



Message From The President



Now that the long hot summer is behind us, our thoughts are turning to fall and winter activities. NYSPANA is 885 members strong. Our districts offer numerous educational opportunities during the year for the benefit of our members. Please check out our website for information on upcoming seminars and conferences across the state and nearby states.

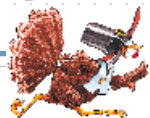
I would also encourage members to become involved with your local district. Either through volunteering to help plan events or through becoming part of district or state boards. There are many advantages to networking with your fellow perianesthesia nurses both within your local district and at the state level. I have found the exchange of ideas with other nurses both across the state and within our region and state invaluable. I hope you will take the opportunity to experience this too.

Respectfully Submitted,

Bronwyn Ship, BSN, RN, CPAN

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Happy Thanksgiving

Mission Statement

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



Board Members



PRESIDENT:

Bronwyn Ship, BSN, RN, CPAN
W: 585.396.6274
www.nyspana@gmail.com

VICE PRESIDENT/PRES ELECT:

Barbara Ochampaugh, BSN, RN, CPAN
www.nyspana@gmail.com

SECRETARY:

Sandra Price, MS, RN, CAPA
www.nyspana@gmail.com

RESEARCH CHAIR:

Kathy Pecoraro, MS, RN, CPAN
www.nyspana@gmail.com

NOMINATING CHAIR:

Regina Rivers, RN, CAPA, CPAN
www.nyspana@gmail.com

TREASURER:

Susan Alati, BSN, RN, CAPA
www.nyspana@gmail.com

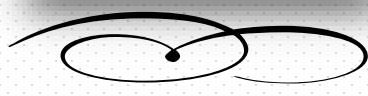
GOVERNMENTAL AFFAIRS:

Caitlin Brion, BS, RN-BC
www.nyspana@gmail.com

IM. PAST PRESIDENT:

Barbara Ochampaugh, BSN, RN, CPAN
www.nyspana@gmail.com

<http://www.nyspana.net>



Vice President's Report

As part of the State Conference planning committee, I have been busy this year. Thank you for attending. The committee has put together a tremendous program. The donation to the Gay Lesbian Straight Education Network will help in bringing understanding to many people. Next year the conference is in New York City.

I am again returning as President of the organization. The Board needs input from membership. We have a small handful of members in each district willing to help move the organization forward. Many of us are reaching retirement age. We need the next generation of members to step forward to assist our organization. We have 900 members whose needs we must meet. If each district does not get members willing to be officers, we will have to dissolve the districts. This would mean one state conference a year, no meetings in local districts, and no opportunities for networking. The time to become involved is now. Seek out your district president at the conference and ask "how can I help?". If you are not attending the conference and are interested in serving or have ideas to move the organization forward contact me at www.nyspana@gmail.com or home 519.459.5334.

We need you to continue to have great programs!

Respectfully Submitted, **Barbara Ochampaugh, BSN, RN, CPAN**



Top Row Left to Right: Tina Stoebe, Shari Duguay, Kathy Pecoraro, Jean Roach, Pam Werner
Front Row Left to Right: Barb Ochampaugh, Bronwyn Ship, Susan Alati, Sandra Price

NYSPANA Contact Address

Bronwyn Ship, BSN, RN, CPAN • 4620 North Road • Canandaigua, New York 14424



Did You Know?



New York has (2) Certification Coaches:

Mary Beckett, CPAN
Anna Szul, RN, CAPA

Certified
NYS Nurses

CAPA Nurses	304
CPAN Nurses	461
Nurses with Dual Certification	34
Total	799

ASPAN Conferences



April 30 – May 04, 2017
Indianapolis, Indiana

April 29—May 02, 2018
Anaheim, California

May 05—May 09, 2019
Nashville, Tennessee



NYSPANA Award Winners 2016

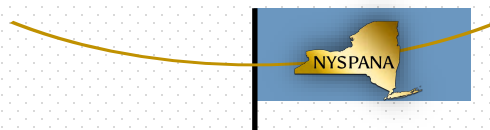
37 NYSPANA members were awarded \$20 Educational scholarships at the October 2016 NYSPANA State Conference in Albany. These awards were given to reward members for supporting education and NYSPANA.

Financial Report

Money Market Savings: \$29,276.68

Checking: \$22,242.48

Investment Account: \$16,463.33



NYSPANA Seeking...

NYSPANA is seeking members who have published, presented, or attended a conference at the local/state level or nationally. If you have presented an abstract, an article or completed an Evidence-Based Practice project, NYSPANA would like to know. NYSPANA is preparing for the ASPAN Conference in Indianapolis, Indiana in April 2017.

Congratulations

Diane Sambo, RN

New Secretary for District 1

NYSPANA Website

www.nyspana.net

Website Administrator: Bronwyn Ship

Website Co-Editors: Susan Alati ▪ Sandra Price ▪ Susan See

Website Developer: Carrie Falzone • C: 585.329.8313 • carrie@verticalinsite.com



Evidence

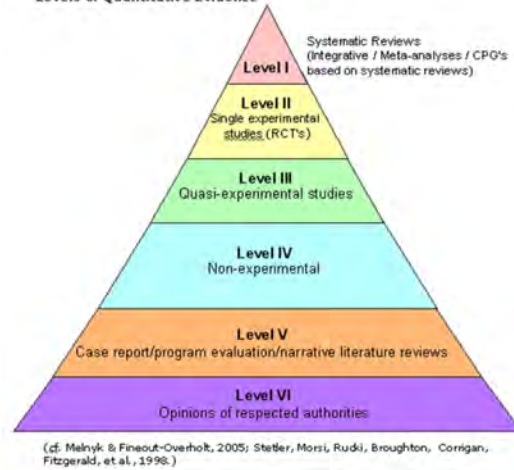
Kathleen Pecoraro MSN, RN, CPAN
Evidence Based Practice & Nursing Research Chair

Nurses and nursing students, both at the undergraduate and graduate level are taught to base nursing care based on best evidence (Polit & Tatano Beck, 2012). This has not always been the case. During the early 1980's, when I was in my diploma program, nursing care was taught and provided "the way it has always been done." Many times, "the way it has always been done" is not based on the latest science or knowledge. Evidence should be used to guide nursing practice. This is a simple statement that leads to certain questions. Where is evidence found? What is done with the evidence, once found?

Evidence is found in nursing journals, from a trusted colleague, a policy and procedure manual, from the Internet, or from a physician. The list can go on and on. The point is that anything that provides information on a subject of interest can be considered evidence. However, one type of evidence does not hold the same amount of weight as another type of evidence. One of my favorite sayings is "all evidence is not created equal." Some evidence ought to be taken with a grain of salt. Other evidence can be considered reliable and trustworthy. How can the difference be determined?

The most rigorous studies are considered to carry the most weight in terms of strength and validity. Systematic reviews or meta-analysis' are the best and highest level of evidence. Systematic reviews are a thorough answer to a clinical question by experts who have critically appraised all the available studies or *evidence* (Levin & Feldman, 2006). A

Figure 1.
Levels of Quantitative Evidence



guideline may be created from a systematic review.

On the other end of the spectrum, opinions of trusted authorities carries very little weight in terms of evidence strength and validity. In between the two extremes are other types of evidence. See the attached diagram.

Most nurses read some type of nursing literature. For example, perianesthesia nurses receive the *Journal of PeriAnesthesia Nursing*. Many of the articles or *evidence* found in the *Journal of PeriAnesthesia Nursing* are based on research or are research studies. When reading these articles or pieces of *evidence*, consider two ideas. One, look at the attached diagram to try and determine the level of evidence. Two, consider if this evidence is applicable to your nursing practice.

I hope if you have not considered critiquing the articles you read in the nursing literature, you will begin to do so. I think learning about and using evidence to guide practice is one great way to practice professional nursing!

Reference

- Levin, R. F. & Feldman, H. R. (2006). *Teaching evidence-based practice in nursing*. New York, NY: Springer.
Polit, D. F. & Tatano Beck, C. (2012). *Nursing research: Generating and Assessing evidence for nursing practice*. (9th ed.). Philadelphia, PA Wolters Kluwer.

New Certification Spring 2016

Congratulations

CPAN

21

Christell	Antoine
Lorana	Bazemore
Amanda	Bodinet
Sarah	Close
Michael	Hagenbruch
Ashley	Hart
Heather	Hebberecht
Marie-Helene	Jospitre
Maureen	Landers
Julie	Lawwill
Arlene	Magcal-Mendana
Maria	Meyers
Rossana	Navarra
Anna	Park
Jamel	Redfurn
Patricia	Salinas
Cheryl	Schuler
Maria Bella Soledad	Soriano-Locsin
Jennifer	Vickers
Angela	Wu
Ying Ying	Wu

CAPA

17

Elna Jane	Baniel
Cheryl	Buenaventura
Ellen	Duggan
Pamela	Hinman
Kimberly	Hughes-Dibble
Bernadette	Korzevinski
Cara	Kulikowski
Carol	Lampros
Diane	McConville
Tamara	Merwin
Marta	Polak
Sally	Remington
Maria Bella Soledad	Soriano-Locsin
Akeita	Streets
Sandra	Tomlinson-Davis
Isabelle	Young
Yeongok	Yun

WOW!

CPAN: 67 Nurses

115
Recertified

CAPA: 48 Nurses



Pressure Ulcers

Barb Ochampaugh RN BSN CPAN

Pressure ulcers are a costly and painful for patients. Patients are susceptible in surgery from low blood pressure, fluid loss, positioning, advanced age, blocks, spinals, chronic illness, malnutrition, immobility, pressure, shear friction and moisture, (Scott, 2015, 480). Patients are in the perioperative arena for many hours lying on stretchers and operating room tables. Accurate and timely skin assessments are needed in each perioperative area. (Scott, 2015)

What can be done to prevent pressure ulcers in the surgical population? There are pressure redistributing mattresses for stretchers and operating room tables. Gel packs to place under bony prominences in the operating room. Patients as they wait to go into the operating room should be encouraged to be up and ambulating. The recovery room must turn and position patients as they recover and await hospital room placement. Heels should be elevated off the stretchers.

Is there a risk assessment tool to determine which patients are susceptible to the development of pressure ulcers? Scott (2015) believes that the Braden score alone is not adequate to determine risk. Scott has a simple trigger

tool that looks at age, Serum albumin, ASA score and time on the table. The factors are added to determine the risk. The Scoring tool has led to heightened awareness and there was a decrease in pressure ulcer development in two studies that used the tool. Two other studies are reviewing the data. Scott states that more studies are needed to determine if the Scott Trigger tool is effective in determining risk factors and reducing the risk of pressure ulcer development.

Hyun (2014) did a study based on BMI in the Critical care unit as a risk factor for pressure ulcer development. The conclusion of the study was that patients with low and high BMI's are at risk for pressure ulcer development. Nurses need to assess skin and utilize specialty beds in an effort to reduce pressure ulcer incidence.

The conclusion is that nurse must be vigilant in preventing pressure ulcers in patients. Skin must be assessed throughout the perioperative period. Preventive measures must be utilized to decrease risk. Handoff reports must include a skin assessment.

References

- Hyun,S. et.al. (2014). Body mass index and pressure ulcers: Improved predictability of pressure ulcers in the intensive care units. *American Journal of Critical Care*. 23(6). 1-12
Scott, S. (2015). Progress and challenges I perioperative pressure ulcer prevention. *J WOCN*.42(5). 480- 485.

Up to Par Submissions

Please send all of your articles of interest, district news, events and photos to NYSPANA newsletter Editor for the November newsletter edition of **Up To Par** by Feb 01, 2017.

www.nyspana@gmail.com

District News

District 8 News

NYSPANA District 8 hosted an ASPAN Conference on September 10, 2016. The topic was Peri-Anesthesia Certification Review and was presented by Terry Clifford. We had 26 attendees and Terry received rave reviews.

We signed up one new ASPAN member, Elizabeth Hilcken.

We gave out (5) \$100 scholarships picked from those in attendance. Our scholarship winners were: Maria Alberts, Brenda Case, Nancy Converso, Mousuni Joseph and Elizabeth Mc Donald.

District 8 is also offered (5) scholarships to the NYSPANA State Conference. I personally had the honor of attending ASPAN's Leadership Development Institute (LDI) offering in Kentucky in September. It was quite a learning experience. And I am looking forward to the NYSPANA State Conference.

Pat

District 10 News

See page 10-11 for report

District 14 News

District 14 has started working on our annual PANAW week one day conference to be held February 11, 2017. We will be celebrating our 20th Annual February educational offering, watch for details to come.

Sally

District 1 News

District One is preparing for our annual Fall conference which will be held at the Hyatt East End Atlantis Banquet and Event Center in Riverhead, NY on November 5th. The district was able to secure entry into the Aquarium during the attendees lunch breakout session.

As the holidays are quickly approaching we will continue to support Long Island Cares, the Harry Chapin food bank. The funds raised from our raffles and 50/50 benefit will be donated to help those in our surrounding communities.

Join us for a day of networking and education.

Stay tuned for some exciting and fun opportunities as we move into the New Year.

Until then, Happy Fall to all!

Tina

Constant Contact

Constant contact is used by NYSPANA for news flashes. If your district is planning an event, let us know and we can help you market it. If you find you are not receiving constant contacts, you may need to: check with ASPAN to make sure they have your correct email and check your junk mail.

Please let me know how I can better assist you and your district.

Contact me at: CVL54@hotmail.com with any questions, concerns or educational offerings.

NYSPANA Newsletter Editor

Chris Deitrick • www.nyspana@gmail.com

Congratulations Tina Stoebe

District 1 President earned her MS in Nursing.

Her title is updated to: **Tina Stoebe, MS, RN, CPAN**

District 8
Scholarship Winners
to
NYSPANA State Conference

Congratulations

- Carol Borczyk BSN,RN,CAPA
- Aimee Dannaoui BSN,RN,CAPA,CPAN
- Janet Gaynor BSN,RN,CPAN,CORN
- Carissa D. Katsov BSN,RN,CPAN
- Trina Marie Mills MS,BSN,RN

Congratulations Sandra Price, MS, RN, CAPA

NYSPANA Excellence in Clinical Practice Award

This award recognizes and supports excellence in clinical Perianesthesia nursing practice

In addition to the award, Sandra received:

Complimentary NYSPANA State Conference Registration 2016

Two Night's 1/2 paid lodging at the Conference, a Certificate and ASPAN membership reimbursement

Congratulations Wanda Rodriguez, MA, RN, CCRN, CPAN

NYSPANA Recruiter of the Year

In addition to the award, Wanda received: reimbursement for ASPAN membership annual dues totaling \$120

Congratulations Janet Remizowski

Associate Director Perioperative Services, University of Rochester Medical Center earned her Nurse Executive, Advanced Certification (NEA-BC) as an ASPAN member

Her title is updated to: **Janet Remizowski MSHA, RN, NEA-BC**

Winter/Spring 2017 Seminar Series
Surrounding Your Practice with Excellence:
Legal Issues, Standards and Advocacy

Presented by:
Dina Krenzischek PhD RN CPAN CFRE FAAN

Date: Saturday, February 25, 2017
Time: 7:30 AM Registration

AM Coffee/tea service – LUNCH IS ON YOUR OWN
Program Time: 8:00 AM – 4:55 PM
Location: DoubleTree by Hilton New York City - Times Square
1568 Broadway, New York, NY 10036-8201

Registration Form/Complete program information: www.aspan.org

American Society of
PeriAnesthesia Nurses
(ASPAN)

Educational Opportunity



Evidence-Based Practice Immersion Workshop

Sandra Price, MS, RN, CAPA
NYSPANA District 14 & State Secretary

While attending the Magnet conference in Atlanta in 2015, the Center for Transdisciplinary Evidence-based Practice (CTEP) program was discovered promoting improving healthcare quality and patient outcomes. The program was a five-day intense evidence based-practice (EBP) immersion workshop from Ohio State University. Fortunately, the University of Rochester's Medical Center (URMC) saw the value in the program and supported 21 nurses from several specialties throughout the organization to attend.

The CTEP staff came from July 11-15th to develop knowledge, skills, and tools to transform the culture of EBP at URMC. The five-day immersion was a deep dive into EBP and guided the participants to present a practice change project at the end of the week. The URMC now has 21 EBP Leaders and mentors throughout the organization to cultivate the spirit of inquiry with the foundation of EBP. As an EBP Mentor, I continue to share my EBP experience and knowledge with colleagues.

I have presented to URMC's perioperative service, Strong Surgical Center (SSC), and now have the opportunity to Mentor a Leadership Intern at URMC. The CTEP immersion experience was a life-changing professional opportunity that I know my organization and patients benefit from incorporating knowledge learned from this program in my everyday practice.

Sandra is the Evidence Based-Practice Mentor for the Strong Surgical Center at University of Rochester Medical Center

LDI Conference — September 2016

Tina Stoebe [President: District 1]
Pam Werner [President: District 8]

Leadership Development Institute: (LDI)

The LDI conference September 2016 was a wonderful opportunity to network with other members of ASPAN from across the country and in our own region as well. The content presented included many important issues that would be beneficial to anyone in the leadership role, but in particular to someone who is just entering into that role.

They presenters provided the learners with an opportunity to see how a Board meeting should be conducted. We reviewed the critical documents required and discussed the development of a Crisis Manual and the importance of maintaining its content within the districts.

Ideas to recruit and maintain membership were presented with special emphasis on using Social Media. The younger generations are traveling the WI-FI highway and we must meet them on road in order to capture their attention. Discussion on evidence-based practice and the role research plays on changing the delivery of patient care as it applies to quality improvement.

It's hard to describe the feeling of camaraderie that develops during the conference but should you have the opportunity to attend LDI conference it comes to your highly recommended.





Shari DuGuay MSN, RN, CAPA, BC-NE
NYSPANA President District 10

Happy fall everyone! NYSPANA District 10 hosted a very successful state conference: *Navigating Through Changes in PeriAnesthesia* which was held on October 21-22, 2016 at the Holiday Inn Express & Suites Latham Conference Center in Latham, NY. There were 99 attendees that were awarded 8.5 contact hours for the two day event. GLSEN (Gay, Lesbian, and Straight Education Network) was chosen as the community service project recipient for the event. GLSEN is a national education organization that focuses on ensuring safe and affirming schools for LBGTO students. They accomplish their goals by working with Congress, Departments of Education and District Offices to improve the climate and champion LBGTO issues in K-12 education.

The following is a list of the speakers and their topics:

Karen Butler RN J.D. – Use of Social Media and Mobile Devices: Implications for Practice

Dr Rebecca Keim - Care of the Hepatobiliary Surgical Patient: The Whipple Procedure

Dr. Jonah Marshall – Robotic Prostatectomy Post-Operative Care

Dr. Amanda Kras and Dr Gretchen Wilber – The Perioperative Experience for the Patient with PTSD

Lyndon Cudlitz, Training and Education Manager, The Pride Center of the Capital Region – Foundations for Providing Care to the Transgender Patient

Dr Ellen Biggers – Navigating the Transgender Surgery Process

NYSPANA gave out a \$20.00 scholarship to every member who attended state conference that day! There were 7 gift baskets winners: Peggy Zotter (Rochester), Tina Stoebe (Long Island), Kathleen Murphy (Booneville), Sandy Lowery (Albany), Marsha Truwinsky, Sue Rodgers (Saratoga), and Tobi Seigel (Long Island). Imedla Principe was the 50/50 raffle winner. As well as several winners of door prizes that were given out to participants each day.

District 10 gave a portion of our proceeds to our service project recipient. In addition, we collected \$90.00 for the American Red Cross Flood Relief Fund.

NYSPANA District 10 Report (continued)

I would like to extend a huge thank you to our state conference program planners group: Deb Kwacz, Cheryl Barnes, Sandy Lowery, Kathy Morgan-Perri, Carolyn Della Porta, Barb Ocham-paugh, and Sue Sparacino for all their hard work and dedication in hosting an awesome program!

Our district membership is at 75 members this year! As always we are looking to promote and grow new members through continuing education and certification. Please reach out and bring a friend to our next meeting, they are always fun and provide great opportunities for networking.

We encourage you to get involved by hosting a meeting / educational program at your facility. Our officers will assist you in planning and setting up a meeting. It is a great way to obtain new knowledge, get a free CEU and to collaborate with other perianesthesia nurses.

It is time for District 10 Board elections! There are positions up this spring. Please consider getting involved that we would love to have members with new ideas. If you are willing to serve the District in anyway please let us know!

Shari

Let's Take a Look...

Pictures from the District 10 Conference are found on the NYSPANA Facebook page

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Please contact the NYSPANA Board and Editor using email: www.nyspana@gmail.com with attention to the person you desire to contact.

Additionally, personal emails and phone numbers other than those for the District Presidents have been removed. See Page 12.



NYSpana District Officers*

District 8

Westchester, Rockland Dutchess, Putnam

PRESIDENT

Pam Werner, RN
C: 845. 279.9365
pamwerner@hotmail.com

VICE PRESIDENT

Doreen Dozier, MHA, RN, CAPA

SECRETARY

MaryAnn Servidio, MSN, RN, CAPA

TREASURER

Carol Cramer, MSN, RN-BC, CPAN, CAPA

District 1 Long Island

PRESIDENT

Tina Stoebe, BSN, RN, CPAN
C: 631.835.8917
W: 631.476.2729
ts77838690.1more01@gmail.com

VICE PRESIDENT

Irene Healy, RN, CAPA

SECRETARY

Diane Sambo, MS, RN

TREASURER

Christine Molinari, BSN, RN

District 6 New York City

PRESIDENT

Trina Mills, MS, RN
C: 914. 562.9231
Trm9024@nyp.org

VICE PRESIDENT

Maureen Roman, BSN, RN, CCRN, LNC

SECRETARY
TREASURER

} Positions
Open

District 9 Binghamton

PRESIDENT

Susan See, RN
C: 607. 221.4459
susan.see1@verizon.net

VICE PRESIDENT
SECRETARY
TREASURER

} Positions
Open

District 10 Albany

PRESIDENT

Shari DuGuay, MSN, RN, CAPA, NE-BC
shari.duguay@sphp.com

VICE PRESIDENT

Deb Kwacz, RN

SECRETARY

Cheryl Barnes, RN

TREASURER

Sandy Lowery, RN

District 13 Syracuse

PRESIDENT

Jean Roach, RN
jean.roach@sjhsyr.org

VICE PRESIDENT
SECRETARY
TREASURER

} Positions
Open

District 14 Rochester

PRESIDENT

Sally Sackett, BSN, RN, CAPA
C: 585. 208.6340
sally.sackett@gmail.com

PRESIDENT ELECT

Sally Sackett

SECRETARY

Sandra Price, MS, RN, CAPA

TREASURER

Kathi Peers, BSN, RN, CAPA

NOMINATING CHAIR

Kari Alicea-Santiago, BSN, RN, CAPA

Know your District

District 1:	Nassau/Suffolk
District 6:	New York City (All Boroughs)
District 8:	Westchester, Rockland, Putnam, Dutchess, Ulster, Sullivan, and Orange
District 9:	Otsego, Delaware, Chenango, Steuben, Schuyler, Chemung, Tompkins, Tioga, Cortland, and Broome, (Southern Tier)
District 10:	Albany, Schenectady, Rensselaer, Greene, Columbia, Warren, Saratoga, Washington, Fulton, Montgomery, Schoharie, Essex, Hamilton, Franklin, and Clinton
District 13:	Cayuga, Onondaga, Madison, Oswego, Herkimer, St. Lawrence, Lewis, Oneida, and Jefferson
District 14:	Monroe, Wayne, Seneca, Yates, Ontario, Livingston, Niagara, Orleans, Erie, Chautauqua, Genesee, Wyoming, Cattaraugus and Allegheny

* Any changes/updates in District Officers may be emailed to Bronwyn Ship: www.nyspana@gmail.com