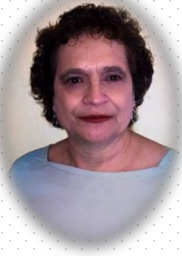




Message From The President



Is there a **leader** in you? NYSPANA has over 800 members. We are in need of members who are interested in holding a leadership position on the local and state level. We have suspended District 6 NYC due to lack of leadership. Anyone who is a member of that district should follow District 1 and 8 activities. If anyone is interested in a leadership role for District 6, contact me. Syracuse, District 13 is also in need of leaders. Christine Angiolillo is seeking a vice president, secretary and treasurer. Our *Up To Par* editor is retiring. Chris Deitrick has done an outstanding job in producing our newsletter. The newsletter is produced three times a year with contributions from the leadership.

The requirements for leadership in NYSPANA are minimal. You need the desire to learn new skills, meet new people and network with colleagues across the state and nation. Your travel expenses and hotel rooms are reimbursed expenses. We provide on the job training and have mentors available for you. We are a team of friendly, approachable nurses dedicated to the NYSPANA membership.

Do you know that NYSPANA has monthly scholarships for conference attendance, certification renewal or certification testing? The application can be found on the NYSPANA web site. We also have scholarships for the RN returning to school and the new nursing student. There is also a Research Scholarship.

I would like to thank Christine Angiolillo and Maureen Iocono for their hard work and dedication in producing a successful conference. Conference planning is never an easy task. The topics and speakers were will thought out and planned. There were a variety of vendors. I enjoyed meeting and networking with all the attendees.

Have a very enjoyable winter holiday season.

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

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www.nyspana@gmail.com

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www.nyspana@gmail.com

IM. PAST PRESIDENT:

www.nyspana@gmail.com
Bronwyn Ship, BSN, RN, CPAN

<http://www.nyspana.net>



Up to Par Editor Says Good-bye

Time for Me to Say...Good-bye.

I don't know the best way to say Good-bye, but I'll do my best.

Being the editor for Up to Par these past two years has allowed me to flourish both professionally and personally. I am grateful that NYSPANA voted to change the responsibilities for the editor and removed the board member requirement. This enabled me to volunteer and keep my responsibilities to a minimum. This in turn, allowed a fabulous Work— Life balance. I feel fortunate to provide a valuable service to NYSPANA and their members. Life is about balance and this role was perfect for me to use my creative nature and learn how to produce a state wide newsletter. Overall, it has been an amazing experience and along with professional satisfaction.

Every publication was successful thanks to Barb Ochampaugh, Bronwyn Ship and Sandy Price. Those three were my sounding board, cheerleaders and second set of eyes. I might have had my name under Editor, but Up to Par is a group effort. Being in this role was both inspirational and educational.

I feel that, despite the distance, I believe the NYSPANA board and each member should be proud to be such a great team. If you have any interest in the editor position, I am available and happy to mentor you along the pathway.

One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination.

John C. Maxwell



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.

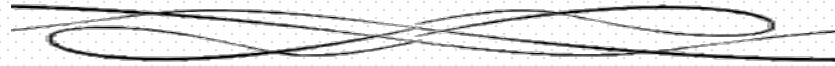
The Board is available at NYSPANA@gmail.com to answer any questions you may have and to discuss opportunities.

NYSPANA Contact Address

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



NYSPANA Board Meeting was via a Conference Call Nov 03, 2018



Join our team!



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



Facebook: NYSPANA BOD

Like Us (NYSPANA) on Facebook

Save the Date

ASPAN 38th National Conference

May 5-9th 2019

Gaylord Opryland Resort and
Convention Center

Nashville, Tennessee



TIP



If the vending machine is your only option at any given time, choose a more nutritious snack (a granola bar, wheat chips, or peanut butter and crackers, for instance) instead of candy.

NYSPANA Editor

Your Name Could Be Here • 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



May 05—May 09, 2019
Nashville, Tennessee
See page 5

April 26—30, 2020
Denver, Colorado

April 26 — 29, 2021
Orlando, Florida

2022
TBD

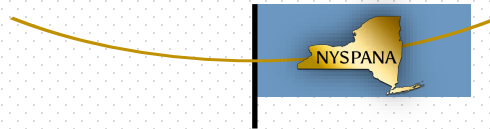


Financial Report

Money Market Savings: \$ 22,253

Checking: \$ 58,000

Investment Account: \$ 18,177



Constant Contact

NYSPANA subscribes to constant contact (an email marketer) to keep you updated between newsletters about various events and opportunities. If your district is having a perianesthesia offering, we can promote it. I can help you circulate your brochure to all NYSPANA members (over 800!) who have provided an email to ASPAN. 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.

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

NYSPANA Website

www.nyspana.net

Website Administrator: Sandra Price, MS, RN, CAPA

Website Developer: Carrie Falzone • C: 585.329.8313 • carrie@verticalinsite.com



LEADERSHIP DEVELOPMENT INSTITUTE

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

This September I was given the opportunity to attend ASPAN's yearly Leadership Development Institute in St. Louis, Missouri. The weekend conference was filled with offerings that helped grow my understanding of the organization as well as how NYSPANA fits in with the national picture.

We got a first look at changes coming from ABPANC, our certification provider. The number of hours of clinical practice required for certification and recertification are changing, deadlines and dates are being streamlined and the portal for both is changing. Guides are available on the web site to guide you through these changes at [www. https://cpancapa.org/](http://www.cpancapa.org/) Be sure to look at them soon so you are not surprised close to your recertification date.

We were also given information on the resources available to components at the national office. We talked about the pros and cons of using social media for the organization. I never knew that in addition to Facebook, ASPAN has a LinkedIn page, is on Twitter and Pinterest! Also, we learned that we should add a photo disclaimer and terms of use to our website. ASPAN has a position statement on the use of social media that contains some good practice guidelines- <http://www.aspan.org/Portals/6/docs/ClinicalPractice/PositionStatement/Current>.

ASPAN is also working on their Education Approver paperwork. Many of us have used Alabama State Nurses Association for getting CEUs approved so this would be a welcome change in that process. Check them out if you are planning a conference. <http://www.aspan.org/Portals/6/docs/Education/Approver/ASPANApproverManual.pdf>

A lot of the nuts and bolts of running a component were reviewed including strategic planning, bylaws, Gold Leaf and recruitment. By far the most fun presentation was on personality types and communication skills. Role playing by the officers who really hammed it up got across the objectives while getting us to learn how to handle those difficult people we all encounter. It was great to have some enthusiastic, gifted speakers who are very dedicated to our profession.

Attending this conference was energizing. Our component financially supports two representatives to attend yearly. If you are interested in taking on a more active role in NYSPANA and ASPAN please consider applying to attend next year's session to learn more. Send an email to the Board at nyspana@gmail.com

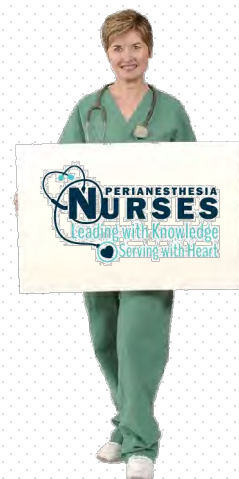


2019

PeriAnesthesia Nurse Awareness Week
(PANAW)



February 04-10, 2019



For Ideas on Celebrating PANAW: <https://www.aspan.org/Events/>



District 14 News

Ah...fall...time for apples, cider, donuts, pumpkin lattes and leaf peeping. It is also holiday time and a time to make sure our less fortunate fellow man is cared for. This year, District 14's Thanksgiving gift is being sent to the Gates Women & Children Residential Home so the most vulnerable of the homeless can have a better Thanksgiving.

The District 14 board is also busy preparing for our annual February conference, securing some great speakers on a variety of topics that are timely to all of us. So **SAVE THE DATE** Saturday, February 9th from 7:15-3:30 at the Burgundy Basin Inn. We hope to see all of you there!

Lastly, District 14 sends out prayers and best wishes for a happy and safe holiday season!

Kathi

Kathi Peers, BSN, RN, CAPA



District 8 News

On September 22, 2018, NYSPANANA District 8 hosted an ASPAN CPAN / CAPA Certification Review Seminar presented by the always wonderful Terry Clifford. The offering was attended by 28 nurses and was very well received.

District 8 selected five attendees who received scholarship reimbursements for the seminar. The lucky winners were: Janice Burns, Linda A. Giardino, Carmen C. Ianora, Doreen Pop and Dawn Vaillancourt.

District 8 is currently working on plans for a local conference. More information to follow as our planning solidifies.

I wish to thank NYSPANANA for supporting my attendance at the ASPAN Component Development Institute (CDI) held in St. Louis, Missouri from September 14-16, 2018. The offerings were very informative and the CDI provided wonderful opportunities for networking.

District 8 would like to wish everyone a Happy and Healthy Holiday Season and we look forward to a Happy and Productive New Year.

Wishing all the best to our colleagues.

Pam

Pam Werner, RN



District 10 News

District 10 presented 3 Conferences: one in Glens Falls (20 attendees); one in Saranac (55 attendees) and one in Saratoga (25 attendees).

Welcomes 3- new officers:

Korrin White, RN, CPAN,

Kaitlyn Coriale, BSN, RN, CPAN

Charli Knight, BSN, RN

} See Page
12

Our district is exploring an ASPAN certification review.

Dan

Dan Elinskas, RN, MSN, CAPA, CPAN



District 13 News



On November 10th 2018, District 13 hosted NYSPANAs Annual State Conference at the Embassy Suites at Destiny USA.

There were 130 RN attendees present from all over New York State.

We had a wonderful panel of speakers that presented on many topics that were of interest to our audience.

Our conference participants were generous with the 50/50 raffle and \$300.00 was donated to Helping Hounds of Syracuse, dog rescue. Many people won wonderful products in our basket raffles.

NYSPANAs was generous with scholarships. 14 new members signed up and NYSPANAs waived the \$40 component fee. Also, 60 NYSPANAs members in attendance received \$20 cash in scholarship for attending the conference.

Board of Directors received conference registration \$75.00 and 3 NYSPANAs members received the new 2019-2020 Peri anesthesia Nursing Standards, Practice Recommendations and Interpretive Statement books.

ASPAN historian, Esther Watson, was in attendance and was recognized for her long standing commitment to perianesthesia nursing.

District 13 looks forward to our next event; late winter/spring 2019. Please email me with any topics of interest.

See Page 9 for more highlights

Christine

Christine Angiolillo, RN, CPAN



Christine, Kelly and Maureen did a fantastic job in hosting the state conference. Thank you.

District 1 News



Happy Fall!

On October 27th NYSPANAs District One hosted our annual Fall conference at the beautiful NYIT deSeversky Mansion in Glen Head. The event was well received by the 80 plus attendees despite the rainy weather. The speakers were engaging and shared knowledge, some of which is at the cutting edge of medicine.

Our generous attendees donated several baskets of fun filled items which were raffled off to raise money for Long Island Cares, the Harry Chapin Food Bank, \$1400.00 was collected! Our hope is always to assist those less fortunate. Our district believes in giving back to its members and 10 scholarships were awarded at the event.

As we complete our day the focus was on creating balance in ones life. As nurses we tend to care for others without taking time to care for our self's. It was a gentle reminder that we care too.

So, as the busyness of the seasons are upon use, let us not forget that "me time " is our time to refuel.

As the saying goes..."you cant pour from an empty cup." DEVELOPGOODHABIT.COM

The board of District One wishes our friends and colleagues a healthy and happy holiday season.

TINA

Tina Stoebe, MS, RN, CPAN

Fluid Resuscitation: Did my Patient Get Enough?

Barb Ochampaugh RN BSN CPAN

You have gotten report from anesthesia and they told you the amount of fluid the patient received and the blood loss. They did not tell you how long the patient was NPO or the length of the surgery. Are they on diuretics, did they have a bowel prep and if so how many days. Does your patient have a history of heart failure or renal failure which will limit the amount of fluid given? Does the surgeon like the patient dry? Anesthetic agents affect the cardiovascular system (UpToDate). Was the anesthesia local, general, spinal or MAC? All these factors affect your fluid decisions.

A rule of thumb for fluid resuscitation is the patient's weight in kilograms plus 40. For example, 75 kg. plus 40 equals 110 mL/hr. Intraoperative insensible losses are 2mL/kg. plus, maintenance. Minimal trauma is 4mL/kg/hr, Moderate trauma is 6mL/kg/hr and severe trauma is 8-10mL/kg/hr. Colloids should be added for blood loss greater than 20% of blood volume. The total blood volume for an adult male is 5000 ml. (Odom-Forren).

Crystalloid's are electrolytes dissolved in water. They freely cross the vascular membrane. They are inexpensive and promote urine output.

Colloids are impermeable to the vascular membrane and help balance water distribution. It will remain in the vascular space for 24 hours. They are expensive and can cause an anaphylactic reaction.

You closely watch the patient's vital signs. What is the blood pressure and heart rate? If they have a foley, are they making urine? What was the blood loss and what type of fluid was it replaced with? Is the dressing dry? If there is a drain, what is it putting out? Could the patient be bleeding? It does happen.

Based on the answers to the above questions and your observation of the patient, you call anesthesia and discuss a fluid resuscitation plan.

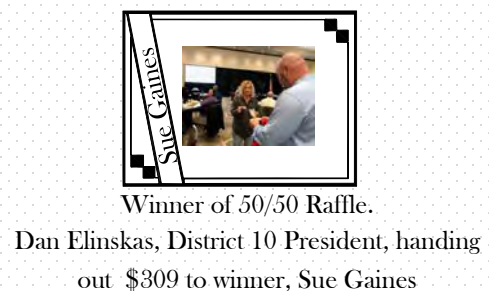
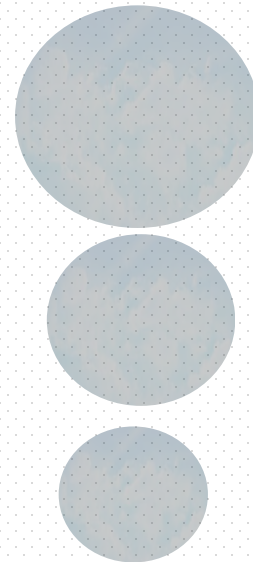
Hypovolemia and hypervolemia both have affects on the bodies ability to heal. Hypovolemia can lead to shock and organ failure. Hypervolemia can lead to fluid retention, increased respiratory effort and gastric mobility. (UpToDate.)

Fluid resuscitation is a delicate dance based on many factors. Careful titration, pre, inter and postoperatively leads to a positive outcome for the patient.

References

Intraoperative fluid resuscitation. (2018). UpToDate October 1.

Odom-Forren,J. (2018) *Drain's PeriAnesthesia Nursing, 7th ed.* Elsevier.





NYSPANA State Conference



Three (3) Members won the 2018 ASPAN Perianesthesia Nursing Standards Practice Recommendations and Interpretive Statements Book (retail value \$75)

Deborah Page, RN, CAPA (District 14)

Jennifer Cornwell, BSN, RN, CCRN (District 14)

Helene Kimmons, BSN, RN, CPAN, CAPA (District 8)



NYSPANA awarded \$20 scholarships to Sixty (60) conference attendees on Saturday, November 10, 2018

NYSPANA Waived the \$40 component for the Fourteen (14) new members

Many Basket were raffled at the NYSPANA Conference by both NYSPANA and the five (5) Districts' members

NYSPANA State Conference had 116 in attendance, 74 whom were members.

New ASPAN Membership Scholarship Winners from NYSPANA:
1. Kelly McLaughlin
2. Vanessa Eastman



Esther Watson, RN

ASPAN Historian

She facilitates collaboration, lends her support and knowledge.

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

Bronwyn Ship, BSN, RN, CPAN

bship@aspan.org

Greetings NYSPANA members. I hope that you have had a great fall and were able to enjoy the beautiful country that we have at our doorstep, from the majestic natural beauty of Niagara Falls to the beaches of Long Island.

It was my privilege to meet many of you at the Fall Conference in Syracuse on November 10th. Congratulations to Christine Angiolillo and Maureen Iacono for organizing and hosting a great conference. The topics were relevant to our practice as perianesthesia nurses and the speakers were knowledgeable and engaging with the audience.

I have just returned from the ASPAN Board of Directors mid-year meeting. It was a very productive meeting. I would like to remind you that the ASPAN board is working for you, the members to provide the most up to date evidence to help enhance our practice and help to provide the highest quality care to our patients. Look for changes in the education offerings in the near future.

I want to extend an invitation for each and everyone of you to attend the 2019 National Conference in Nashville, Tennessee May 5-9, 2019.

National Conference is not only a great time to attend educational sessions on numerous topics pertinent to our perianesthesia practice, but also provides a chance to network with other perianesthesia nurses from around the country and perhaps find a different point of view to a common practice issue that we all face caring for our unique population of patient. Another valuable resource at the National Conference is the poster presentations. It is interesting and inspiring to see the research, EBP and QI initiatives being done by our fellow ASPAN members across the country.

It is my honor and privilege to serve you the member of NYSPANA and Region Four. Please let me know if you have any questions or concerns. I will do my best to assist you in any way I can. I also encourage you to consult the NYSPANA and ASPAN websites. Both are great resources to help find educational opportunities available both in our state and nationally.

Thank you for the opportunity to serve you as your Region Four Director. I look forward to seeing you at future conferences and in Nashville next May.

NYSPANA Board Members 2018



State Conference, November 10

Left to Right: Sandra Price, Maureen Iacono, Sherry Fieroh, Bronwyn Ship, Christine Angiolillo, Barb Ochampaugh, Korn White, Kaitlyn Coriale, Kathi Peers, Cindy Lucieer, & Dan Elinskas

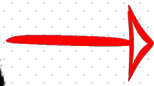
NYSPANA has 815 members	District 1	187
	District 6	223
	District 8	178
	District 10	92
	District 13	48
	District 14	91



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

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





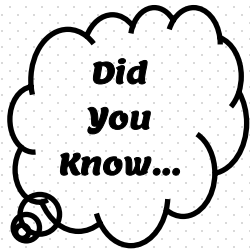
NYS BILL NO S.03330

Under Consideration in New York State

“Enacts the "safe staffing for quality care act" to require acute care facilities and nursing homes to implement certain direct-care nurse to patient ratios in all nursing units; sets minimum staffing requirements; requires every such facility to submit a documented staffing plan to the department on an annual basis and upon application for an operating certificate; requires acute care facilities to maintain staffing records during all shifts; authorizes nurses to refuse work assignments if the assignment exceeds the nurse's abilities or if minimum staffing is not present; requires public access to documented staffing plans; imposes civil penalties for violations of such provisions; establishes private right of action for nurses discriminated against for refusing any illegal work assignment.”



https://assembly.state.ny.us/leg/?default_fld=&bn=S03330&term=2017&Summary=Y&Actions=Y&Text=Y&Votes=Y



CA is the only state that stipulates in law and regulations, a required minimum nurse to patient ratios to be maintained at all times by unit.

Mandated Nurse Staffing Ratios in California: A Comparison of Staffing and Nursing-Sensitive Outcomes Pre- and Postregulation



Citation:

Bolton, Linda & Aydin, Carolyn & Donaldson, Nancy & Brown, Diane & Sandhu, Meenu & Fridman, Moshe & Aronow, Harriet. (2007). Mandated Nurse Staffing Ratios in California: A Comparison of Staffing and Nursing-Sensitive Outcomes Pre- and Postregulation. Policy, politics & nursing practice. 8. 238-50. 10.1177/1527154407312737.



CERTIFICATION

Not Yet Certified? Now is Your Time!

**Currently Certified?
Encourage a Colleague!**

Yes You Can...

Any NYSPANA member may submit an article, a photo of an event, a research project/idea or an Evidence Based Project (EBP) your unit or team is conducting.

We want to hear about the great projects, educational conferences, gatherings or community work that NYSPANA nurses and your co-workers believe in or interested in.

It is easier than you think, give it a try.

Up to Par Submissions



Please send all of your articles of interest, district news, events and photos to NYSPANA newsletter Editor for the April newsletter edition of **Up To Par** by March 01, 2019.

www.nyspana@gmail.com



NYSpana District Officers*

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Dutchess, Putnam

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pamwerner@hotmail.com

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Diane Sambo, MS, RN

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VICE PRESIDENT

Position Open

SECRETARY } Positions
TREASURER } Open

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VICE PRESIDENT

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Kelly Cortini

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Maureen Iacono

District 14 Rochester

PRESIDENT

Kathi Peers, RN

kathi_peers@URMC.rochester.edu

VICE PRESIDENT

Position Open

SECRETARY

Debra Farmer, RN, CAPA

TREASURER

Kari Alicea-Santiago, BSN, RN, CAPA

EDUCATION

Position Open

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

