



# UP TO PAR

Newsletter of the New York State  
PeriAnesthesia Nurses Association

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## Anxiety

*Anxiety is the body's response to a sense of danger and manifests itself under stressful, threatening, or pressure situations.*

Just this word alone makes me tense my muscles. It is a condition that nearly everyone experiences at least once in their lives. For others it is a constant feeling leading to an inability to function day to day. People who have an anxiety disorder find it difficult to interact with people, family and even friends. Some may not even realize what it is they have and never seek treatment. Those who do, will gain a new lease on life.

Anxiety is the body's response to a sense of danger and manifests itself under stressful, threatening, or pressure situations. This isn't always a negative response and in moderation may even be helpful. It may motivate you, help you focus, and make quick decisions by keeping you alert and ready. Anxiety becomes a problem when it overtakes your life, keeping you from functioning or enjoying relationships and activities. It can be very isolating when it is constant and moves from a functional form to a "full blown" anxiety disorder.

There are both physical and emotional symptoms of anxiety. Some of the physical signs are fatigue, insomnia, stomach pain, sweating, heart palpitations, muscle tension/twitches, and shortness of breath. Emotional signs aren't always easy to see as in someone who has difficulty concentrating,

apprehension, anticipating the worst in any given situation, restlessness, being jumpy, tense, or irritable.

So when is it time to seek professional help? Again, we have all experienced some form of anxiety in our lives. It can ebb and flow like the tide. But it should not take over our lives. If you find you are changing or avoiding situations in your day to day plans because you are anxious it may be time to seek treatment. If you are constantly fearful or feeling threatened and isolating yourself, it may be time to seek treatment. If you are experiencing many of the physical and emotional symptoms above it may be time to seek treatment.

Anxiety disorders respond very well and quickly to treatment. There are many options and what works for some may or may not work for others. Start with your primary care provider. They know you best and will want to perform a medical check-up. Be honest about yourself and your symptoms. Blood tests may be necessary to rule out any medical condition. With a clean bill of health the next step would be to make an appointment with an experienced therapist who will devise a plan of care to treat your anxiety. Medications and behavioral therapy work well together and don't forget self help or alternative therapies such as meditation, yoga, and relaxation.

Don't let anxiety rule your life. Don't let it ruin your life. It may be time to take charge of your anxiety. It is nothing to be ashamed of and the quicker you get the help you need the quicker your life becomes your own. I have seen anxiety up close and personal in my own family and waiting anxiety out just doesn't work. It only gets worse and you lose precious time with those you love. See "Ten Ways To Handle Stress" on page 12.

*Michele Rossignol, RN  
Up To Par Editor*

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### COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of  
*UP TO PAR* will be **OCTOBER 1, 2014**.  
Please forward all articles to NYSPANA or to:  
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## Mission Statement

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

## From The President



### What Happens In Vegas Stays In Vegas . . . Not!

What a privilege it was for me to represent each of you at the ASPAN Representative Assembly as the New York State PeriAnesthesia Nurses Association President! Each state component has 2 representatives who cast votes for the new ASPAN Board of Directors and the proposals presented at the assembly in Las Vegas. Barbara Ochampaugh, your Vice-President, also represented NYSPANA. It was exciting to be part of "history in the making" as the two new practice recommendations were voted on and passed. The "Prevention of Unwanted Sedation in the Adult Patient" addresses the recommendation for monitoring the patient receiving opioids regarding the sedation level, comorbidities and the use of a multimodal approach to analgesia. The other Position Statement is "Care of the Perinatal Patient." These are recommendations for safe care using the same standard of care in all areas where perinatal patients are recovered. Both of these Practice Recommendations will be published in *PeriAnesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* available in January, 2015.

There is so much information to share and bring back to your co-workers. No chance it will stay in Vegas! The conference was loaded with evidence-based practice posters. Celebrating Successful Practice, the presenters brought their enthusiasm to the attendees as they told of their EBP journeys, answered questions and willingly offered helpful advice and handouts for implementation. Some of the lecture topics included *Legal Aspects of Documentation, Protecting your License, Safe Discharge, Pre-admission Testing, Opioids and Sleep Apnea, Women and Heart Disease*, a track on *Pediatric Topics* and many more. Handouts for some of the sessions are available on the ASPAN.org website.

How about the possibility of making a significant contribution to your specialty? The "Item Writing Workshop" is available to all CPAN and CAPA certified nurses each year at the National Conference. Perhaps your questions will be chosen for the upcoming exams! Also, you may earn up to 60 contact hours for your talents. The ASPAN Development poolside reception was well attended. This event brings the funds that are used for your benefit. Check out the scholarships for education, research, Nurse in Washington Internship (NIWI), conferences, certification fees and attendance at the Component Development Institute.

As I walk through our pre-surgical assessment area, PACU, and the ambulatory surgery unit, I visualize and feel the commitment of the staff to the patients and their families. I feel so proud of each one as I see their accomplishments. Making sure they are aware of all of the opportunities for growth and development from novice to expert perianesthesia nurses is the goal. How I wish that each one of you were at the ASPAN Conference to share in the experience. However, each day brings new opportunities for learning and celebrating. I encourage each of you to be lifelong learners. Be on the lookout for local NYSPANA/ASPAN conferences in your area. The NYSPANA State Conference is in Rochester October 17, 18 and 19, and the ASPAN National Conference is in San Antonio April 25-30, 2015. I hope to see you there!

Martha Maresco, MS, RN-BC, CAPA, CNML



# NYSPANA Network

## District 1 News

Several members of District 1 attended the ASPAN National Conference in Las Vegas, Nevada in April 2014. It was a wonderful conference as usual with great presentations in a very fun city. Several members went early and had an opportunity to go to the Grand Canyon and toured for a whole day including a helicopter ride that was incredible. District 1 is hosting its Annual Fall Conference again at the Atlantis Hyatt Hotel in Riverhead, NY on September 20th and 21st. The NYSPANA State Conference was held there last year and was such a success we decided to repeat a conference at the same venue. Our annual winter conference had to be cancelled several times due to the unfortunate winters we have been having on the Island. Save the date and make your reservations early.

*Elizabeth White, BSN, RN, CAPA  
President*

## District 14 News

We are finalizing the NYSPANA Fall State Conference to be held in Rochester on October 18th and 19th at the Airport Rochester Holiday Inn. Members will receive a brochure with more details arriving in your mailboxes and e-mail later this summer. Several of our district members attended ASPAN's 33rd National Conference held in Las Vegas on April 28th through May 1st. Sandra Price, BSN, RN, CAPA, NYSPANA District 14 Secretary, presented a poster on increasing patient satisfaction by managing patient delays. Several posters from the Rochester area hospitals and surgery centers were presented. The speakers at the National Conference presented topics relevant to our practice and we all returned with a new-found knowledge we could share with our colleagues.

We held our annual spring meeting on May 28th at F.F. Thompson Hospital. The topic was *Ultrasound Guided Nerve Blocks* presented by Dr. Nancy A. Brown. We had 33 people in attendance.

*Bronwyn Ship, President*

## District 6, 9, & 10 News

### No News Reported

*Trina Mills, RN, BSN, MS, - District 6 President*

*Susan See - District 9 President*

*Shari DuGuay, RN, BS, CAPA, BC-NE, - District 10 President*

## District 8 News

### ASPAN Seminar: October 2014

On Saturday October 25, 2014 the ASPAN *PeriAnesthesia Certification Review* sponsored by Health-Quest will be presented at the Hyatt House in Fishkill/Poughkeepsie, NY. Topics will include: "Mechanics of the Exam", "Review of Anesthesia", "Special Populations" (Pediatric, Geriatric and Pregnant Patients), "ASPAN Standards", "Critical Thinking in Clinical Practice" and "Certification Testing and Test Taking Preparation for Success". Contact ASPAN for any further information.

### ASPAN Seminar: March 2015

An ASPAN Seminar is being planned for March 2015. Seminars being considered for this date are *Pediatrics: Beyond the Basics, Surrounding Your Practice with Excellence, Safety Begins with Us and PeriAnesthesia Pathophysiology and Assessment*. Information will be available in *Up To Par* and on the ASPAN and NYSPANA websites this fall.

**Seminar Hosts Always Needed:** Seminar Hosts and Co-hosts are always needed. As a host or co-host you receive free registration to the seminar. Please volunteer your time to help District 8 present future seminars. Contact Maryanne Carollo, RN, District 8 President at 914-242-8176 or MCarollo@nwhc.net leaving your name and contact information.

### 2015 NYSPANA State Conference

The planning has begun for the 2015 NYSPANA State Conference. District 8 has the responsibility for presenting the 2015 conference. Several District 8 members met to share ideas and discuss strategies on Saturday June 7<sup>th</sup>.

Thank you to District 8 members Abby Siegel, Pamela Werner, Carol Cramer, Doreen Dozier, Kathy Pecoraro and MaryAnn Servidio who volunteered their time and expertise to this venture along with District President Maryanne Carollo and ASPAN President Marty Maresco.

**Conference Committee Volunteers:** Many volunteers are needed to help plan and coordinate the NYSPANA Fall Conference. Join the planning committee or volunteer to help during the conference. Contact Maryanne Carollo, RN, District 8 President at 914-242-8176 or MCarollo@nwhc.net leaving your name and contact information.

*Maryanne Carollo, MSN, RN, CAPA  
President*

~ Treasurer's Report ~	
Checking Account .....	\$10,218.00
Savings Account .....	\$19,645.52
Investment Account Value .....	\$16,317.00
<i>Sue Alati, Treasurer, NYSPANA</i>	



*Jeff Stone and Barb Ochampaugh Poster Presenters at the ASPAN National Conference in Las Vegas, Nevada*



*Shining Star Award:  
NYSPANA President Marty Maresco*

# The NYSPANA 2014 State Conference

## *Reflections Of Caring*



**Coming to Rochester, New York**

**Date: Saturday & Sunday, Oct. 18<sup>th</sup> & 19<sup>th</sup>**

**Location: The Holiday Inn Rochester Airport**

**Target Audience: Perianesthesia Nurses**

**Purpose: Provide Perianesthesia Nurses with a variety of topics relevant to their specialty**

***Check out vendors, basket raffles & more!***

**Contacts:** **Bronwyn Ship** [Bronwyn.ship@gmail.com](mailto:Bronwyn.ship@gmail.com)  
**Sally Sackett** [Salswim@rochester.rr.com](mailto:Salswim@rochester.rr.com)

**More details: Coming your way soon!**



## *Reflections From Our ASPAN Regional Director*

### ***GREETINGS NYSPANA***

Hello to all NYSPANA members! I am the new Regional Director for Region 4. As you may know Laura Kling's reign as previous Region 4 Director has come to a close. After 4 great years she was not eligible to run again for that position. At the Representative Assembly at ASPAN National Conference in Las Vegas, I was elected to that position. My first task is to introduce myself to you as I will be representing Region 4, which covers the components of Maine, Vermont/New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, Pennsylvania, and New Jersey/Bermuda, for the next 2 years.

My home is in Nashua, NH but with close proximity to Massachusetts, I cross the border to work. My job is as a staff nurse at Lahey Hospital and Medical Center in Burlington, Ma. Although it is a phase I PACU, like many of our units today, we are flexible in caring for pre-ops, ambulatory surgery patients, interventional radiology cases, SICU patients, special procedure cases, and med-surg overflow. I believe this is a common practice from my conversations with other nurses at conference. My love for research extends into my committee work as co-chair of the Research Council, member of the Research Steering Team, and I am a Research Fellow. My second job is as a clinical instructor with St. Anselm College located in Manchester, NH. These jobs use two entirely different skill sets so flexibility is key.

Within my home component, VT/NH APAN, I, like many of you have grown from committee work to president. I have handed over the presidential reigns into the very capable hands of Brenda Dufresne-Benda last month.

My ASPAN work followed a similar track over the years from committee work leading to the coordinator of the Election Review

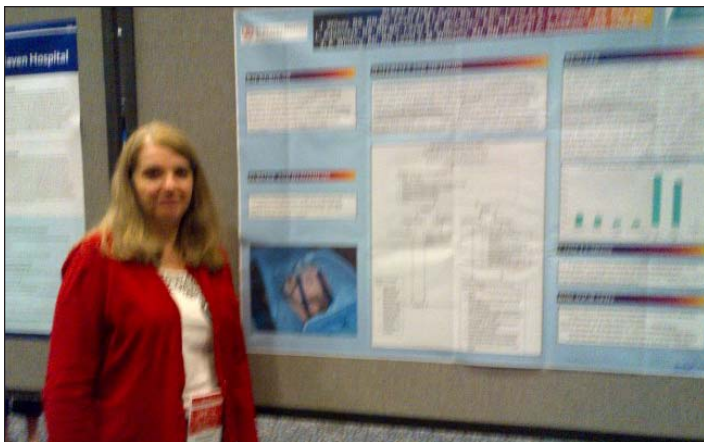
SWT (Strategic Work Team). I found that experience very helpful with the board requirements for responsibility, reporting, and follow-up. Laura has very kindly transitioned me into the Region 4 role and gave me some useful pearls to use. Working with many talented and devoted nurses within ASPAN on the various committees has given me the broad vision of perianesthesia practice throughout the country.

The goals I have set for myself as Region 4 Director dovetail with the job description. I will serve as liaison between the Board of Directors and Component Leaders, support component activities, update component assessments on a regular basis, and collaborate on matters of interest to the component such as membership, leadership, management and educational issues. To accomplish those activities as well as supporting the ASPAN mission I am required to attend a meeting with each component at least once during my tenure. Luckily for me our components are so nearby I will be able to attend a component meeting more than once.

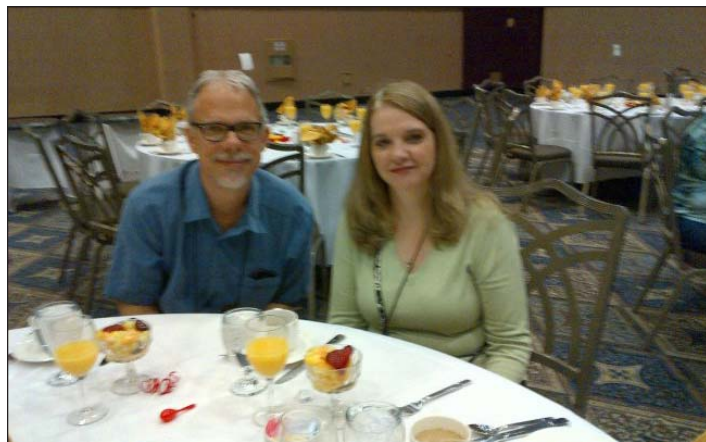
My plan includes attending the NYSPANA State Conference in Rochester this October. My ties to NY include family in Albany, New York City, Rochester, and Buffalo so I have been visiting your fine state many times over the years. I look forward to meeting many of you and reconnecting with past friends.

I am very excited to be representing all of you as Region 4 Director on the ASPAN Board of Directors. My "door" is always open for your thoughts, ideas, and suggestions. I am a very good listener and will offer the resources you need to be successful. Please contact me at [adooley@aspan.org](mailto:adooley@aspan.org) at any time.

*Amy Dooley, Region IV Director*



*RoseMarie Casale Poster Presenter at the ASPAN National Conference in Las Vegas, Nevada*



*Jeff Stone and RoseMarie Casale District 10 Members/Poster Presenters at the ASPAN National Conference in Las Vegas, Nevada*

## Governmental Affairs Committee Report

### Nurses' Week 2014

Albany, NY – Assemblywoman Aileen Gunther (D, I, WF-Forestburgh) announced passage of a resolution she sponsored proclaiming May 6 to May 12, 2014 Nurses' Week in the State of New York (K.1129). She is the only registered nurse serving in the New York State Assembly. Contact her at GuntheA@assembly.state.ny.us for more information.

### Affordable Care Act

In the article, "The Affordable Care Act: Primary Care and the Doctor of Nursing Practice Nurse," authors Lathrop and Hodnicki propose the prevention model be enhanced and theorize how primary care delivery can be strengthened through a vehicle of modified professional and legal barriers that have been defined previously.

Lathrop, B., Hodnicki, D., (March 31, 2014) *OJIN: The Online Journal of Issues in Nursing*. Vol. 19 No. 2.

### CANE Progress

Support continues for the Coalition for Advancement of Nursing Education to press on to pass the bill (Assembly 03103; Senate 5924) to require all RNs to continue their education and obtain a BSN within 10 years after initial licensure. Local lobbying to gain sponsorship from our Assemblypersons is key to having the bill passed. Many have confirmed they will vote yes, however, in the Senate, CANE is still shy of the required endorsement to bring the bill to a voting capacity. Learn more at: <http://campaignforaction.org/state/new-york>.

### National Defense Authorization Act

20 MAY 2014- CAPITOL, Washington D.C. A hearing was held regarding the NDAA for Fiscal Year 2015 to determine support of the many articles- one article, "Exempts nursing home facilities that have entered into a contract with the VA to provide

nursing home care for former members of the Armed Forces from Department of Labor wage rate determinations made under the Service Contract Act." This was supported by Rep. Fleming. For further breakdown of these articles and their support/decline, access H.R. 4435.

### Veteran's Affairs Update

NEW YORK TIMES, May 30<sup>th</sup>, 2014- Secretary of the Department of Veteran's Affairs, Eric Shinseki, resigned on 27MAY14 after being in this position for five years. This decision was facilitated by a discussion with President Obama following the media storm surrounding the reports of delay of care out in Phoenix, AZ a few weeks ago. Though need for treatment and care for our veterans in the past 5 years has risen over 26%, staffing of medical professionals has only risen about 18%, leaving many veterans with wait times for appointments and lack of care. Read more details about the pitfalls and potential obstacles the VA will face in repairing its systemic failures at: [http://www.nytimes.com/2014/05/31/us/politics/eric-shinseki-resigns-as-veterans-affairs-head.html?\\_r=0](http://www.nytimes.com/2014/05/31/us/politics/eric-shinseki-resigns-as-veterans-affairs-head.html?_r=0).

Caitlin Bickhart, BSN, LT, USN



# ASPAN

American Society of PeriAnesthesia Nurses

## Summer/Fall 2014 Seminar Series Perianesthesia Certification Review

Presented by:

Kim Noble, PhD, RN, CPAN

**Date: Saturday, October 4, 2014**

Time: 7:30 AM Registration

AM Coffee/tea service – Lunch is on your own

Program Time: 8:00 AM – 4:55 PM

Location:

Islandia Marriott Long Island  
3635 Express Drive N • Islandia, NY 11749  
[www.marriott.com](http://www.marriott.com)

7.25 Contact Hours

FOR MORE INFORMATION:

ASPAN Seminars

90 Frontage Road • Cherry Hill, NJ 08034-1424

Phone: (877) 737-9696, Ext. 219

Fax: (856) 616-9601

Register online at [www.aspan.org](http://www.aspan.org)

\*\*\*Please note: Registration is not taken over the phone



ASPAN National Conference in Las Vegas, Nevada

Top: Barb Ochampaugh, Vice President of NYSPANA

Bottom L/R: Bronwyn Ship President NYSPANA District 14  
and Judy Sargalis Sears former NYSPANA President



## “LEXI GIRL”

Some people are so special – they calmly come in, do great deeds and quietly leave.

This describes our “Lexi Girl” (Kathy’s email and my nickname for her). She has served as treasurer of NYSPANA for many years. She hooked us up with a great accountant, and meticulously kept the books.....BUT.....she was so much more than that. We could count on her to organize tables at the ASPAN National Conferences, shop and purchase gifts for raffles and silent auctions. She was always volunteering for those odd jobs and always with a smile. Judy Sargalis Sears (former NYSPANA President) remembers her cheerfully saying “I will contact my sister (a gift store owner) about Vera Bradley items”. Barb Ochampaugh, current NYSPANA President-Elect, remembers her always dressing in costumes for ASPAN Component Night and always an advocate for spending money on scholarships for our members.

Kathy Balog graduated from Morrisville State University in 1968. From 1968-1978 she worked at Ideal Hospital in Endicott, New York, then Lourdes from 1979-2012. Her history as an RN has always been in the Medical-Surgical units and ended in the Pre-admission Testing Unit where we got to know her. Sue Russell, former NYSPANA President, encouraged Kathy to run for District President in Binghamton. She swiftly moved to NYSPANA Treasurer until she retired in 2013. She now spends her time between New York and Florida.

Susan Alati, current NYSPANA Treasurer, says “Kathy was a great mentor and left all our affairs in order”. This made the transition easier. We will be forever grateful for her service to our organization. Kathy, please accept our thanks for such a job well done as treasurer of NYSPANA for so many years. May you have many happy and healthy “retirement years” ahead of you.

*Cynthia Veltri Lucieer, BSN, RN, CAPA*



*Barb Ochampaugh at the ASPAN National Conference in Las Vegas, Nevada*

## From The Vice President



Whenever I come back from an ASPAN National Conference, I am refreshed and eager to share my enhanced knowledge with colleagues at work and with NYSPANA. National and State Conferences are an opportunity to learn that your problems are not unique and others may have solutions you haven’t tried. It is an opportunity to refresh old knowledge and learn about new procedures. They allow networking with colleagues from across the state and nation.

I wish to welcome Caitlin Bickhart, RN, Lt. in the US Navy, to the NYSPANA Board of Directors as our new Governmental Affairs Chairperson (GAC) representative. Caitlin is in New York as a Navy Nurse Recruiter and brings new insight to our board.

**Help is desperately needed.** Our districts can only be as active as the membership that helps support our efforts to bring programs and to hold conferences. The individual boards cannot function alone. Without members setting up speakers and meeting sites, a district cannot grow. Setting up a program is easy. Find a speaker, arrange a room at your facility and let the District President know your plan. You get to pick the date and time and can attend a district offering. The district boards cannot work in isolation; it’s difficult to reach out to all facilities for member input. We depend on individual members to contact us with ideas and a room set up. Each district has funds for education that can be used at the district’s discretion. **All districts need help, but the following districts are in need of volunteers:** Susan See District 9 needs people interested in being officers and resources for educational programs. Susan has an ASPAN Seminar scheduled for September. Check the ASPAN website for details. Susan can be reached at Susan\_See@uhs.org. District 6, Trina Mills, needs a treasurer and meeting organizers. Trina can be reached at trm9024@yahoo.com.

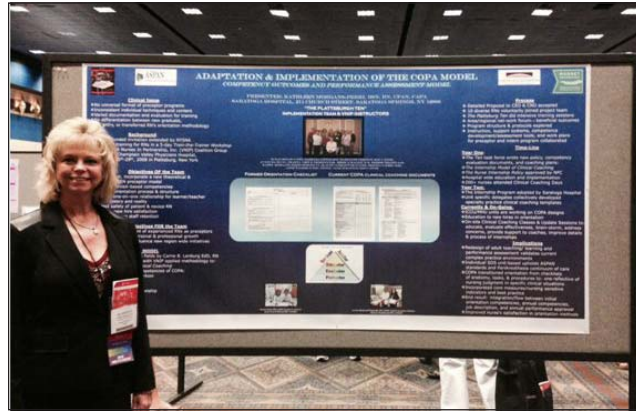
You may have noticed that District 15 is now part of District 14. Due to a lack of interest by the District 14 members, at the spring board meeting we resolved that District 15 would become part of District 14 until we are able to reactivate the district. By dividing the state into districts, we provide more opportunities for networking with colleagues and can provide many educational opportunities. Without districts there would only be a state conference. We have 900 members; we need more members to take an active role.

**District 13, Syracuse, where are you?** We haven’t heard from you and are concerned. Any member of District 13 interested in getting Syracuse active again, please contact Marty Maresco at marefam@aol.com.

We are seeking a new Research Chair. If your passion is research and you like to write articles to educate nurses on research, we need your talents. You also would be responsible for reviewing the Research Scholarship Grant. If you are interested, please contact Marty Maresco at marefam@aol.com.

Congratulations to all the Research Presenters at the ASPAN National Conference. Please send your abstracts and pictures to Michele, our *Up To Par*, newsletter editor, so we may display them on the web site. Michele Rossignol, Editor of *UP TO PAR* can be reached at michele\_rr2003@yahoo.com.

*Barb Ochampaugh, RN, BSN, CPAN*



*Kathleen Morgans-Perri, BS, RN, CPAN, CAPA*

## Adaptation & Implementation Of The Copa Model

*Team Leader: Kathleen Morgans-Perri, BS, RN, CPAN, CAPA  
 The Saratoga Hospital, Saratoga Springs, New York*

*Team Members: Terese DeLong MS, RN; Jane R. Stratton, MS, RN-BC;  
 Maryanne Preston, BS, RN-BC; Nancy Shea, RN, CAPA*

The Competency Outcomes and Performance Assessment Model (COPA) is an innovative design of supportive teaching and learning strategies originated in the academic fields, by Carrie B. Lenburg, EdD, RN, FAAN. The methodology of COPA improved upon the historically subjective and inconsistent practices of education through its structured framework focused on outcomes, interactive learning strategies, and psychometric evaluation of performance assessment<sup>1</sup> Lenburg organized the COPA Model into Eight Core Practice Competencies that transferred readily to the service and healthcare environments.

They are categorically:

- |   |                                 |
|---|---------------------------------|
| 1. Assessment and Intervention Skills   | 5. Management Skills            |
| 2. Communication Skills                 | 6. Leadership Skills            |
| 3. Critical Thinking Skills             | 7. Teaching Skills              |
| 4. Human Caring and Relationship Skills | 8. Knowledge Integration Skills |

The Vermont Nurse Internship Coalition group established a preceptor training project (VNIP) incorporating the COPA concepts to promote a nurturing format of transitioning the novice, and the experienced nurse, into a new workplace.

The VNIP initiatives were recognized by NYSNA and The Saratoga Hospital.

As a Saratoga hospital employee, I participated in a special project team, “*The Plattsburg Ten*”, and attended an interactive Train-The-Trainer Workshop offered by VNIP<sup>2</sup>, to learn and integrate the COPA Model into practice settings.

The objective of this poster is to present the details and explanation of the timely process involved in adapting and adopting the theoretical concepts of the COPA Model at the Saratoga Hospital. Topics included, but are not limited to: The Saratoga Hospital Nursing Internship Policy, clinical coaching project, perianesthesia specialty internship competency evaluation, preceptor plan, and documentation.

<sup>1</sup> Lenburg, Carrie B.,

EdD, RN, FAAN, “The Framework, Concepts and Methods of the Competency Outcomes and Performance Assessment (COPA) Model”. Online Journal of Issues in Nursing Sept. 30, 1999.

<sup>2</sup> Boyer, Susan, M. Ed. , FAHCEP Executive Director, VT Nurses in Partnership.



A decorative graphic consisting of a ring of small, light-brown, pearl-like spheres. The words "Conference Pearls" are written in a large, blue, serif font across the center of the ring.

# Conference Pearls

The ASPAN National Conference is always full of new and not so new material. Most of the lectures I attended stressed the “Stir Up” regimen. Why you might ask? The answer is **PULMONARY COMPLICATIONS**.

Postoperative patients experience some interference with their pulmonary system. Hypoventilation and atelectasis are common problems related to general anesthesia, incisional pain, and opioids. Preventing postoperative pulmonary complications is a priority in the plan of care for post-op patients.

### Stir-Up Regimen

Five activities comprise the Stir-Up Regimen:

- Deep breathing exercises
- Coughing
- Positioning
- Mobilization
- Pain Management

**Deep breathing exercises:** Sustained maximal inspiration enhances lung volumes for post-op patients. Patients should be stimulated to take 5-10 deep breaths every hour or more frequently. Emphasis is on inhaling deeply and holding the breath for 3-5 seconds. An incentive spirometer is designed to promote full lung expansion and should be used hourly.

**Coughing:** Coughing helps to remove airway secretions. After deep breathing exercises, assist the patient to cough. Coughing is most effective when the patient is sitting upright. Splint the incision with a pillow or bath blanket. When the patient is in bed, have them flex their hips and knees.

**Positioning:** Frequent repositioning (every 1-2 hours) or turning patients from side to side is essential for the prevention of atelectasis and venous stasis of the lower extremities.

**Mobilization:** Early ambulation promotes lung expansion and prevents venous stasis. Activity is a priority for post-op patients; most patients will be ambulating 4-6 times per day.

**Pain management:** All of the above activities are difficult if adequate pain relief is not provided.

Coordinate breathing exercises and ambulation with peak action of opioids. Evaluate effectiveness of pain management.

I like the definition of general anesthesia: pharmacologic coma. It says in 2 words what medications are given during surgery. It explains easily how each anesthesia provider’s pharmacology differs from another’s. Lipid Rescue for local anesthesia toxicity was another good practice reminder. Everyone should have interlipids available in the block area with the directions for use readily available. Intralipids are a practice recommendation. Go to [www.LipidRescue](http://www.LipidRescue) for more information, dosing and to report cases. Patients receiving regional blocks and going home should have a discharge instruction sheet explaining blocks and what to expect. They should be instructed to begin narcotics when tingling is felt at the distal end of the extremity. They are also at risk for developing pressure points. Observe heels and thighs in the CPM machines.

Ketamine should not be used on PTSD patients because of its disassociation properties. It has no respiratory depression effects, but can increase ICP. Now that medical marijuana is legal in many states, patients may bring it into the facility. Lock it up and document amount.

Emergence delirium is seen in about 70% of children. It is usually seen in the 3-5 year age group. They wake up in a strange place and no parents are present. It is often treated as pain. Dim the lights, limit stimulation, pad the side-rails, get the parents in and use any distraction techniques. Midazolam when given pre-op helps to lessen it. Ketamine worsens it and propofol and precedex decreases it.

If the expense of going to an ASPAN National Conference is keeping you from attending, both ASPAN and NYSPAN have scholarship money available to help with the cost of conference expenses. Don’t miss out on the many “Conference Pearls” available to attendees!!

*Barb Ochampaugh, RN, BSN, CPAN*

# Increasing Patient Satisfaction By Empowering Staff To Manage Delays: A Same Day Surgery Initiative



**Presenters:**

*Estela Valle, BSN, RN, CAPA (on left)  
Sandra Price, BSN, RN, CAPA (on right)  
Vickie Lauffer, BSN, RN (not in photo)*

*The Courtesy Bag is shown on the right*



We were honored to present our unit’s poster on April 28th at ASPAN’s 33rd National Conference in Las Vegas. Our successful change in practice addresses a common perianesthesia challenge of managing patient delays and improving patient satisfaction. We designed bags which we coined as “courtesy bags” for our patients and families to utilize during their procedure delay. The bag contained diversional activities, such as a puzzle book, deck of cards, pen, pad, and lip balm.

The “courtesy bag” was given by a nurse with an apology card, which recognized the patient’s time and empowered the nurse to make a difference. Patients surveyed felt the bags were helpful, utilized the contents, and reported we managed their delay to their satisfaction. The nurses felt empowered to manage patient wait times and all of the nurses wanted to continue their use. Our same day surgery admissions unit at the University of Rochester’s Medical Center has implemented the “courtesy bags” as our standard practice for service recovery based on this best practice initiative.

## WANTED NYSPANA OFFICERS

- Research Chair
- Nominating Chair

If interested please contact  
Martha Maresco at  
marefam@aol.com

- Dist. 15 Officers  
(Buffalo)

If interested please email  
Bronwyn Ship at:  
bronwyn.ship@gmail.com



**Copy Deadline for  
the Next Edition of  
UP TO PAR  
October 1, 2014**  
*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

# NYSPANA Scholarship Opportunities

# NYSPANA State Conference



**JUNE 2014**

Dear NYSPANA Members,

Part of the New York State PeriAnesthesia Nurses Association (NYSPANA) mission is to advance nursing practice through education. The organization is offering a student nursing scholarship/RN returning to school scholarship.

There is also an Educational Funding scholarship available to active members.

The application, essay and letter of recommendation are due July 1, 2014.

See [nyspana.net](http://nyspana.net) for details. Check under calendar and click for forms.

Also keep in mind the NYSPANA State Conference is in Rochester, New York on October 18-19, 2014 at the Rochester Holiday Inn Airport.

**Remember to read our award winning newsletter *UP TO PAR* on [nyspana.net](http://nyspana.net).**

*Cynthia Veltri Lucieer, BSN, RN, CAPA*

## 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](mailto:michele_rr2003@yhoo.com)



## UP TO PAR

Newsletter of the New York State  
PeriAnesthesia Nurses Association



*From left to right: Judy Sargalis Sears, Bronwyn Ship, Sue Alati, Sandra Price, Estela Valle at the ASPAN National Conference in Las Vegas.*

**Our Las Vegas Big Jockpot Winner  
Priscilla Colet -- Congrats!**



## Ten Ways To Handle



1. Look for causes. Who or what is at the bottom of the stress? Dealing directly with the person or issue may be the best approach.
2. Examine your relationships. What can you do to put more warmth, more communication and more mutual support into them?
3. Evaluate. Not every argument is worth trying to win. Defend values that are important, and learn to ignore lesser issues.
4. Be positive. If you fail, don't concentrate on failure. Deliberately recall past successes. It helps self-esteem.
5. Seek advice. Confiding in a friend can uncoil the tightly wound spring of tension. Seek professional assistance when needed. You're worth it.
6. Do something for others. Reaching out can occasionally take the focus off self and reduce the stress caused by brooding.
7. Do one thing at a time. The seconds pass in single file. Yet, how quickly they become minutes and hours. You'll get more done with less "hassle" when you concentrate on each job as it comes.
8. Learn to pace yourself. You can't operate in high gear all the time, and you can't just "sit there" all the time, either. Take a break. Go for a walk. Look out the window. Do something else.
9. Exercise. Physical exercise can refresh you after heavy emotional strain. Reading a book can relax you after physical action.
10. Create a quiet place. Take time to meditate, to pray, if you choose. Recent studies of meditation techniques and yoga show that we can train ourselves to relax.

## 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](mailto:michele_rr2003@yahoo.com)

## ASPAN's National Conferences

### *Future Conference Dates*

Consider Attending  
Our ASPAN  
National Conference . . .

**April 26-30, 2015**

**San Antonio, Texas**

**April 10-14, 2016**

**Philadelphia, PA**