



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

Volume 37 No. 2

July 2015

Communication: Are We Disconnected From Our Patients?

Think of the way the world has changed since the 1920's; space stations, color television, the wireless generation. The youth of today, only know wireless and are often very skilled at a young age in the use of these devices.

Electronic medical records, cell phones, face time or any of the many communication devices of today have changed the way we communicate. We can bank and pay bills on-line. Prescriptions go directly to the pharmacy. To borrow an old commercial phrase, we “reach out and touch people” in new ways. Has the cost been the lost art of communication? Has this caused low patient satisfaction scores?

Do we look up at our patients while we enter their information into the computer? Are we so busy entering data, we forget to hold a hand, smile or acknowledge the patient or their family? Do we scurry out of the room or cubicle without asking if there is something else they need? As they sit on stretchers in pre-op waiting to go into surgery, do we check on them after we admit them? Hourly rounding by nurses to inquire on their well being improves patient satisfaction scores and decreases call light use.

Just as there is a generation gap in nursing, there are patient generation gaps. Our elderly grew up with party lines, rotary phones, radio, black and white television and the written word. That generation has either embraced the new electronic world or they don't use it at all. Think of the way the world has changed since the 1920's; space stations, color television, the wireless generation. The youth of today, only know wireless and are often very skilled at a young age in the use of these devices.

Heather Ead in the June article in *JOPAN* gives the following tips for improving the patient experience:

1. Include the patient when giving hand-off report. “Mr. S. I am going to give the nurse an update on your recovery.” This gives a partnered approach to patient care and avoids an assembly line feeling.
2. Seek agreement with the patient during the verbal report. “Mr. S is allergic to PCN, isn't that correct Mr. S?”
3. When responding to alarms, assure the patient that nothing serious is going on and what the nature of the alarm is.
4. Be mindful of conversations over an apparently unconscious patient; a patient with closed eyes may have awareness of their surroundings and excellent hearing.
5. Assess the patient for anxiety with your pain assessment. Anxiety interferes with your ability to control pain and nausea.
6. Consider environmental factors on anxiety and pain: cold, noise, lights, smells, lack of privacy and chaos. Control what you can to provide comfort to the patient.
7. Remember to pause and provide eye contact or hold a hand.
8. Have the patient repeat key education facts. “So Mr. S, when are your restart-

ing the Coumadin?” (*JOPAN*)

No matter what area of perianesthesia nursing you work in, you meet patients and families. Don't forget to introduce yourself, smile, hold a hand and be sincere. “Hi, I am Barb Ochampaugh, I will be your nurse today.”

Barb Ochampaugh, RN, BSN, CPAN

References

- Davies, K. (2014). Hourly Patient Rounding. Advance Healthcare Network.
- Ead, H. (2015). How tuned in are you to the patient experience? *JOPAN: 30(5)*. 236-238.

Inside This Issue

Communication	1
President's Message	2
Treasurer's Report	3
NYSPANANetwork	3
GAC Report	4
ASPAN Regional Director	5
ABPANC Certification News	6
ABPANC Shining Star Award	7
Poster Presenter Photos	7
Aspan Summer/Fall Seminars.	8
Call to Network	10
Community Service	10
Fall Conference	10
NYSPANAN Election Ballot.	11
Future ASPAN Conferences	12



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ASPAN Donna Ingram
1-877-737-9696 ext. 219



COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of *UP TO PAR* will be **OCTOBER 1, 2015**.
Please forward all articles to NYSPANA or to:
Michele Rossignol, Editor
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Mission Statement

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

From The President



The ASPAN National Conference was a wonderful experience. NYSPANA had many posters on display. Sally Sackett (District 14) did a podium presentation of her research project. We brought home the Shining Star Award from ABPANC. Wanda Rodriguez was recognized by ASPAN as an "Above and Beyond" award winner and a presenter. We will be able to apply for the Gold

Leaf award next year. Each year we have submitted our newsletter for recognition.

The NYSPANA Fall State Conference in White Plains is taking shape nicely. Brochures will be going out this summer. It will feature all nurse speakers and is the week end of October 23-25th. The board meeting will be Friday the 23rd. If you are interested in attending the board meeting, please contact your district president or me at: barbochampaugh@verizon.net. For conference information, contact Maryanne Carollo at fcaro87624@aol.com. This is Maryanne's last commitment for NYSPANA. She is retiring and has turned the district over to Pam Werner's capable hands. You will be missed. Next years' state conference is in Albany.

NYSPANA has 900 members, but only a small handful is willing to be board members at both the local and state levels. Lack of interest has lead to the dissolution of Buffalo District 15 and will probably be the same fate for Binghamton. Susan See has worked for three years to garner interest in the district. We will discuss the fate of these districts at the board meeting in October. Each time a district is dissolved, opportunities for education and networking are lost. We have also been unable to fill the NYSPANA secretary position. We have no vice president candidate. We will discuss at the board meeting how Bronwyn Ship and I will perform our roles. We will either stay in our current positions or we will switch them. I am retiring in three years, so I can only recycle one more time. Luckily Sue Alati is continuing as the treasurer. There are excuses for not being involved; I have small children, I am in school, I have parent care, or I am too involved in other activities. These excuses cover a portion of membership, others need to step out of their comfort zones and become involved. Without members willing to be officers or hosts for meetings, there are no education opportunities. Then there are no Gold Leaf, Shining Star or Newsletter awards. Think about committing yourself to NYSPANA, we need you now.

Barb Ochampaugh, RN, BSN, CPAN

2015 NYSPANA State Conference October 24-25, 2015 Crowne Plaza, White Plains, New York



Nurses Building Bridges

*A Discussion of
PeriAnesthesia Care*



NYSPANA Network

District 1, 6, 9 10 & 13 News

No News Reported

Tina Stoebe, BSN, CPAN, Dist. 1 President

Trina Mills, RN, BSN, MS, Dist. 6 President

Susan See, Dist. 9 President

Shari DuGuay, RN, BS, CAPA, BC-NE, Dist. 10 President

Ginger Giarusso, Dist. 13 President

District 8 News

2015 NYSPANA State Conference

October 23-25, 2015 - Crowne Plaza, White Plains, NY

Conference Presentation Topics: The Conference Planning Committee has been working to provide conference attendees with topics from the feedback on the conference needs survey completed at the 2014 Conference in Rochester. The Planning Committee continues their work to make arrangements for speakers on requested topics. At this time the Committee has presenters earmarked to present on:

- Spine Surgery: Pre and Postoperative Care
- Ethical Issues in Organ Donation and Transplantation
- Retirement: Are You, Will You, Be Ready?
- Post-Anesthesia Care of the Cerebral Aneurysm Patient
- Pediatric Anesthesia
- Pain Managing Acute Pain in the Chronic Pain Patient
- Pediatrics: Deadly in a Single Dose
- Perioperative Medications: What's New?
- Cardiac Surgery
- OIM Report: Nursing Advocacy and the Future of Nursing

Pam Werner, RN, President

~ Treasurer's Report ~	
Checking Account	\$15,663.00
Savings Account	\$22,235.00
Investment Account Value	\$16,593.00
	\$54,491.00
<i>Sue Alati, Treasurer, NYSPANA</i>	

District 14 News

Six District 14 members attended ASPAN's National Conference April 26-30, 2015 in San Antonio Texas. Jo Lynn Cornish, RN, CAPA presented a "Celebrate Successful Practice" poster, "Preparation for Total Joint Surgery: Patient Education and Documentation Tools for Home". Sally Sackett, BSN, RN, CAPA presented a "Celebrate Successful Practice" poster which she also presented orally at the conference: "Isolation Clearing Initiative" (I.C.I.). Jo Lynn Cornish was also a team member on the I.C.I. project. Both Sally and Jo Lynn work at Rochester General Hospital.

District 14 annual spring educational offering was held at FF Thompson Hospital on May 20, 2015 in Canandaigua. "Wounds: They Are Not Alike: Identifying Wounds & Various Wound Therapies" was presented by Alice Mann, BSN, RN, WCC and 23 members attended. Each attendee received a 1.25 contact hour certificate. The district election results were also announced that evening: President Elect-Jean Gumina, MS, RN, CPAN, CAPA and Secretary-Sandra Price, BSN, RN, CAPA. We thank both of them for accepting these positions and leading District 14 over the next several years. The district is preparing for our fall educational offering September 26, 2015, at the Burgundy Basin Inn. It will be a half day conference including breakfast.

Sally Sackett, BS, RN, CAPA, President



*Sally Sackett at ASPAN National Conference
San Antonio, Texas*



GAC Report

Caitlin Bickhart, RN



Safe Staffing in NYS

Having recently started working in a hospital in the midst of union negotiations, I find the “Safe Staffing for Quality Care Act” to be a point of particular concern. Those of you out there who are in a NYSNA (New York State Nurses Association) shop know that there can be some discord between the union and administration. Staffing plans are created and “implemented”, though those working the floor may beg to differ. Seasoned nurses who have loyalty to a certain facility may be forced to “hospital shop” to find better conditions in some cases. This also affects our classically trained nursing school veterans who have had their RN’s and have no desire after 30-some-odd years to fork over money and time to “go back to school”. In a system where they were grandfathered in to maintain their RN without a BSN, switching to a new facility will be nearly impossible without a bachelor’s degree. In my opinion, experience and Evidence Based Practice most often trump a bachelor’s degree from a university who probably has a shortage of clinical instructors and limited access to critical care and ER rotations for their students.

What is being done?

On April 16th, NYSNA hosted a picketing event in NYC with thousands of supporters in support of the Safe Staffing Act. On local levels, some hospitals are proposing strikes to enforce the conditions of the bill (ref: Bill A6571-2013), but legislatively, the last action or amendment made on the bill was one year ago and it has not yet been passed. The bill proposes to mandate compliance with staffing plans and to ensure appropriate care to each patient. For example, an L&D nurse should not be floated to the ICU. To ensure that each patient gets the care he or she needs and that our nurses can work in a somewhat controlled environment, things do need to change in New York. For more info on NYSNA, visit www.nysna.org.

Questions or Comments?

Please email me at Caitlin.bickhart@navy.mil

CONSTANT CONTACT IS HERE

Constant Contact is an email marketer we have purchased to keep NYSPANAs members informed of events in a timely manner. My responsibility will be to manage the email contacts. You may have received an electronic notice to verify your email address in September from President-Elect Barb Ochampaugh who set this up for NYSPANAs.

Please be mindful of Constant Contact when you open up your email. Please let me know if you have a perianesthesia conference so I can share it with the component. My email is CVL54@hotmail.com. I am available if you have any questions.

Cindy Veltri Lucieer

Reflections From Our ASPAN Regional Director

Hello Everyone,

My name is Sylvia Baker and I have the joy to be your new ASPAN Regional Director. I am excited to be your conduit to the ASPAN Board of Directors. It was wonderful to meet many of you at National Conference in San Antonio.

I have been a perianesthesia nurse for about 28 years after working on medical/surgical units for the first 10 years after my graduation from a diploma program. I returned to school for my BSN in 2003, completing this goal in 2006. During this process, I was bitten by the “education bug” and completed my MSN, graduating in January of 2010. Currently, I work per diem in my local PACU, while working full time as a Clinical Education Specialist, coordinating our Nursing Practice Orientation and Student Nurse Affiliations. Because I truly believe we all need to be active in succession planning, I teach nursing for a local community college.

My husband Michael and I have a daughter and son-in-law, a grandson and a granddaughter. We also have a son, who is a RN and just happens to work at the same hospital as I! I’m very proud of my family and they support me in my many activities. You may just get the opportunity to meet one (or more) of them when I come to visit your component!

Some of my goals for my tenure as your Regional Director are to assist you in helping your component grow in numbers and financial strength. These are goals I cannot attain by myself and don’t even come close to suggesting that I have any of the answers. I am a true believer in teamwork. With this philosophy, I believe we can make ASPAN and your component stronger and more sustainable. It’s not easy, but with all of us working collectively, we can make this a reality. Invite the younger nurses in your department to attend a component meeting with you and let them find out how much fun we all have! Reignite some perianesthesia passion in your seasoned colleagues by asking questions such as: “What do you like most about being a perianesthesia nurse?” or even: “What made you decide to become a nurse?” By asking your colleagues/peers these questions, you’ll get to know them on a different level and you’ll also help them return to their nursing roots. Maybe you need to ask yourself these same questions? By demonstrating your passion, you’ll ignite others to their core values.

During the most recent Representative Assembly (RA), a couple of activities took priority. The first was passage of ASPAN’s newest position statement on “Alarm Management”. We must continue to individualize our patients’ alarms and pay attention when they alarm! The other issue that brought about a great deal of discussion centered on ASPAN’s member benefit to the Joanna Briggs Institute. Because of the autonomy that you, through your RA members have, the recommendation was sent back to the ASPAN Board for reconsideration. It was exciting to be witness to the power of grass-roots! Stay informed and keep the dialogue flowing!

I look forward to this shared journey. Please do not hesitate to contact me and let me know how you see I can assist you and your component in providing safe, efficient care to those entrusted to us!

Sylvia J. Baker, MSN, RN, CPAN
ASPAN Regional Director, Region 3
ASPAN CSP Coordinator
ASPAN Clinical Practice Team Leader



Certification News

ABPANC Offers New CPAN/CAPA Study Question of the Week

Check out the new Study Question of the Week on the ABPANC website at www.cpancapa.org. Each week ABPANC will post a new CPAN or CAPA study question with the previous week's answer. Nurses can also subscribe to receive the questions via email, or find them on the ABPANC Facebook page at: www.facebook.com/abpanc

CPAN® / CAPA® "Nursing Passion in Action" Award

Nominate a colleague when you see Nursing Passion in Action. Any CPAN and CAPA nurse who goes beyond their normal job responsibilities to provide outstanding patient care is eligible for the monthly *Nursing Passion in Action* award. Each month, ABPANC selects 10 winners and gives them a \$25 gift certificate to be used for great merchandise at the CPAN/CAPA online store.

The award nomination is easy to fill out and award posters are available online at:

www.cpancapa.org/resources/awards/passion

Contact ABPANC

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 New York, NY 10115-0089

PH: 800-6ABPANC
 FAX: 212-367-4256

Email: abpanc@proexam.org
 Website: www.cpancapa.org



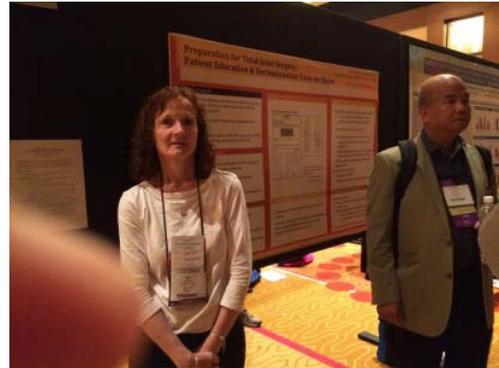


Shining Star Award

I am pleased to report that your Component will be recognized at the CPAN/CAPA Celebration Luncheon on Monday, April 27th at the ASPAN National Conference in San Antonio as a recipient of the 2015 ABPANC Shining Star Award. The Component President (or, if you prefer, a component member of your choosing) can accept the Award and join all recipients at the close of the Luncheon for a group photo. Congratulations!

Philip Godlewski, Mus.B.
ABPANC Program Associate & Office Mgr.
ABPANC Professional Examination Service

NYS Poster Presenters at the ASPAN National Conference in San Antonio, Texas





ASPAN
American Society of PeriAnesthesia Nurses

Summer/Fall 2015 Seminar Series
Surrounding Your Practice With Excellence:
Legalities, Standards & Advocacy

Presented by:

Linda Wilson, PhD, RN, CPAN, CAPA, BC, CNE, CHSE, CHSE-A, ANEF, FAAN

Date: Saturday, July 25, 2015

Time: 7:30 AM Registration

AM Coffee/tea service – LUNCH IS ON YOUR OWN

Program Time: 8:00 AM – 4:55 PM

Location: Hilton Times Square

243 W 42nd Street , New York, NY 10036

www.hilton.com

7.25 Contact Hours

Summer/Fall 2015 Seminar Series
Perianesthesia Pathophysiology and Assessment:
A Systems Approach

Presented by:

Terry Clifford MSN RN CPAN CAPA

Date: Saturday, September 26, 2015

Time: 7:30 AM Registration

AM Coffee/tea service – LUNCH IS ON YOUR OWN

Program Time: 8:00 AM – 4:55 PM

Location: Sheraton Syracuse Hotel & Convention Center

801 University Avenue • Syracuse, NY 13210

www.sheratonsyracuse.com

At the ASPAN National Convention



top row: Bronwyn Ship, Barb Ochampaugh
bottom row: Marty Maresco, Marty's granddaughter Jaime, and Nancy Parvon



top row: Nancy Strzyzewski, Barb Ochampaugh, Bronwyn Ship
bottom row: Marty Maresco, and Marty's granddaughter Jaime

WANTED NYSPANA OFFICERS

Vice President - President Elect
Treasurer

DISTRICT OPENINGS
Binghamton:
Vice president, Secretary,
Treasurer

IF INTERESTED
PLEASE CONTACT

Barb Ochampaugh at:
barbochampaugh@verizon.net



Copy Deadline for the Next Edition of UP TO PAR

October 1, 2015

*Please be punctual
with your articles . . .*

Forward all articles to
NYSPANA or to:
Michele Rossignol, Editor

7949 Boxford Road,
Clay, New York 13041

Cell: (315) 264-8195

or Email Articles to:
michele_rr2003@yahoo.com

ASPAN Leadership Development Institute

September 18-20, 2015

Sheraton Hotel
Clayton, Misspuri

A Call To Network

We welcome input from the membership:

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

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

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

Thanks in advance!

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



UP TO PAR

Newsletter of the New York State
PeriAnesthesia Nurses Association

Community Service

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

NAME _____

DISTRICT _____

CONTRIBUTION _____

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

Michele Rossignol, RN
Email to: michele_rr2003@yahoo.com



~ SAVE THE DATE ~

2015 NYSPANA State Conference

October 24-25, 2015

Crowne Plaza, White Plains, NY



Nurses Building Bridges

*A Discussion of
PeriAnesthesia Care*

Conference Presentation Topics:

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- Spine Surgery: Pre and Postoperative Care
- Ethical Issues in Organ Donation and Transplantation
- Retirement: Are You, Will You, Be Ready?
- Post-Anesthesia Care of the Cerebral Aneurysm Patient
- Pediatric Anesthesia
- Pain
- PeriOperative Medications: What's New?
- EBP/Best Practice



At the Gideon Putnam NYSPANA BOD meeting - Maryanne Carollo, District 8 President, steps down. So long, farewell, and thanks so much for your years of service to NYSPANA and District 8.



2015 NYSPANA Election

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's Duties: 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* (below). If you are interested in any of these rewarding positions there is an area for a "Write In Vote".

If you have any questions, feel free to contact me at rrrg26@Hotmail.com. - And please, **REMEMBER TO VOTE!**

Regina Rivers
NYSPANA Nominating Chair

2015 - NYSPANA ELECTION BALLOT - 2015

VICE PRESIDENT PRESIDENT ELECT

*Check Box For Only One Candidate
or Write-In Your Choice For This Position*

Barbara Ochampaugh, BSN, RN, CPAN

- PACU Phase I staff nurse for 17 years
- Research for 8 years
- Past NYSPANA President
- Past NYSPANA District 10 President
- Past GAC Representative for 6 years
- ABPANC Coach
- Active District Level Planning Meeting

I believe in the organization and wish to see it succeed and continue to bring quality programs throughout New York State. I want to see more involvement by members to ensure the future of NYSPANA.

Eric Bachman, BS, RN, CAPA

My experience in both in and outpatient settings in combination with my training in process improvement and management will offer the NYSPANA members and organization a perspective that will integrate the success and address the challenges of both arenas of clinical practice. Given the opportunity I would use my time in service to promote excellence in clinical practice and proactively respond to inevitable change while maintaining a strong nursing presence and perspective necessary to promote our profession. I believe that a strong nursing presence and active leadership is essential to promote patient safety and would champion this belief as we meet institutional and regulatory changes. Since joining ASPAN in 2014 I have had the privilege of serving as Vice Coordinator of the Management Special Practice Group and serving with the Clinical Practice Committee.

_____ (Write-In Vote)

TREASURER

*Check Box For The Candidate
or Write-In Your Choice For This Position*

Susan Alati, BSN, RN, CAPA

- Incumbent NYSPANA Treasurer
- 2010-2012: NYSPANA Nominating Chairperson
- 2009-2010: NYSPANA Dist. 14 President
- 2008-2009: NYSPANA Dist. 14 Vice Pres/Pres Elect
- 2000-2008: NYSPANA District 14 Treasurer
- 2009-2010: SMH PeriOperative Council Representative
- 1985- Present: Staff RN, Strong Surgical Center II, Strong Memorial Hospital, Rochester, NY

My participation in NYSPANA is a volunteer action, but it also shows my continued commitment and support to our specialty. My years of experience as a NYSPANA BOD member, district officer and as a bedside nurse have provided me the opportunity to communicate and network with many other perianesthesia professionals. I like to work alongside and guide the NYSPANA district leaders to promote ASPAN/NYSPANA membership. As Treasurer I help with the planning and budgeting needs of NYSPANA educational programs, scholarships, and registration fees. Encouraging and inspiring all perianesthesia nurses to step forward and share their knowledge, and expertise will allow NYSPANA to continue its goals and mission.

_____ (Write-In Vote)

***Mail Completed Ballot
By July 30, 2015***

***To: Regina Rivers, Nominating Chair
4 Weed Road, Latham, NY 12110***



**The Early Bird Discount for the following seminar
has been extended until July 4:**

Perianesthesia Certification Review - UPDATED
presented by: Meg Beturne, MSN RN CPAN CAPA
Saturday, July 18, 2015 / Norfolk, VA

**The Early Bird Discount for the following seminar and webcast
has been extended until July 11:**

Surrounding Your Practice With Excellence: Legalities, Standards & Advocacy
presented by: Linda Wilson, PhD RN CPAN CAPA BC CNE CHSE CHSE-A ANEF FAAN
Saturday, July 25, 2015 / New York, NY

**Infection Control Challenges:
Implications for the Perianesthesia Nurse -WEBCAST**
presented by: Terry Clifford, MSN RN CPAN CAPA
Saturday, July 25, 2015 10a - 2:30p EDT / 9a - 1:30p CDT / 8a - 12:30p MDT / 7a - 11:30a PDT

**Full-day seminars and webcasts provide 7.25 contact hours.
Half-day webcasts provide 4.0 contact hours.**

National Office: 877.737.9696, ext. 219

ASPAN's National Conference



**April 10-14, 2016
Philadelphia, PA**

Future Conference Dates

**April 30 – May 4, 2017
Indianapolis, Indiana**

**April 29 – May 3, 2018
Anaheim, California**

**May 5–9, 2019
Nashville, Tennessee**

Consider Attending Our ASPAN National Conferences . . .