

# The



Newsletter of the Kentucky Society of PeriAnesthesia Nurses

# Waking Crew



## News

Winter 2008

Volume 20 Issue 1

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## President's Message

Aleta Blevins, BSN, RN

We are in a new year. The year 2007 was both exciting and scary for me as president elect. I spent the year trying to observe and learn all that I could from my mentor, Donna Hagan. I have thought back on past presidents, all that they had to offer to this organization, their passion for learning and seeing our organization grow as a peri-anesthesia specialty. Their efforts helped to ensure that we provide our patients with quality care based on education, research and sound clinical practice.

As I stated in my acceptance speech, I am committed to increasing membership to ASPAN/KSPAN, encouraging peri-anesthesia nurses to become more involved in their professional organization and making our meetings more accessible and economically feasible. With the help of our Board of Directors, I will follow up in future articles on how we will go forward with these goals.

Last year was a year of change for Same Day Surgery at Pattie A. Clay Regional Medical Center. It finally was our turn to begin building and training for electronic documentation. The first phase for SDS was to implement the Pre-Admission Testing training in Affinity. Affinity software was already in place on our medical-surgical units, ICU/CCU, lab, radiology and pharmacy. Training began after the software was built and in place. I have to say that all my nurses were able to get through this phase with just a small amount of crying. We loved, petted and encouraged each other and then moved on.

Then came McKesson. From the time the patient enters SDS and is prepared to go to surgery, then the Operating Room, PACU and finally phase II is electronically documented in this software. We came in on weekends and trained on this program for 3-4 weeks. All of our managers, me included, worked for months with the McKesson people to build this software. When training with our people started, that was it--no changes. What stress!!!

Again, our staff came through with flying colors! We met all our goals and deadlines. There were some tears but they were warranted. The drawback that I see after having gone through these two processes (SDS nurses are the only nurses who had to learn both systems) is that McKesson and Affinity do not interface. We will always have to make a hardcopy of McKesson for the chart.

My parting words to you are (if you have not gone to electronic documentation but headed in that direction) the pain goes away quickly. I will share one short story. I have a nurse in my department who is 73 years young. She has already retired from the PACU once but came back 5 years later to work with me in SDS and occasionally in the PACU. When it was necessary to start training, this nurse went home and called her 3 children stating "I am going to have to retire again because now they say that I have to do all of my documentation on a computer and I barely know how to turn one on. When she returned home from work the next day, two of

Continued on Page 3.

*Member Spotlight*  
*Janice Wolford RN, BSN*

My name is Janice Wolford. I live in Frankfort, Kentucky with my husband, Hoyt, and three children, Anna 15, Aleesha 11, and Holly 5. I have worked in the PACU at Frankfort Regional Medical Center for almost 5 years. Prior to that, I worked at St. Joseph Hospital in Lexington on the cancer floor providing care for cancer patients and administering Chemotherapy.

I knew early in life that I wanted to be a nurse. Always caring for other people, I knew I was needed somewhere. It wasn't until my grandmother was diagnosed with ovarian cancer that I knew then where my passion was to be. After high school, I attended Midway College and then completed my nursing degree at Kentucky State University in 1998. Furthering my education has always been a goal of mine. In April 2007, I completed my Bachelors of Science degree and in February of 2008, I will be pursuing my Masters to Nurse Practitioner program at Indiana Wesleyan University.

As I reflect back on what I have accomplished so far, I'm grateful for the knowledge I have obtained along the way. In addition to being a fulltime mother and my career, I volunteer in a Medical clinic at First Baptist Church. This clinic offers free services to patients that have no insurance, providing medical care and suspension of medication. This has been a rewarding experience. I leave there knowing that I have helped someone in need. I would like to see other churches involved in this type of ministry. What I hope to accomplish in the future is to be a world changer, making a difference in the lives that I touch. Having compassion for what I do and striving to exceed in changing the world one step at a time.

Editor's Note: The KSPAN Board of Directors are pleased to welcome Janice as their newest member with her term beginning in March, 2008. As you can see, Janice has a passion for nursing and many talents to share.

## CALENDAR OF EVENTS

*February 4– 10, 2008, PeriAnesthesia Nurse Awareness Week - Advocacy Perianesthesia Nurses: Be the Voice*

Be sure to take pictures on your units and share with KSPAN members.



*KSPAN Spring Conference: March 15th, Holiday Inn, Lexington. Same place as the Fall Conference.*

*May 4-8, 2008 - ASPAN's 27th National Conference, Gaylord Resort, Dallas/Ft. Worth, TX. Theme: "Be the Voice: Advocacy Through Education, Research, and Legislative Involvement". Information on the ASPAN Website: [www.aspan.org](http://www.aspan.org).*

*ASPAN Fall/Winter 2007 – 2008 Seminars:* Please contact the ASPAN Website: [www.aspan.org](http://www.aspan.org). For seminar dates, locations, and program descriptions, as well as changes or additions to the seminar schedule.

American Board of PeriAnesthesia Nurse Certification (ABPANC) Deadlines, Test Locations, and on-line practice exams, Call 1-800-6ABPANC or visit the ABPANC website at [www.cpancapa.org](http://www.cpancapa.org).

### Inside this issue:

	Page
President's Report	1 & 3
Calendar of Events	2
ASPAN 2nd Quarter Report	5 & 9
KSPAN Fall Conference Report	6
ASPAN CDI Report	8

### Good Thoughts in Your Head not Delivered Mean "Squat"\*

These are the words from a very famous Business Author. They can be applied to all nurses working beside us everyday. Have you noticed an exceptional Certified Nurse who goes above and beyond job expectations to serve as an Advocate for his/her patients? ABPANC would like to hear your story about that nurse. Go to the ABPANC website: [www.cpancapa.org](http://www.cpancapa.org) for criteria and deadlines.

\*Blanchard, Ken. "The Heart of a Leader: Insights on the Art of Influence". 1999.

President's Message Continue from Page 1

her children had just finished installing her computer and presented her with a learning manual.

I hope everyone had the best Christmas season ever and entered the new year with both positive and realistic goals.

Your KSPAN President 2007-2008  
Aleta Blevins, BSN, RN



### **KSPAN Mission Statement**

**The Kentucky Society of PeriAnesthesia Nurses advances nursing practice through education, research and standards.**

### **ASPAN Mission Statement**

**The American Society of PeriAnesthesia Nurses advances nursing practice through education, research and standards.**

### **From the Editor's Desk**

As many longtime KSPAN members will attest, there have been many changes to "The Waking Crew News" during this past year. As technology has progressed, the need to utilize electronic media has become apparent, therefore, "The Waking Crew News" was updated to an electronic format, converted to a pdf file, and e-mailed to all KSPAN members whose e-mail address was available at the KSPAN and ASPAN offices. In an attempt to include all KSPAN members who did not have, or give e-mail address, a postcard was mailed to each KSPAN member for notification of the Waking Crew News transition to an electronic media. Members were also notified by the postcard of the KSPAN website and availability of the newsletter at that site along with information about the Fall Conference, Bylaws, and previous Editions of The Waking Crew News as they are published. The offer was made to send a hardcopy or electronic copy to any KSPAN member. I did not receive a single request from any member for a hardcopy, but I did receive many requests for an electronic copy. I have now added those folks to my e-mail address book.

Another change in "The Waking Crew News" is publication by Committee. Each Committee Member has been requested to write a Clinical Practice article on a yearly basis. After completion of the draft copy, I have e-mailed the newsletter to each member of the Publications Committee and the current KSPAN President for critiquing prior to e-mailing members. Thanks go to Brenda Elliott, Joyce Jacobs, Colleen Kuderer, and Donna Hagan, KSPAN President 2006-2007. Also a congratulations go to Pete Hagan, Donna's husband for putting together the KSPAN website!

As another year comes, the Publications Committee will be bringing more Clinical Practice Articles and Committee Reports to once again improve The Waking Crew News. I encourage each KSPAN member to contribute an article or share the great news of happenings in your units. An example is Gayle Atwell's article about Fentanyl Patches and safety issues surrounding its use in chronic pain patients. Another article is Martha Clark's about Poster Presentation Made Simple. I encourage all comments about the articles in this newsletter to be sent to me and I want to encourage each person to write/share unit happenings, promotions, and research findings with KSPAN members. Remember: We're all in this profession of nursing together!

Remember that "The Waking Crew News" is now being brought to you three times a year instead of four. Submission dates are as follows: **December 15th for the January issue, April 15th for the May issue, and August 15th for the September issue.**

**Happy New Year Everybody!**

Martha L. Clark RN, MSN, CPAN  
Editor of The Waking Crew News

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## Live Large and Think Big in Texas

### *ASPAN 27<sup>th</sup> National Conference Preview: May 4-8, 2008*

*By: Susan McDonald, RN, CPAN, CAPA - 2008 National Conference Strategic Work Team Coordinator*

Perhaps by now, you have browsed through the 2008 ASPAN National Conference brochure trying to decide which educational sessions to attend. Conference offers many interesting topics and excellent speakers, so choosing may not be easy! With the many options available, **you could earn 40-50 contact hours** during Conference week. In addition to the regular education sessions, contact hours are awarded for participating in the Research Poster Grand Rounds on Tuesday and Celebrate Successful Practices on Wednesday.

Several of your peers participated in a Speaker Development Workshop at the 2007 National Conference. After formulating, researching and developing an educational presentation, these colleagues have honed their presentation skills and will offer the topics during Conference. Please support them by attending these presentations and earn some additional contact hours. Seating during the sessions is limited, so come early.

#### ***Welcome First Time Attendees***

The sheer size of National Conference can be a little overwhelming for newcomers. If this will be your first ASPAN Conference, plan to attend one of the two First Timers' Orientation sessions. The orientation sessions will help you navigate the syllabus and pocket guide, explain the evaluation forms, preview the social activities and provide an opportunity to meet the ASPAN Regional Directors, who can answer your questions about Conference and ASPAN. If you are interested in sharing a hotel room, information is provided in the brochure to help you find a roommate.

**Monday, May 5 is CPAN/CAPA Day.** All certified nurses are invited to register to attend the CPAN/CAPA Celebration Breakfast held bright and early on Monday morning. Besides offering the certification examinations on Sunday, May 4, ABPANC will present several sessions throughout Conference to help you certify, re-certify, promote certification, and participate in item writing for potential future exam questions.

#### ***Plan for Some Fun***

Your conference brochure includes an Optional Tour booklet. See the many sights of the Dallas/Fort Worth area and let someone else do the driving! Register for a tour showcasing area museums and attractions, shopping venues and historic sites. The roadside highways will be resplendent with spring wildflowers such as Bluebonnets, Indian Blankets and Brown-Eyed Susans, making the drive to the world renowned wild life conservancy, Fossil Rim, a special treat.

ASPAN's National Conference Strategic Work Team has worked hard to bring you an outstanding 2008 National Conference. Our plans for the education sessions, special social events and optional tours are as big as Texas, and we are eager to welcome you to our home state. So come on down, y'all, and stay a spell!

**ASPAN 2nd Quarterly Report**  
**Susan Fossum, BSN, RN, CPAN**  
**ASPAN President 2007-2008**

**Goal A:** *ASPAN will be its members' indispensable resource for perianesthesia education and knowledge exchange worldwide.*

- ASPAN Seminars: A total of 28 Seminars were provided; 14 Co-hosted Programs
- Component Development Institute held September 7-9 in Albuquerque, New Mexico. Education specific to Leadership, Membership, Succession Planning, Advocacy, Governmental Affairs and an educational update on new ANCC Guidelines was covered. Attendance was 96.
- ASPAN President, BOD leadership or ASPAN Ambassador present and participated at 35 Component meetings: PACNA, OSPAN, TAPAN, NPANA, INSPAN, AzPANA, GAPAN, VT/NH APAN, ILSPAN, WISPAN, NCAPAN, RMPANA, MO-KAN-PANA, USPAN, VSPAN, TSPAN, MASPAN, LAPAN, MNDKSPAN, NAPAN, WVSPAN, CBSPAN, NJBAPAN, PAPAN, PANAC, ALAPAN, SCAPAN, NYSPAN, HIPAN, FLASPAN, ISPAN, MeSPAN, NevPANA, MAPAN, OPANA
- Education Approver Manual revised per ANCC / COA criteria; will be placed on the ASPAN website and CD's sent to ASPAN Board of Directors and Component Leaders
- Intent to certify/recertify with ANCC / COA completed
- Competency Based Manual for Unlicensed Assistive Personnel revised
- ASPAN representation at the Council for Advancement of Nursing Science Annual Conference *Practice-Based Evidence: Another Side of the Knowledge Development Coin*
- ASPAN representation at the 3rd Annual Perioperative Medicine Summit. This meeting was held at the Cleveland Clinic in conjunction with the Society of Perioperative Assessment and Quality Improvement. 4 ASPAN Posters that were presented at "Celebrate Successful Practice" 2007 Anaheim, California were accepted for presentation at this Summit.
- ASPAN representation at the Irish Anaesthetic and Recovery Nurses Association (IARNA)
- Participation in the Technical Expert Panel teleconference as part of the Surgical Care Improvement Project
- Invited and exhibited at a Perioperative/Perianesthesia conference in Columbia, MO
- Participated in the drafting of a collaborative Position Statement on Violence in the Workplace with the Council on Surgical and Perioperative Safety
- Invited and attended the American Association of Nurse Anesthetists Annual Meeting, Denver, CO
- ASPAN leadership attendance at the Nursing Alliance Leadership Academy, Louisville, KY
- Invited and attended the American College of Surgeons Annual Meeting including participation at the Perioperative Care Team Meeting, New Orleans, LA
- Invited and attended the American Society of Anesthesiologist's Annual Meeting including participation at the Anesthesia Care Team meeting, San Francisco, CA
- Representation and participation at the Anesthesia Patient Safety Foundation meeting, San Francisco, CA
- ASPAN representation on a panel presentation at the American Society of Anesthesiologist's meeting, San Francisco, CA
- ASPAN selected and invited to participate in the Hartford Institute for Geriatric Nursing Grant
- ASPAN Geriatric Web Resource online
- ASPAN representation at the Perioperative Seminar held at the University of Maryland Baltimore Shock Trauma Center
- ASPAN representation at the International Academy of Nursing Editors (INANE) conference; JoPAN editors on planning committee for 2008 meeting
- Education Provider Committee met to review, evaluate current ASPAN Seminars; possible addition/development of new seminars
- Awarded 17 Scholarships to ASPAN members: 1 Doctorate, 6 MSN, 1 BSN, 2 NIWI, 5 National Conference and 2 Certification
- Review of "Certification Review for Perianesthesia Nursing" in final proofing; in process for May 08

**Goal B:** *ASPAN will be the influential force for perianesthesia patient safety, public policy and practice standards.*

- Clinical Practice Committee responded to a total of 417 clinical questions. Most common questions asked related to staffing, medication safety, pediatrics, scope of practice, standards for monitoring and documentation.
- Standards and Guidelines Committee met to review ASPAN Standards, Position Statements and Resources in preparation for revision of ASPAN Standards of Perianesthesia Nursing Practice 2008-2010
- Updated Safety Seminar post presentations based on participant feedback
- Participated in national TIGER (Technology Informatics Guiding Education Reform) Initiatives. ASPAN representation on 9 TIGER committees
- Advocacy survey conducted at the Component Development Institute; results of survey pending
- Governmental Affairs Committee continues involvement

*(Continued on page 9)*

## Highlights from KSPAN'S Fall Conference 2007

### Reaching for the Stars Another 25 years

Our 25<sup>th</sup> annual Fall Conference held on November 10<sup>th</sup> and 11<sup>th</sup> in Lexington, Ky was a huge success. We had great attendance both days with a variety of topics presented. Dolly Ireland, our national speaker featured for Saturday was a past-president of ASPAN, an expert witness for perianesthesia issues and very involved in MAPAN (MI). She spoke on medical malpractice, ethics in your practice, a review of the new and revised ASPAN Standards, pros and cons of computerized charting vs. written documentation, pediatric assessment in the ambulatory surgery population and management of the deteriorating child. She ended the day with positive notes on our current profession, with ideas for future change in ourselves and our "team" to improve the working environment. Dolly was a very energetic, positive and knowledgeable speaker.

Sunday started off with our annual membership meeting and installation of new officers for the coming year. The rest of the day our topics included Opioid Pharmacology, Acute Pain Management in the Opioid Tolerant Patient, Malignant Hyperthermia, Neuromuscular Blockades in the Patient with Neuromuscular Disease and a Urology Update which covered the different vaginal sling procedures and the laser TURP technology.

We also celebrated 25 years of offering educational conferences with a cake on Saturday, customized pens and treat bags for everyone. KSPAN was privileged to have at least eight Past Presidents in attendance on Saturday. This year 2008 we will again celebrate 25 years, but this will be as a chartered organization. Please join us in March to celebrate 25 years of being an ASPAN chartered component!

As in the past, Vendors were present demonstrating the patient warming system Bair Paws, Exergen with the temporal artery thermometer, Cardinal Uniform and for fun, a jewelry rep. We always want to thank them for their donations to KSPAN.

KSPAN had a very successful silent auction and raffle. The raffle this year was for diamond earrings. KSPAN Board members are to be thanked for their donation of silent auction items and collecting door prizes than ever before from a variety of sources. Door prizes included: A complimentary Spring Seminar, Littman stethoscope, Perianesthesia CheckMate, duffle bags, fleece jackets, Great Harvest Bakery gift card, handmade pottery candles, and home thermometers.. In addition, Fall Conference attendees, were encouraged to bring, and KSPAN collected OTC medications and personal items for the Women's Hope Center in Lexington which provides services to the homeless women of KY.

I also want to mention that we presented six CPAN/CAPA pins to our newly certified nurses during the conference. KSPAN will present all newly certified nurses with a pin if you attend either the Spring Seminar or Fall Conference during the first year of certification.

It was a busy weekend for all, but hopefully we all learned something new or reviewed something old, met some new friends and most importantly shared our knowledge with the unit back home and invite them to join us in March.

Donna Hagan RN, CPAN  
Immediate Past President

Best Practice Posters Exhibit sponsored by the Research Committee



Donna Hagan smiles for the camera at the Best Practice Poster presentation encouraging ASPAN membership



### *KSPAN Research Committee*

Research Grants are available through the ASPAN Grants Committee twice yearly, January 15<sup>th</sup> and July 1<sup>st</sup>. Grants are awarded in Novice and Expert categories. Grant information packets are available on line through the ASPAN Website. An ASPAN project for this year is to update the Research Site and that includes the Grants Packet. The update has been completed.; so if you have a project in need of funding, please apply. Project examples include: The Research of Clinical Practice Issues, Master's Thesis, or Doctoral Dissertations. The Grants Committee would love to hear from you.

FYI: The online Journal Club is not currently available and is on hold.

ASPAN's Delphi Research Project has been completed and findings will be shared with ASPAN members in the future. Thanks to all KSPAN participants. It is only through participation by members that research needs can be identified and prioritized.

A final thanks goes to all Poster Presenters at KSPAN's Fall Conference. It was the first time a poster presentation has been held in conjunction with a KSPAN Conference! Look for another poster presentation at the Spring Conference and consider sharing CQI, Best Practice, Evidence-Based, or Research endeavors .

Martha L. Clark RN, MSN, CPAN  
KSPAN Research Chair

Scholarship Award Recipients
Member at Large: Julie Miracle (Frankfort) \$250 +\$100 cash
Runner Up: Janice Wolford (Frankfort) \$150
Board of Directors: Cathy Greulich (Louisville) \$250
Runner Up: Brenda Elliott (Florence) \$150

Donna presenting Scholarship Awards



### *Report from the ASPAN Development*

The ASPAN Development Committee continues to sell cookbooks and hopefully at national conference to increase funds. Recipes have been contributed from ASPAN members across the nation. Monies will be used, as always, to offer financial assistance with Formal Education (BSN and/or Master's), Certification, Attendance at National Conference, or Nurse Leadership Conference in Washington to ASPAN members.

Scholarship applications will be available at the ASPAN Website under the Foundation. Please visit this site and feel free to download/submit an application.

### *Newly Certified Nurses in Kentucky*

KSPAN is pleased to congratulate the following nurses who passed their Certification Exam for CPAN or CAPA this past November.

**CAPAs:**

- Sherry L. Harris, Stanford
- Jessica L. Hurden, Franklin
- Teriany J. Manning, Nortonville
- Lora L. Slaughter, Bowling Green
- Anne M. Baucum, Bowling Green
- Gayle E. Hooks, Bowling Green
- Kaye J. Miller, Bowling Green
- Susan D. Naylor, Danville
- Karen M. Qween, Louisville

**CPANs:**

- Frances d. Estes, Eddyville
- Deidre Jessup, Bowling Green
- Patricia A. Floyd, Calhoun
- Karen C. Henderson, Franklin
- Brenda K. Jonson, Denossville
- Pam Malast, Paducah

CPAN and CAPA Pins were presented to newly certified KSPAN members in attendance at the Fall Conference



**ASPAN Component Development Institute  
“Be the Voice: Through Leadership, Membership  
and Advocacy”**

**Cathy Greulich, BSN, RN, CPAN, CAPA**

Aleta Blevins and I were selected by the KSPAN Board to attend the ASPAN Component Development Institute in Albuquerque on September 7-9th. It was a wonderful opportunity to network with ASPAN officers, regional directors and other component representatives. Topics included personality styles, political advocacy, component issues, membership development, conference planning, succession planning, strategic planning, nursing advocacy and self advocacy.

Here are some highlights:

A Fatigue Checklist was piloted at the Leadership Institute. Component Strategic Plans should be living documents. They should be reviewed frequently by the Board, updated as needed and published in the newsletter.

ASPAN has 13,005 members! It was suggested that the components send out new member packets (KSPAN already does this!).

Current ASPAN projects include: Membership growth potential, Web site growth, Member survey, a Pain Management white paper, National Conference, Sponsorship potential and Value added services. Component Report cards indicated that only 30 of 40 components hold conferences. KSPAN just held its 25<sup>th</sup> 2-day State Conference! We are so fortunate to have the opportunity to obtain continuing education in perianesthesia nursing at the state level!

Several growth opportunities for KSPAN and many other components include leadership development and succession planning.

Aleta and I shared information and handouts from the ASPAN CDI at the November Board meeting. This information will be valuable in promoting the continuing growth of KSPAN. It is with great confidence that Aleta and I left Albuquerque knowing that we had numerous resources within the national office, the officers and our regional director, Kim Kraft. It is so exciting to be part of a national organization that is so supportive of its members and components!

**Editor’s Comment: ASPAN sponsors a “Component Development Institute” each year to promote and coach ASPAN members for leadership positions at the Component Level. Each Component is offered free attendance for 2 members. KSPAN picks up the cost for travel and lodging. We will again be sponsoring two members at the 2008 CDI. KSPAN is looking for future leaders within the component or at the national level. The support is there! I encourage each member to look inside yourself, stretch, and answer the call!**

*Celebrate PeriAnesthesia Nurse Awareness Week 2008 (*

2008 PeriAnesthesia Nurse Awareness Week is Almost Here. This year it's from February 4-10, 2008, and this is the time each year you can demonstrate the importance of perianesthesia nursing in health care.

Show support for your profession, staff, colleagues, or friends with gifts from the American Society of PeriAnesthesia Nurses. Our exciting collection of new PeriAnesthesia Nurse Awareness Week gifts is sure to make this year's celebration the best ever!

Click here for the 2008 PANAW Promotional Items Catalog  
[www.panaw.com](http://www.panaw.com)

(You need to order by January 18th, 2008 to ensure a timely delivery for PeriAnesthesia Nurses Week)

"Advocacy PeriAnesthesia Nurses: Be The Voice"

**Editor’s Comment: This communication was received from ASPAN and is being shared by KSPAN to increase awareness and participation in PANAW on each unit in hospitals, Ambulatory Surgery Centers, or wherever patients are receiving perianesthesia nursing care. Once PANAW Celebrations have occurred, I encourage each unit to submit stories and pictures of your celebrations. Please remember the next deadline for publication is April 15th.**

**KSPAN Welcomes New Members**

Joyce M Parson, RN, CPAN  
Elizabeth A Wahl, BSN, CCRN, RN  
Judith A. Aldridge, BSN  
Brenda Mays, CPAN  
Kathryn Villarreal  
Amy R Sullivan, RN  
Dana Brundon, RN  
Janice McClard  
Veronica A Dunaway  
Lindsay Orene Engle, RN  
Kimberly Kay Price  
Patti Riegel, BSN, RN, CAPA  
Anna Jamie Grider, RN  
Heather Lee Tate, BSN, RN  
Janice Taylor Sinclair, RN, ADN  
Tracy Lynne Jenkins, BSN, RN

**Goal C: *ASPAN will be the recognized voice and source of perianesthesia information to the public.***

- Formation of 2 new Specialty Practice Groups remains under discussion and development– Education and Integrative Medicine
- ASPAN Perianesthesia Data Elements (PDE) Committee met to discuss business and financial plan to sustain and continue development of PDE
- Five Specialty Practice Groups published fall newsletters: Geriatric, Publications, Pain Management, Preop Assessment and Management.
- Electronic Governmental Affairs (GA) updates continue to be distributed via GA Committee
- , Pain Management, Preop Assessment and Management.
- Electronic Governmental Affairs (GA) updates continue to be distributed via GA Committee

**Goal D: *The art and science of perianesthesia nursing will be advanced through ASPAN's evidence-based practice and research activities.***

- Staffing SWT met to explore the evidence related to nursing workload fatigue and work environment related to patient care outcomes; Expert Nurse Researchers were in attendance
- Fatigue checklist developed and piloted at the Component Development Institute
- Delphi Study Round III completed; dissemination of findings pending
- Educational packet on EBP and critiquing research developed; joint project involving Research, EBP and Publications Committees
- Combined meeting of Standards and Guidelines and Evidence Based Practice Committees to look specifically at 3 specific EBP questions with three SQUAD groups related to patient outcomes: On Call/Work Hours, Resource 10 (Safe Transfer of Care) and Position Statement on Visitation
- ASPAN Research Grant Packet reviewed and revised
- Research abstract review tool reviewed and revised

**Goal E: *Infrastructure and Customer Service***

- Total ASPAN membership as of October 2007 is 13,051
- Component Milestone Recognition Program instituted with 19 ASPAN Components recognized for 25 years as a chartered component of ASPAN
- Follow up emails sent to First Timers that attended program at National Conference in Anaheim
- Succession Planning meeting held in September to discuss direction of SWT and initiatives for 2007-08
- Criteria for ASPAN Outstanding Achievement (AOA) award reviewed by the Membership/Marketing Committee
- Gold Leaf Application (GLA) reviewed; revisions made by Membership/Marketing Committee; packets including a CD were mailed to all component leaders
- ASPAN Representative Assembly voted to approve an increase in membership dues of \$5.00; to be instituted in April 2008
- 2008 National Conference Exhibitor Prospectus developed and distributed
- ASPAN Board of Directors to meet in November with Bud Crouch, Organizational Consultant, for Strategic Planning Session
- ASPAN individual Job Descriptions are under review and will be brought to the Mid Year Board meeting in November 2007
- ASPAN Bylaws have been under review by the Bylaws SWT and will be discussed at the mid year Board meeting in November
- ASPAN Web Redesign Team project continues with new site map constructed; JL Systems retained for site hosting and development
- ASPAN Membership Survey completed and will go out to members for responses
- Planning and preparation continues for 2008 ASPAN National Conference, Dallas, TX

*To all Board Members, Committees, SWTs, SPGs,  
Liaisons, Ambassadors, Component Leaders and  
Members for your support. You are what makes  
ASPAN great!*

**THANK YOU!**

## District News -Northern Kentucky

We are interested in talking/meeting with anyone who is interested in forming a KSPAN District in Northern Kentucky. Meetings would be informal and informational. A core group of people needs to be identified in the near future. For more information, please e-mail Brenda Elliott at : [elliottbr@healthall.com](mailto:elliottbr@healthall.com) or Martha Clark at [MarthaRN@aol.com](mailto:MarthaRN@aol.com). We would love to hear from you and get started on a new District in 2008.

## District News – Louisville

*Cathy Greulich, BSN, RN, CPAN, CAPA  
District I Secretary/Treasurer*

### District I Louisville Report

District I members met at Jewish Hospital Medical Center East on October 3, 2007. The speaker, Dr. Rebecca Layton presented “Mock Pediatric Code”. After the membership meeting, a group representing several hospitals/facilities planned the December meeting and 2008 calendar. It was decided to schedule all meetings at one facility on the second Wednesday of every other month. Different facility representatives volunteered to host the meetings at Baptist Hospital East. Each facility will designate a specific contact person to improve communication within each facility.

The December meeting was hosted by Clark Memorial Hospital. Dr. Francis Duque, anesthesiologist presented “The Preoperative Assessment and Postoperative Care of the Thoracic Surgery Patient”. After the membership meeting, the planning committee met to discuss the annual PANAW dinner which will be held at Baptist Hospital East on Tuesday, February 5<sup>th</sup>. Watch for meeting flyers – Everyone is invited to attend and bring a co-worker! It is a wonderful celebration of perianesthesia nursing!

Submitted by,  
Cathy Greulich, BSN, RN, CPAN, CAPA

Editor *The Waking Crew News*  
Martha Clark, RN, MSN, CPAN

Publications Committee:  
Brenda Elliott  
Joyce Jacobs  
Colleen Kuderer

## District News – Paducah

*Pam Malast, BSN, RN*

District II had their Quarterly Luncheon/CEU Presentation in December at Flamingo Row Restaurant. The talk was on Endo AAA. CEUs were awarded for the presentation given by Lisa Jones. The event was well attended and concluded with an ornament exchange. Candy sales continue to go well. We were able to use a portion of the proceeds to donate \$100 to a trust fund for the son of one of our former nurses. District II is working actively with the hospital staff to plan PANAW activities. We are hoping to increase Perianesthesia Awareness by decorating a bulletin board with pictures re Perianesthesia activities, awarding door prizes to our nurses and concluding the week with a Potluck involving OPC, SPA and PACU. Plans are still in the early stages but we are hoping to have a great week. Two of our members recently became certified with more to follow in the Spring.

Pam

### IMPORTANT ADDRESSES and PHONE NUMBERS



#### KSPAN

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Louisville, KY 40291-0484  
(502) 261-9124 (Phone)  
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#### ASPAN

10 Melrose Avenue  
Suite 110  
Cherry Hill, NJ 08003  
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(856) 616-9601 (Fax)  
<http://www.aspan.org>

American Board of PeriAnesthesia Nursing Certification, Inc.  
(ABPANC) - Program Director  
475 Riverside Drive  
New York, NY 10115  
Recertification information: 1-800-6ABPANC

## Poster Presentation Made Simple

### Martha L. Clark RN, MSN, CPAN

The KSPAN Research Committee was happy to present a poster presentation at the Fall Conference. The presentation is one small piece necessary for achievement of ASPAN's Gold Leaf Award. Not only is it necessary for Gold Leaf, but it provides an avenue for KSPAN members to present Research, Quality Improvement, and Best Practices in perianesthesia units. This was the first poster presentation at the component level for KSPAN and will be continued during the Spring Conference. While reviewing conference comments, one included a request for a presentation on how to put together a poster. It is my hope this article will assist all perianesthesia nurses to put together a poster for presentation in the Spring.

The first step in creation of any poster presentation is to ask the question: What do I want to Study and Why do I want to study it? Sometimes those questions can be answered by the Nurse Manager on your unit: "Because The Joint Commission demands it!" AND at other times, it is because you would like to know more about the subject and its implications for nursing practice.

However the subject matter is chosen really doesn't matter, but a question or maybe more needs to be asked. Once the question/s is asked, the title for the study can be identified. The next step is to conduct a review of the literature in an attempt to find out what is known about the subject. Once the literature review is completed, then all articles should be appraised or rated using ASPAN's Appraisal Tool or a tool of your choice. Remember to use the highest level of evidence available. ASPAN's Tool is available from Jackie Ross, Director for Research, Kim Noble, Chair of ASPAN's Evidence-Based Practice Committee, or Martha L. Clark, KSPAN's Research Committee Chair. The completion of the Literature Review leads into the Methodology.

The Methodology Component means nothing more than considering the sample, sample size, how to get the sample, who will collect the data, what tool will be used for collecting data, and how will the data be interrupted. At any point in this part, bias can be introduced, so be careful when choosing who will be collecting data and how that data will be collected. It is a good idea to conduct a "Pilot Study", for several reasons: "Identification of any weakness, Assurance of reliability and validity, and Consistency of Data Collection". It is a shame to get to the end of a study, only to find out there has been variance in the way data is gathered by the collectors. **It has happened.** Once the data has been collected, it now time to determine the results. Results can be displayed via tables, graphs, charts, or written dialogue if data collection includes "Open Ended Questions". However, you decide to proceed is okay. Just remember to keep it simple (KISS). From the results, the researcher is led right into discussion. Is the question/s answered, do you need more research, perhaps a new look at the literature.

The final step is to look at the overall study and draw conclusions. Conclusions may include a recommendation for further study, replication of the present study, or may include implications for nursing practice. Whatever is identified, it is necessary for the circle to be completed by Poster Presentation, Verbal Presentation, or Written Presentation via The Waking Crew News. I'm always looking for articles to be published in the Waking Crew News. If a poster presentation is chosen, please remember to make it fun, colorful, and include something to catch a reader's eye.

One of the most visited and I would dare say, cannibalized for copying was one that I conceptualized and created four years ago. It was a Quality Improvement Project for our unit. We noticed that our influx of patients included a large Spanish Speaking population. Only two nurses in Perioperative Services could speak Spanish, myself and an OR nurse from Peru. Of course, this project was driven to some extent by The Joint Commission. The problem identified was three fold: An Increase in number of Spanish Speaking Clients, Lack of Spanish Speaking PACU Nurses, and Lack of Resources. From there, we went on to conduct an extensive look (Review of the Literature) to see what was available. Ultimately, a PACU nurse wrote a grant to obtain money for purchase of a talking translator, and Perioperative forms were translated into Spanish. The forms were piloted for readability, correctness, and then placed into use. How to use The Talking Translator was completed and used by all staff members. The Results were never clear, as our Spanish population became infrequent and the staff became disinterested in the project. BUT our poster was completed and presented during "Quality One Days" with designation as "Most Creative". If anyone at the Fall Conference remembers, color was a big part of the poster with orange as the background, a border depicting cultures from around the world, and Spanish names/phrases popping out from all parts of the poster.

However, you decide to display a poster is fine. It is just important that you share your projects with other nurses. Who knows they may have the same problems as you and are interested in knowing what you did, how you did it, and what did you accomplish. The next poster presentation will be during the Spring KSPAN Conference at the Holiday Inn located in Lexington just as the Fall Conference. Only this time, you have the opportunity to share your stories with other participants, and yes even visitors, in the back hallway at the entrance to the lecture room. Help is available by simply contacting me at MarthaRN@aol.com. We are also hoping to have posters available from St. Joseph Hospital from their Evidence-Based Practice Conference.

Thanks to all poster presenters at the Fall Conference.

#### Reference:

Drain, C. & Odom-Forren, J. (2009). Perianesthesia nursing: A critical care approach. St. Louis, Elsevier.

*Fentanyl Patches*  
by Gayle Atwell, RN, CPAN

Fentanyl skin patches, Duragesic, provide convenient and effective relief for many people who experience chronic pain and who have been taking pain medications for long periods of time. The FDA is investigating deaths and overdoses that have occurred with both brand-name and generic Fentanyl patches. But health care providers and patients should be aware that deaths and other serious problems have resulted from accidental overdoses related to inappropriate use of the patch. In July 2005, the FDA issued a public health advisory on the Fentanyl patch. This was prompted after a letter was issued by Janssen, manufacturer of the Duragesic brand, relating the appropriate uses and warnings of side effects to practitioners. Because the patch provides slow, continuous drug delivery, people with constant pain are less likely to experience waxing or waning of pain control that occurs with traditional oral medications or injections as they wear off. Many of the problems seem to be regarding the recommended use of the product and the way it is prescribed therefore, proper use of the drug's label directions is crucial. A total of 2,215 medication errors have occurred related to the patch from January 1, 2001 through December 31, 2006.

The Fentanyl patch should not be used for short-term, acute pain, pain that is not constant, or pain after an operation. The patch shouldn't be the first narcotic pain medicine that is prescribed, nor ordered PRN or used for outpatient day surgeries. Heat should not come in direct contact with the patch as it causes rapid release of the medication (no heating pads, electric blankets, heat lamps, saunas, hot tubs). The patch should not be used if package is damaged or broken. The effects can also be exaggerated by alcohol. Fentanyl should not be used with certain HIV drugs or antifungal medicines. These medications slow the metabolism or breakdown in the body and create an overdose situation. Multiple patches can be a problem. The patches are clear and easily overlooked on physical inspection. It is important as a nurse to know where the last patch was applied, remove it before applying the new patch and always rotate the areas of use. Caregiver exposure to the medication can occur when applying the patch. It should never be used on the elderly and patients with respiratory issues. Abuse of the medication occurs through ingestion (chewing on the patch), smoking the patch or removing the medication and injecting it. Manufacturer's recommendations for disposal is to remove and fold the patch together so it sticks to itself and then flushing it down the toilet.

With all the above mentioned cautions why use it? The patch provides long term pain relief for chronic pain patients in a form other than oral ingestion, lasts up to 72 hours and because of the slow delivery avoids pain peaks. Well how does this pertain to me as a PACU or Ambulatory setting nurse? Younger patients are now having hip, back and knee surgeries and may have been on the patch for pain control. As a nurse you are going to want to know if that patient is using a patch. When did they remove/discontinue it or are they still wearing it? Anesthesia will need to know as it will affect whether or not the surgery can take place as scheduled.

Documenting their pre-op respiratory status and saturation will be necessary. PACU staff will need to be informed as to when it was stopped so medications delivered post-op can be adjusted and precautions taken to maintain airway status (effects can last up to 17 hours after removal). If it is an in-patient orders for oxygen and a pulse oximetry may be need post-op for 24 hours or longer. This may lengthen the recovery stay for the patient. Patients should be given home discharge instructions as to when it can be safely resumed and to avoid mixing oral narcotics with the patch. It is recommended they use one or the other but not both – careful patient education and documentation of the instructions given. Because Fentanyl is a controlled drug, if the patient is planning a trip abroad while using they may need to check with US Revenue and Customs for any needed documentation. As a patient advocate you should recognize if this is first time use for the patient and in a same-day surgery setting should not be ordered post-op for pain control. The post-op phone call within 24 hours will be very vital to this patient's continued care.

References: FDA U. S. Food and Drug Administration, FDA Consumer magazine March-April 2006  
Institute of Safe Medication Practices (ISMP) Acute Care Newsletter June 28, 2007, *Ongoing preventable fatal events with fentanyl transdermal patches are alarming. Accessed via internet from: <http://www.ismp.org> , November 26, 2007*

**The passing of the gavel from Donna Hagan, KSPAN President 2006-2007 to Aleta Blevins, KSPAN President 2007-2008. Congratulations Aleta!**



**The Kentucky Society of Perianesthesia Nurses proudly introduces 2007-2008 Board Members.**

**Seated: Donna Thompson (Shriners Hospital, Lexington), Joyce Jacobs (St. Luke West, Florence), Deborah Burchett (Central Baptist, Lexington). Second Row: Martha Clark (St. Luke East, Ft. Thomas), Debbie Allen ( Jewish Hospital Hand Care Center, Louisville), Patty Brandenburg (St. Joseph Hospital West, Lexington), Pam Malast (Western Baptist Hospital, Paducah), Donna Hagan (St. Joseph Hospital, Lexington), Back Row: Janice Wolford ( Term Begins March, 2008, Frankfort Regional Medical Center, Frankfort), Gayle Atwell ( Commonwealth Health Corp, Bowling Green), Karen Carter (Portland Medical Center, Portland, TN), Aleta Blevins (Pattie A. Clay, Richmond), Raymond Young (The Medical Center at Bowling Green, Bowling Green), Colleen Kuderer (St. Luke East, Ft. Thomas), Cathy Greulich, Jewish Hospital Medical Center East, Louisville).**

**Our e-mail addresses are on the front page of The Waking Crew News, please feel free to contact us and become involved KSPAN members!**

### **KSPAN COMMITTEES**

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Donna Thompson  
Deb Burchett

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Karen Carter  
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#### **GOVERNMENTAL AFFAIRS**

Chair - Pam Malast

**The next meeting of the KSPAN Board of Directors is January 19th at Shriner’s Hospital in Lexington at 1200 noon. We would like to invite all interested KSPAN members to attend. Minutes from this and previous meetings can be found on the KSPAN website at [www.KSPAN.org](http://www.KSPAN.org), as well as previous copies of The Waking Crew News.**

**Best wishes for the new year and jot down March 15th on your calendars for KSPANs Spring Conference.**