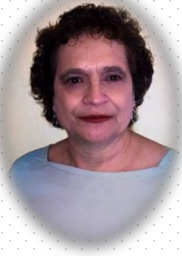




**Message From The President**



National conference was very busy, meeting new friends, attending Representative Assembly and classes. You renew your passion and find new solutions to problems or just a refresher. There is something for everyone. We again won Shining Star from ABPANC for all the work our component does to promote education and scholarship. We missed Gold Leaf but work tirelessly on all aspects of the award to bring programs and scholarships to our members. Bronwyn Ship is our newly elected Region 4 Director. We wish her well on her new duties!

The president and Vice President are the NYSPANA representatives at the Representative Assembly during National conference. As such, they get the following expenses paid for by NYSPANA: conference, hotel and travel. NYSPANA also pays for 2 officers to attend the Leadership Development conference in September.

Bronwyn transitions to her ASPAN role, we now have giant holes on the Board to fill. Bronwyn will stay past president. I will be President and assume the role of vice president. I am retiring next year and cannot continue in my role as president. Sandy is the secretary, treasurer and web master. She would like to give up her secretary role. We need someone willing to be president next year and a vice president candidate. In my role as past president I can mentor even in a retired state of mind! The roles are not difficult. The Board meets twice a year, spring and fall. We are doing more with teleconferencing.

The President is available all year as problems or questions arise. The vice president sends welcome and renewal letters to members as well a scholarship reminder. The secretary keeps our minutes and history. Our news letter editor is retiring. Three times a year we publish a newsletter.

We also need local involvement. New York City has no Board members. District 13, Syracuse is hosting the state conference in November. Christine needs help with that as well as members willing to be board members to energize the district. District 10 and 6 needs Board members. Each district is always looking for members to help host meetings.

Don't sit back and let someone else do it. The time is now to reach out and take a chance to learn a new skill. Who knows where it will lead you. Contact [NYSPANA@gmail](mailto:NYSPANA@gmail.com) if interested or to have questions answered.

Respectfully Submitted,

**Barbara Ochampaugh, BSN, RN, CPAN**

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**Mission Statement**

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



## Board Members



### PRESIDENT:

Barbara Ochampaugh, BSN, RN, CPAN  
[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

### VICE PRESIDENT/PRES ELECT:

**OPEN**

[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

### Interim SECRETARY:

Sandra Price, MS, RN, CAPA  
[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

### RESEARCH CHAIR:

Sherri Feiroh, MSN, RN, CAPA  
[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

### NOMINATING CHAIR:

**OPEN**

### TREASURER:

Sandra Price, MS, RN, CAPA  
[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

### GOVERNMENTAL AFFAIRS:

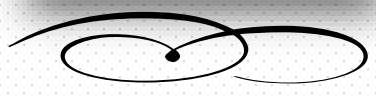
Pamela Germinaro, BSN, RN  
[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

### IM. PAST PRESIDENT:

[www.nyspana@gmail.com](http://www.nyspana@gmail.com)

Bronwyn Ship, BSN, RN, CPAN

<http://www.nyspana.net>



# Vice President's Report

## Change Of PLANS

Bronwyn Ship, resigned from the Vice President position

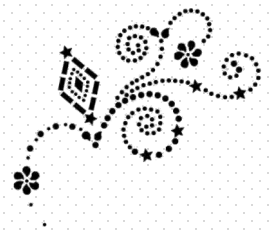


We are excited to announce that Bronwyn has been elected as our ASPAN Region IV Director. She will be a great addition to ASPAN and now, a wonderful support to NYSPANA.

The NYSPANA Board members can't THANK her enough for the many hats she has worn for NYSPANA on the District 14 and State level: President, Vice President, Website Coordinator, and Treasurer.



**Succession planning** is the process for identifying and developing new leaders as experienced leaders resign or retire. At this time, NYSPANA has multiple open positions, including editor for Up to Par. Now is the time to explore one of those NYSPANA positions. This, hopefully, will avoid gaps in providing leadership, information and ensure the strength and continuity of our districts. All positions are voluntary. Each position, except editor, requires you to be a board member and each position requires NYSPANA and ASPAN membership. If you have the inclination to volunteer, to be part of an established association and be a leader; contact a board member. All that is required is a few hours of your time two to three times annually.



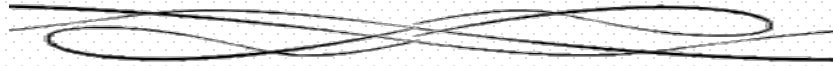
The Board is available at [NYSPANA@gmail.com](mailto:NYSPANA@gmail.com) to answer any questions you may have and to discuss opportunities.

## NYSPANA Contact Address

Barbara Ochampaugh, BSN, RN, CPAN ● 6 Wilkins Ave ● Albany NY, 12205



# NYSPANA Board Meeting was via a Conference Call: June 16<sup>th</sup>, 2018



## HELP WANTED



NYSPANA  
Vice President  
President-Elect

NYSPANA  
Secretary  
Nominating Chair

NYSPANA  
Up to Par  
Editor

District 6  
President  
Vice President  
Treasurer  
Secretary

District 13  
Vice President

District 14  
Vice President

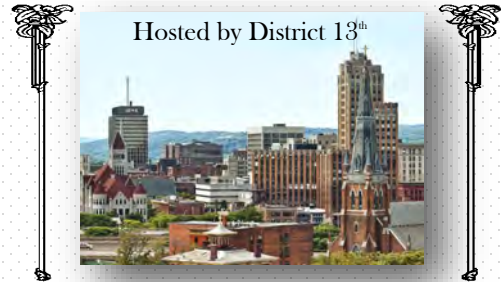
If interested in any open NYSPANA position or a position in our Districts — email: [NYSPANA@gmail.com](mailto:NYSPANA@gmail.com)



Facebook: NYSPANA BOD

**Like Us  
(NYSPANA)  
on Facebook**

## Save the Date



NYSPANA State Conference 2018  
November 10<sup>th</sup> Syracuse, New York

Destiney Center

Embassy Suite (\$119 night)

Complete details and brochure  
will be available by the end of summer

**TIP**



Curiosity is an awesome trait in nurses.  
Curiosity leads to questions that are the  
basis of research. Ask questions  
and see where it leads.

[ See Page 5 ]



**NYSPANA Editor**

Chris Deitrick • [www.nyspana@gmail.com](http://www.nyspana@gmail.com)



# Did You Know?



The NYSPANA Research/EBP grant of \$500.00 per year is funded by NYSPANA. The grant is available for all NYSPANA members seeking to conduct research that contributes to the advancement of Perianesthesia nursing science and the improvement of patient care.

<http://www.nyspana.net/wp-content/uploads/2018/03/NYSPANA-AG-March-2018.pdf>

## ASPAN Conferences

Friends Friends Friends Friends Friends Friends Friends Friends Friends

May 05—May 09, 2019  
Nashville, Tennessee

April 26—30, 2020  
Denver, Colorado

April 26 — 29, 2021  
Orlando, Florida

2022  
TBD

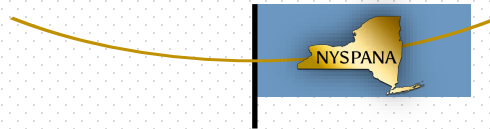


## Financial Report

Money Market Savings: \$ 22,000

Checking: \$ 51,000

Investment Account: \$ 18,200



## Constant Contact

NYSPANA subscribes to constant contact to keep you updated between newsletters about various events and opportunities. If your district is having a perianesthesia offering, we can promote it. Email President Barb Ochampaugh who will approve this and let me “blast” the NYSPANA members.

I update the membership list every six months. If you are not receiving NYSPANA Blasts, check with ASPAN to assure they have your correct email. Also, check your junk mail as this is a mass email to over 800 NYSPANA members.

Any questions: Contact me, [CVL54@hotmail.com](mailto:CVL54@hotmail.com).

Respectfully Submitted,

Cynthia Veltri Lucier, BSN, RN, CAPA  
CVL54@hotmail.com

## NYSPANA Website

[www.nyspana.net](http://www.nyspana.net)

Website Administrator: Sandra Price, MS, RN, CAPA

Website Developer: Carrie Falzone • C: 585.329.8313 • [carrie@verticalinsite.com](mailto:carrie@verticalinsite.com)





## Nursing Research:

Is a systematic inquiry designed to develop nursing knowledge about issues of importance to our profession, including perioperative practice, education, and administration.



Glens Falls Hospital

District 10

### *The Patient Experience Study*

(Qualitative Study)

Three questions asked to outpatient orthopedic patients over age 18 re: what their expectations are for surgery (see Study below)

**Qualitative Research:** Research dealing with phenomena that are difficult or impossible to quantify mathematically, such as beliefs, meanings, attributes, and symbols

### District 10 Research

Dan Elinskas, RN, MSN, CAPA, CPAN



UNIVERSITY of  
ROCHESTER  
MEDICAL CENTER

District 14

### *Essential Oils to Reduce Post-Operative Nausea and Vomiting*

(Double-Blind Study)

The purpose of this study is to determine if using commercial essential oil products (Peppermint or Ginger or a mixture of Peppermint and Ginger) reduces the need for sedating pharmacologic antiemetics for postoperative nausea and vomiting (PONV)

**Double Blind Study:** an experiment designed to test the effect of a treatment or substance by using groups of interventional and control subjects in which neither the subjects nor the investigators know which treatment or substance is being administered to which group

The Patient Experience Study-Outpatient orthopedic patients (18-65 yrs. old). Three questions pre-arrival to hospital:

1. What are your expectations upon arrival to the hospital (looking for what they expect once they arrive on hospital Property: Valet? And escort to floor? A map? A warm blanket?)
2. What are your expectations for nursing care while at the facility? (1:1 ratio? Communication? Etc.)
3. What are your expectations for pain? (some, none, meds to go home with?).

These questions are very broad, however the responses so far are intriguing. The follow up phone calls asks if we met the expectations of the patient on each question – reminding them of the original answers and if there was anything we could have done differently. The responses we have gotten are interesting. Jean Watson reviewed this study along with the researchers and is excited to see the results. Finally, we hope we can incorporate the **Caritas Theory** into the results. **Caritas Nursing** is a term that is defined as bringing caring, love and heart-centered human to human practices back into our personal life and work world (Watson, 2009).

### District 10 Future Research

Orthopedic Protein Study:

This study is in it's early stage and not ready for IRB. Background: Will keeping selected patients on a high protein drink 10 days before surgery and an additional 4 days following discharge promote quick healing and recovery? Our hypothesis is whether or not high protein diets help patients gain energy and recover sooner from the stress of hip/knee replacement surgery. The literature is overwhelming that protein and better surgical outcomes are related. Does this pre-operative nutrition better prepare the patient for surgery? — **Stay Tuned**

### District 14 Future Research

Postoperative Urinary Retention Study:

Purpose: This purpose of this research is to examine the extent to which postoperative urinary retention (POUR) remains a complication following discharge from ambulatory surgery. — **Stay Tuned**

Being led by Phase II nursing staff at Strong Memorial Hospital (SMH) in Rochester, New York including Sandra Price (NYSPANA Treasurer and Chris Deitrick (Up to Par Editor) and other NYSPANA nurses.

As part of the Boards ongoing commitment to provide resources for New York State's perianesthesia nurses we will be reviewing and updating the requirement for obtaining funds to support research and evidenced-based projects. Currently a \$500 stipend is available to qualified researchers through a very extensive process. We are proposing changes in the procedure and types of projects that would be eligible for a \$1000 grant. This grant could be used to support cost of carrying out a project such as materials and/or equipment, software purchase or consultant fees.

I would love to hear from our members about the best way for us to support them. Please forward any suggestions for improving the availability of these grants to the current research chair at: [sfieroh@adironackhealth.org](mailto:sfieroh@adironackhealth.org)

For some interesting ideas to spark research projects check out these two articles:

Henly, Susan. Point of Care Research: A new series for Nursing Research. Nursing Research: July/August 2014, 63:4, p233-234, Editorial

Henly, Susan. Health Communication Research for Nursing Science and Practice. Nursing Research. July/August 2016, 65:4, p 257-258. Editorial.

In these editorials the author discusses the opportunities for nursing research where nurses interact with patients including through information technology, tele-health, collection of personal information, and devices used at the point of care. Communication issues will always be areas for improvement in the delivery of health care and nurses can promote those changes by investigating current modes of communication and trying new approaches that can better meet the needs of those we care for. Designing and testing teaching materials or revising instructional programs are two areas that can be improved through researching patients responses and perceptions. There is always a need to update how we communicate and teach, especially with increased use of smart devices.

Sherry Fieroh, MSN, RN, CAPA  
NYSPANA Research News/Research Chair



Winner Wanda Rodriguez was awarded the 2017 award at 2018 ASPAN conference in Anaheim, California. The prize is reimbursement for the upcoming year's registration fee for membership to ASPAN and NYSPANA

Good Job  
S



**PAPAN PRIDE 2018**

*You're Invited* **Hershey** PA ★

**October 6-7, 2018**  
**Hershey Lodge and Convention Center**  
**325 University Drive**  
**Hershey, PA**

For More Information contact Nurse Planner: Becky Hartley, MSN, RN, CPAN, NEA-BC @ [rdhartle@comcast.net](mailto:rdhartle@comcast.net)



# SCHOLARSHIP WINNERS

Highlights from National ASPAN 37<sup>th</sup> Annual Conference [Anaheim, CA]

I was fortunate to be 1 of 1700 attendees in Sunny California, a fun component night Sunday with all states represented from a California nurse in an Oscar costume to three ladies from North Carolina depicting members of the Andy Griffith show cast.

Some of the sessions that stood out were: Clinical practice, pointing out that all clinical queries can be found on ASPAN.org, check nursing forums, use the standards book, ultimately patient safety is our responsibility, no set time for recovery->patient is ready for discharge when criteria is met.

There was also much discussion about our nationwide *opioid* epidemic. Interestingly, probability of long term opioid use increases after five days, 6% after only one day of therapy. At one Ohio hospital, for those pre-op patients with a dependence on Suboxone, when surgery is scheduled, they obtain a comprehensive urine screen the day surgery is scheduled, then repeat on the day of surgery, testing for all drugs other than Suboxone. Surgeon and primary MD have a plan in place for pain management prior to surgery! Recommendation from American Addiction Society how *states* pre-op patient only has to be off Suboxone 24 hours rather than five days as stated previously.

The most enlightening session, in my opinion, was baby boomers to generation Z and the impact of generational differences in Perianesthesia nursing, how each generation is a product of the culture they grow up in. For leaders, and managers, is recognizing differences and how best to communicate, the challenge of generational conflict, finding common ground, providing communication options, ie: email, texting.

What stood out to me in the Exhibit Hall, was an interchangeable BIPAP/CPAP device developed by a respiratory therapist. It consisted of a mask with a gauge in the tubing that is switched to either mode and connected to O<sub>2</sub> flow meter, cost is about \$40, something we (nurses) could apply and initiate, food for thought.

Linda Erickson, RN, CPAN  
Phase I PACU St Peter's Hospital



\$ 250

My experience at the ASPAN conference was truly inspirational to my nursing practice. Arriving in the sunny state of California was a blessing and that was only the beginning. I entered the conference setting and found that I was surrounded with some of the best Perianesthesia nurses in the country. The classes I attended were hand picked in hopes to further my nursing practice and I quickly learned that the classes were not the only thing I could grow from. Classes with topics such as substance abuse in patient population, post traumatic stress symptoms, and aiding new staff become involved with patient emergencies were only the beginning of my learning experiences.

Learning what other nurses were doing in each of their diverse PACUs helped enlightened me on how different PACU nursing can be and helped me gather ideas to improve my PACU's overall performance. Thank you for this opportunity and I am excited for what the future holds from my practice and my PACU.

Korin White, RN, CPAN  
Phase I PACU Glens Falls Hospital

\$ 250



## CERTIFICATION

Not Yet Certified? Now is Your Time!

Currently Certified?  
Encourage a Colleague!





## District 14 News

Finally summer has arrived and to usher in the summer, District 14 held its annual spring conference on May 22<sup>nd</sup> at FF Thompson Hospital. We had 19 attendees who were treated to a fabulous and instructive presentation by Peter Bonadonna. Mr. Bonadonna, an EMT instructor at MCC, is also a practicing EMT for Monroe Ambulance. His presentation, POCUS (Point of Care Ultrasound): The New Stethoscope was extremely enlightening. Although most of Mr. Bonadonna's experience is either in 'the field' or in the ED, he effectively demonstrated how the POCUS could be of use at the bedside in the PACU. The feedback was overwhelming positive by all who attended.

Following the meeting, a short Board of Directors meeting was held where the election results were reviewed and confirmed. For the coming year, your elected officials for District 14 are:

President - Kathi Peers

Vice President - open

Secretary - Debra Farmer

Treasurer - Kari Alicea-Santiago

Education - open

Additionally, Cindy Lucieer and Judy Sears have consented to continue to act as mentors to the new board members.

As your new president, let me introduce myself. My name is Kathi Peers and I currently work at University of Rochester Medical Center (URMC) Strong West ASC as a staff nurse in the Pre/Post unit. Prior to working at URMC, I spent most of my career in the Emergency Dept of other facilities. However, it was when I became a staff nurse in the PACU at Highland Hospital (Rochester, NY) that I was introduced to ASPAN and NYSPAN District 14 by my good friend, Joanie Morse. Joanie encouraged me to join and soon I found a fabulous group to assist in my learning more about my new position as a PACU nurse. I have had the opportunity to attend some great conferences and meet some wonderful nurses from different units all over our district. Being able to discuss new procedures, potential unit problems and how other units handle their patient/patient flow has been, not only instructive, but assistive as well. Then approximately 1½ years ago I was given the opportunity to join the Board of Directors as treasurer and another whole level of educational opportunities and camaraderie became available to me. I can honestly say it has been the best thing I have ever done. It is an honor to be able to represent such a diverse group as NYSPAN District 14 and I can only hope that I can continue to serve this association to the best of my ability as President. If you have a concern, suggestion, or request, please come and speak with me personally. My wish is to be transparent to all our members. My only request is that each of you considers doing what I did and just 'get a little more involved'. Any one of us on the board would be more than happy to speak with you about opportunities to support District 14. Let's all make this our best year ever!

*Kathi*

Kathi Peers, BSN, RN, CAPA



## District 13 News

District 13 is presently working on planning the NYSPANA State Conference in November 2018

*Good Job Christine*

## District 8 News

District 8 awarded a scholarship to the ASPAN National Conference to Carol Cramer. We will be hosting an ASPAN CPAN / CAPA Certification Review Seminar on September 22, 2018 in Fishkill, NY. And we are in the planning stage for a district conference with more information to follow.

District 8 sends positive thoughts and well wishes to all in our area who suffered from the devastation of the May tornados. We hope for a swift return to some sense of normalcy.

**Pam**

Pam Werner, RN

## District 10 News

In May we had author Roger L. Noyes speak for 60 minutes on his book *Clara D. Noyes RN - Life of a Global Nursing Leader* for a spring CEU session at Glen Falls Hospital.

Our Scholarship winner is Korin White, RN, CPAN, Phase I PACU  
We are still seeking members for District 10.

**Dan**

Dan Elinskas, RN, MSN, CAPA, CPAN



## District 6 News

*Thank you*

We are saddened to hear Trina Mills is resigning as District 6 President. She held a fantastic state conference in NYC & we are grateful for Trina's dedication to have served as a NYSPANA Board of Director for 6 years.

Her input and commitment will be truly missed...THANK YOU!

We wish you all the best in your future professional endeavors.

**NYSPANA BOARD**



Anaheim, CA **2018** ASPAN's April 29 - May 3  
 37th National Conference

Pictures Pictures Pictures

something wonderful is about to happen



Bronwyn Ship, BSN, RN, CPAN was elected as our ASPAN Regional 4 Director



Everyone Had A Great Time

thank YOU

Amy L Dooley, MS, RN, CPAN for your many years of service as ASPAN's Regional 4 Director



2017 Shining Star Award  
 A COMPONENT RECOGNITION PROGRAM



Barbara Ochampaugh, BSN, RN, CPAN

ABPANC's Shining Star Award publicly recognizes ASPAN Components for supporting and encouraging CPAN® and CAPA® certification at the local level

Shining Star Award criteria:

- ‡ The Component must have awarded at least one scholarship for certification or recertification fees; or award scholarship to CPAN / CAPA certified nurse(s) to attend an educational program.
- ‡ A minimum of 25% of Component membership is CPAN and/or CAPA certified.
- ‡ Component must provide at least one opportunity for CPAN / CAPA certified nurses to earn contact hours toward recertification.
- ‡ Component must include at least one member who serves as a Certification Coach.
- ‡ Information about CPAN and CAPA certification is published in all Component newsletters.
- ‡ At least one recognition event is held per award period recognizing newly certified and recertified CPAN and CAPA nurses.
- ‡ CPAN and CAPA certification information must be present at each component meeting

[http://www.cpancapa.org/pdf/ShiningStar\\_pamphlet.pdf](http://www.cpancapa.org/pdf/ShiningStar_pamphlet.pdf)

On April 21st the Adirondack Health Professional Development Committee and NYSPANA District 10 co-sponsored a Seminar day at the newly re-opened Hotel Saranac in Saranac Lake, NY. For the 47 nurses in attendance it was a chance to network with other professionals as well as earn CEUs .

The topics were quite varied. An introduction to fecal transplantation by Stephanie Rollo RN and Nicole Young RN provide great information about the process and their GI program in Glens Falls. Recently retired Maureen Iacono brought her unending enthusiasm for nursing and provided truly insightful tips for handling difficult conversations. Dr. Michael Hill provided attendees with the opportunity to hear directly from a patient of his who is undergoing gastric balloon placement for weight loss. This is a new non-medical, non surgical weight loss method that has been used in Europe and South America for years but is now being trialed in the United States.

Though we had our challenges because of the distance involved, this joint effort proved worth it. The combination of a shared governance committee dedicated to bringing learning opportunities closer to home coupled with the resources of a regional and state organization worked well. Bringing nursing professional development to one of the most rural parts of the state was very rewarding. Lessons learned included the importance of starting early with the CEU approval process. Though everything was submitted by the deadline there were many weeks of communication back and forth to

finally complete the process. Having this task delegated to someone who was good with details helped immensely. Pick a date and secure speakers as soon as possible . Plan for an extra presentation or 2 as speakers sometimes change plans. It takes a few weeks to gather bios, conflict of interest forms and presentation outlines and these are needed for the CEU application. It is recommended to get set up PayPal registrations 4-6 months ahead also. When working with the venue take care to estimate attendee numbers as accurately as possible, set up reasonable dates for final numbers and be cautious about minimums written in to any contract. The hotel contract needed to be adjusted for our meeting as our budget was not as flexible as corporate type events. Also be sure it covers any AV and equipment needs ahead of time and outlines timing of food and beverage service to your liking. We found the hotel very flexible and that it worked best to have two people that they could contact and work with during the planning process.

Both the district and the hospital worked on getting speakers. Our district NYSPANA treasurer did an outstanding job managing the incoming registrations and the outgoing payments. The local committee handled the conference day responsibilities including vendor needs, door prize raffle and manning the registration table. Our joint efforts made for a well received event and have encouraged us not be afraid to think big and think local to meet the education needs of North Country nurses.



## ASPAN Component Leadership Development Institute

### Sept. 14 -16, 2018

Newly-Elected board members and designated leaders join in St. Louis, Missouri to learn about ASPAN and develop leadership skills. NYSPANA has the funds to send two members to travel to St. Louis



### CERTIFICATION NEWS

Effective July 1, 2018, ABPANC has made significant and exciting changes to both our Certification and Recertification programs! Please be sure to check out the What's New? links on [www.cpancapa.org](http://www.cpancapa.org) to learn more about:

- Clinical Experience Requirements for Certification
- Clinical Practice Hours Requirements for Recertification
- Contact Hour Requirements for Recertification
- ABPANC's NEW candidate management system, Learning Builder
- Dates and Deadlines for Certification
- ABPANC's new Voucher System

#### CPAN® / CAPA® Examination Dates

Encourage your colleagues to achieve the gold standard in patient care by joining more than 12,500 perianesthesia nurses who have become CPAN or CAPA certified. Registration for Fall exams is now open and ABPANC has many resources on its

#### Get Involved

ABPANC is accepting nominations for several RN Director positions for the 2019-2021 term of office.

If you share our passion for certification, have a willingness to serve, and are ready for a true challenge, learn more about the opportunities at

[www.cpancapa.org/nominations](http://www.cpancapa.org/nominations).

Nominations are due no later than October 31, 2018.

The Fall 2018 Examination schedule is set with the following dates:

Registration Window - Online  
July 1 - September 15

Examination Administration Window  
September 15 - November 15

***ASPAN members  
receive a \$110 discount.***

Register early to get the testing date you want and have time to study.

#### CPAN® / CAPA® Study Tools

ABPANC has a Resources section of their website with free study tools to help nurses prepare for the exam.

Free resources include:

- New Certification Mobile App
- Certification Candidate Handbook
- Test Blueprints
- Study Reference List
- 12-week Study Plan
- Study Question of the Week
- Study Tips
- Test Taking Strategies Webinar
- Conquering Test Anxiety Webinar
- Mind Mapping Study Guide
- Certification Coach

#### Practice Exams

Buy One Get One Free - 100 questions for \$50. Earn 8 contact hours.

Free Study Guides and Reference Materials available at:

[www.cpancapa.org/resources/study-tools](http://www.cpancapa.org/resources/study-tools)

#### CPAN® / CAPA® Certification Stories

Read the stories of nurses just like you to get their perspective on the benefits of certification and what it is like to prepare for the exam.

[www.cpancapa.org/benefits/my-certification-story](http://www.cpancapa.org/benefits/my-certification-story)

#### Contact ABPANC

475 Riverside Drive, 6<sup>th</sup> Floor  
New York, NY 10115-0089

800-6ABPANC

Fax: 212-367-4256

Email: [abpanc@proexam.org](mailto:abpanc@proexam.org)





**A Word from our new ASAPAN  
Regional Director  
Region 4 (2018-2020)**

**Bronwyn Ship, BSN, RN, CPAN**

Happy summer everyone! I hope that you all are able to enjoy the long awaited warm weather.

It has been an eventful spring for me. At the National Conference, I was elected as your ASPAN Region 4 Director. It is my honor to serve on the National Board of Directors representing not only NYSPANA, but the entire northeastern states from Pennsylvania and New Jersey to Maine. I will be your voice on the issues that concern us all as Perianesthesia Nurses.

As members of NYSPANA and ASPAN, there are many benefits and opportunities available to you. I would like to focus and some of the opportunities that are offered on the ASPAN website. Did you know that as member of ASPAN, you are eligible to 3 free articles per calendar year? To access these articles, sign on to the ASPAN website and click on the Education tab, then click on JOPAN Continuing Education article and choose three from the list on that page. Also, another benefit is that your JOPAN journal is available through an app that can be downloaded to you electronic reader. To find the app, search for JoPAN in the app store and download the app. Sign in is required. The instructions to assess articles are easy to follow. Past issues of JoPAN are also available. This could be a helpful tool when looking for information on a practice issue.

Our organization is here to serve its members, and as members there are many opportunities to help serve your fellow perianesthesia nurses. Consider volunteering in your district to help organize educational opportunities, or on the state level by becoming a member of the state board. ASPAN has strategic work groups and specialty practice groups working on issues that are common with each and every one of us. Let your voice be heard and contribute your time to looking for the best practices to provide the most current evidence based care to our patients.

Please contact me with any questions and concerns and I will do my best to help find answers and solutions. My email address is: [bship@aspan.org](mailto:bship@aspan.org).

Thank you again for the opportunity to represent New York and the Northeast.

*Congratulations*

**Free**

ASPAN Members can now access up to three articles per calendar year for FREE

<https://www.aspan.org/Education/JOPAN-Continuing-Education-Articles>

## Up to Par Submissions

Please send all of your articles of interest, district news, events and photos to NYSPANA newsletter Editor for the August newsletter edition of **Up To Par** by November 01, 2018.

[www.nyspana@gmail.com](mailto:www.nyspana@gmail.com)

# NYSpana District Officers\*

## District 8

Westchester, Rockland  
Dutchess, Putnam

### PRESIDENT

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### VICE PRESIDENT

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### SECRETARY

MaryAnn Servidio, MSN, RN, CAPA

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### TREASURER

Christine Molinari, BSN, RN

## District 6 New York City

### PRESIDENT

Position Open

### VICE PRESIDENT

Position Open

SECRETARY } Positions  
TREASURER } Open

## District 14 Rochester

### PRESIDENT

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### VICE PRESIDENT

Position Open

### SECRETARY

Debra Farmer, RN, CAPA

### TREASURER

Kari Alicea-Santiago, BSN, RN, CAPA

### EDUCATION

Position Open

## District 10 Albany

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## District 13 Syracuse

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### VICE PRESIDENT

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### SECRETARY

Kelly Cortini

### TREASURER

Maureen Iacono

## Know your District

- [District 1] Nassau/Suffolk
- [District 6] New York City (All Boroughs)
- [District 8] Delaware, Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, Westchester
- [District 10] Albany, Clinton, Columbia, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington
- [District 13] Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga
- [District 14] Allegheny, Cattaraugus, Chautauqua, Chemung, Erie, Genesee, Livingston, Monroe, Niagara, Ontario, Orleans, Schuyler, Seneca, Steuben, Thompsons, Wayne, Wyoming, Yates

\* Any changes/updates in District Officers may be emailed to Barbara Ochampaugh: [www.nyspana@gmail.com](mailto:www.nyspana@gmail.com)