



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

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November 2011

A Nurse's Journey

Energy work gives you another insight into your patient. It is a more intimate sharing, to be invited to experience another's energy field. It is a different kind of knowing and sharing healing work.

At the Fall NYSPANA Conference in Binghamton, Maureen Iacono spoke about caring and our stories. She also discussed the need to tell our stories and to keep caring in our practice.

My journey began at the age of fourteen, when I knew I wanted to be a nurse. So without any hospital experience, except for being the eldest of seven children, I started nursing school. I was the second graduating class from Maria College with a newly formed associate's degree in nursing school. At our hospital rotations and after graduation we were looked upon suspiciously by our (diploma) co-workers. Who were we and could we do the job? Somehow, I survived the first year in nursing and can say, 39 years later, I still enjoy patient care and my role as a certified perianesthesia nurse.

I also sensed I was supposed to be doing something with my hands. Patients always told me what great back rubs I gave. It wasn't until 1995, when I began to incorporate Therapeutic Touch into my nursing practice, and I learned the founder of Therapeutic Touch, Dee Krieger had developed it in the seventies. This was when I asked the question

about my hands! Energy work gives you another insight into your patient. It is a more intimate sharing, to be invited to experience another's energy field. It is a different kind of knowing and sharing healing work.

My journey has taken me from the post-op surgical floor at a VA hospital, to ICU, to my current stint as staff nurse in Phase I PACU. I grew up with critical care. I can remember metal bedpans and Swan Ganz computers as big as refrigerators and having to do the calculations by hand! Ever cut a Swan in half changing a dressing? Not something I would recommend. I went back to school in the 90's and obtained my BSN, then in 2006, I became certified in perianesthesia nursing. Education has always been the key to my success in nursing.

Now, I begin a new journey as President of NYSPANA. When I became District 10 President, I didn't think I would ever be ready for this role. I'm still not sure, but I have a great dynamic team of people to help me. It means giving up television and a few books, but that's okay. It is important to keep the organization running and bring excellent programs to our 800 members. It is

wonderful to have the opportunity to network and share ideas with colleagues across our state and nation.

You too can become a leader. It takes time and courage. Small steps at the district level give you the needed knowledge to take a newer role. Picture yourself as a future leader. The organization needs your talents!

Barb Ochampaugh, RN, BSN, CPAN

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NYSPANA OFFICERS

PRESIDENT:

Barb Ochampaugh
H: (518) 459-5334
W: (518) 525-1415
E: barbochampaugh@verizon.net

VICE PRESIDENT:

Dianne Lysarz
Cell: (716) 698-9000
E: dlysarz@roadrunner.com

SECRETARY:

Martha Maresco
H: (914) 762-1176
W: (914) 366-3578
E: H: marefam@aol.com

GOVERNMENTAL AFFAIRS

Nancy Salerno
h: (518) 280-1465
W: (518) 525-1415
F: (518) 525-1611
E: Nancy2game@yahoo.com

TREASURER:

Kathy Balog
H: (607) 797-4566
W: (607) 584-0187
F: (607) 584-0190
E: lexigr12@yahoo.com

NOMINATING CHAIR:

Sue Alati
H: (585) 264-9673
W: (585) 273-1821
E: salati@rochester.rr.com

NYSPANA ADDRESS:

Barb Ochampaugh
6 Wilkins Avenue
Albany, NY 12205

IM. PAST PRESIDENT:

Carol Capps
H: (631) 275-4820
W: (631) 638-2929
E: ccapps@notes.cc.sunysb.edu

NYSPANA's Website: www.nyspana.net

Michele Rossignol, Web Coordinator - michele_rr2003@yahoo.com
Daniel F. Palmieri, Website Designer - Danpal11@gmail.com

NYSPANA DISTRICT PRESIDENTS

DISTRICT 1: (Long Island)

Elizabeth White
H: (631) 632-6389
W: (516) 277-4719
E: fitness5@optonline.net

DISTRICT 6: (NYC)

-- Position Available
-- Contact Barb Ochampaugh

DISTRICT 8:

(Weschester, Rockland, Putnam)
Maryanne Carollo
H: (914) 763-5955
W: (914) 242-8176
E: fcaro87624@aol.com

DISTRICT 9: (Binghamton)

Jenny Seliga
C: (607) 624-4193
W: (607) 584-0187
Fax: W (607) 798-6789
E: jseliga@lourdes.com

DISTRICT 10: (Albany)

Shari Duguay
E: sduguay@setonhealth.org

DISTRICT 13 (Syracuse)

Tim Clark
C: (315) 430-5434
W: (315) 448-5568
E: timothy.clark@sjsysr.org

DISTRICT 14 (Rochester)

Ken Nesbitt
H: (585) 554-5182
W: (585) 396-6294
E: knesbitt@frontier.com

DISTRICT 15: (Buffalo)

Dianne Lysarz
Cell: (716) 698-9000
E: dlysarz@roadrunner.com

Region IV Director

Laura Kling - E: lkling@aspan.org
ASPAN Carol Hyman
1-877-737-9696 ext. 19



COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of *UP TO PAR* will be **FEBRUARY 1, 2012**.
Please forward all articles to NYSPANA or to:
Michele Rossignol, Editor
7949 Boxford Road, Clay, NY 13041
C: (315) 264-8195 Email: michele_rr2003@yahoo.com

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Mission Statement

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

From The President



As I begin my term as president, I look back at the accomplishments of the past year. The New York City NYSPANA Conference was successful. Unfortunately, Anne Frederico relocated to North Carolina. We miss her and wish her well in her new position. We missed out on the Gold Leaf Award but we will keep applying until we bring it back to New York. We have started the "Go Green" initiative by mailing

Up to Par less often. Despite hurricanes, floods and tornadoes, the Binghamton NYSPANA Fall Conference was well attended and featured many great speakers. Thank you Jenny Seliga and the conference committee for great content, wonderful speakers and the opportunity to come together for perianesthesia nursing. It was nice to network with old friends from around the state. Thanks to all who took the time to join us.

The goals of my presidency and that of the NYSPANA Board of Directors for the past few years, has been to reach out to future leaders. Chris Price speaks about the potential leader in each of us. As perianesthesia nurses we have the ability to lead. It is taking a step and envisioning yourself in a leadership role. It can be a simple step, such as organizing a meeting and speaker at your place of employment. It can be a willingness to participate as an officer on the district level, or becoming involved on the national level. We are in desperate need of officers in New York City (District 6). We need to hear from potential leaders as to how we can accomplish this goal. Buffalo also needs new leadership, so that Dianne Lysarz can concentrate on her duties as vice president/president elect. I challenge each member to look within themselves and see where they can help our organization. We need future leaders to step forward and so NYSPANA can continue providing mentorship, networking and quality education for all of perianesthesia nursing.

Belated congratulations to the spring certified perianesthesia nurses and congratulations to the new fall certified perianesthesia nurses. I salute your effort and hard work. Exam coaches are listed on the web and are in many locations throughout the state to encourage future certified perianesthesia nurses on their journey.

Cindy Veltri-Lucieer has worked very hard on the Sedation Scale Comparison Study for Phase II nurses. She would like to close this project out. Please take 15 minutes to complete the on-line questionnaire. We appreciate the 77 nurses who completed the study.

I look forward to working with the NYSPANA Board of Directors to continue making NYSPANA an outstanding perianesthesia organization. Please do not hesitate to contact me with questions, concerns and ideas. We will be seeking nominations for vice president/president elect, secretary and nomination chair. Job descriptions can be found on line or contact Sue Alati, our current nominating chairperson.

Barbara U. Ochampaugh, RN, BSN, CPAN, President



NYSPANA Network

District 1

On September 29, 2011 St Francis Hospital in Roslyn, NY hosted a dinner meeting with Dr. John Kelly from the department of anesthesia and Maria Higgins, RN. They presented a one hour lecture on “Regional Blocks and Lipid Rescue” which was very informative. 28 nurses from Nassau and Suffolk Counties attended and received 1 contact hour. District 1’s next dinner meeting is being hosted by St. Catherine of Siena Medical Center in Smithtown, NY on November 22, 2011. A dinner meeting with a lecture on “Preoperative Fasting Guidelines” will be presented. Fliers will be sent out shortly. District 1 Board of Directors is scheduled to meet on October 11th to finalize plans for the Annual PANAW one day seminar scheduled for February 4th 2012 @ Stony Brook University, so please mark your calendars.

Elizabeth A. White, BSN, RN, CAPA, President

District 10 News

District 10 is planning an exciting year of educational programs and meetings! We were devastated to hear of the effects of hurricane Irene on our friends and neighbors. Our thoughts and prayers go out to them. District 10 has made a donation to the American Red Cross for the victims in their honor.

In November, Saratoga Hospital is planning a program on bariatric surgery, hosted by Nancy Spadafora. More information will be mailed out to everyone soon with all the specifics. We are also planning a joint meeting in February with our partners AORN to be held at St Peters Hospital. In the spring we will be hosting a half day program on sleep apnea with Dr Strumpf as our guest speaker.

Our membership is steady at 67 members this year. We are always looking for growth and encourage new members to join us. Please reach out and bring a friend to our next meeting. They are always fun and provide great opportunities for networking.

We continue to ask members to run for office, host a meeting, or educational program. It is fun to be involved. Please contact me with any ideas or topics you would like to have presented. My e-mail is sduguay@setonhealth.org or call me at 518-268-5608.

Lastly, it is certification season and a reminder for those nurses looking to certify. Nancy Spadafora RN, CAPA is a certification coach and you can contact her at: nspadafo@nycap.rr.com.

Shari DuGuay, RN, BS, CAPA, BC-NE, President

District 9 News

See the NYSPANA State Conference article on page 5 of this newsletter.

Jenny Seliga, BSN, RN, President

District 8 News

ASPAN Seminar:

On Saturday March 31, 2012 District 8 will be presenting the ASPAN Seminar *Pediatrics: Beyond the Basics* in the White Plains area. Former ASPAN President Kim Kraft, BSN, RN, CPAN and current chair of ASPAN’s Nominating Committee and Leadership Development Committee and the team leader for the Standards & Guidelines will present this new seminar. Topics will include: *Pediatric Anesthesia, Conditions and Diagnoses that Impact Patient Care, Protecting the Pediatric Patient, Consents and Other Issues, ASPAN Standards and the Pediatric Patient and Erickson and Piaget: Did They Really Know What They Were Talking About?*

NYSPANA District 8 will be awarding 10 members financial scholarships covering the registration fee to attend this educational offering. Watch *Up To Par* and your mail for further information and notification!

Award Winners:

Elizabeth Galloway, RN, ASN, a member of Northern Westchester Hospital’s Ambulatory Surgery staff, has been awarded the DAISY Award. DAISY is an acronym for Diseases Attacking the Immune System. The award was established by the family of J. Patrick Barnes who died in 1999 of an immune disease. The DAISY Award for Extraordinary Nurses recognizes the special work nurses do every day. Liz was nominated for the award by staff members for her compassionate care and concern for an elderly patient and his wife with no local available family support during this surgical event.

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 MCarlolo@nwhc.net leaving your name and contact information.

Maryanne Carollo, BS, RN, CAPA, President

~ Treasurer’s Report ~	
As of August 2011	
Checking	\$2,591.66
Savings	\$21,258.23
Secured Bond	\$12,443.71
Total:	\$36,293.60
<i>Kathy Balog, Treasurer, NYSPANA</i>	

NYSPANA Network

Districts 6 News

The position of President for District 6 is open. Are you interested?

For more information contact:

Barb Ochampaugh , NYSPANA President.

Districts 13 News

We are holding study groups three times a month to prepare a group of six people to take the CPAN exam. We had a meeting in September to begin planning for the 2012 NYSPANA Fall Conference

Tim Clark, President

District 14 News

Several district members attended the ASPAN National Conference in Seattle this past spring. A good time was enjoyed by all and lots of great information brought back.

Our May meeting was well attended and once again hosted by FF Thompson Hospital in Canandaigua. The educational topic this year was "Children of the Americas" presented by Jay Andross FNP. It was a great presentation about a terrific program that offers much needed surgical intervention to impoverished areas in Guatemala. Ken Nesbitt District 14 President will be participating for the first time on this January's trip.

Elections were also held at the May meeting and Nominating Chair Kari Alicea-Santiago announced Lucille Friscano as President -Elect and Linda Giarrizzo as Secretary. Ken Nesbitt takes over the President's position as of September and Jean Gumina continues on as Treasurer. A special thanks to Joanie Morse Immediate Past President for doing such a great Job!!

District 14 hosted a national speaker from ASPAN, Meg Beturne on September 17th. Forty-two district members attended. The topic was "Surrounding Your Practice with Excellence: Legalities, Standards & Advocacy". Meg did a great job; the information was current and provided a great update.

Plans are being made for our annual one day workshop which will be held during Perianesthesia Nurse Awareness Week on February 4, 2012. In the past, due to its popularity, we have had to turn folks away. This year we have changed location to a new and larger one. Let's see if we can fill this one up too!! Suggestions for speakers are welcome. Please contact any of the officers if you know of an appropriate individual. Many thanks to the committee members who work so hard throughout the year to make all of our educational get togethers successful.

Ken Nesbitt, President

District 15 News

On September 24, 2011 District 15 co-sponsored an ASPAN Seminar for "PeriAnesthesia Certification Review". Nancy Strzyzewski was the speaker and 7.5 contact hours was awarded to a successful group of interested certification hopefuls.

An announcement was made that District President Dianne Lysarz will be vacating her position in 2012 to accept the NYSPANA Presidency. District 15 is actively recruiting various board of director positions to include secretary, president (2012), and education director.

District 15 is also planning a celebration for PeriAnesthesia Nurse Awareness Week. Dates are to be announced. Please watch for email brochures or other notifications.

Dianne would like to encourage all NYSPANA members to "get a member." If every member recruited one peer, we would double our membership.

Dianne Lysarz, President

\$50.00 Instant Scholarship Winners

Eileen Cappiello	Sue Alati
Pam Hagerman	Analissa Chavez
Jean Gumina	Carol Hastings
Mary Ellen Nowak	Joyce Lott in honor of 2011
Diane Sambo	Deborah Page
Judy Wolf	



From left to right: Former NYSPANA President Wanda Rodriguez, former ASPAN President Maureen Iacono, and former NYSPANA President Maryanne Carollo at the NYSPANA State Conference in Binghamton, NY.



NYSPANA State Conference

The Many Colors Of Perianesthesia Nursing

The 2011 New York State PeriAnesthesia Nursing Association State Conference was held in Binghamton, NY on October 21-23, 2011 and featured a variety of interesting speakers and topics. Wanda Rodriguez, R.N., M.A., C.C.R.N., C.P.A.N. kicked off the conference Friday night with a “Hot Topics” presentation on “Holding ICU and Med/Surg Patients in the PACU” and “Family Visitation in the PACU”. The audience participation was wonderful. Many shared contributing factors to PACU holding. Implications on patient care, patient/nurse satisfaction, successful attempts to improve patient flow, and prevention/resolution of holding was also discussed.

Saturday’s presentations were also informative and engaging. Rita Bergevin, R.N.-B.C., M.A., and C.W.C.N lectured on wound care which was helpful and informative. Wanda Rodriguez, R.N., M.A., C.C.R.N., C.P.A.N. spoke on “The Aging Process” which was enlightening and “depressing”. James Dana Kondrup, M.D., F.A.C.O.G., A.C.G.E. brought energy and enthusiasm to his lecture on “Robotic Surgery”. Jeffrey King, M.D., F.A.C.S. brought humor to the “Treatment of Sinusitis” and Maureen Iacono, R.N., B.S.N., C.P.A.N. brought the love and caring to her lecture on “Caring

Models of Nursing”. Barbara Wiseman, M.D. closed the day with a two hour presentation on “Uro-gynecology” that was relatable and educational.

Kimberly Burnett, R.N., M.S., F.N.P.-B.C. started us off Sunday with a new look at “Diabetes and the Surgical Patient”. This presentation flowed perfectly into a lecture by Alison M. Dura, R.N., M.S. on the “Pathophysiology of Stress”. We all feel stress, but this presentation showed us sometimes stress is good, and showed how our body responds to short term and long term stressors. Leah Cunningham, M.D. closed the weekend off with a review of the “Basics of Anesthesia and Treatments for Laryngospasm”.

The goal of NYSPANA is to provide education to perianesthesia nurses, but we also believe in giving back to our communities. This year’s community service project benefited “My Brother’s Keeper”. The mission statement of “My Brother’s Keeper” is “Our only purpose is to help the homeless be warm until they can be helped or healed by others in our society.” Many districts and individuals donated gift baskets and jewelry which were raffled off to lucky members of our audience. Through raffle tickets sales we raised \$547 dollars for “My Brother’s Keeper”. Along with donations, attendees brought blankets, clothing, and supplies. The Binghamton area, along with much of the state, has recently suffered devastating floods. We placed a basket so members could donate to flood relief and \$103 was raised. This was donated to a local church that has been donating water, cleaning supplies and assistance to those affected by the flooding.

This conference would not have been a success without the participation and cooperation of our wonderful speakers and without the supportive and hardworking planning committee. I would like to thank Kathy Balog, Trish Stange, Carol Hastings, Sue Russell, Melissa Martin and Sue Ann Pearce for all they have done to improve and provide for the 2011 NYSPANA State Conference.

Jenny Seliga, RN, BSN, NYSPANA District 9 President

Research News

For over a year we have had a link from our web site to survey monkey for Phase II nurses on Opioid Induced Sedation. This is a descriptive survey-based study testing the reliability of three different scales used to assess sedation during opioid administration for pain management in non-critical areas. Identifying advancing sedation before it is compounded by continued opioid administration is the key to patient safety in the prevention of respiratory depression or apnea.

Some demographic results:

- 76 responses - only 82% completed survey
- 80% from hospital Phase II
- 53% held BS degrees
- 30% have greater than 25 years of surgical experience

Scale results:

95% felt sedation scale B (using wide scale of -5 unarousable, 0 alert and calm, to +4 combative)
Sedation does precede respiratory depression.

Thanks to all who participated. We are looking for another research project that includes both Phase I and Phase II nurses. Please send any ideas to me at: CVL54@hotmail.com - with subject titled: NYSPANA Research Ideas.

Cynthia Veltri Lucieer, BSN, RN, CAPA, NYSPANA Research Chair



**Management
Specialty Practice
Group (SPG)
Announcement:**

***The October 2011
Management SPG
Newsletter is now online!***

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

To access your SPG Web page:

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

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 us of changes in your primary e-mail address and remind your ASPAN colleagues to do the same!

***ASPAN Announces PeriAnesthesia Nurse
Awareness Week February 6-12, 2012***



PeriAnesthesia Nurse Awareness Week (PANAW) will be held February 6 thru 12, 2012. The week provides an ideal opportunity to celebrate and promote the practice of perianesthesia nursing throughout the nation. This year's theme is: PeriAnesthesia Nurses: A Vital Role in Patient Care, and the 2012 PANAW logo is attached for your use in .pdf and .jpg formats. There are several things you and your component can do now to begin promoting PANAW and make it as successful as possible.

1. Place an ad for PANAW in your component newsletter, including dates, logo, and the link to the online product catalog: www.panaw.com. Note that the product catalog will be available online by October 25.
2. You will be notified via email when the PANAW 2012 catalog is posted online. Watch for this announcement and order your promotional materials in advance of the holidays, allowing maximum time to plan for, and promote, the week.
3. The National Office will promote PANAW at the national level. Your component can do the same at the state and local levels by contacting appropriate government officials, obtaining a proclamation for PeriAnesthesia Nurse Awareness Week, and sharing PANAW information with the press. Additional information is available on ASPAN's website. From the homepage, www.aspan.org, go to: Events > PANAW.
4. Be sure to call attention to, and celebrate PANAW, at your hospital or place of work. Announcements in employee publications/emails, display of clothing and other articles, and even offering cake and coffee within your unit or office are all a good start.
5. Pass this email along to others whom you believe could benefit from planning for PANAW.

Thank you for your help gearing up for PANAW 2012. Please be sure to send me other ideas for promoting PANAW so they can be incorporated into future marketing plans, and don't hesitate to contact me with any questions.

Doug Hanisch
Marketing and Communications Manager
American Society of PeriAnesthesia Nurses (ASPAN)
90 Frontage Road, Cherry Hill, NJ 08034
Tel: 877.737.9696, x.15 Fax: 856.616.9601
www.aspan.org



1st International Conference for PeriAnesthesia Nurses October 2-5, 2011 Toronto, Ontario, Canada

“Many practices...just one world” was the slogan for this historical conference. It became increasingly evident throughout the entire four days that this statement was ringing true. Many perianesthesia nurses attended this conference from distant lands. The majority of the attendees were from the Canadian Provinces and the United States but perianesthesia nurses attending from New Zealand, Australia, Great Britain, Finland, Denmark, Greece, and Ireland made amazing contributions. The simple fact they traveled great distances for this event to bring perianesthesia nursing closer together from around the world speaks volumes to their dedication to our profession. Those professional nurses from Greece, Ireland, Finland, New Zealand, and Australia presented lectures on their accomplishments and nursing history and need to be commended for their great efforts. Their examples have given many nurses new strategies, processes, and ideas to care for patients/ families and the courage to present their own ideas to administrators.

Thanks to the Canadian National Association of Perianesthesia Nurses (NAPANc) for hosting this historic event. Toronto is a great city. The American Society of PeriAnesthesia Nurses (ASPAN), the British Anaesthetic and Recovery Nurses Association (BARNA), and the Irish Anaesthetic and Recovery Nurses Association (IARNA) convened this international perianesthesia/ anaesthesia and recovery nursing conference.

The shared goal of these organizations was to promote multicultural cooperation, education, research and standards of the practice in the perianesthesia nursing specialty. Many members of the organizing team are familiar to us in the United States. Susan Fossum, BSN, RN, CPAN former ASPAN President was the Chairperson. Joni Brady, BSN, RN, CAPA, CLC, and Jan Odon-Forrem, PhD, RN, CPAN, FAAN were committee chairs. Many of lectures were also led by ASPAN leaders, to include Dina Krenzischek, Kim Noble, Denise O’Brien, Pam Windle, and our own NYSPANA past president/ member, Wanda Rodriguez.

Networking with so many perianesthesia nurses from across the globe, across the border, across the country, and across our own State of New York was of great value. Meeting nurses from within our state for the first time and sharing this experience and enthusiasm was infectious. There is so much to learn, so much to share, and so much to do. Attending these types of educational events can be an inspiration to the nursing professional on many levels. For me, the benefits outweigh anything else. I have always learned something new, have always been able to implement a new idea, meet a new friend/ colleague, or found an old one. I am proud to have been an attendee of this historic International Conference for PeriAnesthesia Nurses.

Dianne M. Lysarz, RN, BSN, CPAN, CAPA

American Society of PeriAnesthesia Nurses

~ ASPAN IV SURVEY ~

Greetings! My name is Boni Hart, and I am serving as the American Society for Perianesthesia Nursing (ASPAN) liaison to the Association for Vascular Access (AVA) in collaboration with their “Save That Line” effort. The goal is to help assure that all IV access sites are as safe as can be for our patients. I would appreciate it if you could take the time to fill out a brief survey that will help me determine the best way for ASPAN to participate in this effort. Just go to the link below and follow the prompts:

<http://www.surveymonkey.com/s/5YP7ND9>

Thank you so much for your help in being an advocate for better patient care!

Sincerely,
Bonita P. Hart, BSN, RN, MA, CAPA



WANTED

OFFICERS

District 6: NYC

District 15: Buffalo

NYC is without officers and we need your help to re-organize the district. Buffalo has officers, but Dianne cannot hold 2 positions and would like to step down as President of Buffalo to concentrate on the Vice President duties.

If interested please email
Barb Ochampaugh at:
barbochampaugh@verizon.net.

PHASE II NURSES RESEARCH PROJECT

Cindy Lucieer is closing the Sedation Scale Comparison Study December 7, 2011. It is found on the Home page of NYSPANA.net.

Please take 15 minutes to complete the study. It is our first state research project and we need more respondents. You do not need to be a member to participate in the study, so share it with colleagues.

2012 JOB OPENINGS

Future leaders... We will be seeking candidates for the following offices:
Vice President/President elect,
Secretary, and Nominating Chair. We are always in need of new officers.

If interested contact Sue Alati at:
salati@rochester.rr.com

Copy Deadline for
the Next Edition of
UP TO PAR
is February 1, 2012
Please be punctual . . .

Forward articles to NYSPANA or
Michele Rossignol, Editor
michele_rr2003@yahoo.com

Winner of The Nurse Excellence Award

Kathy Pecoraro spearheaded the visitation policy for the PACU. She sought out evidence and protocols from other PACUs because as she said "It is the right thing to do, to have patients with their families". Kathy assesses patients and families, making sure the family understands the care the patient is receiving. She

teaches them how to be present and support the patient's emotional needs. Kathy respects the individuality of each patient and family adapting her communication style in words and tones according to the patient and families' emotions.

Kathy also demonstrates tremendous compassion for her peers. She supports them in their learning as well as when they are having difficulties in daily life, acting as a support that enables them to provide care and feel cared for themselves. Kathy works hard to respect all types of patients and families and always offers the time to listen and explain.

Kathy is a certified PACU nurse and encourages other staff to work towards certification. Kathy serves as a preceptor for the senior nursing students during their senior clinical rotation from Pace University. The students follow Kathy's schedule for 80 hours. As a faculty member from Pace, I make clinical rounds where I evaluate the student's performance and development. Kathy mentors the students beyond expectations. She questions them about the "whys" of care and works through priorities and patient care. She consistently demonstrates a vast knowledge.

Kathy is utilized as a preceptor for cross training the ICU nurses for PACU emergency coverage. The staff identifies her as a clinical expert and seeks her out for support and questions. I have often observed Kathy working with other staff to care for unstable patients, helping to coordinate the high acuity, and support staff and patient during critical times. Kathy is an excellent clinician!



Kathleen Pecoraro
BSN, RN, CPAN

Evidence-Based Practice Award

Kathleen Pecoraro, BSN, RN, CPAN, a PACU staff member was part of a team who received the Evidence-Based Practice award from the Foundation of New York State Nurses. This award is given to an individual or group using EBP to make a practice change that results in demonstrated improvement in outcomes for the patient and family, staff, community, or organization. The 2011 award was presented to the Northern Westchester Hospital EBP Team for the project entitled "Maintaining Perioperative Normothermia" The normothermia team was led by Kathy Pecoraro, BSN, RN, CAPA, Wendy Kopec, RN, CNOR, Fay Wright, MS, RN, ACNP-BC who received the award at the Foundation awards dinner in Niagara Falls, NY on September 22, 2011. This project increased patient perioperative normothermia to 100% from a baseline of 72% with the implementation of EBP guidelines that increased ambient operating room temperature.

Governmental Affairs Committee Report

There is just a little over 12 months before the next president will be voted into office. Campaigning for the presidential seat has already begun. Nurses throughout the generations have been the voice for healthcare with programs that keep the people healthy and safe. I challenge all of us to become informed on the issues vital to create a safer and healthier America. It is time we vote for the candidate who reflects these programs. Changes to the Medicare, the National Budget, and Social Security are just three of the vast changes being made. The president presides over the direction our country will take both during his/her term and for the future by electing Supreme Court Judges. Each of us has an obligation to become informed and vote for those individuals who reflect our beliefs both as citizens and as keepers of the nation's healthcare. This is a good time to give each of our elected officials a litmus test. What did they **say** they would do to become elected and what did they **actually** do? To find out the voting history of your congressman go to the Library of Congress (named after Thomas Jefferson) at www.thomas.loc.gov. I like this site because it is user friendly. You can search by congressional bill, representative, or topic. Check it out and let me know what you think.

The Affordable Care Act became law 18 months ago. Our own ANA helped to design this bill with the underinsured and our vulnerable citizens in mind. Currently, the law has helped over a million young adults receive healthcare coverage. Currently, the law is being reviewed by the Supreme Court to determine whether it is constitutional. Here are some highlights of the law:

- The law put an end to the worst abuses of the insurance industry by implementing a Patient's Bill of Rights that protects consumers through policies like prohibiting insurers from denying coverage to children with pre-existing conditions and making lifetime dollar limits on coverage illegal.
- It holds insurers accountable through new tools to crack down on unreasonable health insurance premium increases and ensure that at least 80% of premium dollars are spent on quality health care, not administrative costs like profits, CEO salaries and marketing.
- It makes it easier to afford health insurance for businesses, young adults, uninsured people with pre-existing conditions, and early retirees.
- The health reform law strengthens Medicare and Medicaid for the millions of Americans who rely on these programs, while implementing reforms that will ensure we spend taxpayers' money wisely, improve health care quality, and control health care cost growth.

For more information about the law, go to www.healthcare.gov. Judge for yourself, is it constitutional? What does your congressman believe?

*Nancy Salerno, RN, MS
GAC Chairperson*



Nominating Chair News

NYSPANA would like to congratulate and welcome Dianne M. Lysarz as the 2011-2012 Vice President/President Elect, and Kathy Balog as the 2011/2012 Treasurer.

Thank you to all the members who voted.

*Susan Alati, BSN, RN, CAPA
NYSPANA Nominating Chair*



Community Service

October is breast cancer awareness week. The PACU nurses at Stony Brook University Medical Center in Stony Brook, New York will be showing their support by wearing some tee shirts that Patty Cozzi, PACU nurse/seamstress was talented enough to make for the staff. There were a variety of logos on the tee shirts that sported: SUPPORT THE GIRLS/FIGHT LIKE A GIRL /SAVE THE GIRLS!



Perianesthesia Hot Topics

Saturday May 5th 2012

New Jersey / Bermuda

Perianesthesia Nurses Association

~ Program Topics ~

Ambulatory Anesthesia; PONV/PDNDV;
Pediatric Assessment;
Pediatric Pain Management;
Post-op Care of the Minimally Invasive
Surgery Patient;
Critical Care Issues in PACU

Purpose/Goal/Target Audience

Provide a review of hot topics for perianesthesia nurses

Overall Program Objective

Discuss topics related to perianesthesia clinical care

Location: TBA - Southern New Jersey

Registration: 7:30am **Program** 8am-4:30pm

Faculty: Linda Ziolkowski RN, MSN, CPAN

Contact Hours / Continuing Education Credit

This activity has been submitted to the American Society of Perianesthesia Nurses for approval to award contact hours. The American Society of Perianesthesia Nurses is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Cancellation Policy

The New Jersey / Bermuda Perianesthesia Nurses reserve the right to cancel a program due to insufficient enrollment or any unforeseen circumstances.
All fees will be fully refunded.

*NJBPANA reserves the right to substitute speakers if necessary

Fees: Spring 2012 if postmarked by April 1, 2012
NJBPANA Member \$115.00 Non-Member \$173.00

Fees: Spring 2012 if postmarked after April 1, 2012 or at the door
NJBPANA Member \$152.00 Non-Member \$210.00

Questions? Contact:

Linda Webb 856-342-2104 or 856-384-9056 or
ljw2@verizon.net

Website: www.njbpna.com

Peace Of Mind

In this summer of hurricanes, flooding, and tornadoes with the resultant destruction of homes and businesses, we need to relax and recharge ourselves. How, you may ask? With simple relaxation exercises that only take a few minutes to perform. They require no special equipment and have no cost. You can have candles and buy relaxation tapes, but these simple techniques will not require anything but your quiet presence for five minutes. Meditating five minutes a day for 28 days will enhance the quality of your life. Your immune response will be enhanced, peripheral blood flow will be increased, and epinephrine levels will decrease.

How do you start? Find a quiet spot, and give your self permission to be silent for 5 minutes. It can be outside or inside. If outside, just focus on nature, the beauty of the night sky, the sound of birds or insects, or a favorite tree. If you are inside, make sure the phone will not ring or someone will not interrupt you. Focus on an object. As you look or listen to your focal point, simply breathe in and out. Look at the object; admire its beauty, shape, function. If it is a sound, think about its quality or pitch as you breathe in and out. If thoughts come into your head acknowledge them and let them go as you refocus on your object or sound.

Not able to sit and focus, there are walking meditations. Think of a phrase or a sound and repeat it silently or out loud. Om, shante, shante, peace. Om, shante, shante, peace. Relax, relax, relax. The past is history, the future is a mystery, but right now is a gift which is why it's called the present. Or use any word or phrase that has meaning for you and repeat it.

Another technique is alternative nostril breathing. Take your thumb and forefinger and place around your nose. Close the right nostril with your thumb and breathe in to the count of 4, hold for a four count, release the right nostril and exhale to the count of four. Breathe in through the left nostril, 1,2,3,4, hold 1,2,3,4, release and exhale 1,2,3,4. Keep practicing till you can do a total of ten. By counting it takes the focus off the breath.

Take the time now to recharge your batteries. The busy holiday season will be here. You must take care of yourself if you are going to care for others. Be well, be safe, be at peace. Om, shante, shante, peace.

Barb Ochampaugh, RN, BSN, CPAN

References:

Dossey, BM, Keegan, L, & Guzzetta, CA(2000). Holistic Nursing: A Handbook for Practice. Aspen Publication: Maryland.
England, J. (2011). Pursuit of happiness. Times Union. Sept. 17.
Ward, T. (2001). Meditation & Dreamwork. Arcturus Publishing: London.

Ofirmev: IV Acetaminophen

Multimodal drug therapy is an effective way to control chronic and post-operative pain. Multimodal drug therapy is the use of two or more analgesic agents or techniques that act by different mechanisms to provide pain relief.

Ofirmev or injectable acetaminophen has been approved for use in the United States. It is indicated for the management of mild to severe pain in conjunction with opioid analgesia and the reduction of fever. Ofirmev can be used safely for children 2 years and older. It is intended for use by patients who are NPO. Once patients can take oral medications, they should be started on oral acetaminophen.

Ofirmev is contraindicated in patients with severe hepatic impairment, severe active liver disease or with known hypersensitivity to acetaminophen or its formulation. It should be used with caution in patients with the following conditions: hepatic impairment, or active hepatic disease, alcoholism, chronic malnutrition, severe hypovolemia or severe renal impairment.

The recommended dose of Ofirmev is 1 gram IV over 15 minutes. It may be administered every 6 hours for 48 hours or a total of 4,000 mg. per day. Children 2 to 12 years of age the dose is 15 mg/kg per day. Ofirmev comes in a glass bottle and half a dose can be extracted with the remainder saved for the next dose.

Side effects of Ofirmev include: nausea and vomiting, pyrexia, headache and insomnia. Clinical trials have not shown any respiratory depression, sedation, postoperative ileus, surgical site bleeding, renal toxicity, platelet inhibition or cardiovascular thrombotic events. The British did report that 1% of patients did develop hypotension.

Ofirmev is costly at \$10.00 per dose. One dose given at the time of incision has been effective in the reduction in the use of narcotics. Since there are no sedation effects, it would be good for the sleep apnea population.

We are starting a 3 month study of the use of Ofirmev. Nurses who have used Ofirmev at their facilities report a decrease in the use of narcotics and less respiratory depression. You too may see Ofirmev added to your facilities formulary.

Barb Ochampaugh, RN, BSN, CPAN

Analgesic for Perioperative Pain Management.

Webcast by Cadence Pharmaceuticals. September 8, 2011.

NYSPANA WEBSITE

If you haven't checked out our newly designed web-site, please do.

NYSPANA.NET

is a premier site dedicated to perianesthesia nursing for the 21st century.

New CAPAs & CPANs

CAPA's

Deborah Curran
Cheryl Lamay
Sandra Price
Nadia Tillett
Doreen Dozier
Daniel Elinskas
Lisa Englerth
Kimberly Fazekas
Anthony Giammanco
Margaret Hassett
Donna Hughes
Angela Lamberti

Carrie McCollum
Nancy Okeefe
Deborah Page
Sandra Patrick
Noelle Paul
Irma Rivera
Kerry Ann Sass
Jennifer Shannon
Edna Stachurski
Jessica Subarri
Cathy Wuest

CPAN's

Colleen Sohmer
Michael Greco
Geraldine Yabis
Scott Berube
Nicole Caracci
Pamela Farrell
Maria Benner
Andrea Cai-Mu
Geraldine Giordano
Kathleen Golaszewski

Christine Hipolito
Teresa Lavin-Sack
Susan Mydosh
Michelle Pullano
Gail Roth
Merle Ruedas-Schur
Jacqueline Serrano
Dena Suriano
Katharine Bartol
Karen Allen



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

~ NOTICE ~

The MARCH issue of our newsletter, *UP to PAR*, will be available in PDF format on our website at:
www.nyspana.net.

This is our continued effort to contribute towards environmental concerns and we ask for our member's support.

The JULY and NOVEMBER issues will still be printed and mailed.

For any questions, comments or concerns please e-mail our President Barb Ochampaugh at:
barbochampaugh@verizon.net.

NYSPANA

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