



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

Volume 32 No. 2

July 2010

“WHO DAT?”

The networking possibilities were endless and the sharing of ideas and common concerns opened your mind to possible changes in the practice and care of the perianesthesia patient.



“Dat” would be the 2010 ASPAN National Conference in New Orleans, April 18th-22nd. What a great city to spend

time in while renewing and rejuvenating our professional practice, knowledge base, and networking. I felt we were welcomed with open arms and I was amazed to see the progress made to reclaim the city since the devastation of Hurricane Katrina. Enjoying the many attractions of the city was a bonus to the phenomenal conference presented by ASPAN.

The networking possibilities were endless and the sharing of ideas and common concerns opened your mind to possible changes in the practice and care of the perianesthesia patient. Safety of the surgical experience is upmost across the country. From the pre-operative assessment to PACU and discharge it was evident this is one of our common goals.

Our graduate nurses need to be seen as “diamonds in the rough”, not yet polished to shine in their profession. Like a valuable piece of jewelry that

may take years for the jeweler to cut, we need to mold, teach, support and polish our new nurses so they glow radiantly. We need them!!! We also need to see ourselves as valuable to the perianesthesia team. Our experience is important to the patient’s surgical journey. We are there at their most vulnerable time. We are the professionals they and their families count on to be an advocate and this is not to be taken lightly. With the many health care changes that will continue to advance, we will still be the ever-present “physical” professional registered nurse at the bedside to comfort, care for, and be alert to the safety of the peri-operative patient. We will still be there to laugh, cry, rejoice, and mourn the good, the bad, and the unexpected.

The ASPAN National Conference is a special time to re-group and regain perspective on our individual role as a perianesthesia nurse. While gaining new information or reviewing some past learned material, it’s a time to remember why we wanted to become nurses and what drew us to the peri-operative setting. I would like to congratulate ASPAN on a successful conference.

I would also like to thank the many vendors and exhibitors who helped support this wonderful educational opportunity. Many thanks go out to Lourdes Hospital, Binghamton, N.Y. for the opportunity to attend this conference. For those of you who have not attended the ASPAN National Conference in the past, I would encourage you to plan for 2011 where it will be held in Seattle, Washington.

*Kathy Balog
Pre-admission Testing
Lourdes Hospital
Binghamton, NY*

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COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of *UP TO PAR* will be **OCTOBER 1, 2010**. Please forward all articles to NYSPANA or to:
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Mission Statement

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

From The President



HELLO and a Warm Welcome to Summer

As I enter the last few months of my term, I feel honored to have served as the NYSPANA President. It has been a wonderful journey filled with networking, promoting education, research and membership. Our membership continues to grow and Districts are continuing to strive to provide education for member and non-member perianesthesia nurses.

I am concerned about the future of NYSPANA Districts. As I look around, I see the same nurses serving as officers. The majority of District and NYSPANA officers are of the baby boomer age. Most of these nurses will be retired in the near future. So, please think about becoming involved. We need the torch to be passed on to perianesthesia nurses of a younger generation in order to secure the future of NYSPANA. Please place serious thought to this. We will give you the support you need to succeed.

I started my year as President at the NYSPANA State Conference in Albany. Congratulations to the Albany District for hosting an excellent, well attended conference. My year will culminate at the first NYSPANA State Conference in NYC on October 23, 2010. I am so excited we were able to pull this together and we have a great roster of topics and speakers. Details will be coming soon. I hope many of you will join us in this milestone occasion.

The ASPAN National Conference in New Orleans was a great opportunity for me to meet NYSPANA nurses from various areas of NYS. It was an opportunity to network about similar/different issues each of us face in our daily practice. We also won the Component Newsletter Contest Award for UP TO PAR in the 9-14 page category. The award is in recognition of outstanding presentation of information to the NYSPANA Component. I felt such joy and pride as I accepted the award for us.

We continue to have our challenges with our website. We have made definite progress and are looking at options, which will bring further improvement to the site.

This is such an exciting time in perianesthesia nursing. The changes, advancements and technology are progressing daily. We are fortunate to be a part of this era of perianesthesia nursing. I hope all of you seize each moment to grow and challenge yourselves. The best gift you can give yourself is involvement in the future. Believe me the rewards you will reap will by far outweigh the effort.

In closing I thank you again for allowing me to serve NYSPANA. A quote from Margaret Thatcher, food for thought: "What is success? I think it is a mixture of having a flair for the thing that you're doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose."

Judy Sargalis Sears, RN, BSN, CPAN



NYSPANA Network

District 1 News

NYSPANA District 1 had a very successful conference on May 8th. One of our members, Kathleen Bamber was awarded a \$500.00 scholarship to attend the NYSPANA State Conference in New York City! Ten \$100.00 educational scholarships were awarded as well. Our next District One meeting is scheduled for September 27, 2010. We will be meeting at St. Charles Hospital in Port Jefferson. The meeting will start at 6:30pm with a light dinner. At 7pm Dr. Benjamin Schwartz will be our speaker on, "What's New in GYN Surgery". If you would like to attend please RSVP our Vice President, Irene Healy RN, CAPA. Her email address is: IBHealy55@aol.com.

We are always looking for growth in our district. If you are interested in participating with meetings or would like to host a meeting at your institution, please let us know.

Carole Capps RN, BSN, CPAN, President

District 10 News

This will be my last report as District 10 President. I am running for NYSPANA Vice-President/President Elect. We had an election at our May meeting, and Shari DuGuay, BS, RN, CAPA, NE-BC is the new President. Shari is the Nurse Manager of Ambulatory Surgery and PACU at Seton Health. She can be reached by email, SDuguay@setonhealth.org. Debbie Kwacz, RN, CAPA, CCM, CPHQ is the new Co-Vice President. Cheryl Barnes continues as Secretary. Sandra Lowery continues as Treasurer. Judy Levesque will be the Co-Vice President for one more year.

Thank you, Ann Gedney and Florence Calabucci for hosting the May meeting and Kathy Giebetz for hosting our April meeting. We will continue to look for hosts for our local meeting. You only need to find a speaker and a location, let the officers know and we will send the information out.

Congratulations to Halya Hebert and Catherine Capitula of Seton Health on your research poster at the ASPAN National Conference.

It has been my privilege to serve as your President for the past five years. I have enjoyed working with all of you and meeting each of you. We have a very active district. I hope each of you continue to grow professionally and possibly consider becoming an officer on the local or state level.

As you know I am also the Governmental Affairs Chairperson. Is there anyone in the district who is willing to take this on? You pay attention to Federal and State issues and report at the spring and fall board meetings. You write an article for *UP TO PAR*. Please contact me if interested. I would mentor you during the next year.

Barb Ochampaugh, RN, President

District 13 News

No News Reported

Tim Clark, President

District 6 News

District 6 is hosting the NYSPANA Fall Conference on October 23, 2010 at Memorial Sloan-Kettering Cancer Center, *Big Ideas In The Big Apple*. Details forthcoming. Watch your mail.

Anne Federico, President

District 8 News

ASPAN Seminar: District 8 is presenting an ASPAN Seminar at the White Plains/ Tarrytown Hampton Inn on Saturday September 25th. *Perianesthesia Nursing: A Systems Review of Pathophysiology* will be presented by Kim Noble PhD, RN, CPAN. Topics included in this presentation are cellular function, inflammation, immunity, and homeostasis as well as GI, renal, neuro, endo, pulmonary, and cardiovascular pathophysiology. Thank you to Doreen Dozier MS, RN and Pam Werner RNC, CAPA for volunteering their time to help District 8 present this Seminar.

Scholarship Winners: The twenty, yes 20, District 8 Members listed below have won the registration fee to one of the two upcoming educational offerings. They can choose either the September 25th ASPAN Seminar, *Perianesthesia Nursing: A Systems Review of Pathophysiology* (\$115.00/earlybird registration) or the October 23rd NYSPANA State Conference in NYC, *Big Ideas in the Big Apple* (\$110.00/early bird registration). Their names were chosen by lottery from a pool that included all current members of NYSPANA District 8.

Jocelyn Archimedes
Janet Lee Callahan
Ann Conboy
Leona J Estling
MaryEllen Guanzon
Jacqueline Josephs-Haughton
Elizabeth McDonald
Denise Newman-McCloskey
Mary Ellen Rogers
Michelle Sharp

Geraldine Brennan
Natividad Cerezo
Shannon Marie Diaz
Michele A Foley
Margaret Hicke
Jeanette Longendyke
Kathleen Mary Michelsen
Marianne O'Brien
Gail Roth
Eileen Wallace

Winners will be receiving notification in the mail. For any questions contact Maryanne Carollo, RN, District 8 President at 914-242-8176 or at MCarollo@nwbc.net leaving your name and contact information.

Seminar Hosts: Seminar Hosts and Co-hosts are always needed. As a host or co-host you receive free registration to the seminar. Please volunteer your time to help District 8 present future seminars. Contact Maryanne Carollo, RN District 8 President at 914-242-8176 or MCarollo@nwbc.net leaving your name and contact information.

Maryanne Carollo, BS, RN, CAPA, President

District 9 News

District 9 will be holding an education dinner Wednesday July 21st at 6pm, location to be determined. If you are interested in attending please call me at 607-584-0187 for more information.

Jenny Seliga, BSN, RN, President





NYSPANA Network

District 14 News

Once again District 14 held its Annual One Day Workshop during Perianesthesia Nurse Awareness Week 2010. This 13th annual event was held on February 6th and we had a record turnout with over 110 nurses in attendance! Attendees enjoyed excellent presentations on “Who, What, When and Why of Anesthetic Pharmacology”, “Professional Issues in Perianesthesia Nursing”, “Gunshot Wounds of the Brain”, “Preventing Complications after Orthopedic Surgery”, and “Civility: Improving Your Work Culture”. A special thanks to committee members Jean Gumina, Joan Morse, Sally Sackett, Judy Sargalis Sears, Kari Alicea, and Cindy Veltri Lucieer.

On March 25 at Highland Hospital, Betsy Garton-Park, BSN, RN, CPAN presented the educational program “The ABC’s of EBP-Easy Exchanges on Evidence Based Practice”.

Seven nurses from District 14 traveled to New Orleans to attend the ASPAN National Conference. Eloise Proska and Vicki Lauffer presented a Research Poster, and Betsy Garton-Park, Sara LaCava, and Mimi Brady presented a Clinical Practice Poster. Congratulations to these professionals for their hard work and support to our specialty!

Twenty five nurses attended our May educational offering on Pacemakers/AICD’s. FF Thompson Hospital in Canandaigua was our gracious host. The drive to Canandaigua is easy and pleasant and the view of the lake is beautiful. This was our last meeting before summer recess!

Our annual elections took place in May. I would like to send a warm welcome to our newly elected officers; Ken Nesbitt, Vice President/President Elect, and Jean Gumina, Treasurer. Joan Morse, District 14’s current VP/President Elect will begin serving as President September 2010.

Congratulations to our Nominating Chairperson Kari Alicea and her husband on the birth of their son, born May 21.

As a reminder, NYSPANA District 14 Educational Scholarships are available to all District 14 members. Applications need to be submitted at least 30 days before the educational event. A copy of the application can be requested from our secretary, Sally Sackett at salswim@rochester.rr.com. The scholarship amount will be pre-approved but reimbursement will be mailed to the recipient after proof of attendance at the educational event has been provided.

I would like to say a special thank you to all District 14 members allowing me to serve as your President over the past year. It has been a rewarding experience and a joy to be able to work alongside such a great group of professionals.

Susan Alati, BSN, RN, CAPA, President

District 15 News

District 15 will be hosting a Documentation Seminar with Dolly Ireland on September 11, 2010 at 8am at Sisters of Charity Hospital, St. Joseph Campus on Harlem Rd. in Cheektowaga, NY. Topics include electronic documentation.

Please contact Dianne Lysarz RN, CPAN, CAPA for more information at dlysarz@roadrunner.com or call 716-698-9000.

Dianne Lysarz, District 15 President

Treasurer’s Report

As of June 1, 2010

Checking.....	\$4,236.11
Savings.....	\$10,799.83
Secured Bond.....	\$10,000.00
	Total: \$25,035.94

Kathy Balog, Treasurer, NYSPANA

Research Committee

The mission statement of ASPAN’s Research Committee is to promote patient care guided by research and research methods with a goal of educating perianesthesia nurses in improving quality patient care. The NYSPANA Research Committee is moving slowly, BUT FORWARD! As of June 1st, Jackie Ross from the National Research Committee states the “Fatigue Study” for PACU nurses is still waiting for IRB approval. This seems to take a long time.

It was decided at the March Board of Director’s Meeting to use a survey monkey for the “Sedation Scale Survey”. This will avoid participating institutions having to go through the IRB approval process. So be on the lookout on the web site and the next issue of Up to Par for more information.

Cindy Veltri Lucieer, BSN, RN, CAPA

Governmental Affairs Committee Report

As usual the state of New York can't pass a budget. School districts can't formulate budgets, and as a result teachers are being laid off. State parks are **not closing**; a last minute of "take money from here to move money there" saved them. The Governor is now blaming himself. The Assembly Members and Senators are starting to realize they are up for re-election and they best start doing the job for the people who elected them! It will prove interesting, if the budget is approved before all the State Conventions or this newsletter is published. So far they have found money to loan the racing board with promises to award the video games! They have not passed the Soda Tax.

Are you registered to vote? It will be important to vote in the November election. This is an important election year. Federal and state offices are up for election. Andrew Cuomo has finally declared his candidacy for governor for the Democratic Party. His themes are "Change Albany" and "End our National Disgrace". Cuomo's choice for Lieutenant Governor is Robert Duffy, the mayor of Rochester. This gives the choice of a downstate and middle state representative. The Attorney General position will be open with five potential candidates. The Republicans have 3 governor candidates running. Who will their candidate be and will they give him financial support? Four years ago they backed Faso and didn't give him much money.

Most, if not all Senators and Assembly Members are up for re-election. Look closely at their records. Joe Bruno may be going to jail for his crimes while in office. Many of the current elected officials may be guilty of the same crimes as Mr. Bruno. Do we want to re-elect the same people or do we want to change the face of

Albany politics? We have the power to speak in November. Senators' Gillibrand and Schumer are up for re-election. Are they doing their job in Washington? In elections around the country, many incumbents are not winning re-election. The economy seems to be the determining factor. New York State has lost many jobs and we don't attract many industries due to taxes and restrictions. The western and northern part of the state need jobs. Listen carefully to campaign promises and elect people with solid plans to turn the state around. To contact the Governor or your senator go to www.nys.gov/governor. To contact the Senate go to www.nys.gov/senate; the Senate Democratic Leader, John Sampson go to Sampson@senate.state.ny.us; the Assembly Speaker, Sheldon Silver go to speaker@assembly.state.ny.us.

On the Federal level, we have the disaster in New Orleans. BP has a history of poor maintenance and knew the well casing and blowout preventer would not hold. How many other rigs have the same issue? Is the government inspecting other rigs for the same problem? What about the lost lives? It is not just in New Orleans. We had the coal mining disasters and again there was poor maintenance by company officials. Are we going back to the 1920's when men's lives were sacrificed for profit?

If you need to register to vote or your college bound children need to register, there are two options. Call your local board of elections or you can go to www.nys.voterregistration. There will be a Primary election in September. Read, be informed, contact your elected officials and remember to vote!

Barb Ochampaugh RN, BSN, CPAN

Community Service

I am a weekly volunteer for an organization in NYC called The Pajama Program. It provides new pajamas and new books to children in need, many who are waiting and hoping to be adopted. Thousands of the children it serves live in group homes and shelters and are often shuffled between temporary living facilities. Many of the children have been neglected and/or abused. Since 2001, the program has provided more than 700,000 PJs and books to children in need nationwide.

*Colleen Peacock, RN, BSN, CPAN
NYU Medical Center, New York, NY*

Community Service

If You've Got It... Flaunt It!!!

NAME _____

DISTRICT _____

CONTRIBUTION _____

Get the recognition you deserve. If you volunteer in any way let us know. Many perianesthesia nurses go the extra mile not only at work but also in their own communities. *Let Up To Par* lead the way for others to follow.

Email to: michele_rr2003@yahoo.com

or send it to: Michele Rossignol,
9241 Wilson Cove Road, Canastota, NY 13032



Poster Presenter's Thoughts On Aspan's National Conference

The National Conference opened with a bang. ASPAN strutted to new heights and opened the 29th ASPAN National Conference in New Orleans. President Terry Clifford inspired us with all our accomplishments as we look to the future. Keynote speaker, Bruce Wilkinson CSP, offered tips on reducing life stresses by "Bringing balance and enjoyment back into our lives."

At the President's reception we met with President Terry Clifford as she celebrated the successful conclusion of her year as ASPAN President. We presented our research at Poster Grand Rounds on Monday night and Tuesday morning at 7:00 am. We were asked a lot of questions pertaining to our research with Aromatherapy. Everyone found it very interesting, even in the early hours of the morning. We were also approached by the ASPAN Board including the editor of JOPAN who stated they were very interested in our published article. We attended the New York State Component Dinner. It was great to network with people in our own state and to hear their thoughts about aromatherapy.

The Closing Ceremonies featured "Shed or You're Dead® - How to Stay Alive and Thrive in the Midst of Healthcare Change" with speaker Kathy Dempsey, CSP. Overall the 29th annual ASPAN National Conference in New Orleans was an interesting experience for both of us.

*Luisa Ferruggiari RN and
Barbara Ragione RN*

Postdischarge Nausea and Vomiting (PDNV): Incidence in Adult Surgical Outpatients

*Catherine C. Capitula, RN, CAPA, Halya M. Hebert, BSN, RN
Seton Health/St. Mary's Hospital, Troy NY*

Introduction/Problem:

PDNV remains a problem for 30-50% of all patients who receive general inhalation anesthesia during surgery and are discharged home the same day. Over 34 million persons have outpatient surgery annually in the U.S. and are at risk for PDNV.

Purposes:

The purposes of this study were: 1) to determine the incidence and severity of PDNV in outpatients receiving general inhalation anesthesia at Seton Health; 2) to evaluate self care of PDNV; and 3) to look for correlations between postoperative nausea and vomiting (PONV) risk score and PDNV.

Methodology:

A convenience sample of 339 patients who received general inhalation anesthesia over a six month period was surveyed. Data were collected using a structured survey; 41 % of the patients returned the survey (n=144). Descriptive statistics were used to quantitatively summarize the data; inferential statistics were used to identify trends in the outpatient surgical population.

Results/Discussion:

The incidence of PDNV was experienced by 33% (n=46) with an average severity rating of <2 on a 0-10 Likert Scale. Episodes of vomiting were reported by 13% of patients. Lying down proved to be the most used self care activity in the treatment of PDNV reported by 23%. Of those that used self care activities to treat their PDNV 77% felt they did not work. No significant correlation was found between the PONV risk score and the actual experience of PDNV.

Conclusions/Implications:

The findings of this study provide another layer on the thin foundation of the topic of PDNV. Based on the findings of this study, the next layer for exploration is to examine the relationship of post-op pain medications and PDNV. Evaluating the scope of the problem leads to identification of modifiable risk factors and successful treatment modalities with interventions for post anesthesia care nurses to implement at Seton Health.



The Role of Aromatherapy in Postoperative Nausea and Vomiting

Primary Investigator

Robina Kitzler, BSN, RN, CPAN, CNIV, PACU

Secondary Investigator

Stephanie Nolan, MS, RN, CPAN

Memorial Sloan Kettering Cancer Center, New York, NY

Clinical/Evidence Based Practice: Postoperative Nausea and Vomiting (PONV) is a common complaint following surgery. Complications related to PONV can cause prolonged post anesthesia care unit (PACU) stays, unanticipated hospital admissions, surgical complications and psychological discomfort. A Nursing PACU Evidence-Based practice committee investigated the use of aromatherapy as a complimentary treatment for PONV. Isopropyl alcohol (IPA) is currently being used by PACU nurses at Memorial Sloan Kettering Cancer Center (MSKCC) as an aromatherapy treatment for PONV without the evidence to support its use. Aromatherapy is not part of the standard PONV guidelines. An evidence-based review was conducted regarding the use of aromatherapy in PONV. The search produced meta-analyses and randomized control trials (RCTs). The Clinical Guidelines for the Prevention and/or Management of PONV formulated through and evidence-based review by the American Society of Peri-Anesthesia Nursing were reviewed. These guidelines reviewed 109 articles and were ranked using the Stetler Model.

Aromatherapy agents such as isopropyl alcohol, ginger, and peppermint were ranked as effective rescue interventions for PONV. A five day survey was conducted on current PONV prophylaxis and rescue interventions on 169 patients in the PACU. The results showed prophylaxis and rescue interventions varied widely and IPA was frequently used, although not part of the current institutional PONV guidelines. A multi-disciplinary meeting was held with anesthesia providers, pharmacists, and nurses to review our current PONV practice and explore the addition of aromatherapy. Consensus was achieved, and aromatherapy was added to the PONV guidelines as a rescue intervention. In addition, modifications were made to the timing and administration of PONV prophylaxis to decrease the interval between antiemetic doses during long cases. Our current PONV prophylaxis and rescue interventions guidelines were revised, which provides standardized practice for all patients. Aromatherapy was approved and included as a rescue intervention, allowing patients an opportunity for an alternative adjunct to treat PONV. Based on the presentation of our findings to our oncology nursing colleagues, aromatherapy will be explored as part of the MSKCC antiemetic guidelines for chemo/biologic therapy. A multi-disciplinary group is currently investigating aromatherapy products in addition to IPA that may be used for PONV.

The Effect of Aromatherapy on Post-operative Nausea in Women Undergoing Surgical Procedures

Principal Investigators:

Luisa Ferruggiari R.N and

Barbara Ragione R.N,

Co-investigator:

Ellen Rich, Ph.D., R.N., F.N.P

Good Samaritan Hospital
Medical Center

Abstract

Postoperative nausea is a common source of patient discomfort and increased length of stay in the Post Anesthesia Care Unit (PACU). Peppermint oil aromatherapy has been suggested as an effective therapy for nausea. The purpose of this study is to assess the effect of aromatherapy on the severity of postoperative nausea and/or vomiting (PONV) in women undergoing surgical procedures in the PACU.

Women were placed into one of three groups: those receiving traditional anti-emetics, those given aromatherapy with peppermint oil, and those inhaling saline vapor. A visual analog scale was used to rate nausea at first complaint, at five minutes post-intervention (n = 71), and if nausea persisted, at ten minutes post-intervention. The comparison of mean change was analyzed using a One-Way ANOVA. At five minutes, there was no difference between intervention and nausea rating (p = 0.989). For those still nauseated after ten minutes (n = 46), there was evidence of a significant decrease in nausea, between the five and ten minute readings, in the peppermint group versus the saline group (p = 0.059). However, there is no significant difference between the peppermint group and the antiemetic group (p = 0.489). There was also no difference between intervention and nausea rating when looking at the total change in nausea rating (p = 0.466). Generalizability is limited due to sample size. Obtaining a large n was challenging, although large numbers of women consented, most received intraoperative antiemetics and did not report nausea postoperatively. Plans for replication at a second site should provide additional data.



Annual JOPAN Cover Photo Contest Is Underway Submit Your Photos for the 2012 Cover Now!

The Journal of PeriAnesthesia Nursing Cover Contest is open to all ASPAN members. You are invited to submit photos for consideration for placement on the cover during the 2012 volume year.

- Click On The Link Below -

<https://www.aspan.org/>

[LinkClick.aspx?fileticket=zvAelU3mJjM%3d&tabid=4824](https://www.aspan.org/LinkClick.aspx?fileticket=zvAelU3mJjM%3d&tabid=4824)

The submission deadline is February 18, 2011

so you need to get clicking today!

Winners receive a year of ASPAN membership -- Good Luck!



***Big Ideas in
the Big Apple ...***

**NYSPANA
Fall Conference on
October 23, 2010
at Memorial
Sloan-Kettering
Cancer Center.**

***Details forthcoming.
Watch your mail.***



**Copy Deadline for
the Next Edition of
UP TO PAR**

October 1, 2010

***Please be punctual
with your articles ...***

Forward all articles to
NYSPANA or to:

**Michele Rossignol
Editor**

9241 Wilson Cove Road
Canastota, New York 13032

Cell: (315) 264-8195

or Email Articles to:
michele_rr2003@yahoo.com

ASPAN Star Recognition

Nominations for the ASPAN Star Award must be received by January 1, 2011.

Service Excellence

The ASPAN Star Recognition Awards are given to individuals in recognition for 'above and beyond' service to ASPAN and/or the component.

Award Criteria

Nominees must be a **current member of ASPAN** who meets one of the following criteria:

1. Makes a significant, positive impact on ASPAN, ASPAN Components or a colleague as evidenced through collaboration, esprit de corps in a project, etc. Examples (but not limited to) include: helping a colleague with hands on work of creating a research/EBP project, setting up a study group for certification examination, taking over conference tasks due to an emergency or resignation, being the "go to person" who can answer questions about ASPAN Standards.
2. Makes a significant contribution to the current work of ASPAN, or ASPAN Component. Examples (but not limited to) include: a committee or SWT member accepting an extra assignment at the last moment, strong commitment in encouraging membership, certification, etc.
3. Makes a positive impact on service excellence in the promotion of ASPAN or ASPAN Component in the community or the workplace. Examples (but not limited to) include: organizing PANAW Celebration at workplace, organizing a fundraiser for local charities, working at local health fairs, speaking at community groups on health related topic, speaking to student nurses and promoting ASPAN.

Procedure

- Award recipients are eligible to receive only one ASPAN Star per year. If an individual receives multiple nominations, each approved nomination will be noted on the certificate.
- Nominations may be made by any ASPAN member.
- Only nominations for individuals will be accepted (groups or entire committees will not be accepted.)
- **Nominations for the ASPAN Star Award must be received by January 1st.**
- Approved nominees will be recognized at National Conference.
- The recipient of the award will receive:
 - an ASPAN Star lapel pin
 - letter and/or certificate of recognition
 - recognition in *Breathline*
 - recognition at National Conference

Two ways to submit:

1. Online: go to www.aspan.org and click on members, then awards, then on Star Recognition Award
2. Mail or Fax: [Click here for the nomination form](#) to mail (90 Frontage Road, Cherry Hill, NJ 08034-1424) or fax (856-616-9601) to the National Office.

Thank you for naming a colleague deserving of this recognition!

NYSPANA District #9 Presents:

"INDUCED HYPOTHERMIA"

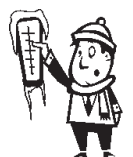
Presented by Matt Fabian

Wednesday, July 21st 2010 @ 6PM

Wilson Hospital, Picciano 4, room 5A

Light supper courtesy of Susquehanna Anesthesia

For food prep purposes please RSVP to
Tricia Stange 762-2301 or Jenny Seliga 584-0187



Thoughts Gathered from the National Conference

Attending nursing conferences, either on the state or national level, is always a learning experience. It is my belief that to grow as a nurse and a leader, you need education. We have valuable NYS resources and speakers. Maureen Iocono BSN, RN, CPAN and Wanda Rodriguez MA, RN, CCRN, CPAN are wonderful speakers with much insight and knowledge. We have many members who exhibited Evidence Based Projects and Research Posters at the conference.

From Maureen Iocono's presentation on "Critical Thinking" and "ASPAN Standards", I learned there is a web site devoted to critical thinking. We all try to think of ways to teach critical thinking skills and we can visit a web site. The web site is maintained by the Foundation of Critical Thinking, (www.criticalthinking.org). The key to critical thinking is to share both good and bad events. Both teach valuable lessons. Discuss ideas in an organized way. Allow time for exchange and exploration of ideas. Don't sound excitable!

ASPAN is in the process of finalizing the 2010 Standards. They will be looking at pain scores and discharge criteria. We have done such a great job of medicating our patients, that some patients have experienced untoward events from sedation after they leave PACU. Patients do not get the same observation and stimulation after they leave Phase I. We need to consider this when medicating. ASPAN is developing an Obstructive Sleep Apnea Standard. Look for the new standard guidelines in the fall of 2010. We may all need to make policy changes.

Chris Pasero's lectures on Pain Management were very informative. Multimodal models are the best routes for pain control. Not all physicians like or use Ketorolac. Have you considered Tylenol? Acetaminophen suppository is a good adjunct to narcotics. It is well tolerated with few side effects. If given pre-op with a NSAID and an opioid, 50% less opioid is needed post-op. Translated pain scales are available with different faces from the traditional Wong-Baker Scale at www.painsourcebook.ca. Treat the pain, and then treat the anxiety.

Most of us are familiar with Lipid Rescue for Local Anesthesia Toxicity. Research is ongoing for the use of lipids. Dr. Weinberg and Dr. Picard are gathering data. They would like all cases of Lipid Rescue logged on their web site, www.LipidRescue.Org. The protocol can be downloaded from the site.

We use a Pediatric Simulator for annual competency. There are web sites with programs developed for the simulators that can be downloaded. The web sites are the NLN and SUN Group. The programs run from basic to advanced.

This is merely a sampling of all the informative sessions available at the 29th ASPAN National Conference. It was an opportune time to absorb the most current data, network with renowned speakers, nurses, and educators, while enjoying a beautiful thriving city.

Barb Ochampaugh RN, BSN, CPAN



NYSPAN Dinner at the 2010 National Conference.



Cafe' Du Monde, a coffee shop on Decatur Street in the French Quarter in New Orleans, popular for their cafe' au lait and French style beignets.

Call for Nominations ASPAN 2011-2012 Election

***Reinvest in Your Potential...
as an ASPAN Leader!***

ASPAN leaders are needed to continue to stretch the boundaries of our organization, our programs and agendas to offer higher quality services to our patients, members and colleagues. It is an exciting time for your professional organization - so we challenge YOU to realize your potential and make a difference!

Step Up!

It is YOUR time. Your professional organization needs your leadership skills and participation!

For complete information on open 2011-2012 Board of Directors and Nominating Committee positions, please visit ASPAN's home page www.aspan.org and click on the "Call for Nominations" link under 'ASPAN Highlights'.

Submission Deadline: October 1, 2010



*Maureen Iacono, past ASPAN President,
Terry Clifford, Immediate Past ASPAN President,
and Judy Sargalis Sears, President of NYSPANA.*



*Dianne Lysarz, President District 15,
Kathy Balog, Treasurer for NYSPANA,
and Marcia Trawinski-Buffalo.*

UP TO PAR Winner at National Conference 2010

I am proud to announce NYSPANA was awarded the Component Newsletter of 2010.

Contest Award was for Component Newsletters in 9-14 pages category. The Award is in recognition of outstanding presentation of information to the NYSPANA component. Congratulations to our editor, Michele Rossignol, for doing such an excellent job. Michele has been editor for several years and is commended for her commitment. On behalf of all NYSPANA members and myself, Thank you Michele.

*Judy Sargalis Sears
President*

Please let it be known this newsletter could never be what it is without the hard work of both our publisher Dan Palmieri and our printer Dave Pavlus. Thanks so much to both of them for really making my job as editor so easy.

*Michele R. Rossignol RN, CAPA
Editor, UP TO PAR*

A Call To Network

We welcome input from the membership:

- Have you attended an informative lecture?
- Have you had to look up information on a new drug?
- Have you taken care of an interesting patient and could share the experience and outcome?

Networking and sharing is what we are all about, please E-mail or Fax us (the numbers are in the inside cover).

It is a neat feeling to see your article and name in print.

Thanks in advance!

Michele Rossignol, RN, CAPA
E-mail: michele_rr2003@yhoo.com



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

Newly Certified CAPA / CPAN

CPAN

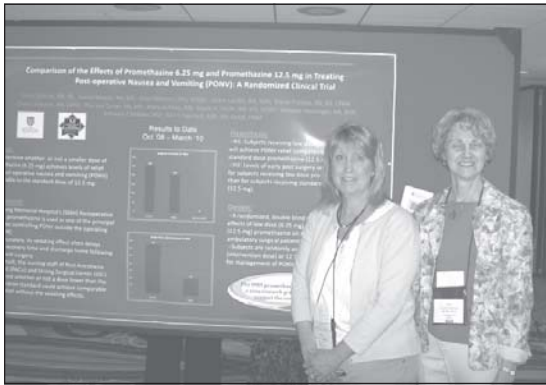
Janet DeAngelis, RN, BSN
Lisa Ambrose, RN
Irene Cassata, RN
Donna Collins, RN
Louise Hershberger, RN
Sue Kiernan, RN
Michele Swenson, RN
Ken Nesbitt, RN

CAPA

Jo Cornish, RN
Christy Robson, RN
Sally Sackett, RN
Gail Hauser, RN
Kelly Cannizzaro, RN
Rosanne Kolb, RN
Kathy Walther, RN
Annelle Coleman, RN
MaryBeth Rogemoser, RN
Pam Spampinato, RN

CPAN & CAPA (Dual)

Brenda Carpenter - dual CAPA/CPAN certification .



Vickie Lauffer and Eloise Prostka

Promethazine Research Poster

Vickie Lauffer and Eloise Prostka from District 14 presented a Promethazine research poster at the ASPAN National Conference April 19-21, 2010. This research compares the effects of Promethazine 6.25mg to Promethazine 12.5mg in ambulatory post-operative patients.

They first had the abstract revised and approved to meet ASPAN's requirements. The poster was then printed and carried with them through the airports from Rochester, NY to New Orleans.

Ms. Prostka said, "It was a great experience to represent our local District and our hospital, University of Rochester Medical Center/ Strong Memorial Hospital. There was active interest among Conference attendees regarding our research and future results." Ms. Lauffer added, "Special thanks to Strong Memorial Hospital RN Chris Deitrick who has been so active in the research process and to the nurses of the Strong Surgical Center and PACU who have been gathering data and caring for patients."

*Eloise Prostka, RN, BS, CPAN
Nurse Manager PACU & Pediatric Surgical Suite
Strong Memorial Hospital*

ASPAN
Component Development
Institute 2010
September 10-12, 2010
Louisville Marriott Downtown
Louisville, KY
Reservations: (800) 533-0127 by August 13, 2010

2010 - NYSPANA ELECTION BALLOT - 2010

NYSPANA VICE PRESIDENT/PRESIDENT ELECT

Barbara Ochampaugh,
BSN, RN, CPAN

- 15 years PACU Staff Nurse
- Currently Charge of PACU Education/Staff Preceptor
- Serve on the Documentation and Standards Committees
- Completed Research on Music and Pre-op Anxiety Reduction
- Currently replicating a research study on Sedation Survey and Pre-op Forced Air Warming of Colo-rectal, Orthopedic, GYN Oncology and Prostate Patients.

As District 10 president for the past 6 years, I know the issues we face as a state component. I bring my organizational skills and mentoring abilities to the position. While District president, I was able to get members to host local meetings. We organized 2 local conferences and hosted the State conference. As VP/PE I hope to mentor members to be active on their local and state levels. We need to get our members involved through mentoring.

_____ (Write-In Vote)

NYSPANA NOMINATING CHAIRPERSON

Susan Alati, BSN, RN, CAPA

- 2009-2010: NYSPANA District 14 President
- 2008-2009: NYSPANA District 14 Vice Pres/Pres Elect
- 2000-2008: NYSPANA District 14 Treasurer
- 2009-2010: SMH PeriOperative Council representative
- 1985- Present: Staff RN, Strong Surgical Center II, Strong Memorial Hospital, Rochester, NY

My active participation in NYSPANA is a volunteer action, but it also shows my continued commitment and support to our specialty. Becoming the Nominating Chairperson is a stepping stone from the district level to the state level. My years of experience as a district officer and as bedside nurse have provided me the opportunity to communicate and network with many other perianesthesia professionals. As the Nominating Chairperson I would like to work alongside and guide the NYSPANA district leaders to promote not just ASPAN/NYSPANA membership but also active involvement on the state level. Encouraging and inspiring all perianesthesia nurses to step forward and share their knowledge, and expertise will allow NYSPANA to pursue its goals and mission.

_____ (Write-In Vote)

**Mail completed ballot to Nominating Chair - Elizabeth White
35 Sandpiper Lane, Coram, NY 11727**

NYSPANA

53 Duncott Road
Fairport, NY 14450

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April 3 - 7, 2011
Sheraton Seattle Hotel
Seattle, Washington

“Reinvest In Your Potential”

Consider attending our
ASPAN National Conference . . .

ASPAN's National Conferences

Future Conference Dates

April 15-19, 2012
Orlando , FL

April 14-18, 2013
Chicago , IL