



UP TO PAR

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Vascular Birthmarks

Vascular birthmarks are a discoloration of the skin caused by blood vessels that don't form correctly. They are found at birth or may occur shortly after birth. There are three major types of birthmarks: salmon patch, strawberry hemangioma and port-wine stain.

Many infants are born with birthmarks. Ninety percent will fade by age one, 10 percent will need an intervention. (Vascular Birthmark Institute) Vascular birthmarks are a discoloration of the skin caused by blood vessels that don't form correctly. They are found at birth or may occur shortly after birth. There are three major types of birthmarks: salmon patch, strawberry hemangioma and port-wine stain. A salmon patch birthmark is a flat pink or red skin with poorly defined borders; the familiar "stork bites" found on the base of the neck, and "angel's kiss" found between the eyebrows or eyelids. The strawberry hemangioma is a raised bright red spot that is small and compressible with well defined borders. It is frequently found on the face, scalp, chest or back. It may be present at birth, but usually occurs in the first two months of life. It can interfere with vital organs, thus become life threatening complications. Port-wine stain is a large, flat patch of purple or dark red skin with well defined borders. It is found on the face and neck and is present at birth. (Drugs.com) Vascular birthmarks are painless and don't cause symptoms other than skin discoloration. The strawberry hemangioma could press on the trachea or if near the eye and ear could interfere with function of these organs. Port-wine stains found around the eyelids have been associated with Sturge-Weber syndrome, a condi-

tion associated with glaucoma, seizures and other problems. (Drugs.com)

Birthmarks are diagnosed by looking at them. Port-wine stains and strawberry hemangiomas located near organs, may require testing to determine if organs are involved. Tests include computed tomography scan or magnetic resonance imaging. (Drugs.com) These tests are done on infants and young children and anesthesia is necessary to keep the child still. Another type of birthmark is vascular tumor or hemangioma. There are two types, segmental and focal. Focal hemangiomas are localized and grow as a tumor for up to 9 months and are not painful. Segmental hemangiomas are aggressive and can lead to painful skin ulcerations. These ulcerations are slow to heal, are benign and can disappear, though some will cause hard masses in the skin. As with all birthmarks, they need to be evaluated for the best treatment options. (Vascular Birthmark Institute) The duration of vascular birthmarks vary by type. A salmon patch fades during the first year. Strawberry hemangiomas get larger for 6-12 months and can grow rapidly. These need follow up to determine if they are interfering with an organ. They start to shrink and disappear, but can take 9 years. Some of these hemangiomas can be allowed to disappear on their own, but laser therapy, oral

injected steroids or surgical removal may be necessary. Early intervention and evaluation provides the best outcomes. More information, treatment options, and pictures can be found on the Vascular Birthmark Institute's web site.

*Barb Ochampaugh,
RN, BSN, CPAN*

References

- Drugs.com. 2014. Healthguide. Vascular Birthmarks. Vascular Birthmark Institute. 2014. Vascular Birthmarks and Hemangiomas. Vbiny.org

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COPY SUBMITTAL DEADLINE:

Deadline for submitting material for next issue of *UP TO PAR* will be **FEBRUARY 1, 2015**. 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



As I begin my new term as president, I am challenged to find members willing to become actively involved in the organization on all levels. The definition of 'to serve' is the action of helping or doing work for someone; a system of providing a public need. Our community is all phases of perianesthesia nurses. Our work is to provide quality education and networking opportunities for all of our members. Both the board of directors and districts are in need of help. I challenge each member to look inside themselves and see where they may serve for the good of NYSPANA. Without members willing to serve the organization, we will not have education programs, newsletters or a web site. The time for thinking is over; the time for action is this year. We will help you learn the jobs. No one is ever alone.

As I leave my position as vice president and move into the presidency, I want to thank the Long Island and Rochester conference planners for their hard work in producing wonderful speakers and opportunities for learning. I enjoy networking with colleagues from around the state and meeting new friends.

The board of directors has said goodbye to four long term members, Kathy Balog-Treasurer, Liz White-Secretary, Nancy Salerno-Governmental Affairs Chairperson, and Dianne Lysarz-NYSPANA and District 15 President. Kathy is enjoying a well deserved retirement. Liz and Dianne are in new work situations. Nancy had to resign for family reasons. The NYSPANA board thanks them for their service and dedication. Their insights were very helpful in moving the organization forward.

With all of the resignations, we have opportunities for our over 900 members to become active participants in leadership. We are in need of a Nominating Chair. The Nomination Chair seeks members willing to hold office. All board members are encouraged to write something in *Up To Par*, our award winning newsletter published three times a year.

Our districts are always seeking help. They may need officers, conference planners or meeting organizers. As you may be aware we re-districted the state as a result of Buffalo becoming dormant and combining with Rochester District 14. Syracuse is taking steps to reorganize. Binghamton is working equally as hard to garner interest in the district. Why do I keep writing about this? Without members willing to become active in any capacity, we cannot hold conferences nor have local meetings. There is no web site or newsletter. The time to serve is now.

You can contact me or any board member. Contact information is on page 2 of each *Up To Par* newsletter (NYSPANA officers) or the web, NYSPANA.net. We have also instituted an email blast in order to keep you currently up to date on items that may affect or interest you. Please look at these emails; only 1/3rd of you do. If you are not receiving it, please notify me, your email address may be wrong. It is important if you move or change your email address to notify us and ASPAN. This is their communication tool as well. Good luck to all the fall certification exam candidates. I can be reached at barbochampaugh@verizon.net.

Barb Ochampaugh, RN, BSN, CPAN



NYSPANA Network

District 1 News

District 1 hosted its annual Fall Conference at the East End Hyatt Hotel in Riverhead, NY on September 20th and 21st. 11.5 contact hours were awarded for this two day seminar. Ten \$150.00 dollar educational scholarships were awarded on Saturday and then again on Sunday. The following RNs received these awards:

Cathy Kaestel, Kathy Golasezwki, Rochelle Montenegro, Andrea Kunda, Jane Foley, Diane Brady, Laura Brown, Eileen Rieter, Kim Hatzel, Dawn Ramirez, Tina Stoebe, Nancy Kelly, Barbara Sullivan, Colleen Tochsuo, Maura Pelitere, Donna Anderson, Kelly Depka, Annie Iuliano, Diane Sambo, and Andrea Buierein. Rosana Macapobre, RN from NYU and Kathy Palazzolo, RN from LIJ each won a \$1000.00 scholarship to attend next year's ASPAN National Conference in San Antonio Texas in April. Elizabeth White, RN and Nicole Buscarino, RN both from St. Francis each won \$500.00 dollars to attend the 2015 State Conference to be held in Westchester, NY. Eileen Capiello, RN, Cathy Kaestel, RN and Lois Lorey, RN won certification and re-certification monies. Thank you to all who attended and check your e-mails for next year's seminars. Our goal is to host a one day seminar in March at a Nassau County venue and then again in the fall at the Hyatt in October.

*Elizabeth White, BSN, RN, CAPA
Outgoing President*

District 14 News

District 14 has been hard at work preparing for the NYSPANA Fall State Conference being held in Rochester at the Holiday Inn, Airport on October 18th and 19th. We have found a diverse group of dynamic interesting speakers who are looking forward to sharing their knowledge with everyone attending the conference. In September, Bronwyn Ship attended the Leadership Development Institute in Nashville, Tennessee. It was a great opportunity to learn from the numerous speakers and to network with perianesthesia nurses from all over the country. We are also looking ahead on planning our annual February conference to be held during Perianesthesia Nurse Awareness Week (PANAW) at Burgundy Basin Inn on Saturday, February 7, 2015.

Bronwyn Ship, President

District 10 News

No News Reported

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

District 6 News

NYC has 191 members and had an ASPAN Hosted Seminar: *Refreshing Your Perianesthesia Practice* presented by Nancy Strzewski on 9-20-14 with 7.25 contact hours awarded. Scholarship reimbursement (\$115) was awarded to the following attendees at this seminar: Carolyn Bochichio, Irene Cepeda, Emerita Liquitan, Naoko Wato, Regina Rivers, Mariefe Paderange, and Terry Gold. District 6 donated a gift basket to NYSPANA Fall State Conference. There are ongoing initiatives to recruit new members. During the most recent ASPAN Seminar, non-ASPAN members were encouraged to join ASPAN/NYSPANA. During PANAW I spoke with PACU and ASU nurses about the benefits of being members of ASPAN. On 5-28-14 I took part in the Columbia School of Nursing Expo for student nurses. There were more than 300 student nurses in attendance. We had a table with the ASPAN banner displayed. We offered give aways. Students inquired about perianesthesia nursing and ASPAN. I spoke with them about our student scholarship offers as well as the benefits of joining a professional organization. It was a very positive experience. We received a letter of gratitude from the School of nursing who promised to invite us to future events. They also asked if I would be interested in speaking with student nurses on career day. This was a step in the direction of building partnership with a school of nursing. We are in the process of looking for a venue to hold a local chapter meeting with 1.0 CEU for District 6 members. We have several speakers in mind. Our next ASPAN Seminar at the request of members will be *Legal Aspects or Perianesthesia Nursing*. We are close to recruiting a treasurer as there is one person who has expressed interest. We look forward to the next collaborative event with the Columbia School of Nursing.

Trina Mills, RN, BSN, MS, President

District 13 News

Syracuse District 13 has 60 members. We will be holding a local dinner meeting, date and time to be announced (somewhere between Dec. 8-12, 2014). Plans are in the works for a September, 2015 local conference. Our District has board members from St. Joseph's Hospital (President-Ginger Giarusso, Vice President-Jean Roach), Upstate University Hospital (Sally Gray-Treasurer) and Kate Anderson from Crouse Memorial Hospital. We plan to contact Community General for possible interest. Anyone interested please contact Jean Roach at: jean.roach@sjhsyr.org or Ginger Giarusso at: ginger.giarusso@sjhsyr.org.

Jean Roach, Vice-President

District 8 News

An ASPAN Seminar is planned for May 16, 2015 at the Hilton Garden Inn in Newburgh, NY. *PeriAnesthesia Pathophysiology and Assessment* will be presented by Denise O'Brien, DNP, RN, ACNS-BC, CAPA, CPAN, FAAN. Ms. O'Brien has served as editor of ASPAN's *The Journal of PeriAnesthesia Nursing* and as President of ASPAN. Information will be available in *Up To PAR* and on the ASPAN.org and NYSPANA.net websites. Seminar 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 Fall State Conference – October 23-25, 2015 is in White Plains and District 8 has the honor of presenting the 2015 conference. Conference Committee members Abby Siegel, Pamela Werner, Carol Cramer, Doreen Dozier, Kathy Pecoraro and MaryAnn Servidio along with District 8 President Maryanne Carollo and ASPAN President Marty Maresco are already making plans. Conference Committee volunteers are needed. Volunteers are essential in coordinating the NYSPANA 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.

Congratulations to District 8 member Kathleen Pecoraro, BSN, RN, CPAN. She has been appointed the NYSPANA Research Committee Chairperson. Kathy assumed this position and joined the NYSPANA Board of Directors at the October meeting.

At the 2014 NYSPANA Fall Conference District 8 donated an American Express Gift Card for \$100.00 to the NYSPANA Community Service Raffle. A needs survey provided by the 2015 NYSPANA Component Conference Committee was distributed at the 2014 Rochester NYSPANA Fall Conference to provide member feedback for next year's conference.

DAISY Award Winners (DAISY is an acronym for Diseases Attacking the Immune System): This award was established by the family of J. Patrick Barnes who died in 1999 of an immune disease. The DAISY Award for Extraordinary Nurses recognizes the special work nurses do every day. Doreen Dozier, BS, MS, RN, CAPA was honored in June with the presentation of the DAISY award. She was nominated by her colleagues at White Plains in a letter stating that "Doreen is an excellent nurse who is not only clinically competent but is a compassionate, kind, caring woman to patients, family and staff. She constantly goes above and beyond to make all comfortable." Debra Statler received the DAISY award in September. Debra was nominated for the award by staff members for her compassionate care and concern for parents experiencing a fetal demise.

Future District 8 Leadership: Pamela Werner, RNC, CAPA has volunteered to assume the role of NYSPANA District 8 President starting sometime in 2015. Working in Ambulatory Surgery at Northern Westchester Hospital, Mt. Kisco, NY, Pam has served on numerous NYSPANA District 8 Conference Committees, as an ASPAN Seminar host/cohost and as an invaluable 'anything needed' assistant to the current President. Doreen Dozier, BS, MS, RN, CAPA from White Plains Hospital has agreed to accept the position of District 8 Vice President. A nurse for 30 years Doreen worked in intensive care before joining ambulatory surgery 15 years ago working in ambulatory Phase I and II in positions as staff and management. Carol Cramer, MSN, RN-BC, CAPA, CPAN will assume the duties of Treasurer from Kathy Holowczak, RN from Yonkers St. John's Riverside Hospital's PACU who has held the position of District 8 Treasurer since 1982! Carol, a PACU nurse for 25 years, is a certified Informatics Nurse Specialist and an Assistant Nurse Manager at the Fishkill Ambulatory Surgery Center with supportive roles at Vassar Hospital and the free standing Ambulatory Surgery Center at Vassar. District 8 will be in good hands!

Maryanne Carollo, MSN, RN, CAPA, President



Debra Statler, RNC with Liz Galloway, RN; Debbie Morfea, RN, ASC Manager; L. Szekely, RN, Director of Nursing; Dana Protomastro, RN, OR Manager; Edie Meeks OR staff (Co-DAISY winner) and Stephanie Rosenthal, RN, OR Director.

District 9 News

An ASPAN seminar was scheduled for September, 2014 and was cancelled because of low enrollment. I attended the National Leadership Development Institute in Nashville, TN. Recruitment membership in our area continues to decline. I have developed a current roster of hospitals in the district. Over the past month I have created and updated a mailing list to directly mail information on District 9 to each member. I am in the process of sending a letter to each member and to each hospital in order to spark interest in District 9 activities. I have provided information on certification to staff at Binghamton General Hospital. Hopefully, this will encourage membership. I will query interest in a certification review course. I will request/schedule if there is interest. District 9 is in dire need of board membership. Please consider becoming active in your District 9. Contact me at susan.see@stny.rr.com or by phone (607) 797-8789 after 5 pm.

Susan See, President

Reflections From Our ASPAN Regional Director

Networking For Nurses - You Should Try It . . .

The business world has long understood and used the power of networking. In actuality “networking” is not just a business experience but is really a social interaction process that has a potential positive outcome for all involved. This process can be used successfully in all professional fields. The definition of networking according to Merriam-Webster is “the exchange of information or services among individuals, groups, or institutions; specifically: the cultivation of productive relationships for employment or business” 1. The key words in the definition are: exchange, cultivation and productive. There must be an exchange between two or more persons, used as an introduction to each other. Sharing information starts the process of finding a common point of interest which connects people to you. The cultivation piece is what you do with the information once you have it. You must reach out to your new contacts to ask for help yourself or to offer assistance for them to reach their goal. Productive is the operative word as to what relationship has the most potential of being beneficial to reach your goals. Remember that networking is a two way street.

You may be asking yourself why I should care about networking; perhaps you are quite happy in your role in nursing and cannot envision changing jobs. Perhaps you want to retire soon; perhaps life is so good that change is not an option. My response to any of those excuses is this, “You never know what may happen or what will happen down the road”. As we have seen and will continue to watch is the ever changing health care scene. Perhaps your job will be consolidated with another; perhaps your department will merge; perhaps your facility may be acquired by another organization or just maybe you will get tired of doing what you are doing right now! If you have worked on creating a network for yourself it will be easy to move forward with another opportunity. Perhaps an opportunity may present itself that you never envisioned but once confronted decide to take advantage of it. These are all good reasons to begin learning how to network. Start today!

So how do you go about “networking”? First of all introduce yourself to new people and don’t be afraid to

strike up a conversation. Asking open ended questions gives you a starting point to find that common point of interest for both parties. That common point provides a base to explore other commonalities that you enjoy. One simple way to start a conversation is to ask, “Where is your favorite place ...?” Or “When was the last time...?” Be open to responding to an inane question such as “How are you today?” Or “How about this weather?” with a wild answer such as “Let me tell you how GREAT I am today!” or “The weather reflects my sunny personality.” These responses will spark a smile and the opportunity to converse while sharing your thoughts. To make people more comfortable in your first meeting give them some information about yourself to set them at ease. One example is to say “I’m Amy and this is the first time I’ve been to...” This gives the person a chance to remark about that topic which leads to other information.

Networking is all about communication and making it easy for yourself and another person to share information. One important characteristic of non-verbal communication is crossing your arms. Avoid it at all costs because that posture sends the subtle message, “I am not open to new ideas; I am not approachable and I am defensive, judgmental, close minded, and skeptical.” Just don’t do it! A good way to open communication is to wear a name tag. That one act makes it easy for others to approach you because they will not worry about remembering your name. They will feel at ease and they will have a better chance of remembering you. Another way to foster communication is to have and use business cards. I know some of you do not work in a role where business cards are supplied ... MAKE YOUR OWN! Sheets of blank business cards can be purchased at many office supply stores and with a computer you can create them. I know because I did it for many years. As long as your name, address, email, and phone numbers are listed they present a way for others to get in contact with you. This is one way of being easy to reach. One last suggestion for improving communication is to include your name, title, company, address, phone numbers, fax

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You Should Try It . . . from page 6*

number, and email address at the bottom of your email signature. You can set up your email account to include this information every time you send an email, therefore not missing an opportunity to be available for connecting with a contact.

Let me give you a couple of examples where I benefited from my networking experience. My mom attended a social hour after church services one day and met a fellow attendee. In their conversation my recent graduation from college with my master's degree was discussed (as only a mom would do). The other woman's job was to organize nursing conferences throughout the year. She asked if I would contact her to see if I could present at one of her conferences. Once we met, there was not a mutual benefit but she suggested I give my resume to the Dean of the Nursing Program. So I did. The dean stated there were no jobs available which I understood. Five months later the dean called me and asked if I was interested in a clinical faculty job to start in 3 weeks. I was interested, we met, and I got a new job, all from a chance encounter at church.

My niece lived in another state than I. While playing soccer she fell, twisting her knee. Come to find out she tore her MCL and it was suggested she have surgery. She called me and asked what to do. I immediately reached out to a nurse that I had chatted with while attending the ASPAN National Conference. She gave me a name of an orthopedic surgeon from the area she had recommended and her family members had used successfully. My niece went to see him, felt comfortable with him, and had successful surgery on her knee. Without this recommendation she would have just been picking from random.

The last example, is my son was accepted to a college 6 hours away. He was so excited to attend! You can imagine my angst if something bad happened and I would not be right there to help him. So I picked up the phone and called a fellow nursing colleague who lived in that city. This nursing colleague was someone I had met at a nursing conference a few years back. In contacting her I asked if in an emergency I could call her and she would be there for my son. Of course was the answer

and my mind was put at ease. Luckily I did not need to call her for the four years my son attended college but I knew I could call if needed. You need to start networking today! It is not limited to a professional arena or a professional conference. Networking occurs wherever you are right now. It happens at work, at your child's school, at a place of worship, at the grocery store or even standing in line at sports events. Strike up a conversation and see where it leads. Be open to any opportunity that presents itself. Do not limit yourself or think networking cannot happen here. There is a time and a place for networking: ANY time and ANY place! Go forth and network!

1. Networking [Def.1] in Merriam-Webster Online, Retrieved July 13, 2014, from: <http://www.merriam-webster.com/dictionary/networking>.

Amy L Dooley, MS, RN, CPAN

Scholarship Winners

The scholarship winners of \$50 each were given on Saturday, October 18, 2014 at the NYSPANA Fall Conference in Rochester, NY to the following:

Martha Maresco
Jean Gumina
Wendy Knox
Susan See
Kristen Kelly
Jayne Moriarity
Jennifer Twohig
Mary Ellen Nowak
Deborah Turk-Adams
Jo Lynn Cornish

Governmental Affairs Committee Report

CDC and NIH Outcry Against Ebola!



A nurse in full isolation gear in preparation for Ebola precautions at the Royal Free Hospital in the UK. www.theguardian.com

Though Fiscal Year 2015 leaves behind it the “furlough heard round the US”, it brings with it a CDC and NIH outcry against Ebola! The CDC identifies Ebola as a virus which “causes severe viral hemorrhagic fever with a high fatality rate”. Its transmission has yet to be determined and threatens droplet precautions be taken—contact is not enough. To nurses this means isolation, gowning, gloving, and respirators. Think c. difficile plus tuberculosis. Guidance and screening precautions put out by the US and the Department of Defense are changing at a daily rate; be sure to check your hospital’s policy to ensure compliance.

A less frightening but still nursing-specific topic is the “BSN in 10” bill. This bill specific to New York State nurses would require RNs to earn a BSN within 10 years of their initial licensure. Its assigned ‘A01977-B/S02553’ was brought up to in the 2011-2012 legislative session but never progressed to the point of pass or fail. Nonetheless, many veteran nurses express constraint needed to complete the additional coursework needed to bridge the RN-to-BSN gap. Many ask, “Doesn’t my experience trump book knowledge?” We’ll be watching for the next legislative gathering in NY. Questions? Contact Caitlin.bickhart@navy.mil

Caitlin Bickhart, RN, Chairperson

From The Past President

Reflections on a Beautiful Year



My year as president kicked off in Long Island at the 2013 NYSPANA Fall State Conference. As the NYSPANA Board of Directors met, they were still rejoicing winning the Gold Leaf Award, the *Up to PAR* Newsletter Award, and the Shining Star Award under the able direction of Past-President, Diane Lysarz.

I experienced first hand some of the ASPAN membership advantages as I personally won the bingo game played in the exhibit hall at the ASPAN Conference in Chicago. The prize was a free registration to the Las Vegas ASPAN Conference.

As October came around, and the luck kept running, I won one of the ten \$150.00 scholarships and the Halloween basket in the raffle at the NYSPANA Fall Conference in Long Island. The year flowed along quickly and we added some new members to the Board of Directors. Caitlin Bickert, Navy Nurse, assumed position as Governmental Affairs Chairperson, Kathy Pecoraro accepted the position as Research Chair, Tina Stoebe is the new District President of Long Island, and Sally Sackett is leading the Rochester District as President. PeriAnesthesia Nurse Awareness Week was celebrated by a number of districts throughout the state. Dinners and conferences were held to celebrate the prized specialty of perianesthesia nursing. Fifty-six newly certified CPANs and 41 CAPAs were congratulated and recognized with a 50% discount to attend the NYSPANA Fall State Conference.

New members were welcomed by the Vice-President, Barbara Ochampaugh. Mary Yanolatos of Sloan Kettering Cancer Center was the winner of the 2014 “Excellence in Clinical Practice” award. Congratulations to Mary on her outstanding performance as described by her peers. Scholarships were awarded at the state, local and national level. Remember to check the ASPAN.org and NYSPANA.net website and apply for a scholarship or nominate a colleague for an award. You may be the next winner! Maureen Iacono continues to write her truly inspiring articles in JOPAN. Posters were presented by Sandra Price, Sally Sackett, Barbara Ochampaugh, Degorah Marra, and Rose Marie Casale. A labor of love continues as Michele Rossignol has agreed to remain as editor of the award-winning NYSPANA newsletter *Up to Par*. How exciting to read each edition as it appears on-line. Susan See and Bronwyn Ship attended the Leadership Development Institute with sessions to prepare them for their new leadership roles on the NYSPANA board. Compassion is demonstrated as the charity in action activities take place.

Thanksgiving food baskets were prepared by the districts. Rochester District 14 held a basket raffle and sponsored the “Healthy Sisters” Soup and Bean Works, a support organization to assist women in recovery or disadvantaged in need of help. It is difficult to express the pride I felt as I represented NYPANA, a winning team, at the Representative Assembly in Las Vegas. I want to extend my thanks to each and every one of you for your contributions to NYSPANA and for your support to me during my presidency.

*Martha Maresco, MS, RN-BC, CAPA
Immediate Past President*



NYSPANA Board of Directors Meeting Participants

FALL CONFERENCE WRAP UP

The NYSPANA 2014 Fall State Conference, *Reflections of Caring*, was held, Saturday, October 18, and Sunday the 19th, in Rochester, NY hosted by District 14. The NYSPANA Board met on Friday October 17th and new board members were welcomed. See our website for the list of new officers. The day and a half conference was attended by 109 people on Saturday and 77 people on Sunday. Both local and national speakers presented a variety of subjects. Vendors from the medical field, local charities, and businesses displayed their wares on Saturday. Ten \$50 scholarships were given to members by NYSPANA. Five speakers were featured on Saturday including: Jennifer Collinger, PhD, presented *Neuroprosthetics for Paralysis*, Dawn Sweeney, MD, presented *Anesthesia Risks of OSA in Children*, Wanda Rodriguez, RN, MA, CCRN, CPAN, presented *Managing Your Perianesthesia Patient in Sepsis/Septic Shock*, Patti Murray, RN, BSN, MS, presented *Working in a Healthy Environment*, and Jessica Salamone, ScM, CGC, presented *Genetic Traits of Breast and Ovarian Cancer*. Sunday featured three speakers including: Maureen Iacono, BSN, RN, CPAN, presented *Communications: When it's Crucial*, Kenneth Cheng MD, presented *Morbid Obesity and Perianesthesia Complications*, and Barbara Schrage, RN, MSN, FNP-BC, presented *What's Happening Inside the Aging Brain*.

A basket raffle which included 13 baskets donated by the NYSPANA districts and vendors was held on Saturday and a 50/50 raffle on Sunday which benefitted the charity, Healthy Sister's Soup and Bean Works. This charity helps women who come from backgrounds of chronic unemployment, poverty or displacement to develop skills and the self-confidence needed to secure lasting employment. A total of \$1200 was raised. Thanks to all who donated both through baskets and participating in the raffles. A special thanks goes to Karen Powell who won the 50/50 raffle and donated her winning back to Healthy Sisters. District 14 would like to thank all those who helped plan and assist with the raffles. Thanks to all the speakers who gave up their time on a weekend to share their expertise with those who attended the conference. Last but not least, District 14 would like to thank all the attendees for making the conference a success and for your commitment to continuing education.

Bronwyn Ship, BSN, RN, CPAN

Community Service

Columbia University School Of Nursing Participated In The New Student Expo

On 5-28-14 I took part in the Columbia School of Nursing Expo for student nurses. There were more than 300 student nurses in attendance. We had a table with the ASPAN banner displayed. We offered give-aways. Students inquired about perianesthesia nursing and ASPAN. I spoke with them about our student scholarship offers as well as the benefits of joining a professional organization. It was a very positive experience. We received a letter of gratitude from the School of nursing (see below) who promised to invite us to future events. They also asked if I would be interested in speaking with student nurses on career day. This was a step in the right direction of building a partnership with a school of nursing.

Trina Mills, President of District 6

Dear Expo Attendees,
I would like to personally thank each of you for attending the Columbia University School of Nursing New Student Expo today. Your presence helped to make this event a great success and your enthusiasm and give-a-ways made the new students feel welcome and knowledgeable of the offices and services that are accessible to them.

I am so glad you attended. Thank you again for contributing to the success of the Expo.
Enjoy the rest of your summer!
Warm regards,

Keisha I. Sango
Columbia University School of Nursing
Administrative Coordinator
Telephone: 212.305.5451



~ SAVE THE DATE ~
2015 NYSPANA State Conference
October 23-25, 2015
Crowne Plaza, White Plains, NY

~ Treasurer's Report ~

Checking Account.....	\$16,969.00
Savings Account.....	\$22,228.00
Investment Account Value.....	\$16,909.00

Sue Alati, Treasurer, NYSPANA

CPAN® and CAPA® Certification

CPAN® and CAPA® Certification - Fall Exam Schedule- It's time to get certified! Spread the word and encourage your colleagues to join nearly 12,000 perianesthesia nurses who are CPAN or CAPA certified.

The fall registration window is open July 14– Sept. 8. Give yourself plenty of time to study –November 29. CPAN & CAPA Examination Test Dates are October 6 – Nov 29. Text references, lesson plans, study tips and webinars are available on the ABPANC website: www.cpancapa.org > Exam Preparation.

Constant Contact

Constant Contact is a marketing company NYSPANA uses to keep members informed of events. We are able to reach people in a timely manner. If you are a NYSPANA member and not receiving these “blasts” please contact me to update your email address at CVL54@hotmail.com with a subject line of NYSPANA email. All electronic notices are approved by NYSPANA President, Barb Ochampaugh before release. If you are planning an event, please send information to her at: barbochampaugh@verizon.net. We need them in PDF format and there has been a request for zip codes for travelers.

Cindy Veltri Lucieer, BSN, RN, CA

ASPAN CONFERENCE POSTER PRESENTATION

Communication and Safety

It's All A Matter Of Knowing When To "Stop" And When To "Go"

Team Leader: Kelly Cannizzaro, RN, CAPA The URMC Surgery Center at Sawgrass, Rochester, New York Team Members: Jean Gumina, BSN, CAPA, CPAN; Carol Ives, RNBS, CAPA; Kristen Kelly, BSN, CAPA; Stefan Lucas, MD; Cathy Wuest, RN, CAPA; Margaret Zotter, BSN

Background:

In our ambulatory surgery center, there were three incidences where a patient arrived in the operating room without proper consent. We realized that we needed a safe, "at-a-glance" way to communicate when a patient had all the key elements in place prior to going the operating room. We developed "STOP" and "GO" signs to help with this process.

Objectives:

- Construct and implement a process that would provide better communication across all disciplines and promote safety by:
 - Eliminating incomplete consents.
 - Assuring that site marking is done.
 - Double checking for antibiotics, UPT results, history, and physicals.
- Institute a process that was easily understood and easy to enforce.

Implementation:

A check list and a "stop sign" were printed on a 9"x5.5" sheet of red card stock and then laminated. A "GO" was printed on the same size green card stock and laminated. The signs were put in every room along with dry erase markers. We educated all staff (nurses, surgeons and anesthesiologists). We set up clear guidelines, roles and established specific expectations. Results: This process has been extremely successful; consents, day of surgery updates and site marking are consistently done prior to going to the operating room. This program has promoted collaboration among all team members and there is now a better understanding of how important this final checklist is to provide patient safety.

Implications:

This process is an easy, inexpensive way to communicate with one another and it promotes and sustains TJC National Safety Goals.

WANTED NYSPANA OFFICERS

Nominating Chair

IF INTERESTED
PLEASE CONTACT

Barb Ochampaugh at:
barbochampaugh@verizon.net



Copy Deadline for the Next Edition of UP TO PAR

February 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



Doreen Dozier, BS, MS, RN, CAPA was honored in June with the presentation of the DAISY award.

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



ASPAN

American Society of PeriAnesthesia Nurses

participate in research study entitled:

“A Survey Evaluating Burnout, Depression, Alcohol and Substance Use, and Social Support among ASPAN members”

A research study funded in part by a grant from the American Society of Perianesthesia Nurses.

The survey should take **10-20 minutes** to complete. The purpose of this study is to assess the prevalence of risk factors for job burnout, depression, substance use, and health problems among ASPAN members who represent perioperative nurses across the country.

This study is being conducted by Elizabeth Card, Principal Investigator with the Vanderbilt University Medical Center and the American Society of PeriAnesthesia Nurses. During the survey, you will be asked questions about Substance Use, Health Status and Depression. An example of a question you will be asked is “Have you felt calm and peaceful?”

The following is the link for the survey:

<https://redcap.vanderbilt.edu/surveys/?s=JjpC3zcyqT>

Upon completion of this survey, you will have the option to enter into a raffle for either an IPAD Mini or a Garmin Nuvi 200. Two winners will be randomly selected. All answers are private and will not contain any information that could identify you.

Participation in this research study is voluntary, anonymous and there are no negative consequences whether or not you choose to participate in the survey. By completing this survey you imply consent to participate in the study. You will not directly benefit from your participation in this study; however your participation will help us assess the prevalence of risk factors for job burnout.

If you have questions about this survey please contact:

Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP
Research Nurse Practitioner

Vanderbilt University Medical Center
Perioperative Clinical Research Institute
1211 21st Avenue South, Medical Arts Building, Room 705
Nashville, TN 37212(615) 875-4611

Phone(615) 322-3490 Fax

EBOLA



ASPAN

American Society of PeriAnesthesia Nurses

Greetings Colleagues,

Recent events surrounding the EBOLA virus have been reported continuously in the news. A lot of information has been provided to the public from a variety of sources including the Centers for Disease Control (CDC), World Health Organization (WHO) and Doctors Without Borders. Regardless of which set of recommendations your organization chooses to follow, patient and employee safety need to be paramount and the utmost vigilance observed in identifying and isolating those at risk. As perianesthesia nurses, we serve at the front line. We are the first contact our patients interact with prior to elective or emergent procedures. Whether in a face-to-face interview with a preadmission nurse or directly admitted to preop, our nurses must be vigilant in screening our patients prior to surgery so that their safety along with ours can be maintained. Never has it been so important for our specialty to understand the risk and the importance of proper isolation procedures. We must ensure that we are 100% prepared for that encounter. Understanding the correct protective equipment necessary, the ability to properly don, remove and contain waste is the key to preventing any inadvertent exposures to this life threatening virus. So that you can have the most current information, we are providing the following links to support our members in obtaining the most up-to-date information for protecting our patients and ourselves. Please visit each of these sites regularly so that you can ensure you have the most current information and can provide a safe environment for patients and the entire healthcare team.

We will continue to respond and give you updated information as we know it. There are several additional ways to obtain information.

1. Send clinical questions via the ASPAN website.
2. Access the websites below for the latest available information.

Regards,

Jacquie A. Crosson RN, MSN, CPAN
ASPAN President 2014-2015

RESOURCES:

American Nurses Association.
<http://nursingworld.org/MainMenuCategories/WorkplaceSafety/Healthy-Work-Environment/DPR/Ebola-Information.html>

CDC. http://www.cdc.gov/hicpac/2007IP/2007ip_part2.html#e

CDC. <http://www.cdc.gov/vhf/ebola/hcp/index.html>

CDC. http://emergency.cdc.gov/coca/calls/2014/callinfo_101414.asp

Federation of American Scientists.
<http://fas.org/programs/ssp/bio/factsheets/ebolafactsheet.html>

National Institute of Safety and Health (NIOSH). <http://www.cdc.gov/niosh/topics/ebola/>

National Response Team.
[http://nrt.org/Production/NRT/NRTWeb.nsf/AllAttachmentsByTitle/A-1009WMDQRGEbolaandMarburgHemorrhagicFever/\\$File/08Ebola&MarburgQRG.pdf?OpenElement](http://nrt.org/Production/NRT/NRTWeb.nsf/AllAttachmentsByTitle/A-1009WMDQRGEbolaandMarburgHemorrhagicFever/$File/08Ebola&MarburgQRG.pdf?OpenElement)

United States Department of Labor. <https://www.osha.gov/SLTC/ebola/index.html>

World Health Organization. <http://www.who.int/mediacentre/factsheets/fs103/en/>

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**