



# UP TO PAR

Newsletter of the New York State  
PeriAnesthesia Nurses Association

Volume 33 No. 2

July 2011

## My Turning Point

“Into every life a little rain must fall”. This is a little something my grandmother always told me, especially when life wasn’t running as smoothly as I would like it. I wasn’t happy in my everyday life, my work life, my family life. I was restless. I carried lots of baggage from a previous employment and was searching, searching, searching for something better out there. “The grass is always greener on the other side of the fence”, she would say. Or so it seems.

I didn’t feel particularly close to my current co-workers. It was difficult because I left co-workers I loved, a job I loved, and a facility I thought I would remain in until retirement. Then the rain came. I had to leave. I accepted a job I was not sure I could handle. My self confidence was at an all time low. I began searching, searching, searching within that new facility for a niche I could call my own.

I began in the pre/post-op area and moved to circulating nurse in the operating room. I became restless again after three years and moved back into the pre/post-op area. Again, I became restless and with a few extremity issues (partial achilles tendon rupture thanks to a couple of doses of Levaquin and surgery on the bottom of my foot twice) I was worried about my ability to work with an ever increasing volume of patients. So I went searching again. There was a new orthopedic free-standing ambulatory surgery facility opening and I applied. They were in the beginning stages and weren’t hiring full time at that point and I needed a full time position. So I didn’t give it another thought. Four months later I received a call from their nursing coordinator to come in for an interview. Long story short, I was offered the job. I gave my notice and looked forward to my new position.

This is my turning point. My charge nurse, Becca asked if we could meet privately for a discussion regarding my decision. She talked me into at least reconsidering my reasons for leaving. She told me she’d

never had so many co-workers react to someone leaving and actually gave me concrete reasons why I should stay. She asked me what I thought I would gain, what I might lose, and put it in perspective. I hadn’t really thought it through. I thought no one really cared whether I stayed or left. Again, the baggage...I hadn’t given my current facility a chance to really know me. I stayed away from work related functions always saying, “I don’t mix business with pleasure”. I pushed everyone away. I was afraid of getting close because I did not want a repeat of the pain I endured when I left my last job. So, if I didn’t get close I wouldn’t get hurt. I was so wrong to do this. Thank-you Becca, for showing me the way.

Thank goodness I came to my senses. I cried for days over almost leaving a great job with wonderful people who truly cared about me. I felt like Sally Field when she won her first Oscar, “You like me...you really like me.” It was my entire fault for not looking past my own grief and preconceived notions about not getting hurt. I became stale emotionally, psychologically and dragged myself around so unhappy for five years.

The moment I realized I should/could stay, a heavy weight was lifted off of me. The light was on and I was HOME. I have a new love and respect for all my co-workers and it is simply a joy to come to see them everyday. My HOME is Specialty Surgery Center of Central New York. I have always been a family member here, now I can see that. Both my coordinator Mary D. and administrator Carol S. have tailored my job to now include anesthesia interviews 2-3 days per week to take the stress off my feet. A special thanks to them for working with me. Thank you for fighting for me and for keeping me. I nearly made the biggest mistake of my life. I also need to thank Dr. T., one of our surgeons. He asked to speak with me when he found out I was leaving. He also put into perspective the reasons I should stay, mirroring what Becca had said and giving me hope.

What I have learned from this whole experience is that negative feelings hurt, always. They create a stress only you have the power to change. It takes so much energy to hold on to all that baggage, all those “hard feelings”. My only regret is not seeing it sooner. Last but not least I would like to thank my co-workers: Claudia R, Kristie, Mike, Roxanne, Jo, Maria, Barb, Mary F., Cheryl, Mary G., Mary W., Mary B., Marcia, Fay, Jenna, Bonnie, Linda, Carrie, Mary S., Carole, Carol, Debbie, Tracey, Joan, Molly, Rachel, Nancy R., Jason, Mary P., Lisa, Jean, Jill, Heather, Melissa, Shannon R., Brian, Ilona, Gail, Patty, Mary M., Nancy D., Shannon M., Claudia L., Jessica, Kim, and Tracy. You are the best and you all make Specialty Surgery Center the wonderful place it is. It is a magical surgery center where the patients can’t say enough great things about their experience. This doesn’t happen by accident. It happens because of our family at SSC. It happens on purpose and you all have the purpose.

*Michele R. Rossignol, RN, CAPA*

### Inside This Issue

From The Editor . . . . .	1
Treasurer’s Report . . . . .	2
President’s Message . . . . .	2
NYSPANA Network . . . . .	3-4
Research Committee . . . . .	4
GAC Report . . . . .	5
Region IV Director . . . . .	6
ASPAN News . . . . .	7
NYSPANA Fall Conference . . . . .	8
Call To Serve NYSPANA . . . . .	9
Policy Question . . . . .	9
ICPAN Int’l. Conference . . . . .	10
2011 NYSPANA Election / Ballot . . . . .	11
Future ASPAN Conferences . . . . .	12



## NYSPANA OFFICERS

**PRESIDENT:**

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

**VICE PRESIDENT:**

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

**SECRETARY:**

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

**GOVERNMENTAL AFFAIRS**

Nancy Salerno  
 W: (518) 525-1415  
 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:**

Carol Capps  
 30 Diana Road  
 Rocky Point, NY 11778

**IM. PAST PRESIDENT:**

Judy Sargalis-Sears  
 H: (585) 733-7199  
 E: jawss1196@rochester.rr.com

**NYSPANA's Website: [www.nyspana.net](http://www.nyspana.net)**

Michele Rossignol, Web Coordinator - [michele\\_rr2003@yahoo.com](mailto:michele_rr2003@yahoo.com)  
 Daniel F. Palmieri, Website Designer - [Danpal11@gmail.com](mailto:Danpal11@gmail.com)

## NYSPANA DISTRICT PRESIDENTS

**DISTRICT 1:** (Long Island)

Elizabeth White  
 H: (631) 732-6389  
 W: (516) 277-4719  
 E: fitness5@optonline.net

**DISTRICT 6:** (NYC)

-- Position Available  
 -- Contact Carol Capps

**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  
 E: timothy.clark@sjhsyr.org  
 Maureen Iacono  
 E: Maureen.iacono@sjhsyr.org

**DISTRICT 14:** (Rochester)

Joan Morse  
 H: (585) 392-7746  
 W: (585) 341-6708  
 E: joaniem24@rochester.rr.com

**DISTRICT 15:** (Buffalo)

Dianne Lysarz  
 Cell: (716) 698-9000  
 E: dlyszarz@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 **OCTOBER 1, 2011**.  
 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](mailto:michele_rr2003@yahoo.com)

*A publication of New York State PeriAnesthesia Nurses Association*

© 2011 NYSPANA All Rights Reserved

## Mission Statement

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

## From The President



### Seattle Conference A Great Success

The past year as NYSPANA President has been both a great learning and very rewarding experience. I know how difficult it is in our busy lives to make time to invest in professional organizations, and I can certainly see how it may give cause to hesitate to get involved. However, if you do choose to invest your time, the opportunities afforded you would be a great return on your investment. It is with great pleasure I get to sit at Board Meetings with my fellow perianesthesia nurses representing each region of New York State. Over the course of time, I now consider each of the people sitting at the table, a friend. Hey, it never hurts to have friends spread across each region of the state!

On a more global note, being able to attend and participate in the ASPAN National Conference affords the opportunity to network with peers at a national level. Seattle did not disappoint this year. The conference was a great success and was enjoyed by all who were fortunate enough to attend. Members from NY State were able to meet for a delicious Seattle dinner. So, wine, food, friends-what more can you ask for?

Now that I have convinced you all to come and join in the fun, I hope to see you all at the NYSPANA State Conference. This year we will be in Binghamton, October 21st-23rd, 2011. We have been busy planning an exciting weekend with excellent speakers and I am looking forward to seeing you there!

*Carol Capps, President*

**A special thanks and best of luck to Anne Federico, President of District 6, New York City who is relocating to North Carolina. You will be missed.**

## Treasurer's Report

As of July 2011

Checking .....	\$17,845.69
Savings .....	\$2,388.41
Secured Bond .....	\$12,447.29

Total: \$32,681.39

*Kathy Balog, Treasurer, NYSPANA*



## NYSPANA Network

### Districts 1 and 13

No News Reported

### District 10 News

District 10 celebrated PANAW week with a presentation by Dr Marthe Gabey on "Breast Reconstruction" on April 5<sup>th</sup>. The dinner program was hosted by Debbie Kwacz at St Mary's Hospital in Troy. It was an informative program; all attendees received a gift and 1 CEU.

On May 11<sup>th</sup> the Bone and Joint Center in Albany hosted an educational program on "Unusual Orthopaedic Cases" presented by Dr. Jeffrey Lozman. He reviewed several cases studies including his famous hemicorporectomy case. Attendees were awarded 1 CEU. Thank you to Kathy Giebetz for hosting such an interesting topic. Elections were held at our meeting and the officers elected were Shari DuGuay-President, Debbie Kwacz-Vice-President, Sandy Lowery-Treasurer, and Cheryl Barnes-Secretary. A sincere thank you to our elected officers for stepping up and helping out in providing quality educational programs and networking opportunities for our members. We continue to ask members to run for office, host a meeting, or educational program. Please contact me with any ideas or topics you would like to have presented. My e-mail is [sduguay@setonhealth.org](mailto:sduguay@setonhealth.org) or call me at 518-268-5608.

A reminder for those nurses looking to certify that Nancy Spadafora RN, CAPA is a certification coach.

Lastly, mark your calendars for the NYSPANA State Conference to be held October 21-23, 2011 in Binghamton. This will be our fall program due to the close proximity of our regions. The programs and speakers are going to be of the highest quality. Please plan on attending.

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

### District 9 News

District 9 is planning for the NYSPANA State Conference in Binghamton, NY this October. Please see the enclosed save the date flyer and plan to attend the conference. Spread the word to your co-workers and friends. We have excellent speakers and it should be a very renewing weekend. Watch your mailbox for a brochure at the end of summer.

*Jenny Seliga, BSN, RN, President*

### District 8 News

#### ASPAN Seminar:

On Saturday June 4, 2011 approximately 50 perianesthesia nurses attended District 8's ASPAN Seminar: *Surrounding Your Practice with Excellence*. Former ASPAN President Meg Beturne, MSN, RN, CPAN, CAPA presented this seminar which included topics on Medical Malpractice, Patient Safety, Documentation, Perianesthesia Standards and Ethics, Regulatory Issues and Guidelines and Advocacy and the Legislative Process.

Thank you to Pamela Werner, RNBC, CAPA and Kathleen Pecoraro, BSN, RN, CPAN who hosted this seminar.

NYSPANA District 8 awarded 10 members a financial scholarship covering the registration fee to attend this educational offering. The winners were chosen by lottery from a pool that included all current members of NYSPANA District 8. The lucky winners were:

Elizabeth Cacchione	Nancy Converso
Desiree Feldberg	Donna Kolb-Shores
Stephanie Mogan	Michelle Peluso-Dodd
Kathleen Scherf	Jennifer Volpe
Karen Aversano	Wanda Castelli

#### Award Winner:

Pam Werner, RNBC, CAPA, a member of the Northern Westchester Hospital's Ambulatory Surgery staff, has been selected as one of the Top 65 nurses in the Hudson Valley! Pam was one of the recipients of the 2011 Excellence in Nursing Awards sponsored by the Hudson Valley Magazine. She was nominated by Northern Westchester Hospital and winners were chosen by a committee of medical professionals and editors. Congratulations!!

**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](mailto:MCarollo@nwhc.net) leaving your name and contact information.

*Maryanne Carollo, BS, RN, CAPA, President*

### Districts 6 News

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

For more information contact:  
Carol Capps, NYSPANA President.



## NYSPANA Network

### District 14 News

District 14 had 8 of its members attend the ASPAN National Conference this past April in Seattle, Washington. Laurel Schroth, RN, CDE, Highland Hospital presented a poster presentation on "Perioperative Blood Glucose Monitoring and Protocol" at the conference.

Kudos to Cindy Veltri - Lucieer, RN, past NYSPANA President and local District 14 BOD member, who spear-headed a very successful local CPAN/CAPA certification study group!! Congratulations to the following nurses who have recently become certified: Debbie Page, Highland Hospital, Jane Parina, Highland Hospital, Debbie Curran, Highland Hospital, Lucille Friscano, URM Surgery Center at Sawgrass, Cathy Wuest, URM Surgery Center at Sawgrass, Nadia Tillett, URM Surgery Center at Sawgrass, Janene Bellis, URM Surgery Center at Sawgrass, Michelle Pulano, Strong Memorial Hospital and Sue Mydosh, FF Thompson Hospital.

We would like to thank F.F. Thompson Hospital in Canandaigua for their hospitality on May 18<sup>th</sup>. We had 35 people attend an educational presentation on Healthcare in Guatemala.

We also held elections at the May meeting. Nominating Chair Kari Alicea-Santiago announced Lucille Friscano as Vice President/President Elect and Linda Giarrizzo as Secretary. Current Vice President/President Elect Ken Nesbitt will take over as President in September and Jean Gumina will begin her second year of this current term as Treasurer. Many thanks to Sally Sackett who held the Secretary position for 2 terms.

"Save the Date" or maybe I should say "Save the Month" as District 14 has applied and is awaiting approval to host a Fall 2011 ASPAN Seminar. The topic we have chosen is "Surrounding Your Practice with Excellence: Legalities, Standards & Advocacy". We are planning it for a Saturday in September and will send an email with all the details as soon as we hear from ASPAN.

*Joan Morse, RN, CPAN, President*

### District 15 News

District 15 is planning an ASPAN Sponsored Seminar on September 24, 2011 titled *Certification Review for PeriAnesthesia Nursing*. It will be held at Sisters of Charity Hospital, St. Joseph Campus, 2605 Harlem Rd., Cheektowaga, New York. Flyers with registration forms attached will be sent via e-mail to all members in mid July. Please mark your calendars.

This seminar is an excellent review for those interested in taking the certification exam or just as a review for your professional knowledge. The program offers a great expansion of your existing perianesthesia knowledge. Please take advantage of the ASPAN National Speakers.

Join us in congratulating Mary Ellen Nowak, RN, BSN, CPAN from District 15 on being chosen as the ANA sponsored Nurse of Distinction by her peers and employer, Sisters of Charity Hospital, St. Joseph Campus of Cheektowaga, New York. Mary Ellen is a PACU nurse at St. Joseph Campus and has been employed with Catholic Health for over 35 years. She has been specializing in the PACU for the last 12 years. The last three years, she has become actively involved in NYSPANA District 15 Board of Directors as the District's Treasurer. She also serves on the education committee. Mary Ellen is also a dedicated wife, mother, and grandmother. She is active in her church community serving as a Eucharistic Minister and is a member of the Women's Guild.

Mary Ellen was nominated by her peers for this award because of her continued patient advocacy. In her stealth, effective technique, she is always able to bring her patients the best possible experience. Mary Ellen has the ability to care for the patient full circle. Her view is a "360 degree" view. Like so many of us, she is attempting to assist not only the patient with the best surgical and post anesthesia experience, but she also considers the care giver, the parent, and loved one in the waiting room or at home. She was the first of our PACU staff to pioneer the concept of visitation in the PACU before it was a common place thought.

I congratulate Mary Ellen in her many professional and personal accomplishments. She deserves a round of applause. Thank you Mary Ellen, you have paved the way for so many nurses and created a great example for others to emulate and follow.

*Dianne Lysarz, President*

### Research Committee News

The mission statement of ASPAN's Research Committee is to promote patient care, guided by research and research methods with a goal of educating perianesthesia nurses in improving quality patient care.

The NYSPANA Research Committee is moving slowly, BUT FORWARD! As of June 1st, Jackie Ross from the National Research Committee states the Fatigue Study for PACU nurses is still waiting for IRB approval. This seems to take a long time.

As far as the sedation scale survey for Phase II nurses, it was decided at the March Board Of Director's Meeting to use survey monkey. This will avoid each participating institution going through the IRB approval process.

So be on the lookout on the web and in the next issue of *Up to Par* for more information.

*Cindy Veltri Lucieer, BSN, RN, CAPA,  
NYSPANA Research Chair*

## Governmental Affairs Committee Report

So much is happening in healthcare today on many different playing fields that I am not sure where to start. At the federal level, the budget is still the main topic of discussion with its many ramifications. The same old story still exists, how much spending we agree on and which programs will be affected? One thing is clear, by August 2 of this year; the nation is at our borrowing limit. Treasury Secretary Tim Geithner has warned the government could default on its obligations and risk turmoil that may plunge the nation into another recession or even economic depression if cuts are not made or the borrowing limited increased. One area being looked at and getting a lot of publicity and discussion is the overhaul of the Medicare Program.

### Medicare Healthcare Reform with a Voucher Program:

This plan was introduced in early April by Paul Ryan as a way to balance the healthcare budget. The plan would give a voucher which entitles each participant to choose the healthcare services they want within the amount of the voucher. At first glance, Paul Ryan's plan to send millions of seniors into the free market with dwindling vouchers in hand might seem a boon to the private insurance industry. But would companies even want to participate?

Unlike the Affordable Care Act ([www.healthcare.gov](http://www.healthcare.gov)), which mandated millions of young healthy Americans purchase insurance with government subsidies, the Paul Ryan plan would instead bring the oldest, sickest, and least profitable demographic population to the table. With the Congressional Budget Office projecting the average senior would be responsible for over two-thirds of their health care costs within just 10 years of the plan's adoption — a proportion that is projected to worsen in the long run — the government subsidies backing them up may not bring in enough profitable customers to make things worthwhile.

Within two weeks of the bill being introduced by the Republican-led House, the bill passed. However, with key votes from the senior population being lost and political seats changing to demographic seats across the nation, the Medicare Reform Bill is not being supported. Within six weeks of the proposal being introduced, the Republican Party is now saying it is unlikely the bill will go any further.

### State Level:

On May 5, 2011, The Rochester/ Buffalo areas of New York State elected Kathy Hochul into the New York Congressional Seat (the 26th seat). Reports have stated that Kathy Hochul won the campaign with her support of marriage equality and her attack on the Medicare Reform Bill that her opponent, Jane Corwin supported. As stated earlier, the Medicare Reform via a voucher type program is quite controversial and many people are voicing they are not in favor of this bill as a solution to the national budget cuts.

### Safe Patient Handling Policy (A1370/ S2470-A)

This legislation is currently being discussed and voted on in the Assembly Ways and Means Committee and the Senate Health Committee. Safe patient handling is a comprehensive approach to reducing the use of the manual movement of patients when lifting, transferring and re-positioning. The legislation creates an eleven

member NYS Safe Handling task Force within the Department of Health identifying the composition of the task force and its powers and duties.

If passed out of committee and then passed in both the Senate and House of Representatives, every facility in NYS would be required to adopt the state wide program by July 2014.

### Educational Advancement for Nurses (A1977/S1223)

This legislation is currently in the Assembly Ways and Means Committee and the Senate Health Committee. Educational Advancement for Nurses would require professional nurses to attain bachelor's degrees in nursing within 10 years of their initial licensure, while grandfathering nurses already in practice and nursing students already enrolled. This bill is modeled after the Education law for public school teachers which requires teacher's to earn a Master's degree within 5 years post graduation. Currently, the Veteran's Administration system of healthcare requires all nurses within their employment to have a bachelor's degree for advancement within their facility.

### Healthy Workplace (A4258/S4289)

This legislation has been referred to the Labor Committee. The Healthy Workplace legislation provides legal redress for employees who have been harmed psychologically, physically, or emotionally by workplace bullying. It also provides legal incentives for employers who prevent and respond to mistreatment of employees at work. Studies and surveys have documented that 16 – 21 percent of employees directly experience health endangering workplace bullying, harassment and abuse. This behavior is four times more prevalent than sexual harassment.

### Have You Joined the Nurses' Health Study?

The Nurses' Health Studies are among the largest and longest running investigations of factors that influence women's health. Started in 1976, the information provided by the thousands of dedicated nurse participants has led to many new insights on health and disease. Nurses' unique knowledge, training and interest in health issues allow us to provide very accurate and complete information. The studies have produced landmark data on cancer prevention, cardiovascular disease, diabetes, and the effects of such lifestyle factors as diet and physical activity.

The Nurses' Health Study is still growing, and is currently recruiting nurses from across the United States for a third study. The study is conducted entirely over the Internet, and is completely confidential. Female nurses between the ages of 22 and 45 are needed.

ANA encourages our members and other nurses to consider participating in this long-term study. Visit the Nurses' Health Study 3 website for more information.

*Nancy Salerno, RN, MS  
GAC Chairperson*



## Reflections From Our ASPAN Region IV Director

Greetings Everyone! I have been more patient than professional these past few months as I have been recuperating from my knee injury and consequent surgery, Lots of TV diversion; with much attention to Oprah Winfrey's final television show. In over 25 years, she has come into our homes, touched our lives, raised social consciousness and motivated many to reach new personal and professional goals. How can one person attain so much influence?

This made me think about the impact of ASPAN; we have a rich 31 year history of presence, access and influence. And it is my belief that each perianesthesia nurse is an "Oprah". Consider – do you have the power to engage people, discuss personal and sensitive topics with compassion, competency and caring? Can you advocate for patients? How many lives and families have you touched in your career? Can you influence product purchasing based on economics and research? Can you change present and future practice through investigation, innovation and evidence? Have you shaped guidelines and recommendations for your specialty? The answer is an unequivocal YES!

There are currently 13,982 ASPAN members; with 3000 in Region IV. Each of us is a recognized expert in our areas. We have a large organization representative of international, national, component and local specialists. As a member, you have an inherent partnership and responsibility to be knowledgeable and engage at all these levels.

ASPAN Leadership has updated the Strategic Plan; restructuring responsibilities for the BOD, Committee Chairs and Strategic Work Team members to be committed and accountable to driving our mission, vision and goals. This was shared with the Representative Assembly in Seattle. The Directors for Clinical Practice, Education and Research are now "Mission" Directors, as their responsibilities closely mirror ASPAN's Compelling Vision. Component Leaders represent the members in accomplishing this mission; members have a direct responsibility to influence their component leadership. Members, I invite you to access the organization structure at [www.aspan.org](http://www.aspan.org).

Chris Price, our new ASPAN President, revealed at the ASPAN National Conference, her theme of "**Beacons of Change: Focusing on the Future**". A beacon, serves as a homing device, a directional guide to move forward. ASPAN, through its components, is that beacon: providing many resources, opportunities and access to education, experience and evidence, supporting your ability to influence. Please "guide" your computers to the ASPAN website at [www.aspan.org](http://www.aspan.org) to acquaint yourself with your National Office Staff, National Leaders, Components Resources, websites, programs and materials available to you. Through active membership and certification, YOU become an influential beacon, a credible resource, to your workplace leadership, colleagues, patients and families as you navigate in the perianesthesia world. More importantly, you MUST engage through the organization to validate that influence. Meetings and educational events currently listed are on the international, national, component and local levels.

So my fellow "Oprahs", I invite you, better yet, challenge you, to engage in your component and in ASPAN, as we advance our professional influence. I am looking forward to hearing from you directly; ([lkling@aspan.org](mailto:lkling@aspan.org)) or I plan to visit your component in the coming year. More importantly, I will see you in September for the Component Development Institute in Philadelphia, PA!

*Laura A. Kling, MSN, RN, CNS, CPAN, CAPA  
Region IV Director*



*In Seattle L/R: Leona Estling, Kathy Pecoraro,  
Denise McGill and Lizann Hunter*



# SURGICAL AND PERIOPERATIVE SAFETY DELEGATION TO CHINA

with Elizabeth Norton, RN, BSN, CNOR

## Visit China

### and Explore Perioperative Safety this December

ASPAN is pleased to offer its members the opportunity to participate in a unique travel/educational program to China this winter with People to People Citizen Ambassador Programs.

People to People offers travel and learning opportunities to professionals in order to further global networking, career development, personal enrichment, and international goodwill.

The professional delegation to China (Beijing, Guilin, and Shanghai) will take place December 6-17, and the team will discuss surgical and perioperative safety issues with their Chinese counterparts.

To obtain more information or to enroll online, please visit: [www.peopletopeople.com/elizabethnorton](http://www.peopletopeople.com/elizabethnorton) or call 877.787.2000 for details.



## American Society of PeriAnesthesia Nurses

### Free Anesthesia Patient Safety Newsletter for ASPAN Members

On behalf of the Anesthesia Patient Safety Foundation (APSF) and the American Society of PeriAnesthesia Nurses (ASPAN), we are pleased to announce the availability of the electronic copy of the *APSF Newsletter* to ASPAN members. The *APSF Newsletter* provides rapid dissemination of anesthesia patient safety information for all those who care for patients in the perioperative period. We believe that ASPAN members will find the contents of the newsletter both pertinent and valuable as we pursue our common goal of patient safety.

Sincerely,

Robert K. Stoelting, MD  
President, APSF

Chris Price, MSN RN CPAN CAPA  
2011-2012 President, ASPAN

To view the current edition of the newsletter, visit:

[http://issuu.com/enews/docs/spring\\_2011?mode=embed&layout=http%3A%2F%2Fskin.issuu.com%2Fv%2Fflight%2Flayout.xml&showFlipBtn=true](http://issuu.com/enews/docs/spring_2011?mode=embed&layout=http%3A%2F%2Fskin.issuu.com%2Fv%2Fflight%2Flayout.xml&showFlipBtn=true)

# WANTED

## FOR NEW YORK CITY OFFICERS

Anne Federico, the NYC District President, has relocated to North Carolina. We need interested members to become active as officers.

If interested please email:  
Carol Capps:  
ccapps@notes.ccsunysb.edu.  
or Barb Ochampaugh:  
barbochampaugh@verizon.net.



Copy Deadline for  
the Next Edition of

# UP TO PAR

is

October 1, 2011

*Please be punctual...*

Forward articles to NYSPANA  
or  
Michele Rossignol, Editor  
michele\_rr2003@yahoo.com

## SAVE THE DATE!

New York State PeriAnesthesia Nurses Association  
2011 State Conference

## The Many Colors of PeriAnesthesia Nursing October 21-23, 2011

October 21<sup>st</sup> 5:30- 7:30 p.m.  
October 22<sup>nd</sup> 7:00 a.m.- 5:00 p.m.  
October 23<sup>rd</sup> 7:00 a.m.- 11:45 p.m.

### Purpose:

The purpose of this program is to provide perianesthesia nurses with an update in topics related to perianesthesia nursing.

### Target Audience:

Perianesthesia nurses in Pre-Admission Testing, Phase 1, Phase 2, Phase 3 and Nurses practicing in Medical / Surgical, Diagnostic Imaging, Wound Care and Birthing Centers

### Overall Program Objective:

Discuss current topics of interest to perianesthesia nurses

### Disclosure Statement:

All faculty at nursing continuing education activities are required to disclose to the audience (1) any significant financial relationships with the manufacturer(s) of any commercial products, goods or services, and (2) any unlabeled/unapproved uses of drugs or devices discussed in their presentations. Such disclosures will be made in writing in the course presentation materials.

### Accreditation Statement:

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

### Location:

Traditions at the Glen  
4101 Watson Boulevard  
Johnson City, New York 13790  
Tel: (607) 797-2381  
Traditionsresort.com

### Contact Person for Event:

Jenny Seliga, RN, BSN  
NYSPANA District 9 President  
607-624-4193



Brochures to be mailed to  
NYSPANA members by September 2011



## From The Vice President / President Elect

### Call to Serve NYSPANA

I am writing to all of you, to consider being more active in the organization. We are 800 members and only about 1% of us are active on the local and state level. This is a problem within our regional affiliates and at the national level. The reasons **not** to be involved are numerous; however the need for leadership is growing. The potential for growth, networking and connection is limitless, when we become an active member.

Mark Shead (1) states the five qualities of leadership are: honesty, forward looking, competence, inspiration and intelligence. These are the qualities of a perianesthesia nurse. We bring these qualities to work every day as we interact with physicians, families, patients and colleagues.

I will be retiring from my nursing carrier in six years. Others on the board will be leaving before or soon after me. We want to share our knowledge and history of the organization with **you**. Not ready for state leadership? The local districts need you. It could be as simple as organizing a meeting at your facility or taking the step to become an officer.

We would like anyone interested to attend our October 21<sup>st</sup> Board meeting in Binghamton. It is the Friday before the NYSPANA State Conference. We meet from 8:30 a.m. to 5 p.m. Lunch is provided. Come all day or just for part of the meeting. Contact your local District President for details.

Unable to commit to the state board, local leadership is needed. The following districts, 6, 13 and 15, need officers. Diane Lysarz and Tim Clark are working hard to get the districts more active.

They need support. Syracuse is hosting the 2012 NYSPANA State Conference and many hands are needed.

Anne Frederico was President of District 6, NYC. She is moving to North Carolina. She has no other officers. No one has stepped forward to take her place. NYC has the most members in the entire state. We need a core group of volunteers to keep NYC active. Please contact NYSPANA President Carol Capps (ccapps@notes.cc.sunysb.edu.) or myself, NYSPANA Vice-President/President Elect (barbochampaugh@verizon.net.), if you are interested in this challenging, rewarding opportunity.

For NYSPANA to continue to provide quality educational programs, networking and resources, we need committed members. Become involved in a fun, challenging and at times overwhelming worthwhile perianesthesia nursing organization. The knowledge, friendship and personal growth is so very rewarding.

My journey to leadership started six years ago. While studying for my CPAN exam, my colleague and future treasurer moved up from Long Island. We found District 10 floundering and became leaders of that District. Never, as I sat at board meetings, did I envision myself as the future President. My challenges as President will be to get more people involved so NYSPANA can continue to grow and evolve, to find nurses in NYC to take the leadership challenge, and to work with Tim Clark to have a great State Conference in Syracuse in 2012.

*Barbara Ochampaugh, RN, BS, CPAN President*

- 1 Shead, M. (2011). The Five Most Important Leadership Traits. ([www.leadership500.com](http://www.leadership500.com).)

## Policy Question: Standards

### Research Question; Forced Air Warming Devices in Pre-op settings.

Barb Ochampaugh, RN, BS, CPAN

We are in the process of writing policy to use Forced Air Warming Pre-op to prevent post-op hypothermia. I know many of you have this process in place. How do you ensure that the blanket or gown goes through the entire preoperative setting?

Research Question: Do you use Forced Air Warming Devices either Bair Paws or Hugger pre-operatively?

How do you get the gown or blanket from pre-op to PACU?

How long do you warm the patient? From arrival on unit to OR or for a specific amount of time pre-operatively?

Thank you for your considerations. Answers can be emailed to me at: [barbochampaugh@verizon.net](mailto:barbochampaugh@verizon.net).



International Conference  
for PeriAnesthesia Nurses

# ICPAN

*Many Practices . . . Just One World*

Dear PeriAnesthesia Colleagues,

It is with excitement and enthusiasm that I invite you to attend the inaugural International Conference for PeriAnesthesia Nurses (ICPAN) being held October 2-5, 2011 in Toronto, Canada. The host hotel, the Sheraton Centre Hotel, is located at 123 Queen Street West in downtown Toronto, Ontario. Early Bird Conference registration is June 30th! Registration includes: Exhibitor's Opening Reception on Sunday evening, October 2, 2011. All full conference and single day registrations (any day) include entrance to all presentations exhibitors' hall, exhibits, displays, conference syllabus and handouts.

Sponsoring and hosting this international, collaborative conference are the American Society of PeriAnesthesia Nurses (ASPAN), the British Anaesthetic & Recovery Nurses Association (BARNA), the Irish Anaesthetic & Recovery Nurses Association (IARNA) and the National Association of PeriAnesthesia Nurses, Canada (NAPANc). Conference delegates will include managers, educators, researchers and practitioners dedicated to providing excellence in perianesthesia nursing practice.

Global leader representation from Europe, North America, Africa, Australia, New Zealand and the Pacific Rim have committed to participation in this event. Attendees will have the opportunity to share diverse practice perspectives, knowledge and cutting edge research through our educational program as well as clinical innovation and research poster presentations. Please visit our website [www.icpan.info](http://www.icpan.info) for more information.

On behalf of our multinational ICPAN Conference Committee colleagues, we hope to see you in Toronto! I look forward to hearing from you. If I can provide any further information or assistance, please feel free to contact me.

Sincerely,

Susan Fossum, BSN, RN, CPAN  
Chair, International Conference for PeriAnesthesia Nurses  
American Society of PeriAnesthesia Nurses, Past President 2007-2008  
[fossumsusan@hotmail.com](mailto:fossumsusan@hotmail.com) 916.834.3068

## 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 21<sup>st</sup> century.



*Pam Werner, RNBC, CAPA, a member of the Northern Westchester Hospital's Ambulatory Surgery staff, has been selected as one of the Top 65 nurses in the Hudson Valley!*



## 2011 NYSPANA Election

It's that time of year again! The NYSPANA Nominating Committee wants to encourage members to become leaders in our great organization. The NYSPANA Board currently has two positions available; Vice President/President Elect, and Treasurer. Both positions are expected to maintain active membership in ASPAN, attend the NYSPANA Board of Director's meetings held twice a year, and serve as a voting member of the Board. Detailed duties and responsibilities can be read online at the NYSPANA website ([www.nyspana.net](http://www.nyspana.net)).

### Highlights of each position are:

**Vice President/President Elect:** Assist the President in the performance of his/her duties. Preside over the Society in the absence of the President. Represent NYSPANA at the ASPAN Representative Assembly.

**Treasurer:** Maintain accountability for all NYSPANA funds and manage the financial affairs of the Society.

The election ballot is included in this issue of *Up To Par*. If you are interested in either of these rewarding positions there is an area for a "Write In Vote".

If you have any questions, feel free to contact me at [salati@rochester.rr.com](mailto:salati@rochester.rr.com). And please, REMEMBER TO VOTE!

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

## 2011 - NYSPANA ELECTION BALLOT - 2011

### NYSPANA VICE PRESIDENT/PRESIDENT ELECT

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

- Current NYSPANA District 15 President
- Nurse Manager at Sisters of Charity Hospital, St. Joseph Campus, Buffalo, NY: PACU, ASU, PST, IXR
- 20 years of Perianesthesia nursing experience

#### **My Goals Include:**

- Strive for the best elements for the 2012 Gold Leaf Award
- Increase ASPAN membership
- Encourage members to achieve certification
- Promote Perianesthesia educational opportunities

\_\_\_\_\_ (Write-In Vote)

### TREASURER

**Kathy Balog, RNC**

- Incumbent NYSPANA Treasurer
- Current NYSPANA District 9 Treasurer
- Over 20 years experience in Pre -Admission Testing and Ambulatory Surgery, over 30 years experience in the Med-Surg area
- 2011 State Conference Committee Member

\_\_\_\_\_ (Write-In Vote)

**Mail completed ballot by August 31, 2011 to: Susan Alati, NYSPANA Nominating Chair  
11 Baynard Court, Pittsford, NY 14534 or FAX to 585-264-9146**

# NYSPANA

30 Diana Road  
Rocky Point, NY 11778

Presorted Standard  
U.S. Postage  
PAID  
Auburn, NY  
Permit #150



## Beacons of Change

*“Focusing on the Future”*

**April 15 - 19, 2012**  
**Hilton Orlando**  
Orlando, Florida

## ASPAN's National Conferences

### *Future Conference Dates*

Consider attending our  
ASPAN National Conference . . .

**April 14-18, 2013**  
**Chicago , IL**