



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

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March 2010

Vascular Health

Abdominal and thoracic aneurysms are life threatening emergencies that cannot be medically managed. Once an abdominal aneurysm reaches 5-5.5 cm or causes symptoms, it must be operated on to prevent rupture. (V-Aware April 2009). Thirty thousand Americans will die from undiagnosed abdominal aneurysms.

At the NYSPANA State Conference this year, Dr. Manish Mehta, gave a very informative lecture on aneurysms. His practice has established the Center for Vascular Awareness. The Center is a not for profit organization that educates the consumer and professionals about vascular health. They publish a magazine, *V-Aware*. Not living in the Capital District? You can access the magazine by way of their website www.vaware.org. Anyone can access the website, to learn about vascular disease, treatments and research.

Abdominal and thoracic aneurysms are life threatening emergencies that cannot be medically managed. Once an abdominal aneurysm reaches 5-5.5 cm or causes symptoms, it must be operated on to prevent rupture. (V-Aware April 2009). Thirty thousand Americans will die from undiagnosed abdominal aneurysms.

Until recently, the only option for surgery was an open procedure. Endovascular options are available for a select group of patients. Endovascular repair is less invasive and the hospital stay is shorter. In an open abdominal repair, the abdomen is opened, the aorta is clamped and the aneurysm is removed and a graft put in place. The procedure is long, 3-5 hours with a 15% complication rate and a 2-3% chance of death. (V-Aware, April 2009) Complications range from infection, bleeding, renal failure, and clots to the legs. The recovery period takes up to 3 months with a two week hospital stay. These patients are labor

intensive in the PACU. Most have PA catheters, need fluid resuscitation, and pain management.

Endovascular abdominal aneurysm patients have an easier course of treatment. Instead of an abdominal approach, they get two groin incisions, through which angio-catheters are placed. The catheters are directed towards the aneurysm. Once the aneurysm is reached, grafts are deployed through the catheters. They are then deployed in the aneurysm to obstruct the blood flow. The aorta remains patent, while the blood flow into the aneurysm sac is blocked. The procedure is done with spinal anesthesia and takes 2 hours. Complications are rarer. There is risk of bleeding at the site of incision, inadvertent covering of the renal arteries with the graft, and endo leaks. Complications are seen in 5% of patients and death occurs in 0.5% of patients. These patients are less labor intensive in the PACU and most go to a regular hospital room after surgery.

An endo leak occurs where the prongs of the graft plant themselves in the vessel wall. They don't form a tight seal, and each beat of the heart sends blood back into the aneurysm sac. This complication is not seen immediately post-op and can be corrected with another graft.

Thoracic aneurysm could only be repaired by open heart surgery. With the advent of endovascular surgery, there is another treatment option for

patients. The groin incision is used, as in endovascular abdominal aneurism, and stents are deployed at the site of the thoracic aneurysm. Complication and death rate are reduced using the endovascular approach. Monitoring of these patients is very important to prevent paralysis.

Treatment options are changing for patients with vascular disease. The way we recover these patients changes. They are still at risk for renal failure, so fluid balance, blood pressure monitoring and renal output continue to be priorities. With groin incisions, we must monitor for bleeding at the site and hematoma formation. Obstruction of blood flow to the legs must also be carefully monitored.

Barb Ochampaugh, RN, BSN, CPAN

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COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of *UP TO PAR* will be **JUNE 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 Happy New Year.

As you read this newsletter, we will have already celebrated Perianesthesia Nurse Awareness Week. I hope each of you enjoyed some type of acknowledgement for the invaluable role you assume in perianesthesia nursing. I have visited a couple of our Districts since I took office, and have witnessed the enthusiasm, pride and caring emulating from each of you. This is who we are; perianesthesia nurses who share our heart and soul to give patients and their families the best care possible. I congratulate and thank you for all you do to make a difference.

I have just completed the Gold Leaf application for NYSPANA. As I gathered the information and put into words all we have accomplished this past year, I felt a deep pride to be a part of such a great organization with so many excellent nurses. We had a growth in membership of 11% this past year. This is because of your efforts.

We are in the planning stages for our NYSPANA State Conference in New York City for October 2010. We will give you more information as things progress. This will be our First NYSPANA State Conference in NYC. We hope many of you will come and be part of this great occasion.

Our web site has been updated, so please take a look at www.nyspana.net. This continues to be a challenge for us. As soon as it is updated, things change and it needs another update. We have hired someone to assist Sue Russell with this, so if anyone has this type of skill, we would welcome your assistance.

I look forward to seeing many of you at the National Conference in New Orleans. Please be sure to stop by the NYSPANA booth on Component Night. For anyone attending for the first time, I know you will leave the Conference with a renewed sense of pride in what you do every day as a perianesthesia nurse.

In closing I share an inspirational thought with you from the Dalai Lama: "There is no need for temples, no need for complicated philosophies. My brain and my heart are my temples, my philosophy is kindness."

Judy Sargalis Sears, RN, BSN, CPAN

ASPAN Development

What is ASPAN Development?

ASPAN Development promotes public awareness and education, and obtains funds to support projects, award scholarships, and evidence based research activities.

As an ASPAN Development Contributor, you will be donating towards the work of peri anesthesia nurses nationwide.

If you would like to support ASPAN Development, you may do so via a contribution in your membership application/renewal or by honoring someone through the HAIL, HONOR, SALUTE Program.



NYSPANA Network

District 1 News

No News Reported

Carole Capps RN, BSN, CPAN, President

District 6 News

To wrap up PANAW, District 6 had a Certification Review Seminar on February 6, 2010. Over 100 people from the tri-state area and beyond were in attendance.

Anne Federico, President

District 8 News

Upcoming District Event: District 8 leadership is in the process of planning an event for our membership. Watch your mail for any upcoming 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@nwhc.net leaving your name and contact information.

Maryanne Carollo, BS, RN, CAPA, President

District 9 News

On December 1, 2009 District 9 held an educational dinner on "Hyperbaric Oxygen Therapy". It was impressive to see its healing measures, not to mention seeing the inside of this incredible machine. The staff was wonderful and truly had a passion for what they do everyday. The night was informative and fun!

If anyone is interested in running for District Office please let me know at 607-584-0187-work or via email at: JSeliga@lourdes.com.

Jenny Seliga, BSN, RN, President

Treasurer's Report

As of January 31, 2010

Checking	\$8,439.36
Savings	\$12,262.03
Secured Bond	\$10,000.00
Total:	\$30,701.39

Kathy Balog, Treasurer, NYSPANA

District 10 News

The year is off to a good start. Our first meeting in September, was provided by St. Jude Medical. Kerry Dorn RN presented on "Spinal Stimulators". We co-hosted with AORN, in Saratoga, on "Care of the Diabetic Patient". In February, we will meet at the Bone and Joint Center. The topic is "Cervical Disc Disease" presented by Dr. Robert Cheney. We will celebrate Perianesthesia Nurse Awareness Week that evening. We have door prizes to raffle. Future meetings are being planned by St. Mary's in Troy, Albany Memorial Hospital and Glens Falls Hospital.

Thank you to all who host meetings: Kathy Giebitz, Nancy Spadafora, Ann Gedney, Florence Calabucci, Debbie Kwacz, Peggy Hatch and Cindy Constantine.

Without your help, we could not have an active District. The officers could not do it without your support and involvement.

The State Conference was very successful. We made a \$200.00 profit. The evaluations were positive in regards to cost, location and topics. I especially wish to thank the officers for their dedication and commitment to the success of the conference. Thanks to all who helped. We host again in eight years!

If any member has a poster they are presenting at the National Conference in New Orleans, please let me know. I would like to recognize your successful practice. Michele Rossignol would also like information on your project for Up To Par. She can be contacted at: michele_rr2003@yahoo.com.

Barb Ochampaugh, RN, President

District 13 News

No News Reported

Tim Clark, President

District 14 News

No News Reported

Susan Alati, BSN, RN, CAPA, President

District 15 News

District 15's kick-off for Perianesthesia Nurse Awareness Week was successful thanks to the Sisters Hospital Foundation and members of NYSPANA who supported the ASPAN Co-Hosted Seminar "Pediatrics: Little Bodies, Big Differences" with national speaker Dolly Ireland. We had 53 attendees and Dolly is a dynamic speaker. Attendees were grateful for Dolly's knowledge and personability. Thank you also to Judy Sargalis-Sears for her support at the seminar. Congratulations to all of the newly certified CPAN's and CAPA's.

Dianne Lysarz, District 15 President



NYSPANANA Network

Research Committee News:

At the Fall 2009 BOD meeting, it was decided we would form an active research committee and work on projects as a component. Our mission, like ASPAN's will promote patient care that is guided by research and research methods and will educate the perianesthesia nurse in improving quality patient care.

Two projects are pending. A National Fatigue Study, with Jackie Ross as coordinator, will be released soon. This will involve Phase I nurses to keep an online journal for two consecutive weeks. As a NYSPANANA representative, I was involved in the formation of questions. We are awaiting IRB approval.

My goal is to have a project for Phase II nurses involving an opioid sedation scale that Marty Maresco shared with me. The original study comes from Allison Nisbitt and Chris Pasero from Inovax, VA. We can adapt it for our institutions (after IRB approval is obtained) and results will be sent to me for compilation. We will then have a component study! As Marty said, "Remember...the more research for validity and reliability, the better".

Contact me if interested, CVL54@hotmail.com.

*Respectfully submitted,
Cindy Veltri Lucieer*

Governmental Affairs Committee Report

It has been an interesting fall session in New York State. Governor Paterson threatened the legislature and some cuts were made to the 2009 budget. There is still a gap that must be made up in the 2010 budget. The governor's 2010 budget was presented to the legislature. Hearings have started as to why counties and cities need their budgeted dollars. Without raising taxes, where will the money come from to maintain programs? The Governor's "Recovery Budget" calls for an increase in soda and cigarette taxes to reduce health and education spending. There is a threat to close four prisons in Upstate New York. He has proposed to end The Empire Zone program and replace it with the new Excelsior Jobs Program. This plan supposedly would help the more distressed areas of the state regain industries. We also have the failure of our infrastructure. The Champlain Bridge is just one of many in the state needing replacement.

With the conviction of Ex-Senator Joe Bruno, the Legislature has passed an ethics bill. The governor has threatened to veto it. He said it was not strong enough and that his bill is better. Other Legislators may have the same legal issues that convicted Senator Bruno. Will we see more ethics trails in the future? The Ethics Sub-Committee has censured Senator Monserrate. They would not vote to impeach him; they have left it to the senate to vote for removal or just censorship. If he is removed the balance of power shifts back to the Republicans. So far there has been no action. Senator Espada is also under investigation for some of his business dealings.

On the federal level, Republican Scott Brown won the Massachusetts Senate seat. This changes the balance of power in the Senate and places the Health Care Reform Bill in jeopardy. Either healthcare reform will start in small steps or it will be pulled apart in the budget debates. Health care reform has been proposed since 1916. War and recession have been the reasons for its defeats. How can we not insure millions of people?

In the State of the Union Address, President Obama made gestures to the middle class by proposing more tax credits. He has not given up on health care reform. He is looking at ways to decrease the national debt. The President acknowledged he feels our frustration about the economy, job loss and how Washington works. Can he rebuild the trust that got him elected? Can both the state and federal elected officials hear the people and act wisely in controlling spending? Follow what is happening on both the state and federal levels. Write to your representatives. Let them know how you feel about issues. All can be accessed by e-mail and there are many links available that let you know how your congressmen voted.

A charity challenge for knitters and others: have you thought of knitting hats and scarves for the homeless? A homeless shelter in Saratoga is looking for donated knit items. I am sure that shelters throughout the state would like any knit items to keep clients warm. If each of our 700 members made or donated one warm item to a shelter, what a difference it would make in a person's life.



ASPAN Governmental Affairs Committee Report

Who am I to Lobby Congress?

You Are a Nurse! Speak up!

David Kay, MSN, RN, CAPA – ASPAN GAC Chair

The ASPAN Governmental Affairs Committee's mission is to give ASPAN members the tools to advocate for nursing, patients, and other health-related issues for both local and national levels. As the largest group of health care providers in the nation, we need to speak up for our patients and profession. The Constitution grants you the right "to petition the government for a redress of grievances." If you don't speak up, then who will? Congress members are not health care professionals; you are the one they need for your expertise. Our profession is trusted and respected. If you speak up and identify yourself as a nurse, your opinion will carry some weight. Remember that Congress works for us.

How do I get involved?

Join the ASPAN Governmental Affairs Committee by filling out a "Willingness-to-Serve" form on the ASPAN website. The deadline for 2010 has passed, but you can plan to apply prior to October 31st for 2011. If you missed the deadline, don't let it stop you from getting involved as an individual citizen or joining your local perianesthesia component's governmental affairs committee if one exists.

Role of ASPAN Governmental Affairs Committee

- The Governmental Affairs Chair will electronically forward information to help you form opinions and share them with your elected officials.
- The Governmental Affairs Chair will pass along action requests by e-mail for you to contact your Congressmen about upcoming legislation.

What is your role and how can I make a difference?

1. Speak up as a citizen of your country and a nurse advocate for your patients. Share your voice and opinions with your elected leaders on a personal basis.
2. You may be asked to represent your local perianesthesia component as the liaison to the ASPAN Governmental Affairs Committee.
 - a. Those who represent a local perianesthesia component will electronically forward information or requests to their state/component representatives as coordinated by the component president.
 - b. The goal is to inform as many nurses as possible to contact their legislators and ask them to vote for or against upcoming laws.
3. Read information passed along to you by e-mail from the ASPAN Governmental Affairs Chair, or do your own search for healthcare-related political issues through the web, newspapers, television, or radio.
4. If you find great information that may benefit the committee, send that information back to the Governmental Affairs Chair to forward to the committee.
5. Contact your elected leaders by e-mail, phone calls, fax, snail mail, or writing letters to the editor. The most effective method to contact them is electronically. If you don't know who your elected leaders are, you may identify them by using the following website: <http://www.congress.org>. Once you learn who your elected officials are, go to their web sites to learn about their opinions, their positions, their past voting record, and how to contact them.



ASPAN is Moving!

The ASPAN National Office is moving into its own office building effective December 22nd, 2009!

The new building will allow ASPAN to consolidate its office and storage needs into one location. It will also allow ASPAN to serve its members more effectively.

Our new address is: 90 Frontage Road, Cherry Hill, NJ 08034-1424

Other contact information remains the same:

856-616-9600 (phone) 877-737-9696 (toll-free phone)
856-616-9601 (fax)

Please note: The National Office telephone and fax numbers may experience a temporary interruption in service during the move. If you need to reach us and are having difficulty... please email us at: aspan@aspan.org

— Thank You —

ASPAN's Informatics Specialty Practice Group (SPG) Is Now Formally Approved!

If you are a current ASPAN member and are working in the informatics field, involved with development of information systems, responsible for teaching the process, and/or just an interested member, then, the Informatics SPG is definitely for you!

The group's purpose is to promote collaboration among perianesthesia nurses working within or interested in the informatics field.

Information will be shared about ASPAN Perianesthesia Data Elements and the incorporation of this and other relevant electronic applications/resources designed to support evidence based perianesthesia practice.

We plan to hold our first organizational Informatics SPG meeting during the ASPAN National Conference in New Orleans in April, 2010.

You may join the Informatics SPG online or click the link below for a .pdf SPG membership application. Print the .pdf, complete and mail or fax to the ASPAN National Office.

SPG Membership Application

(Scroll to the bottom of the Web page)

For any questions regarding the Informatics SPG, please contact:

Dolly Ireland, MSN, RN, CAPA, CPN, Coordinator
direland@aspan.org

Matt Byrne, MS, RN, CPAN, Vice-Coordinator
matthewbyrner@yahoo.com



ASPAN Conference & Publications Specialty Practice Groups

Development Activities In New Orleans

It's almost time to celebrate New Orleans style as we travel to ASPAN's 29th National Conference at the New Orleans Marriott Hotel. Do you have your bags packed? Are you ready? The French Quarter... beignets... the Café Du Monde... mask and beads... jazz.

The Development team wanted to take this opportunity to let every Component, and every individual know about all of the Development activities at National Conference. ASPAN Development supports educational scholarships, research projects, and many other ASPAN activities throughout the year.

NATIONAL CONFERENCE SUPPORT –

First of all, as a Component, you are more than welcome to participate in the sponsorship of the National Conference through the donation of any amount of money. You may designate monies to a specific project (i.e. highlighters, pocket planner, etc.) or just indicate in your letter or on your check that it's a donation for National Conference support. All Components will be acknowledged for Conference support regardless of the amount donated. **Send Conference donations to the attention of Rob Spina, Marketing & Exhibits Manager. (Your donation needs to arrive by March 1, 2010 to be listed in the Conference Syllabus.)**

15th ANNUAL DREAM WALK –

Please join us, bright and early, on Sunday, April 18th at 6:30am for a walk around the New Orleans Marriott and the Mississippi River front! Take in the early morning sights and sounds of New Orleans and raise money for future ASPAN projects.

I challenge each and every registrant to take the Dream Walk sponsorship form and start searching for sponsors! Let's really *DREAM*... plant "seeds of transformation" and raise money for future "roots of knowledge."

EXHIBIT GRAND OPENING / SILENT AUCTION –

The exhibits open on Monday, April 19th at 5:00pm as does the *SILENT AUCTION!* For those of you new to the National Conference, the Silent Auction is where you can find the unusual, the bling, or that piece of memorabilia that you simply **MUST** take home with you. Bids are taken up until the close of exhibits on Wednesday, April 21st at 9:00am, when everyone tries to make sure their bid **WINS!** Don't miss out. Come and bid often. Also, you may donate, as a Component or individual, an item for the Silent Auction. **Contact Rob Spina, Marketing & Exhibits Manager on how to send your items ahead of time, or give to Evelyn Medycki when arriving in New Orleans.**

Hail Honor Salute "MARDI GRAS" LUNCHEON –

Come and be a part of the Development Luncheon celebration and this year's Hail, Honor Salute program, "*NEW ORLEANS STYLE!*" Fantastic food, New Orleans jazz, beads, dancing, and a lot of hand clapping. You don't want to miss being a part of this great luncheon and Mardi Gras celebration. See YOU there!

ASPAN Development supports all of the educational efforts of ASPAN, and has once again awarded multiple educational scholarships this past year. We look forward to continuing this support due to the efforts of each and every one of you.

"Laissez Les Bon Temps Rouler!" (Let the good times roll!)

Dolly Ireland, MSN, RN, CAPA, CPAN Director for Development

ASPAN's Publications Specialty Practice Group Announcement:

The February 2010 Publications SPG newsletter is Now Online!

Just as ASPAN's national newsletter, *Breathline*, has gone green and is available in an electronic version on our Web site . . . all ASPAN Specialty Practice Group (SPG) newsletters have gone green, too.

SPG newsletters will be available only in an electronic format on each SPG's Web page where they may be viewed, downloaded or printed. Only SPG members may access these Web pages and will receive an e-mail notification when the latest issue is published online.

- Please login to ASPAN's Web site www.aspan.org to access your SPG Web page
- Click: **About Us/Organization/Specialty Practice Groups / Publications SPG**

(Detailed instructions on how to register your current membership account with the Web site are found on ASPAN's login page.)

While on your SPG's Web page, check out archived newsletters, other practice information documents or surveys, and the interactive SPG Forum. Be sure to login often to keep up with SPG activities!

Now, more than ever, every ASPAN member needs an e-mail address. Please remember to notify the ASPAN National Office if you change your primary e-mail address so that





*Reminder
Notice*

**ASPAN
29th National
Conference
New Orleans Marriott
555 Canal St
New Orleans, LA
April 18 - 22, 2010**



**Copy Deadline for
the Next Edition of
UP TO PAR
June 1, 2010
*Please be punctual
with your articles . . .***

Forward all articles to
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National Conference Strategic Work Team

We're Jazzed! Are You?

Michael D. Guillory, BSN, RN, CPAN, CAPA – ASPAN 2010 National Conference Strategic Work Team Member

ASPAN celebrates its 29th National Conference in historical New Orleans, Louisiana April 18-22, 2010 at the Marriott Hotel. "Roots of Knowledge, Seeds of Transformation" is this year's theme. New Orleans is the birthplace of Jazz. Stroll Bourbon, Frenchmen and Fulton streets at night when live music pours out into the streets, where Jazz streams out into the moonlight, French doors open to the night breezes and sweet olive scents the air.

Indulge in traditional Louisiana cuisine such as beignets. This is a little square donut, sprinkled with powdered sugar and enjoyed with café au lait in the French Market. How about a large round Italian sandwich invented in New Orleans known as muffuletta? Have you ever had a po-boy? A po-boy is fried seafood or roast beef served on French bread. Try a cup of gumbo - guaranteed to be the best-tasting soup you ever had and available all over New Orleans.

Like to shop? The Riverwalk Marketplace has 140 unique shops where you will find national shops as well as local favorites and is walking distance from the Marriott Hotel.

Enhance your knowledge as you plant your roots deep within your professional organization and network with other perianesthesia nurses. Bring your family. Invite a friend. *Are you Jazzed yet? We are! See you there!*

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@yahoo.com



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association



ABPANC News To Share ~ Winter 2010



In General:

- ABPANC has redesigned its website - www.cpancapa.org. Encourage people to check it frequently for the most recent and updated information about ABPANC and our programs.
- As of this newsletter, there are a total of 8,847 CPAN® and CAPA® certified nurses; 5,485 CPAN® certified nurses; 3,362 CAPA® certified nurses; and 346 dually certified nurses.
- If someone is interested in the ABPANC Coach Program or becoming a Coach, they may contact Zelda Williams at zelda@proexam.org for information.
- ABPANC is committed to preserving the environment - being green! All documents are online, although limited quantities of the *Certification Candidate Handbook* and the *Q&A Brochure* are available by emailing abpanc@proexam.org.
- If a CPAN® and/or CAPA® certified nurse is interested in Item Writing, refer them to ABPANC's website and the Get Involved section.
- Thank you to all of our ALRT members who helped support ABPANC by exhibiting at components and other meetings in the Fall, 2009. The result of everyone's efforts allowed us to visit 29 component meetings and provide certification information to approximately 2600 attendees nationwide.
- National Certified Nurse's Day is coming up on March 19th and ABPANC will be celebrating this day along with other nursing specialties. Encourage people to visit the ABPANC web site under the News and Events section for ways to celebrate. Beginning March 1, an ABPANC Certified Nurses Day poster may be downloaded for free!
- ABPANC offers many CPAN® and CAPA® related products - encourage people to visit the ABPANC Store, found under the Resources section of the website.
- Due to the recent resignation of Patrick Jones, PhD, ABPANC's Consumer Representative and President-Elect, due to illness, the Board of Directors elected board member, Kathy Paskewitz, RN, CPAN, to fill this vacancy as of January 23, 2010. Kathy will assume the office of President on July 1, 2010. Congratulations Kathy!

Certification- Related Activities at the 2010 ASPAN National Conference in New Orleans

- ABPANC will be celebrating its 25th Anniversary while at the 2010 ASPAN National Conference in New Orleans. If you plan to attend, please stop by the ABPANC table at Component Night for

a piece of cake and also by the ABPANC booth in the exhibit hall. We will be celebrating our many strides over the years!

- If you are, certified, make sure you register for the CPAN®/CAPA® Celebration Breakfast to be held on April 19th at the Conference. "Wake Up and Smell the-Accomplishments! Songs, Stories and Humor Celebrating You!" presented by Deb Gauldin, RN.
- Encourage CPAN® and/or CAPA® certified nurses who are perianesthesia content experts to consider attending the Item Writing Workshop, being held Sunday, April 18, 2010. To register they should contact Philip Godlewski at the ABPANC National office by calling 1-800-622-7262 and pressing Option 2, or emailing Philip@proexam.org.
- Lectures related to CPAN®/CAPA® certification are found in the ASPAN Conference Brochure (www.aspan.org) - Test-taking Strategies: Practice Makes Perfect; Recertifying? Here's a Tip; Perianesthesia Nursing Certification - Where Patient Needs Come First; and Coaching the Coaches.
- ABPANC needs photos for use in its annual music video! We need photos of CPAN® and/or CAPA® certified nurses doing what they do best! Caring for patients! Photos should be sent to Bonnie Niebuhr, ABPANC CEO at bonnie@proexam.org. Don't forget to include the Photo Release Form, found under the Resources section of the website. Pictures must be received by March 1, 2010.

Examination-Related Information

- For information about study groups refer people to Zelda Williams at zelda@proexam.org.
- Promote the Online Practice Exams (access on ABPANC's website) for people studying for CPAN® and/or CAPA® certification.
- A most recent update of Prometric testing centers is located at www.Prometric.com/abpanc.
- Reminder - In order for an examination candidate to receive a reduced examination fee of \$285 he/she must already be a member of ASPAN when applying online. Whatever name is entered on the online examination application MUST exactly match the name in the ASPAN member database. Also, the name entered on the examination application MUST exactly match the name of the candidate's government issued photo ID that will be presented at the Prometric testing center. If the candidate's name will not match their name in the ASPAN database, the candidate must contact ASPAN (877-737-9696) to change the name prior to applying online.
- All examination registrations must be done on line - paper applications are no longer accepted.



- Please convey the registration deadlines to register for the exams. The registration window for the Spring exams, being administered April 5, 2010 through May 15, 2010, began January 25, 2010 and runs through March 8, 2010 at 11 :59 pm. Refer to the *Certification Candidate Handbook* for Deadlines and Dates 2010-2011.

- FAQ's, found under the Certification section of the ABPANC website, answer all questions concerning the exams. For example, candidates may sit for both CPAN® and CAPA® exams on the same day but need to submit two separate applications and fees.

Recertification-Related Information

- The process for recertifying has changed and is now completed online. Those individuals due for recertification should be encouraged to read the *Recertification Handbook* (available on ABPANC's website) under the Recertification section. Instructions will be provided in the first renewal notice, sent to certificants in July (for the Fall recertification cycle) and December (for the Spring recertification cycle).

- Key points about the changes in the Recertification program include:

- To accommodate the change from paper/pencil to computer-based testing which began in Spring 2009, the beginning and ending dates of the certification periods have been changed slightly. This change does not penalize certificants who were initially certified prior to Spring 2009.

- For all certificants who initially certified in the Spring (April or May) the certification period is now April 1 through 11:59 pm April 30 (3 years later). Contact hours must be accrued during this timeframe. Certification status will expire at midnight on May 1.

- For all certificants who initially certified in the Fall (October or November), the certification period is from October 1 through 11:59 pm October 31 (3 years later). Contact hours must be accrued during this timeframe. Certification status will expire at 12 midnight on November 1.

- Unless certificants successfully recertify, credentials expire at the end of three years, at midnight on May 1 or November 1.

- The Online Application Window for the Spring Recertification Cycle began **January 4, 2010 and runs through April 30, 2010 at 11:59 pm.**

- ABPANC has created a new Online Recertification System. Certificants can log in and track their contact hours in the new electronic filing cabinet, update their contact information, receive emails from ABPANC, and complete the recertification process.

- Certificants can create a user account anytime by visiting the ABPANC website and clicking the Create User Account link found on the Home Page under Get Recertified.

- Certificants can enter their contact hours as they earn them by visiting the ABPANC website and clicking the Electronic Filing Cabinet link found on the Home Page under Get Recertified.

THANK YOU FOR YOUR CONTINUING SUPPORT OF CPAN® AND CAPA® CERTIFICATION!!

PGA Post Graduate Assembly in Anesthesiology

The 63rd Annual PGA (Post Graduate Assembly in Anesthesiology) was held at the Marriott Marquis in NYC, December 11-15, 2009. The PGA is one of the largest worldwide assemblies for any specialty. Thirty percent of the attendance is from outside the United States. It was reminiscent to me, of our ASPAN Conference, however on a grander scale.

The Conference has eight working components. These components are: Scientific Panel Lectures and Discussions Focus Sessions, Interactive Hands-on Workshops, Problem-based Learning Discussions, The Resident's Research Contest, Scientific Exhibits with Poster Presentation, Hospital Visits and lastly Social Activities.

The registration fee for a registered nurse was \$80.00, which gave you color coded access to some, but not all of the conference areas. The speakers were engaging and the topics were data driven and evidenced based with many discussions of on-going and new anesthesia techniques and findings.

It was an excellent opportunity to support my physician colleagues who not only attended, but also presented at many of the sessions. As we celebrate PANAW this week with our theme of "Essential Partners in Caring", I was proud to represent NYSPANANA and all the nurses who collaborate with anesthesiologists on a daily basis.

Carol Capps, President District 1

Community Service

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

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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

34th Annual TAPAN State Conference

September 17-19, 2010

*Seeds for Growth,
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(Convenient to DFW airport, and located in walking distance of the famous Grapevine Mills Mall with over 1.6 million sq. ft. of shopping, entertainment, and restaurants.)

For more information, contact
Cyndi Mocek at: mocek.rn@sbcglobal.net

FLASPAN

**The Florida Society of Perianesthesia Nurses'
41st Annual Conference
October 7-10, 2010**

The Florida Society of Perianesthesia Nurses' (FLASPAN) will present their 41st annual conference October 7-10, 2010. Pre conference offering on October 7th. We would greatly appreciate advertisement of our conference in your newsletter. Flaspn will advertise your component conference in our newsletter AIRWAY. Please include date, location and contact person. The next issue of AIRWAY will be the summer of 2010 as the winter issue is being printed now. Thank you,

Karen Ewing Interim AIRWAY Co-Editor
karrie58@earthlink.net

October 7, 2010 FLASPAN Pre-conference
Regal Sun Resort, Lake Buena Vista, Florida
Contact Emma Pontenila @ cordeliacr@aol.com

October 8-10, 2010 FLASPAN's 41st Annual Conference
"Humanity & Technology in Harmony....
The Future of Perianesthesia Nursing"
Regal Sun Resort, Lake Buena Vista, Florida
Contact Emma Pontenila @ cordeliacr@aol.com

From The Editor



Having worked with newly hired staff I have the rare opportunity to do something I really love. I am not sure if it's sharing a knowledge base I have gleaned over time or the excitement within the person learning, but I get so much more than I give when teaching. This is a bit selfish on my part too. I get to guide the new staff in such a way as I would like the unit to run. It makes my job easier and I hope it makes my co-workers excited about their new job. Thanks to my employer, Specialty Surgery Center of CNY for giving me this experience.

Some tips on making the transition easier for new hires are:

1. Respect for whatever experience they bring
2. Patience, patience, patience
3. Stay approachable
4. What do they already know
5. Hands on is best
6. Correct mistakes quickly
7. Don't forget where you came from and how you started
8. Keep it simple, encourage questions
9. Problem solve and role play

This is a fabulous opportunity to get to know your newly acquired staff and an excellent way to observe strengths. Teaching also provides the reality of when "enough is enough" and she/he can stand on their own.

Remember...you want them to ask questions. The only stupid question is the one that isn't asked. You want your staff to work safely and within their scope. Enjoy the transition. It can work to your benefit.

Michele R. Rossignol, RN, CAPA

NYSPANNA State Conference Winners

Here is the list of the \$50.00 winners from the NYSPANNA State Conference.

Jean Gumina, from Macedon N.Y.
Susan See from Binghamton N.Y.
Susan Garufi from Schenectady, N.Y.
Mary Gaglione from Bayside, N.Y.
Faith Papatsos from Baldwin, N.Y.
Elizabeth White from Coram, N.Y.
AnnMarie Gedney from Clifton Park, N.Y.
Judy Levesque from Mechanicville, N.Y.
Deborah Stell from Rome, N.Y.
Susan Russell from Endicott, N.Y.

NYSPANA

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ASPAN's National Conferences

Future Conference Dates

April 3-7, 2011
Seattle, WA

April 15-19, 2012
Orlando , FL

April 14-18, 2013
Chicago , IL