctivitis, other symptoms include myalgia and headache. The illness is mild and last a few days to a week. There have been reports of Guillan-Barre syndrome. Infants are being born with microcephaly. This is what triggered the World Health organization to announce the outbreak. The State health Department and the US Center for Disease Control have information on their web sites. Testing is available for anyone who suspects they may have been exposed to the disease. Patients should contact their primary physician for information on testing.

The mosquito (the same that carries dengue fever in chikungunya virus) cannot survive in winter weather. (CDC)

The Zika virus has been confirmed in 14 countries and territories. Puerto Rico, the US Virgin Islands, Central and South America, Africa, Southeast Asia, Pacific Islands, and the Caribbean. The Center for Disease Control web site has travel notices at <http://wwwnc.cdc.gov/travel/notices>. (CDC)

If you travel to a country or area that has the Zika virus, wear long sleeves and use insect repellent. Pregnant women or women wishing to become pregnant should avoid travel to the outbreak areas and speak to the obstetrician for advice. If you are pregnant and suspect you had the virus you should speak to your obstetrician for testing. (CDC)

If you become ill from travel to an area with the virus, rest and drink plenty of fluids. Use acetaminophen (Tylenol) only. Do not take Aspirin or non-steroidals. Since the disease is similar to dengue fever which causes hemorrhage, you don't want to take anything that could cause bleeding. (CDC)

The information in newspapers appears to be accurate in terms of reporting the outbreak and symptoms. They are using information from the Center for Disease Control. It is wise to contact your local Health department, the New York State Health Department and the Center for Disease Control for accurate and up to date information. The New York State Department of Health phone line for the Zika virus is 1-888-364-4723.

References

Albany County Health Department:
www.albany.county.com/Government/Departments/DepartmentofHealth/zika.aspx. Accessed Feb 10, 2016
Center for Disease Control web site:
<http://cdc.gov>. Zika Virus. Accessed Feb. 10, 2016.

ATTENTION SEEKING A NYSPANA NEWSLETTER EDITOR:

Are you interested in an exciting opportunity to write, create, and edit the **NYSPANA newsletter**? You will be part of networking with many talented perianesthesia nurses from across New York State. The NYSPANA *Up To Par* Newsletter is published three issues a year: March, July, and November. We are looking for a dedicated individual that can collect, arrange, and format information from NYSPANA members and officers.

The Website Committee is acting as interim Newsletter Editor for the March edition of *Up To Par*. Please contact NYSPANA President, Bronwyn Ship if you are interested.

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ASPAN's Gold Leaf

Gold Leaf is a coveted American Society of PeriAnesthesia Nurses (ASPAN) award. The purpose of the award is to recognize excellence in component leadership and member development, communication, education services and community relations. NYSPANA has submitted an application to be considered for the 2016 award. NYSPANA won the award last in 2012. The application is a complex process that involves highlighting all the accomplishments of our members. The winner will be announced in April and we will be sure to inform you all at that time. For more information you can visit:

www.aspan.org

Research Chair Report

A very wise mentor of mine has been known to say, "Everything takes longer than it does." The statement is a bit odd, and very true. I began a project last summer focused on improving the perianesthesia care of patients at high risk for obstructive sleep apnea (OSA). I began by educating myself about sleep apnea; reading journal articles, the ASPAN clinical recommendations on care of the patient with OSA, and the American Society of Anesthesiology Guidelines for care of patients with OSA. I intended to begin the study itself by conducting a demographic, epidemiological study to stratify the risk of OSA for all adult preoperative elective surgical patients coming through our ambulatory surgical center. For a variety of reasons the Evidence Based Practice and Nursing Research (EBPR) Council at my hospital delayed beginning the project until February.

As a small group of us began to talk about the project this week, an important ethical consideration was raised. If we gather information on patient's risk of OSA during the preoperative assessment on the day of surgery, then what will we do with that information? If we compile statistics just to determine how many patients are at high risk for OSA, then how are we serving those patients? If we have information about a patient's health risk, then we should act to appropriately minimize those risks.

I think my story illustrates the importance of a second, third, or more pair of "eyes" for projects and plans particularly where patient safety is concerned. The study is now taking a different, and I believe a more robust direction. The general plan now, is to stratify adult preoperative patient's risk for OSA *and* implement evidence based guidelines for care of patients at high risk for OSA. At the NYSPANA board of directors meeting in March, I will be discussing how to move the project to a state level in the future. I welcome thoughts, comments, and suggestions from all. I look forward to finally moving this project forward!

Respectfully Submitted,
Kathleen Pecoraro, MSN, RN, CPAN

"Leaving a Legacy"

Barbara Ochampaugh, BSN, RN, CPAN

This has been a year for goodbye's to long term Board members. Marty Maresco and Maryanne Carollo have bid farewell to the NYSPANA Board. The Board wishes them well and thanks them for their years of service. A large knowledge base of NYSPANA history and growth has been retired with them. They have been great teachers and mentors; their wisdom and guidance will be missed.

Marty and Maryanne have been the backbone for District 8 and the NYSPANA Board for many years. They joke about sleeping together at State and National conferences. They have been roommates and travel companions throughout their tenures. Marty has served as both NYSPANA president and secretary for a number of years. She has served on the Board of District 8 and planned many conferences. Marty always planned our NYSPANA dinner meeting at National Conference. Maryanne has served as NYSPANA State and District 8 president. She was the ASPAN Regional 4 Director. She leaves the NYSPANA Board actively involved in recent planning of the NYSPANA 2015 State conference in White Plains.

As we bid farewell, we hope to see you both in attendance at more NYSPANA Conferences and meetings. Your mentorship has left NYSPANA in good standing. We are grateful for the legacy you leave to the NYSPANA Board and members.



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NYSPANA SCHOLARSHIPS

The New York State Perianesthesia Nurses' Association offers many scholarships for its members. This is a way for our organization to give back to its members. The qualifications, criteria, and applications for the scholarships can be found on our website at: www.nyspana.net Below is a list of scholarship opportunities:

Continuing Education Funding Scholarship: Apply for continuing educational offerings, certification, or recertification.

Nurse of Excellence in Clinical Practice: This award is for a NYSPANA nurse who exemplifies extraordinary practice in PeriAnesthesia nursing and is nominated by a peer.

NYSPANA RN pursuing an Advanced Degree in Nursing Scholarship: Apply to receive financial assistance as you continue your pursuit to advance your nursing career.

NYSPANA Student Nurse Scholarship: This award is for the nursing student in their senior year looking for financial assistance.

E-mail the above applications to: mprice03@rochester.rr.com

NYSPANA Research Scholarship: Submit a research proposal to assist in conducting evidence based research at your institution. E-mail the application to: kathep8@gmail.com



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