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Presidents Report

Message From The President

I am hoping this edition of Up-to-Par finds you enjoying the busy Holiday Season. It is always a balancing act managing our busy lives at work with all the traditions and get-togethers. Remember to take a deep breath and find a few minutes each day to savor this wonderful time of year. I know I am getting out skiing and winter hiking!

The Board and I send a big Thank You to Tina Stoebe and her hard-working District members for a very memorable state conference in Melville. It was a great day of learning and networking for all of us lucky enough to be able to attend. I especially enjoyed the incredible variety of topics- everything from holistic approaches to care to the most current techniques for stroke management. Events like this are what we are all about- getting re-energized about Perianesthesia nursing!

This coming year be sure to keep your e-mail current with ASPAN. We will be sending out announcements as dates for events and conferences available to you. If your District or nursing group has an event to publicize be sure to contact one of us on the Board and we will help get the word out across the state for you.

Now is the time to start planning for celebrating Perianesthesia Nurses week. This year it is February 3-9th, 2020. Think about hosting a cake and coffee reception in your unit, put up some posters around the hospital, ask your boss to treat the staff that week or have a speaker event. There are other ideas and materials to check out on ASPAN's website. Be sure to share photos of your celebration with us- we'd love to have them for the next newsletter. You can post them to the Facebook page or send them to a Board member. We are on the NYSPANA website. (continued page 2)

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Mission Statement

The New York State Perianesthesia Nurses Association

advances nursing practice through education, research and standards

Board Members



PRESIDENT:

Sherry Fieroh, MSN, RN, CAPA
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Beth Weslow

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GOVERNMENTAL AFFAIRS:

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IM. PAST PRESIDENT:

www.nyspana@gmail.com

Barbara Ochampaugh, BSN, RN CPAN

President's Report Continued

This year I am sponsoring a President's Challenge for PANAW. Any unit that reaches out to a nursing school will be entered into a drawing for 2 certificates for free tuition to the next state conference. This can be accomplished by having someone speak at a nursing school about Perianesthesia nursing, providing a scholarship to a nursing program (it can be a small one) , donating a textbook or simply providing a subscription to JOPAN for a school library. I am sure there are some other good ideas out there. Supporting the next generation of nurses is part of ASPAN's mission. To be entered in the drawing send a short write up and a picture to me at NYSPANA@gmail.com by Feb 26th, 2020. Help send 2 nurses on your unit to Rochester this coming fall!

Another couple of thank yous to mention. First, to members of District 6 in the New York City area for stepping up to revitalize our organization there. We are hoping to bring you a Spring event close to home. Secondly, to Carol Maddalena for joining us as Secretary on the Board.

A last few reminders:

- Print and share this newsletter with your colleagues. Amazing how many will pick it up and read it if it's on the desk!

-Check in on the ASPAN web now and then for new articles and information. Don't hesitate to send in any clinical questions to them- they are a great source of help with difficult issues.

-Check NYSPANA website for scholarships and awards for this coming year.

-Put in for time off for the Annual Conference in Denver now.

Happy Holidays- Sherry Fieroh RN MSN CAPA



Succession planning is the process for identifying and developing new leaders as experienced leaders resign or retire. At this time, NYSPANA has

multiple open positions. Now is the time to explore one of those NYSPANA positions. This, hopefully, will avoid gaps in providing leadership, information and ensure the strength and continuity of our districts. All positions are voluntary. Each position, except editor, requires you to be a board member and each position requires NYSPANA and ASPAN membership. If you have the inclination to volunteer, to be part of an established association and be a leader; contact a board member. All that is required is a few hours of your time two to three times annually.

The Board is available at NYSPANA@gmail.com to answer any questions you may have and to discuss opportunities.

NYSPANA Contact E-Mail Address

Sherri Fieroh, MSN, RN, CAPA • www.nypana@gmail.com



NYSPANA Board Meeting held at Fall State Conference



Join our team!



NYSPANA
Nominating Chair
President Elect

District 6
President
Vice President
Treasurer
Secretary

District 13
Vice President

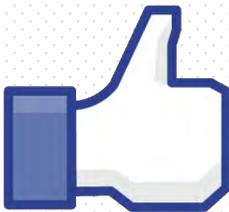
District 14
Vice President

If interested in any open NYSPANA position or a position in our Districts — email: NYSPANA@gmail.com



Facebook: NYSPANA BOD

**Like Us
(NYSPANA)
on Facebook**



Save the Date

ASPAN 39th National Conference

April 26-30th 2020

Gaylord Rockies Resort and
Convention Center
Denver, CO



NYSPANA Editor

Bronwyn Ship, BSN, RN, CPAN, CAPA • www.nyspana@gmail.com

Did You Know?



The NYSPANA Research/EBP grant of \$500.00 per year is funded by NYSPANA. The grant is available for all NYSPANA members seeking to conduct research that contributes to the advancement of Perianesthesia nursing science and the improvement of patient care.

<http://www.nyspana.net/wp-content/uploads/2018/03/NYSPANA-AG-March-2018.pdf>

Future ASPAN Conferences

friends friends friends friends friends friends friends friends

April 26-30, 2020
Denver, CO

April 26—29, 2021
Orlando, FL

April 7-10, 2022
Philadelphia, PA

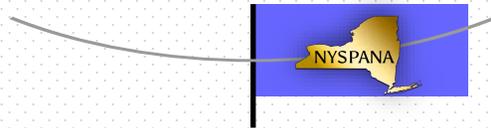


Financial Report

Money Market Savings: \$43,000

Checking: \$46,000

Investments \$19,700



Constant Contact

NYSPANA uses Constant Contact marketing to give you updates or “blasts” between newsletters. If your district is hosting an educational event, send a request to “blast” to NYSPANA president: Sherry Fieroh who will approve and allow me to market for you.

Email contacts are taken from the ASPAN membership list and sent as mass email. We have over 800 members.

If you are not receiving these blasts, contact me @ CVL54@hotmail.com

Respectfully submitted,

Cindy Veltri Lucieer, BSN,RN,CAPA

NYSPANA Website

www.nyspana.net

Website Administrator: Sandra Price, MS, RN, CAPA

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



Research Report November 2019

Research and evidence-based practice has a profound effect on the nursing care we provide every day. For those of us that are seasoned in the art of nursing, we can attest to the multitude of clinical practice changes that nursing research conducted by our perianesthesia colleagues that has led to the evidence based approach that we provide promoting best outcomes for our patients every day. This research has also prepared nurses to adapt to an ever changing health care environment and patient populations.

Did you know that NYSPANA offers funding for your research project? The application and criteria are found on the NYSPANA website under the Membership tab then under Forms. The NYSPANA Research/EBP grant of \$500.00 per year and is available for all NYSPANA members seeking to conduct research that contributes to the advancement of perianesthesia nursing science and the improvement of patient care.

The grant will be awarded based on scientific merit, and the feasibility of completing the research project within one year. All projects must be related to and contribute to the growth of evidence-based perianesthesia nursing practice. If awarded, a \$500 research scholarship will be divided into three payments. The application is due June 1st. Email the completed application to the NYSPANA Research Chair: nyspana@gmail.com.

If you were not already aware, ASPAN has a Journal Club and ASPAN Forum to connect with your fellow ASPAN and NYSPANA members to discuss clinical practice questions, research inquires, and certification resources. This is a great way to get ideas for your institutions for improving patient outcomes, patient and staff satisfaction, and professional development. Check it out and post a question to the group!

Respectfully Submitted,

Beth Weslow, BSN, RN, CMSRN

NYSPANA STATE CONFERENCE 2019

LONG ISLAND, NY

District 1 held a successful NYSPANA State Conference in Long Island November 9th, 2019 at the Hilton Hotel. Well over 100 Perianesthesia Nurses attended this education packed day with several speakers covering topics such as robotic bariatric procedures, neurovascular diseases with neurosurgery interventions, mental health need prevalence amongst our younger population, non-surgical procedures in sports medicine, neuro feedback with brain wave dysregulation, Chinese Herbology, and an impactful presentation from a nurse who shared her journey of peripartum cardiomyopathy resulting in her having to acquire a Left Ventricular Assist Device, placement on the heart transplant list, to experiencing a spontaneous recovery.

A common theme among some of the presentations was the anxiety and stress that is being plagued by our society at this time. With the inundation of 24-hour news cycles, laptops, cell phones, and social media, we have become overwhelmed with sadness and anger. Taking the time to be one's best self requires intervention that nursing practice has certainly preached, but not practiced for themselves. Self-care including meditation, guided imagery, essential oils, and other relaxation techniques are considered adjunct therapies to traditional Western Medicine Practice.

In our Perianesthesia practice, the use of essential oils has been re-introduced not only as an adjunct to traditional use of benzodiazepines to treat anxiety or intravenous antiemetics to treat post-operative nausea and vomiting. Their use has shown to reduce even eliminate drug use that have their own side effects such as drowsiness which effects patient outcomes that lead to increased lengths of stay in PACU and decreased patient satisfaction. Though not with their own potential interactions, through nursing research, aromatherapy and essential oils have demonstrated efficacy in peer reviewed journals.

ASPAN and NYSPANA strive to bring their members the best evidenced based educational programs through webinars, state conferences, and National Conference. We hope to see many of you in April for ASPAN's National Conference in Denver Colorado, April 26-30, 2020. Please check www.aspan.org for more details. We also invite you to save the date for the next NYSPANA State Conference: October 24th, 2020, at Woodcliff Hotel & Spa – Pittsford, New York. More details to come on our website, www.nyspana.net

Respectfully Submitted,

Beth Weslow



End of Year Board Meeting November 2019

NYSPANA State Conference Scholarship Winner

Thank you awarding me the scholarship for the NYSPANA State Conference. Attending the state conference was truly an exceptional experience. The speakers were very knowledgeable, and I really appreciated that their presentations were centered on working as a team in caring for perioperative patients. The presentation showcased newest technology like robotic surgery and innovation in treating neurovascular diseases. The conference also did a wonderful job in explaining the benefits of alternative therapies such as aromatherapy, neurofeedback, and Chinese herbology. I found this very helpful especially because we are looking into using aromatherapy for our perioperative patients at my hospital. I found attending the NYSPANA State Conference highly beneficial and I would recommend all perioperative nurses attend the next conference.

Respectfully Submitted

Ashley Metzler, BSN, RN



Award Winners From Fall Conference

Excellence in Clinical Practice Award: Tenzin Kunsang \$408

4- Nurse Recruiter of Year Awards \$118

Pam Werner

Patricia Rogan

Wanda Rodriguez

Sandy Price

5-ASPAN Memberships \$88- NYSPANA waived component fee (\$30)

AnneMarie MacFarlane

Sarah Qureshi

Elizabeth Walker

Blessy Benjamin-Mammen

Maxine Ferrington

Educational Funding Scholarship: Ashley Metzler \$125

2- \$100 gift cards (Visa/Amazon) donated to basket raffle from NYSPANA Board

NYSPANA Conference Hosted By District 1 Huntington Long Island



District 14 Members at State Conference



A Word from our ASPAN
Regional Director
Region 4 (2018-2020)

Bronwyn Ship, BSN, RN, CPAN, CAPA

bship@aspan.org

Dear NYSPANA members,

It is hard to believe that we are approaching the end of 2019! My wish for each and every one of you this holiday season is that you find yourselves surrounded by friends and family that you take the time to enjoy this time of the year and revel in the wonder of the season.

I enjoyed attending the NYSPANA Fall Conference in Melville last month. District 1 did an outstanding job organizing the conference and providing interesting speakers and topics. The conference was well attended and the enthusiasm for learning about new topics was palpable. Speaking with fellow Perianesthesia nurses and learning from each other is one of the highlights of my role as your Region 4 Director. It invigorates me to listen to your stories and how you have worked together to provide the most current and evidenced based care to your patients. NYSPANA members truly reflect ASPAN's Core Values (P.R.I.D.E.): Passion, Respect, Integrity, Diversity, Excellence.

ASPAN just recently launched a new education platform on the website. Please take some time to become familiar with the offerings. It is easier to use and information about upcoming ASPAN seminars and Webinars are at your fingertips. In keeping with ASPAN's commitment to going green, there will no longer be paper

copies of the brochure.

Education is only one way that ASPAN supports the membership. The Clinical Practice Committee strives to assist in finding answers to practice questions posed by the membership. A list of frequently asked questions is the first option under the Clinical Practice tab. If you are unable to find answer to your question, simply submit your question and the committee will work to have an answer for you within two weeks.

The ASPAN website provides so much more information that is pertinent to our specialty practice of Perianesthesia Nursing. Please consult both the ASPAN and NYSPANA websites frequently as both contain information to help us all provide the highest quality of care to our patients.

It has been my honor and privilege to serve as your ASPAN Region 4 Director. If you have any questions or concern, please feel free to contact me and I will do my best to assist you.

Respectfully Submitted,

Bronwyn Ship, RN, BSN, CPAN, CAPA

The Best Medicine



EXCELLENCE IN CLINICAL PRACTICE AWARD RECIPIENT

Tenzin Kansan, RN, BSN

The Excellence in Clinical Practice Award is given by the NYSPANA Board annually to recognize and support excellence in clinical perianesthesia nursing practice. The candidate must be an active member of ASPAN/ NYSPANA , have a minimum of three years' direct care experience in perianesthesia nursing , exemplify a high level of compassion and specialty expertise in perianesthesia nursing and participate actively in nursing programs, committees, or projects resulting in contributions to perianesthesia nursing. This year it is my pleasure to announce this year's winner is Tenzin Kunsang RN BSN from Woodside NY.

The most meaningful praise we can receive is from our peers . For her nomination these are the words of those who work with her:

"It's a privilege working with Tenzin Kunsang in PACU mid shift. I'm so amazed that at such a young age, how compassionate and committed she is to her patients and their family members. She is able to handle difficult situations well, yet remain effective and pleasant. She goes out of her way to make sure that the patients go home safe postoperatively. Her good deeds transcend to the excellent reviews and letters received from the patient and family members."

" she is truly an exceptional nurse that goes above and beyond in her daily practice as a front line PACU nurse."

Tenzin Kunsang is an active member of ASPAN & NYSPANA. She has received various awards such as Nursing Excellence Award 2018, Catch a Star 2019, 1199 SEIU Nurse of Distinction Nominee 2019 and induction into the Sigma Theta Tau international Honor Society 2019. She was a winner of the 1st NYU Aging Incubator Image Competition 2018. She donated the money that she won to the Himalayan elder's community in New York, which supports, enriches and empowers seniors from the Himalayan community. Tenzin is currently completing her NP in Geriatrics at New York University Rory Meyers College of Nursing and is the Magnet Ambassador for the PACU at Mount Sinai Hospital of Queens.

In 2020 we will be looking for our next honoree. If you are inspired by someone you work with who meets the above qualifications please consider nominating them . The information is on pages 23-24 of the Administrative Guidelines on the NYSPANA website. You can also contact the Board at NYSPANA @ gmail.com with any questions. The Deadline for nominations is March 1st 2020.



DISTRICT NEWS

Greeting from District 14 and Best wishes for a happy Holiday season!!

As a member of ASPAN for many years, this past fall I had one of the best experiences since joining, I attended CDI or Component Development Institute. For those not aware of CDI, it is a conference held in September and attendees learn/receive great information/ideas for improving their local/state components while also meeting and interacting with some of the most fabulous and enthusiastic nurses from across the country. Experience and information sharing at its best! Anyone from NYSPANA, currently serving or interested in serving, I would definitely recommend attending this conference next September!! It is a life changer!

As for District 14 news, the board is busy putting the final touches on our Annual PANAW conference scheduled at Burgundy Basin Inn on Saturday, February 8, 2020. We have some great speakers lined up so be sure to SAVE THE DATE! Additionally we are already busy preparing for the State Conference scheduled for Saturday, October 24, 2020. We have secured the Woodcliff Hotel and Spa for the conference and are actively looking for speakers and vendors for this event!

Lastly, I would like to ask that all members of District 14 consider being more actively involved in our local district. We are looking for motivated/dedicated people who will step up and become involved with the local board. Serving on the board is easier and takes less time than you would imagine and is extremely satisfying. Please think about contacting one of the current board members (Kathi Peers, Deb Farmer, Kari Alicea-Stiner), if interested.

Again, Happy Holidays and we will see you in the spring!

Local chapter 10 NYSPANA meeting and in-service planned at the Saratoga Hospital

February 4th, 2020

Speakers Dr.Siobhan Hayden MD & Dr Anouk Lambers MD :

“Minimally Invasive Gyn Surgery”

Contact : Kathleen Morgans-Perri

BS,RN,CPAN,CAPA @

kmperry@nycap.rr.com

Time 6:30 meeting and light dinner

Speaker 7-8pm

District 1-No Report

District 8-No Report

District 13- No Report



SAVE THE DATE

2020 NYSPANA FALL STATE CONFERENCE
SATURDAY OCTOBER 24TH, 2020

WOODCLIFF HOTEL AND SPA
PITTSFORD, NY



CERTIFICATION

Not Yet Certified? Now is Your Time!

**Currently Certified?
Encourage a Colleague!**

Registration starts 1/1/20-3/15/20

Testing Dates 3/15/20-5/15/20

Yes You Can...

Any NYSPANA member may submit an article, a photo of an event, a research project/idea or an Evidence Based Project (EBP) your unit or team is conducting.

We want to hear about the great projects, educational conferences, gatherings or community work that NYSPANA nurses and your co-workers believe in or interested in.

It is easier than you think, give it a try.

Up to Par Submissions

Please send all of your articles of interest, district news, events and photos to NYSPANA newsletter Editor for the December newsletter edition of **Up To Par** by November 01, 2019.

www.nyspana@gmail.com

NYSpana District Officers*

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Irene Healy, RN, CAPA

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TREASURER

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Position Open

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TREASURER

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VICE PRESIDENT

Position Open

SECRETARY

Debra Farmer, RN, CAPA

TREASURER

Kari Alicea-Santiago, BSN, RN, CAPA

EDUCATION

Position Open

Know your District

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

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





Celebrate Strength

STRENGTH

Elevate Practice