

The



Business Name The Waking Crew

KSPAN
News
Summer 2008

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2007 - 2008

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The Editor's Message

Over the past year, many changes have been made in The Waking Crew News. I hope these changes have been positive for KSPAN members. Change can often be difficult, but as one of my favorite sayings goes: "Blessed are those that bend for they shall never break".

I hope that KSPAN members will be able to bend.

In this theme of change, The Waking Crew News will feature articles written both by KSPAN members and non-members in this edition. A couple of authors are not perianesthesia nurses, but are submitting topics that are common to all nurses. These articles include: Pain Assessment and Language Barriers. Please feel free to contact and applaud or dialogue with these authors. Contact information is included with the author's name.

One of KSPAN's goals was to publish at least one Evidenced Based Article in each edition. The article included in this edition teaches how to appraise and rate research studies, case reports, CQI reports, and Expert Opinion. In this healthcare climate, every nurse needs to be aware as to how policy/procedure changes are made according to evidence-based practice and critique of the literature. This editor encourages each KSPAN member to question his/her practice, research the question, suggest answers, and submit findings for publication in The Waking Crew News.

Another KSPAN goal was to revise the Strategic Plan and to publish it in The Waking Crew News. The Strategic Plan was reviewed and updated just prior to the KSPAN Board meeting in January. It is published in this edition..

The previous edition of The Waking Crew News was submitted for judging at ASPAN's National Conference, however did not take first place in its category. I will keep readers informed of necessary changes to improve the quality and outcome of next year's competition.

Finally, apologies go out to Brenda Elliott whose name was excluded in the last edition of Waking Crew News in the Board of Directors picture.

Martha L. Clark RN, MSN, CPAN

Member Spotlight

KSPAN is pleased to introduce one of our newest members, Alicia Humphrey. Alicia has transferred her membership from the Ohio Perianesthesia Nurses Association (OPANA) to KSPAN. She is currently the Nurse Manager for PAT, SDS, and PACU at The St. Elizabeth Medical Center in Edgewood, Ky. Alicia was recently honored as, The Nurse Manager of the Year at St. Elizabeth.

Alicia developed her nursing roots at Bethesda Oak Hospital where she earned a Diploma in Nursing. After several years, she returned to the classroom and completed a Bachelor of Science Degree in Nursing and continues today on a march for completion of a Master's Degree.

Alicia is one of less than 300 perianesthesia nurses to hold certification as a CPAN and CAPA. In her dedication to certification, Alicia has served as an Item Writer for ABPANC and has sat as a member of the Item Writer Committee. Indeed, Alicia is helping to improve CPAN/CAPA certification exams through writing and researching evidence based questions for placement in ABPANC's Item Bank.

Alicia has also been an active member of the Cincinnati Area Perianesthesia Nurses Association (CAPANA) having served in many leadership roles including President and President-Elect. While a member of CAPANA, Alicia was honored by receiving CAPANA's yearly leadership award, The Cincinnati Sub-Zero Award for Excellence in Leadership.

In addition to active participation in professional organizations, Alicia is married, the mother of two daughters, and lives in New Richmond, Ohio.

Since becoming a KSPAN member, Alicia has been active in helping to start The Northern Kentucky Component, KSPAN's newest component (Hopefully to be chartered this Fall). She was instrumental in hosting the April meeting at St. Elizabeth with Dr. Sullivan, an anesthesiologist, speaking on use of Beta Blockers. Contact hours were provided.

KSPAN is proud to welcome Alicia

CALENDAR OF EVENTS



ASPAN Summer/Fall 2008 Seminars:

Please contact the ASPAN Website: www.aspan.org. For seminar dates, locations, and program descriptions, as well as changes or additions to the seminar schedule.

KSPAN Board Meeting: August 9th.

KSPAN Fall Conference: Nov 15 & 16th

ASPAN Component Development Institute, September 5-7, 2008, Salt Lake, Utah: KSPAN will sponsor two members.

Next Certification Exam: November 1, 2008. Check the ABPANC website.

ASPAN National Conference: April 19-23, 2009, at the Gaylord National Harbor.

Inside this issue:

Page

Table with 2 columns: Article Title and Page. Includes President's Report (3), Calendar of Events (2), and Report, Kim Kraft, Director Region 3 (5 & 9).

Decorative border containing ASPAN Scholarship Deadline information, including details on the Development Committee's support for scholarships and the July 1, 2008 submission deadline.



The President's Message from Aleta Blevins

WOW.....

The KSPAN Spring Seminar is over and what a meeting it was! The Seminar started out with “Awareness under Anesthesia”, a topic that all of us can relate to and hope never happens. Then came Robert Laskey with Iraq-A Nurse’s Perspective. You could hear a pin drop while this man was speaking. Mr. Laskey’s videos put us right in the middle of what our boys are facing every day in our fight for freedom. The Seminar continued with topics on Regional Anesthesia, Minimally Invasive Spinal Surgery and Airway Management. I would like to commend our education committee on their long hours of work to recruit speakers, obtain vitae’s, outlines, AV needs, and coordinating arrival times.

All nurses must remember that patients are the primary focus; they have the right to qualified, knowledgeable nurses who keep abreast of changes in our profession. By attending educational offerings in our specialty we are able to hear the latest techniques, new technology, and network with other nurses and thus, it becomes obvious that change is universal and we all have input on methods to adapt to these changes.

We now move on to getting ready for our 27th National Conference which will be held May 4-8, 2008 in Grapevine, Texas which is near Dallas/Fort Worth. Hope to see you there and look forward to meeting new people and networking in between the offerings and bringing back this information to our hospitals and units.

The next KSPAN meeting will be November 15 and 16 in Lexington, Kentucky at the Holiday Inn North. More information will be sent as the Education Committee formulates plans. The KSPAN Board of Directors is dedicated to providing educational topics to integrate new knowledge into our continuum of care and advance our nursing practice to better care for our patients.

Finally, thank you for allowing me to attend ASPAN’s National Conference as your President. The conference has come and gone, but memories and friendships will linger for many years. I not only made contact with ASPAN current leaders, but future ones as well. ASPAN is blest with leaders dedicated to advancing perianesthesia nursing through provision of education, research, and standards. Please join KSPAN and ASPAN’s new president, Lois Schick as we: “Soar with ASPAN and Lois” to fulfill her theme, “**Dreams Create Lasting Legacies**”.

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.

PAIN ASSESSMENT: THE FIFTH VITAL SIGN?

Becky Richards RNFA

PAIN ASSESSMENT: THE FIFTH VITAL SIGN?

Recently, I was admitting a patient for her second cesarean section. She was visibly shaking and stated she was very nervous. Her blood pressure was unusually high and her pulse rate was up. None of this was surprising to me. Most women coming in for a scheduled c-section are very nervous and it is almost always worry over the spinal.

I proceeded to talk her through everything that was going to happen that morning from her admission to her recovery. I explained that once her recovery time was over, we would transport her and her baby to the Labor and Delivery unit. I asked her if she had any questions or concerns as she still seemed very nervous. She became tearful and stated that after her last c-section, no one gave her anything for pain. She was so afraid of enduring that pain again; it was all she could think about. It was interfering with the joyous occasion of her daughter's birth. I thought for a moment before I spoke and then asked "Did you ask for anything for pain?". She said she hadn't but had assumed pain medicine would be given. She didn't know she had to ask.

This made me think about our post operative assessments in the Recovery Room. Regardless of the surgery, when the patient begins to wake up, assessing their comfort level should be the first thing we do. We can look at the monitor and see what their blood pressure, pulse and oxygen levels are. We can count respirations and take their temperature. But pain is not always visible. Some may moan and groan with facial grimacing. Some may not. Pain is subjective.

I have heard the buzz about pain being the "5th vital sign". To me it seemed natural to ask a patient during my assessments if they are in pain and if so, if they needed pain medication. Since this patient, I have made a concerted effort to educate all my patients about pain. I have encountered a surprising number of patients who did not know they had to ask for pain medication. But more surprising is the number of nurses who did not ask.

My hospital utilizes the numeric pain scale of "0" being no pain, "10" being agonizing, intolerable pain. We also ask what a tolerable pain level is for them. I assure them that if their pain level is a "3", they would still be medicated if they needed it and that the numbers only give us a scale so we can see that their pain level has decreased and the comfort level has increased. I also tell them that once they leave the Recovery Room, they should inform their floor nurses if they need pain medication. Some pain with surgery is inevitable. But no one should suffer needlessly because we are overlooking a very important vital sign. We as Recovery Room nurses can empower our patients by educating them on pain.

Editor's note:

Becky Richards can be reached via e-mail at BRichard@StElizabeth.com. For questions or comments. Thank you for sharing your exemplar with us and raising our awareness of the importance of patient education.

BUILDING OUR LEGACY

Kim Kraft BSN RN CPAN - ASPAN Regional Director, Region 3

When Lois Schick became ASPAN's 28th President at the National Conference in Dallas, she shared her vision for ASPAN's future. She reflected on the dreams that have become ASPAN's lasting legacy and the impact of those dreams on ASPAN's future. As our president, she is committed to building on those past dreams and adding to the rich legacy established by earlier leaders. These dreams led to ASPAN's Strategic Plan and Big Audacious Goal – to be recognized by the healthcare community worldwide as the leading organization for perianesthesia nursing education, practice, standards and research. At every board meeting, we review that strategic plan to assure that we are on track to meet ASPAN's four major goals. I would like to share some of the accomplishments from the past year.

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

The Education Approver Committee approved 81 applications from components for a total of 364 contact hours. Almost 2800 tests for continuing education credit were sent in for a total of 4,204 contact hours.

The *Education Approver Manual* was revised per ANCC / COA criteria and placed on website

The ANCC Accreditation site visit occurred in May

The *Competency Based Manual for Unlicensed Assistive Personnel* was revised and published

ASPAN Development awarded 17 Scholarships to ASPAN members for BSN completion (1), advanced degrees (7), National Conference (5), Certification (2) and the Nurse in Washington Internship (2)

The Education Provider Committee updated the ASPAN Seminars including scenarios for certification review. They sponsored 58 seminars and co-sponsored 26 that were attended over 3000 nurses.

ASPAN Strategic 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 1,637 questions from May 07-April 08.

The ASPAN *Standards of Perianesthesia Practice* revisions for 2008 - 2010 were approved by the Representative Assembly (RA); they include two new position statements (Geriatrics and Advocacy) also approved at the RA in Dallas.

During PANAW, US Rep Virginia Foxx (NC) read a proclamation on the floor of Congress honoring all perianesthesia nurses and it is now part of the *U.S. Congressional Record*

Work continues on the Perianesthesia Data Elements (PDE) to develop a business plan and implementation plan for the product. Education articles about the PDE process will continue to appear in *JoPAN*

The December 2007 JoPAN focused on Perianesthesia Safety. The Safety Committee is developing a Safety Resource Manual and has developed a Safety Seminar

ASPAN Leadership is actively involved with the Council on Surgical and Perioperative Safety (CSPS)

The Staffing Strategic Work Team convened a Safe Staffing meeting with National Nurse Leaders (Drs. Newhouse, Trinkoff, Rogers) to critically evaluate evidence/expert opinion on nurse/patient safety related to staffing. A Fatigue Evaluation Checklist was developed and piloted and will be a resource with 2008 -2010 Standards

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

ASPAN has active liaison representation with many key nursing and medical organizations such as the American College of Surgeons (ACS), American Association of Nurse Anesthetists (AANA), American Society of Anesthesiologists (ASA), the Anesthesia Patient Safety Foundation (APSF), British Anaesthetic and Recovery Nurses Association (BARNA), International Academy of Nursing Editors (INANE), Nursing Organizations Alliance (NOA), Association of Perioperative Nurses (AORN), Americans for Nursing Shortage Relief (ANSR)

All Specialty Practice Groups published newsletters – also available on the web (Advanced Degree, Geriatric, Management, Pain Management, Pediatric, Preop Assessment and Publications). The newest SPG – Perianesthesia Nurse Educators – had their first meeting at National Conference.

ASPAN is in talks with Wilmington University (DE) to discuss and pursue development of a perianesthesia nursing certificate education program

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LANGUAGE BARRIERS: HOW MUCH INFORMATION WILL YOUR PATIENT UNDERSTAND

Paula Armstrong

As nurses, we strive to provide quality, effective care: however, as the population of Hispanic speaking patients increase, we are finding more communication barriers. Most health care providers in the U.S. only speak English.

The use of translators have reduced some of the barriers, but are there other needs we may be missing?

The connection between nurse and patient is primarily based on communication. When translators are used, the connection seems more distant. The use of non-verbal communication becomes more important and helps increase the bond between patient and nurse.

Health care providers should maintain equality of care for Hispanic as well as English speaking patients. The need to communicate can be met with the use of translators, documents, pamphlets and brochures translated into the Spanish language. The patient can also be directed to the Internet as a source of information regarding health care and available resources.

In our department I have admitted and recovered several patients with the help of translators. I noticed the post-operative instructions that we sent home with the patient were in English. We now have the instructions translated into Spanish. Hopefully, this is one small step to improve patient continuity of care.

Patient care satisfaction surveys provide feedback regarding a patient's opinion of the care they receive and is one of our quality indicators. Obtaining this information is an important part of improving health care but can be hindered by an inability to communicate. These surveys need to address questions regarding the perception of these patients: Are instructions explained in a manner the patient understands? Do the patients feel their comments and concerns are addressed? Did the translator effectively communicate the needed information?

As the number of Spanish speaking patients increase, we must increase our efforts to provide quality, effective care. Health care providers need to constantly evaluate their resources, tools and skill in providing care for the growing Spanish speaking population of patients.

Editors Note:

Paula may be reached at the following e-mail address for comments:

parmstro@stelizabeth.com

KSPAN Research Committee

Research Grants are available through the ASPAN Grants Committee twice yearly, January 15th and July 1st. 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. The new Grant's Coordinator is Kathy DeLeskey. Kathy can be reached at kdeleskey@verizon.net or kdeleskey@lmh.edu. Jackie Ross continues as the Director for Research and can be reached at jross@aspan.org.

The Research Committee is currently looking for nurses who wish to display an evidence based poster at KSPAN's Fall Conference. Please contact Martha Clark at MarthaRN@aol.com.

Martha L. Clark RN, MSN, CPAN

KSPAN Research Chair

KSPAN Fund Raising Committee

Each year KSPAN is pleased to offer two educational sessions, the Spring and Fall Conferences. Conference fees do not cover the entire cost of these educational sessions. Therefore, KSPAN sponsors a fund raising activity, usually through selling raffle tickets, pins, and split the pot.

Raffle items this year include a one carat white gold tennis bracelet valued at almost \$900 and a 2-piece Samsonite Spinner Luggage valued at \$350. Raffle tickets may be purchased from any KSPAN Board member for one dollar each or six for five dollars. The drawing will be held during the Fall Conference. You do not have to be present to win.

For more information or to see pictures of these items, please contact Karen Carter at klcarter@insightbb.com.

Karen would also appreciate any input for future fund raising ideas or participation of the Fund Raising Committee.

ASPAN Development Committee

Conference fund raising activities included:

Silent Auction: \$4193

Dream Walk: \$5712

Basketball Toss at The Exhibit Hall.

Dr. Kristine Swanson PhD, RN, FAAN, spoke to 475 perianesthesia nurses at a sold out ASPAN Development Luncheon. Her topic was: "Caring, Safety, and Leadership: Making a Difference in Healthcare". Another component of the luncheon was the "Hail, Honor, Salute" campaign when members are given the opportunity to recognize people who have influenced or inspired them. This opportunity is available year round by contacting ASPAN.

ABPANC News

ABPANC is pleased to announce the election of new board members.

ABPANC Board for 2008-2009

Phoebe Conklin, President

Patrick Jones, President-elect & Consumer Representative

Lori Crosby, Secretary/Treasurer

Cheryl Coleman

Teresa Emmons

Kathy Paskewitz

Jeannie Mausea

Betty McMullin

Anthony Pridemore

Lois Schick, ASPAN President (Ex-Officio to the Board)

Exam Construct Committee

Valerie Gillis, Chair

Bonnie Crumley-Aybar, Chair-elect

Please visit the ABPANC website for information regarding CPAN/CAPA exams (Soon to be offered on the computer), Newsletter, Patient Advocacy Award, and applications for new ABPANC Directors.

The ASPAN Gold Leaf Component Award

Martha L. Clark RN, MSN, CPAN

Each year during national conference, ASPAN recognizes outstanding achievement during the past year by a component. The recognition comes as “The Gold Leaf Component of the Year Award”.

The Purpose of the Gold Leaf Award include the following:

- ◆ To recognize excellence in component leadership and member development, communication, educator, and community relations.
- ◆ To encourage quality component management.
- ◆ To recognize with distinction and visibility the efforts and results of meaningful activities that build a component.
- ◆ To benchmark standards.

The rewards are many and include the following:

- ◆ \$500 and a handsome plaque presented at the ASPAN 28th National Conference in Washington, DC.
- ◆ Recognition in *Breathline* and *JoPAN*.
- ◆ A book or publication on perianesthesia nursing of the Component’s choice, for use by the Component member benefits or recruitment efforts.
- ◆ Ribbons for all Component Members at National Conference signifying their membership in the Component of the Year.

KSPAN has been striving to achieve this distinction for several years. We are getting closer, but we need your help. If you have received any awards, have participated in community service, or serve ASPAN on a national committee, Aleta Blevins wants to hear from you. Please look at the KSPAN Strategic Plan included in this newsletter and see how you can help.

More information about the Gold Leaf Award can be found by accessing the ASPAN website site at: www.aspan.org .(Last access on June 23, 2008)

. **“Let your actions create lasting legacies”**

KSPAN Welcomes New Members

- Cynthia Carr BSN, RN
- Dawn Anne Davis BSN, RN
- Janice Elder BSN, RN
- Jill Kercell BSN, RN
- Jennifer Marksberry RN, CAPA
- Donna May RN, AND
- Joyce Apor BSN, RN
- Cara Gilbert-Gr RN
- Alicia Humphrey BSN, RN, CPAN, CAPA
- Donald McGuffy BSN, RN
- Amy Rohrer BSN, RN
- Steven Whitman BS, RN
- Janet Ballard RN
- Teresa Duncan RN
- Deborah Edwards RN
- Joseph Forester RN
- Debra Lancaster CNOR,AND, RN
- Nancy Maushart RN
- Lisa Morgan RN
- Patti Riegel BSN, RN

Welcome to all new KSPAN members. We encourage each one of you all to take a look at the KSPAN Strategic Plan and become an active participant in helping to fulfill KSPAN goals. KSPAN is a volunteer organization and can only be as strong as its members.

SOAR WITH ASPAN AND LOIS AS DREAMS CREATE LASTING LEGACIES: 2008-2009.

What will be your legacy as KSPAN moves forward toward becoming a Golf Leaf Component!

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

A combined meeting with Standards & Guidelines and Evidence Based Practice (EBP) Committees looked at 3 specific EBP questions (On call work hours, Resource 10 – Safe Transfer of Care, Position Statement on Visitation) Educational packet on EBP and critiquing research developed (joint project involving Research, EBP and Publications Committee)

The EBP Committee is reviewing and critiquing evidence for ASPAN Discharge Criteria Guidelines Ten Research abstracts were accepted for National Conference Presentation and a record number (60) of “Celebrate Successful Practices” posters were on display at National Conference

ASPAN has met the goals that were put in place four years ago. Because we are a dynamic organization, we cannot rest on our accomplishments but must look ahead – dream – to further our development. Over the next year, ASPAN will be working to define the scope of the organization’s future to stay on track with a growing membership and changes in our perianesthesia nursing practice. I want to thank those of you who completed the ASPAN membership survey for you have shared valuable information to begin the transition to the future. The response rate was approximately 80% - WOW! What a voice! So... What is your potential? What is your dream? What will be YOUR legacy for perianesthesia nursing



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District News -Northern Kentucky

PANAW at St. Luke West Hospital Florence, Kentucky

The week of February 4-8, 2008 was made special as we celebrated the practice of peri-anesthesia nursing with food, gifts, and education. Each day we had a different edible delight consisting of bagels, soup, salads, decorated cake, and Graters ice cream! Each nurse received a PANAW pen and we had drawings for unique items of tote bags, lunch totes, and coffee mugs. Notes of appreciation were given, posters displayed.

Fitting for this week of celebration, interest was stirred to create a third district of our component KSPAN. An educational program with dinner was offered, for one contact hour. Dinner was provided by Beth Ackerson, Director of Peri-Op services of St. Luke Hospitals. The presentation was on Nerve Blocks, the speaker was Dr. Alam, an anesthesiologist of St. Luke and St. Elizabeth hospitals. The event was informative, well attended, and provided an opportunity for nurses in the same field from different facilities to meet and become acquainted. A great week!

In addition to this first program, a second program was offered in April at St. Elizabeth South Hospital by Dr. Ray Sullivan, anesthesiologist of St. Luke and St. Elizabeth Hospitals. The topics were anesthesia drugs, beta-blocker protocol, and regiment of drugs to treat pain and nausea. The presentation was excellent. A third program will be offered in June at St. Luke West by Robert Laskey RN, CFRN, flight nurse. The title Iraq-A Nurse's Perspective, first presented at KSPAN's Spring Seminar. If you missed it then, plan to attend. It is an eye-opening dose of reality of nursing in a war setting. Please help to support the endeavor to form a Northern Kentucky district, attend our meeting, tentatively planned for June 19th.

Brenda Elliott RN, CPAN
Clinical Coordinator SLW



Brenda Elliott and Joyce Jacobs celebrate PANAW week with their staffs by bringing in a cake decorated with PANAW logo.



Joyce Jacobs, Martha Clark, and Brenda Elliott enjoy a moment with Dr. Alum, an anesthesiologist and presenter for the celebration of PANAW week. Also the initial meeting of The Northern Kentucky District.

District News – Louisville

No report received as of publication date. Please contact Cathy Gruelich for current schedule of events.

District News – Paducah

No report received as of publication date. Please contact Pam Malast for current schedule of events.

EVIDENCE BASED PRACTICE: A SIMPLE APPROACH

Martha L. Clark RN, MSN, CPAN

On April 5, 2008, I attended a PACU Nursing Conference, “PACU Around the World”, sponsored by the Nursing Committee of Interplast, Inc., an organization dedicated to providing reconstructive surgery for children and adults in third world countries. Sue Fossum RN, BSN, ASPAN President 2007-2008, was the featured speaker. Sue’s message, “Advocacy: Be the Voice in Your Practice”, included a discussion about how ASPAN Standards of Perianesthesia Practice are used in the workplace. ASPAN Standards were established in 1984, are updated every two years, and serve as a framework to guide our practice.

Interestingly enough, the ASPAN Standards are based on Expert Opinion (Level 6). Level 6 Evidence is the lowest of the six rating levels for evidence-based practice as currently used by ASPAN’s Evidence-Based and Research Committees. Even though it is the lowest level, we must keep in mind that it is the best evidence currently available. As perianesthesia nurses we must evaluate not only our practice, but the literature related to our practice and continually ask, “Why?” As “Why” questions are asked, researched, and findings published, ASPAN Standards can then be updated with a higher level of Evidence.

In case you are not familiar or have forgotten how to use ASPAN’s Appraising the Evidence: Evaluation Tool, a brief discussion and description will follow:

Level I (Meta-Analysis) The highest level of Evidence, can be Quantitative (Number Crunching) or Qualitative (Descriptive). Takes data or findings from many, many research studies and averages the data to yield one data set.

Level II (Experimental) The Researcher takes an active role in manipulation of the Independent Variable. This research study contains three components: Control Group, Randomization of Participants, and the ability to manipulate the Independent variable.

Level III (Quasi-Experimental) This level involves manipulation of the Independent Variable, however there is non-randomization of the Control Group, with Cause and Effect unable to be inferred.

Level IV (Nonexperimental Qualitative) This level does not employ randomization of the Control Group or manipulation of the Independent Variable. Examples include: Ex post facto, Prospective, Retrospective, Descriptive.

Level V (Non-scientific) This level employs Case Reports and Program Evaluation Data. An example includes a recently published article entitled: “Car Accidents After Ambulatory Surgery in Patients Without an Escort”.

Level VI (Expert Opinion) This level includes the opinion of respected authorities (Nationally Known) based of their clinical experience or opinions of an Expert Committee including their interpretation of non-research based information. Level VI also includes Regulatory or Legal Opinion, National Guidelines, and Continuous Improvement Data.

TIPS for EBP Implementation:

Question, Ask “Why”, Support Your Professional Organization, and Spend Time Searching the Internet. Some sites to search include: MDLinx and Medscape for Nurses and Physicians. All of these sites are free and offer a quick scan for published research articles that you may find useful. And always remember, ASPAN has membership available on both its EBP and Research Committees.

Martha L. Clark RN, MSN, CPAN

Contact at MarthaRN@aol.com

Photo Gallery from ASPAN's 27th National Conference

Component night is a lot of fun! Mixing, mingling, and making money for Components. In this photo, Kim Kraft, Director for Region 3 makes money for her Component.



Jan Odom-Forren congratulates the winners of Arizant's Big Hair Contest during Component night. Could those two winners in the big hats be PACU nurses at St. Elizabeth Medical Center?



Component Night is celebrated by the ASPAN Office Staff and Sue Fossum, ASPAN President 2007-2008.



Report from ASPAN's National Conference

ASPAN's 27th National Conference was held in Grapevine, Tx, a town between Dallas and Fort Worth. It proved to be inspiring just as all national conferences that I have previously attended. It is an opportunity to network with perianesthesia nurses in the states and from around the world. In talking to other nurse, it becomes apparent that problems in your own unit can also be found and are quite common in other units.

Component night kicks off each national conference and this year was entitled "Rhineston Cowboys". The event was sponsored by the folks who make Bair Paws gowns, Arizant Healthcare. A trophy, The Big Hair Trophy, was won by two PACU nurses from St. Elizabeth Medical Center in Northern Kentucky, Mary Beth and Heather. Their pictures are on the previous page. Way to go girls! Component night also offers a chance for components to raise money and recognize their home states. Party goes, yes it is a big party, have an opportunity to visit each component table and pick up mentos or purchase raffle tickets. KSPAN raffled a \$100 Shell Gas Card. Believe it or not, it was won by Mary Beth Wood, one of the winners of The Big Hair contest!

Monday opened with a CPAN/CAPA breakfast at 6:30. The Advocacy Award was presented along with several other awards. Award presen-

tations were followed by Barb Bancroft RN, MSN, PNP with a presentation entitled, "Livin', Laughin', and Learnin'..Through the years". Barb identified ways to never stop being a student, recognize learning opportunities from patients, and develop personal methods to "Unstress for Success".

Opening ceremonies then followed with Sue Fossum, ASPAN President, presiding, awards were presented, and a powerful message was delivered by Susan Gordon, BA. Ms Gordon is not a nurse, but offers great insight regarding nursing. Her message was entitled, "From Silence to Voice: Placing Nursing Center Stage". Opening ceremonies is always thrilling to me and sets the tone for the rest of the week!

Closing ceremonies came all too soon with the installation of the new ASPAN Board. The gavel was handed to Lois Schick, who delivered a personal message to all ASPAN members. Her theme was unveiled and is the following: "Dreams Create Lasting Legacies". The room then broke into applause as cloth frisbies were tossed by the crowd. Finally, Myrna Mamaril, Chairperson for the 28th National Conference, gave a peek view of next year's conference in Washington, DC at The Gaylord National Harbor, April 19-23, 2009. Be there!

Martha L. Clark RN, MSN, CPAN



The Kentucky Society of PeriAnesthesia Nurses

Strategic Plan 2006-2008

Mission: The Kentucky society of PeriAnesthesia Nurses advances nursing practices through education, research and standards.

GOAL ACCOMPLISHMENTS BY 2009

Goal A: Provide educational opportunities for perianesthesia nurses

Strategies:

- A1: Offer Spring Seminar and State Conference.
- A2: Promote District, other State Components and ASPAN educational offerings in Newsletter and Breathline.
- A3: Explore feasibility of sponsoring ASPAN seminar/workshop.
- A4: Collaborate on educational activities with other professional organizations (AORN).
- A5: Increase financial support to members and board members for educational programs.
- A6: Implement aggressive marketing strategies for all educational offerings.

Goal B: Expand membership base.

Strategies:

- B1: Promote membership in Newsletter, at Spring Seminar and State Conference.
- B2: Assign Liaison (s) from BOD to each region.
- B3: Send letter to perianesthesia managers regarding advantages of membership.
- B4: Offer opportunity for perianesthesia nurses to network and obtain information at Spring Seminar and State Conference.
Explore possibility of hosting a leadership activity for perianesthesia management groups in conjunction with 2008 State Conference.
- B5: Present annual Recruiter of the Year Award and recognize members efforts via the Points System Award.
- B6: Send mailing to non-renewal members.
- B7: Explore ways to support District growth and development. Encourage Districts to utilize web site as communication tool.
- B8: Offer discount rates to non-members who join ASPAN/KSPAN at Spring Seminar and State Conference.

Goal C: Promote financial growth and stability.

Strategies:

- C1: Provide Spring Seminar and State Conference in a cost effective manner.
- C2: Develop fund raising projects.
- C3: Complete financial review prior to change of office of the Treasurer before State Conference.

Goal D: Ensure KSPAN as the professional nursing organization representing the specialty of perianesthesia nursing.

Strategies:

- D1: Promote CPAN/CAPA certification.
- D2: Promote acceptance of ASPAN Standards of PeriAnesthesia Practice and Position Statements for care of perianesthesia patients in any clinical setting (Phase I, II, III, office based settings, clinics, dental, etc). Purchase current copy to be displayed at State Conference.
- D3: Send congratulatory note and discount ticket to new CPAN's/CAPA's from state for a KSPAN educational offering.
- D4: Promote Perianesthesia Nurse Week.
- D5: Seek opportunities to increase visibility of KSPAN and promote awareness of perianesthesia specialty.
- D6: Donate to a school of nursing (annually) a perianesthesia book.
- D7: Promote perianesthesia nursing to nursing students. Participate in Career Day at Schools of Nursing.
- D8: Send a representative to Nurse Day at the state Capital.

Goal E: Provide computer services and support for KSPAN activities.

Strategies:

- E1: Maintain web site with list of current officers, board members, KSPAN By Laws, Points System Form, Willingness to Serve Form and brochure for Spring Seminar or State Conference and District contact information.
- E2: Post the Newsletter to web site.

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Goal F: Promote Community Service Projects

Strategies:

- F1: Select a project to promote at State level.
- F2: Encourage Districts to sponsor community service projects.

Goal G: Promote research at the component level.

Strategies:

- G1: Promote component participation in the National Research Projects coordinated by ASPAN.
- G2: Promote research project at component level.
- G3: Submit Evidence-Based-Practice articles to the "Waking Crew News" newsletter.
- G4: Encourage poster presentations of research projects at State Conference.

Goal H: Promote succession planning.

Strategies:

- H 1: Provide orientation for new board members.
- H 2: Identify potential leaders within KSPAN and assign a mentor from Board of Directors.
- H 3: Promote utilization of transition checklists among new officers and committee chair.
- H 4: Explore ways to recruit leaders from within Perianesthesia management groups.
- H 5: Encourage committee members to become committee leaders (chairs).

PACU Nurse Manager Position

An opportunity is available for a Nurse Manger at an Outpatient Surgery Center in the Louisville area. Qualifications include:

- ♦ RN licensed in the state of Kentucky
- ♦ Experience in Same Day Pre, Intra, and Post-Op Surgery.
- ♦ Certification Required
- ♦ Masters Degree Preferred

This position has about 55 direct reports, of which 50 are RNs. The outpatient surgery center is open M-F, 8-5. Benefits include: No on-call, weekends, or holidays. Compensation is based on experience and education.

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