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Presidents Report

My Perianesthesia colleagues,

It feels as if the whole world has shifted since I last wrote for this newsletter. Our country, our state, our lives have been changed in every way by this virus. Here in the North Country we battened down the hatches and prepared for the wave that barely touched us while we watched it wreck havoc on our southern counties. Our hearts and minds were with those on the front lines everyday. For me personally the most difficult part of work during this time was having to keep patients and their families apart when they needed each other the most. One thing I know is that to be a nurse is to become a master at managing change. Our flexibility and resoucefulness made a difference where ever we found ourselves during this difficult time. Things are still changing rapidly as we are phased back to elective surgeries. The back log is going to be with us for the rest of this year. Patients are enduring that miserable covid testing then undergoing surgery with separation from their support. They need our patience, care and understanding more than ever. We also need not to let our guard down. New York State has been a leader in showing the rest of the country the benefit of coordinated, careful relaxing of restrictions. (Continued on Page 2)

Message From The President



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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
www.nyspana@gmail.com

VICE PRESIDENT/PRES ELECT:

Open

www.nyspana@gmail.com

SECRETARY:

Carol Maddalena, RN
www.nyspana@gmail.com

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Beth Weslow, RN, BSN, CMSRN
www.nyspana@gmail.com

NOMINATING CHAIR:

OPEN

TREASURER:

Sandra Price, MS, RN, CAPA
www.nyspana@gmail.com

GOVERNMENTAL AFFAIRS:

OPEN

www.nyspana@gmail.com

IM. PAST PRESIDENT:

www.nyspana@gmail.com

Barbara Ochampaugh, BSN, RN CPAN

President's Report Continued

Let's continue to do our part to protect each other and those we care about – our families, coworkers and patients.

ASPAN's cancellation of this year's national conference was necessary but disappointing. Be sure to take a look at the "News" tab on the ASPAN website for the latest happenings at the national level. We are hoping to be able to renew those connections in November at the Leadership Development Institute in Kansas City.

Your board is busy making decisions regarding our annual State Conference planned for Rochester this October. We remain committed to meeting your needs. Kudos to Region 10 for their ZOOM presentation on regional anesthesia for their members! Please feel free to contact the Board at NYSPANA@gmail.com with your thoughts and ideas. We are always looking for members interested in joining us at the state level on the Board. Check our website for openings and contact any Board member with your intent to serve information.

Respectfully submitted,

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 And District Boards



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.

Like Us
on Facebook

NYSPANA BOARD



Save the Date

ASPAN 40th National Conference

April 26–29, 2021

Orlando, FL

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



April 26–29, 2021
Orlando, FL



April 7-10, 2022
Philadelphia, PA



2023
TBA



Financial Report

Money Market Savings: \$59,000

Checking: \$43,000

Investments: \$18,500



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 Fieroch 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. It is a mass email, therefore, depending on email address given, it can go into junk folder.

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



Perianesthesia Nurses Week 2020

As Peri-Anesthesia Nurses Week 2020 comes to an end, NYSPANA District 14th holds their 23rd Annual Conference. The Burgundy Basin served as our backdrop of over 100 peri-anesthesia nurses on a cold but sunny day. Light snow fell outside while we were educated on several topics pertinent to our practice.

Drs. Eigg and Greenstein shared the 'Latest and Greatest in Urogynecology'. They reviewed some common conditions, surgical and non-surgical treatment interventions for overactive bladder (OAB), stress urinary incontinence (SUI), and the benefits of pelvic floor PT.

NYSPANA's own Bronwyn Ship gave a talk entitled "Obesity...Why Size Matters." Bronwyn discussed the potential post-operative complications of those with a BMI of greater than 30. She went on to review perioperative assessments to assess the complication risk of the patient and interventions that can promote postoperative outcomes.

The rest of the afternoon covered topics about management perioperative pain for those that are on opioid agonist therapy from Taylor Rider, PharmD; Nursing Research and Evidence Based Practice with Nurse Researcher Mary Jo Carey, RN PhD and Maxine Fearington, a student of Ms. Carey's that co-authored a JOPAN article published in the Spring of 2019 entitled, Essential Oils to Reduce Postoperative Nausea and Vomiting. Our afternoon concluded with an interactive presentation by Deb Fracassi about supporting, engaging, and empowering nurse preceptors. Deb reviewed the multiple generations that are intermingled into our nursing work force and gave examples of how to blend them together to provide the optimal work environment and achieve the best patient outcomes.

This education day of evidence based practice and professional collaboration was a very fitting way to end another celebration of our specialty of peri-anesthesia nursing. We truly brought "Strength in Knowledge, to those that attended and demonstrated our commitment to our patients, our colleagues, and our practice.

Respectfully Submitted,

Beth Weslow, BSN, RN, CMSRN

Dr. Angelucci Presentation Hurdles the Social Distancing Void

This year, the spring education organized by NYSPANA District 10 had to be different than any other year. This meeting often serves as a time for fellow NYSPANA members to join together to have an evening filled with food, education, and fellow nursing comradery. This year, due to COVID-19, meeting in person was an unfeasible task. Instead, Dr. Angelucci's presentation was able to be brought to everyone's home. Members on the Zoom call were miles away, but all could connect on one screen. In one square Dr. Angelucci and in another his Powerpoint on Regional Analgesia could be seen. The interest in the presentation was vast, this modality of education could be the way of future offerings. Members could join from their cell phones, while on break at work, or even from a hammock in their backyard. Not only did we learn how to come together across the void, but it was apparent that this may be a way to step into the future.



LEGACY *for* LIFE



ASPAN

American Society of PeriAnesthesia Nurses

NYSPANA has been awarded

Legacy for Life

The NYSPANA board is proud to announce that we have reached this high level of support for **ASPAN**. It is given to components that reach the \$10,000 level of contributions to the national organization. It is recognition for making a significant, lasting impact upon ASPAN and its vital mission. There will be a formal ceremony at National Conference and annual recognition in the syllabus. We will also have a place on the plaque in the national office. **Be Proud New York members and know you've made an amazing contribution to supporting your fellow Perianesthesia Nurses!**



MY PASSION: MISSION TO THE DOMINICAN REPUBLIC

“Go Out Into the World and Love the People You Meet” -- Mother Teresa

In 1999, I went on my first Christian mission to the Dominican Republic with St. Eustace Episcopal Church. I was extremely apprehensive. I did not speak Spanish and the type of clinical nursing on the mission was very different from PACU nursing. But I did go and it has come to be an important part of my life.

The following year I took over as the Team Coordinator. At that time, other health care professionals outside the parish started asking me about it. What was required to participate? Were team members required to be Episcopalian or have expertise in third-world medicine? The answer was no and the team began to grow into a larger, ecumenical Christian mission.

This year was the twenty-second mission and I have participated in twenty of them. I still don't speak Spanish and there is still apprehension in some aspects of the mission. But I can't imagine a year without it.

People sometimes ask me, “why do you still go,” “don't you get tired,” and “why don't you stay here in your new state-of-the-art PACU where you have access to the best medicines and equipment to care for your patients.” I go because this mission is the perfect mix of my faith and my career. Both are incredibly important to me.

So, more specifically why do I go, to a third-world country without the advanced medical care available for me to use for my patients? I love the people at the small Episcopal church of St. Thomas in Gautier, where we work. I love our team. I have met so many wonderful people over the years. I love the relationships we have formed among the team and the people of the Dominican.

But I believe I care most for the patients we serve. While we can only offer basic medical care, they are so grateful for what they receive. They are grateful for the basic health care and simple medicines we supply. They are grateful for our presence there. Many travel a great distance and wait several hours just to be seen. This is so very humbling for me. I go because of the little girl, Gina, who arrived at the clinic with a severe case of pneumonia. We treated her with the strongest antibiotics we had. She comes back every year now to see us. I go because of a man who returned to the clinic three hours after we had treated him, to say thank you to me again. I re-

turn because of the little boy, Jonathan, who after our assistance to set up follow-up medical care for a fractured femur, now returns walking without crutches. But there are heart-breaking moments when we see patients who are so ill due to lack of advanced medical care. We support each other in those moments with hugs or a prayer.

There is a reality however, that these patients are really no different than the patients I take care of here in the PACU. My PACU patients are sometimes apprehensive. They are grateful for our care and I have been told “thank you for being so nice to me” or “thanks for taking such good care of me.” Yes, “go out into the world and love the people you meet,” Mother Teresa said. I hope that my PACU patients who thank me, or my Dominican patients who may thank me with a smile or a hug, are receiving the love that Mother Teresa has instructed us to show.

So off I went on March 6 (I still don't speak Spanish) with my team of 25 wonderful people. With the Covid 19 Pandemic, I do not know if there will be a 2021 Mission. But I am hopeful that if not 2021 we can resume in 2022.

I am truly blessed to have this mission as part of my nursing career.

Submitted By

Robin Baxter, BSN, RN, CPAN

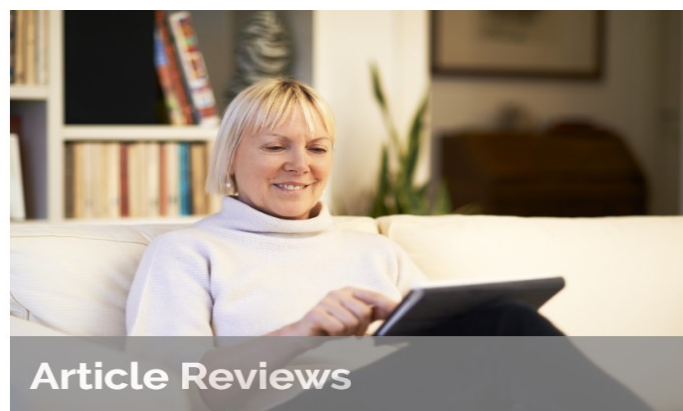
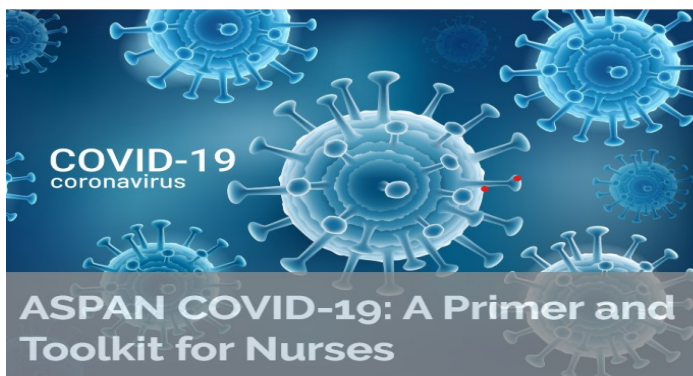
Adirondack Health

Saranac Lake, NY

rbaxter@adirondackhealth.org



ASPAN is working hard to provide members with the best in continuing education . Whether you need CEUs for recertification, resources for Certification preparation, or want to update on the latest topics , look no further than the ASPAN website under the Education Tab. The COVID-19 Primer is designed specifically for the Perianesthesia nurse's needs.



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

Bronwyn Ship, BSN, RN, CPAN, CAPA

bship@aspan.org

Greetings my fellow NYSPANA members. I hope that you are all well and finding ways to cope with the new stress in our lives during these trying times. In the past few months, we have all faced challenges that we never envisioned we would have to deal with in our lifetime. All of a sudden life as we knew it stopped, and we were forced to figure out a new of living, working, and relaxing (at least a little).

Here in New York, life has begun again, but not returned to normal. At work, we all wear masks and face shields. Every patient is tested for COVID-19 prior to their surgeries. We have all become hypervigilant about using proper hand sanitizing techniques and using our PPE. Our patients are also wearing masks and have increased anxiety related to the pandemic and the fact that up until recently, they have had to face their surgery alone without their family by their side to help ease some of the stress of having surgery.

Now more than ever, we as perianesthesia nurses are the last person a patient sees before surgery and the first person that they see after surgery. Our eyes have become our only visual form of communication. They can give comfort and reassurance and show empathy without saying a word.

Protecting our patients and caring for them during their time in our specialty area is nothing new. This is what we have done each and

every day. It is still our main goal and what we prepare for through our commitment to continuing education and our experience as perianesthesia nurses. Please remember that we are all in this together and that ASPAN and NYSPANA are here to help, through on-line education and a new COVID-19 tool kit that can be located on the main page of the ASPAN website.

I am also available to help if you are in need of finding resources and/or answers to your practice questions. I am honored to continue to represent you as your Region 4 Director and am in awe of how we as perianesthesia nurses have met the challenges of the times and continue to serve our patients with caring, compassion and empathy.

Respectfully submitted,

Bronwyn Ship BSN, RN, CPAN, CAPA

ASPAN Regional Director, Region 4 (2018-2020, 2020-2022)

*A nurse is
compassion
in Scrubs.*

~Lexie Saige

Opportunity for Research Funding

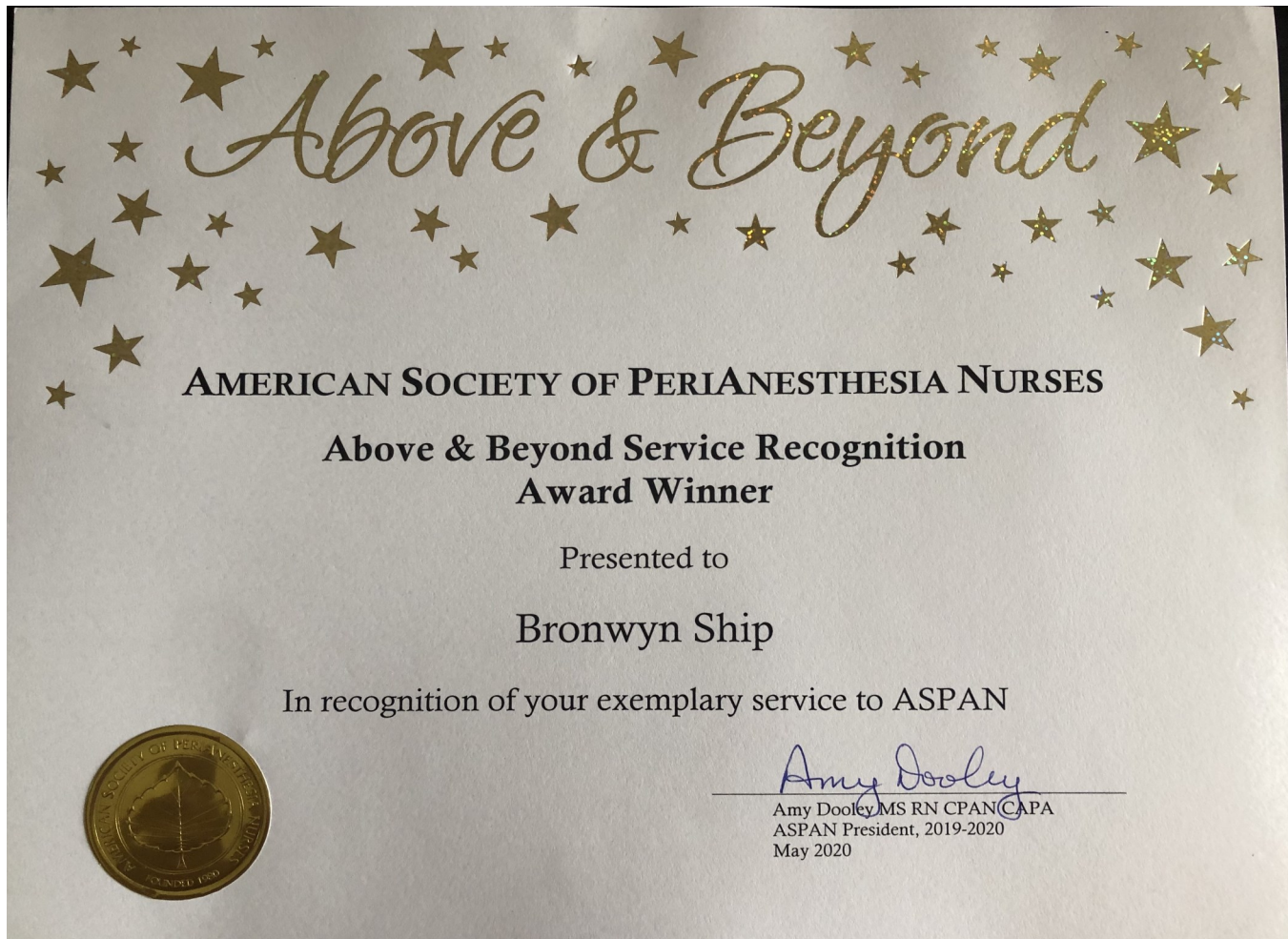
This has truly been a unique and trying time for those of us who specialize in PeriAnesthesia Nursing. So much of the focus has been on the hospitalization of those infected with COVID 19 in intensive care units and medical surgical floors. When elective surgeries came to a halt, many perioperative areas and nurses answered the call of duty and jumped in to assist those in our community. Many preoperative areas were turned into medical surgical/ICU areas to accommodate the surge of inpatient admissions. Now with the Phased Reopening in NYS elective surgeries have resumed. PeriAnesthesia nurses now face a “new normal” to their current nursing practice.

Many changes have occurred and will continue to evolve for the specialty of perianesthesia nursing. Clinical competencies must evolve given the perianesthesia nurse having to care for an unfamiliar patient population. Most perianesthesia nurses have a critical care background, however, many may not have felt confident in caring for medical surgical or even some of their ICU patients. Infection control practice has been one area that has seen the most change throughout the pandemic. It almost seems that everything we were taught about mask wearing was called into question, partially related to the lack of PPE available to health care workers in the beginning of the pandemic.

PeriAnesthesia nurses have shown their resiliency during this time. There are many changes yet to come and ASPAN and NYSPANA will be at the frontlines with our nurses to help provide informational resources like the ASPAN COVID 19 Tool Kit and the ASPAN COVID-19: A Primer and Toolkit for Nurses On Demand Module. Many research questions have been generated from this pandemic not only related to infection control, but long term effects of COVID 19 infection to those undergoing elective surgery.

This is a great opportunity to apply for funding from NYSPANA for a research project related to COVID 19. The application and criteria are found on the NYSPANA website under the ‘Membership’ tab then under ‘Forms’. Email your scientific research inquiries/applications to the NYSPANA Research Chair: nyspana@gmail.com

Mamaril, M. (2020). Perianesthesia nurses called to practice in extraordinary times. *Journal of PeriAnesthesia Nursing*. <https://doi.org/10.1016/j.jopan.2020.03.008>.



Bronwyn Ship has been a wonderful mentor as well as dedicated ASPAN and NYSPAN member. She has served the component as a Board member (including the presidency), taken on the newsletter, consistently attended meetings and conference events. As Regional Director she does a job of helping us stay in touch with ASPAN and the other regional components. Bronwyn made sure to be at our Fall Conference to speak about ASPAN providing valuable information to the attendees and promotes networking. Bronwyn doggedly encouraged me to become more involved each year and has been an invaluable support to me as I stepped into the component presidency last year. She made sure I had guidance for my first LDI and representative assembly. Thanks to Bronwyn I feel confident in my roll and will use her example when I turn over the presidency. I appreciate the opportunity to recognize her for her gentle and wise support of everyone at NYSPAN. It is important for her to be recognized for all the energy she puts into ASPAN and its mission. *Recognized by: Sherry Fieroh*

Nurses in Conflict: Providing Care in Extraordinary Times

Maureen V Iacono BSN RN CPAN

Information regarding the COVID-19 pandemic overwhelms and continues to alter the realities and norms of daily life. A barrage of information assaults us, or at least confronts what we knew to be true just last week. Vast amounts of information can be accessed in printed form, or on the continual news feeds provided in various forms and formats for consumption. Web pages, social media platforms, and emails bombard us during the rapidly evolving crisis. This information may be factual and may be presented by respected experts or may merely be opinion. It can be veiled as cynicism or sensationalized to promote reactions, whether they evoke more judicious adherence to new restrictions and mandates, or further foster worry and fear. Nurses are not immune to being overwhelmed, frustrated, worried, and confused. No matter how much a nurses' identity can be articulated by being a nurse, the reality is that a nurse is a person first – a family member, responsible for self and others in relationships that absolutely matter. How can nurses deal with fundamental issues of taking care of self and loved ones, and resolve the conflicts inherent with the complexities and challenges of workplace demands? There is a paradoxical pull to care for self and family, and to stay committed to community (our colleagues, patients, and their families). It is not business as normal.

Nurses have a duty, albeit a calling, to answer the call to care for patients. This is fundamental decision making – answer the call, go to the workplace and perform your job to the best of your ability, while providing financial support to your family. Yes, it's risky, and uncertain and causes anxiety. But it is also noble and honorable. And you are needed, essential, important, and unique. Every day your decisions matter. This moment in history is a defining one, and you continue to answer the call. The workplace needs you. It's scary to be essential.

The wisdom of promoting self-care cannot be overstated. It is imperative that nurses (and our colleagues in healthcare, in so many important and intersecting roles) are actively working on routine and innovative methods of maintaining and promoting health, and embracing all opportunities to strengthen mind, body and spirit. Caring for self must extend to your personal, at home family unit, as the support and quality of life for your own

core of strength comes from your own people. And let's face it, your family needs you. That need is current but extends into the future – and yes, hopefully, we look forward to the health of our families, patients, local and global communities. We look forward to having our needs, and our families and patients' needs, being met more predictably and more 'normally' as the pandemic subsides. Care for yourself now, because proper rest, nutrition, exercise and spiritual nurturing cannot be put off for another day. The American Society of Perianesthesia Nurses (ASPAN), has posted information on the website for nurses in our specialty. Access the COVID -19 Toolkit today and pay particular attention to the section on caring for yourself.

www.aspan.org

In addition to self-care, extend yourself in relationships in the workplace. Get out of your bubble, whether it be political, territorial or your work clique. Why does this help? We are all one community right now, an evolving community. Colleagues who may have frustrated or annoyed you could be a potential source of solace. And you may be the solace for them. New possibilities are presenting themselves. Seek out a friend, a mentor, an advisor to get through difficult situations and share anxieties and triumphs. Allow yourself to be real with someone. Stay invested and committed to support each other, and to face the challenges of the swiftly changing workplace together. Humor can be essential to facing the issues of the day, and the changing priorities as they arise. When possible, find and share the amazingly funny and candid videos, memes and cartoons that clever people create and share freely. Maintain healthy relationships, and avoid the truly negative, unproductive people who only bring you down. Seek spiritual guidance and renewal. It's a good time to pray! But if you are not a person who embraces personal prayer, be assured. There are people you know and many you don't know who are already praying for you. They pray softly and openly. They are visible and invisible and they support you. There are multiple resources, hotlines, for crisis intervention when and if you are overwhelmed. The National Suicide Prevention Lifeline phone number is 1 800 273 8255. A Crisis Hotline is available by texting; text HOME to 741741 for help. Access phone Apps such as the Calm application, and search for offerings to assist with meditation and breathing exercises.

(continued on page #12)

Nurses in Conflict: Providing Care in Extraordinary Times

Continued:

Maintain and refresh your competencies, with a specific focus on airway, ventilation and ventilator function, both basic and complex. Update and practice with your colleagues to be prepared when the need arises and your skills are required more acutely. The ASPAN toolkit provides a sensible directive related to following standards of care. Clearly, as far as it is practical and as much as you are able, follow the standards of care for perianesthesia nursing. But some nurses will be asked/told to work in different surroundings with little to no preparation. It is then prudent to follow institutional standards of care for this pandemic as defined by your workplace.

Who is there for you? Who can you listen to? Who can you trust? Seek and follow information that is evidence based. There is an abundance of accessible information posted online, in a truly collaborative and generous manner, as professional organizations are sharing essential resource information. It is a hallmark of professionalism to share freely with little concern about membership or selectivity. Nursing resources are increasingly available, and I recommend the American Society of Critical Care Nurses (AACN) www.aacn.org website which, at this time, provides free access on demand to cross training information in the form of recorded webinars regarding treating patients with COVID-19. The Society for Critical Care Medicine (SCCM) www.sccm.org has posted a handbook regarding preparing intensive care units for disaster response. The American Association of Nurse Anesthetists (AANA) www.aana.com also has helpful information, including a list of resources for further inquiry. Continue to seek information from trusted resources and share this information with your colleagues. Expect to find more resource information in an ongoing manner on the ASPAN website, and on the Journal of Perianesthesia Nursing (JoPAN) www.jopan.org website. Remember that you, and your words, are important to others; you have influence and gravity because your words have power. What you hear might or might not be based on factual information; be extremely careful in repeating something that is misrepresented or misinterpreted. You are respected and you are counted on to do right, and now also to say it right; if you restate information that you think is factual, be certain that you give it attribution. "The Centers for Disease Control (CDC) www.cdc.org now says..." "Information currently on the Na-

tional Institute for Health www.nih.org indicates..." "My current belief is that we do/do not have to wear masks while providing routine care and I base my belief on information from....". Give your source.

In general, information you hear can be based on fact or on opinion. Try to find out the source of information you receive in your workplace before you believe it, adopt it, and repeat it. In a crisis situation such as this, if you have trusted a leader or authority figure in your institution in the past, trust them now. The team is in this together, seeking clarity and reclarification while navigating through the crisis. Trust involves some contrast between lofty hopes and desires, and deepest worries and fears. The human connection involves some fragility and some leeway to redirect the courses of action currently established for this pandemic. It also requires trust. No one knows all the answers, but many are working hard to get it right. Be part of the team that gets it right.

I have often amused my family, (perhaps annoyed them) while watching or attending sporting events. I enjoy them, I can and do scream loudly and with gusto. But I also comment and lament (apparently frequently) that we need to bring cheers and loud acclaim to the feats of nurses and esteemed healthcare workers. So, you made an amazing three pointer? So, you pulled off two hat tricks in a row? So, you ran that ball down the entire field without tackle? I've always wanted the community at large, the masses, to recognize and celebrate the unbelievable, heroic care and caring of the ordinary nurse in extraordinary times. Your time is now. In this unparalleled moment, nursing altruism is actually recognized and acclaimed. The laudatory commentaries and anecdotes are highlighted by news anchors. Can you hear the thank you, the pride, the respect and yes, the cheers? Sing the praises of nurses! There are communities designating a specific time each day that neighbors and family members open their windows and find ways to cheer, yell, clap for you and your fellow heroes in healthcare. It is resounding, an uplifting enormous thank you for what you do and how you do it. Celebrate the attention; it is well deserved. You, the nurse, are integral to weave the new reality of our tomorrow. I'm so proud that the crowd is roaring. If community is really based on trusting each other, you continue to earn that trust as you support and care for your community.

Save the date

*“Peri Anesthesia Nurses
Stronger Together”*

District 14 Hosts

The NYSPANA 2020 Virtual State Conference

Saturday: October 24, 2020

7:45 AM-12:15 PM

FREE for members

Goal

The goal of this activity is to cover current topics of interest to Perianesthesia Nurses

Target Audience

This activity is intended for nurses who practice in settings of Perianesthesia

Disclosure Statement

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

4.5 contact hours pending ANCC accreditation

Topics:

Regional Anesthesia Complications

PTSD

****Burn out and Resiliency with ASPAN president: Elizabeth Card****

Oncology Update

Leadership Skills to Empower Innovation and Well-being

Saturday - November 7, 2020

Via Live Webcast

ASPAN is dedicated to empowering innovation, well-being and leadership skills for our components. We are requesting all components leaders and anyone within your component who may be interested in developing leadership skills to join us! We will be meeting virtually across the country in kitchens and home offices, from Hawaii to Maine, via Live Webcast!

The day will be full of resources, education and strategies to spark innovative thinking and well-being skills for your component.

The entire ASPAN Board of Directors will be virtually present to educate and inspire. The day will focus on your component, your leadership skills and your well-being.

Please mark your calendars and join me and the ASPAN Board of Directors for networking, sharing and celebrating our unique specialty of perianesthesia nursing, innovation and well-being.

All my best,
*Elizabeth Card, MSN, APRN,
FNP-BC, CPAN, CCRP,
FASPAN
ASPAN President 2020-2021*

Schedule (Eastern Standard Time)

8:00am – 8:15am Welcome & Overview
Elizabeth Card

8:15am – 9:00am Succession Planning:
Empowering the Next Leaders (.75 CH IC)
Amy Dooley

9:00am – 10:00am Instilling a Culture of
Well-being (1.0 CH IC)
*Bronwyn Ship &
Susan Norris*

10:00am – 10:45am Financial Well-being:
Past, Present and Future (.75 CH IC)
*Chris Skinner &
Alphonzo Baker*

10:45am – 11:00am Break

11:00am – 11:45am Effective Communication: Dealing with Challenges (.75 CH IC)
*Connie Hardy Tabet &
Deborah Moengen*

11:45am – 12:30pm Creating Innovative Evidence-based Virtual Education (.75 CH IC)
*Mary Baird &
Melissa Davidson*

12:30pm – 1:00pm Break

1:00pm – 2:00pm Building and Leading Innovative Teams (1.0 CH IC)
*Margaret McNeill &
Keisha Franks*

2:00pm – 2:30pm Importance of Certification (.5 CH IC)
Lynn Nolan

2:30pm – 2:45pm Break

2:45pm – 3:45pm Strategic Planning for Success (1.0 CH IC)
Jenny Kilgore

3:45pm – 4:30pm Innovation, Resilience and Leading through Change (.75 CH IC)
Elizabeth Card

4:30pm – 4:45pm Wrap-up & Evaluations

Leadership Skills to Empower Innovation and Well-being

Saturday - November 7, 2020

Via Live Webcast

Outcome: To enable the nurse to increase knowledge on leadership strategies and current issues in perianesthesia nursing.

Target Audience: All perianesthesia component leaders and future leaders.

Overall Program Objective: Discuss topics essential for nursing professional development and leadership.

Contact Hours: 7.25

Accreditation

American Society of PeriAnesthesia Nurses (ASPAN) is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider Number CEP5197 for 7.25 contact hours.

Additional provider numbers: Alabama #ABNP0074.

Registered nurse participants can receive up to a maximum of 7.25 contact hours.

Disclosure Statement:

All planners and presenters at nursing continuing education activities are required to disclose to the audience any significant financial relationships with the manufacturer(s) of any commercial products, goods or services. Such disclosures will be made in writing in the course presentation materials.

Registration (\$ Free!)

*****The Leadership Development Institute is open to ASPAN members only*****

Please register online at <https://learn.aspan.org/>

Mail in registrations will not be accepted.

If you require special assistance, please contact Courtney Papp at the ASPAN National Office at 877-737-9696 X217.



NYSPANA Member Reminder

As we get closer to the end of the year I would like to remind all members about the opportunities for recognition and scholarships available to you through NYSPANA and ASPAN. Instructions and applications are on NYSPANA's website in the Administrative Guidelines or ASPAN's website under the Members tab. Feel free to contact myself or other Board members for more assistance.

Excellence in Clinical Practice: Consider nominating a fellow member for outstanding contributions to perianesthesia nursing. The form for nomination is on pg. 23 of the Administrative Guidelines and is due in March 1st, 2021 for NYSPANA. ASPAN's is due Nov 1st. You can also recognize members through the Award for Outstanding Achievement and Above and Beyond awards.

Student Nurse and RNs returning to school: Both organizations offer tuition assistance. NYSPANA deadline for Students is July 1. There is no deadline for BSN, MSN, DN assistance requests. ASPAN's deadline is Feb, 2021.

ASPAN also gives out scholarships for National Conference, Certification fees, the Nurse in Washington program and humanitarian mission support. The deadline for these applications is February 2021.

Both organizations also offer Research grants. NYSPANA applications for the \$500 dollar award are due in June 1st, 2021. ASPAN due dates are Jan 1st and June 15th for 2021.

Yours in Perianesthesia Nursing,
Sherry Fieroh RN MSN CAPA, Pres.



CERTIFICATION

Not Yet Certified? Now is Your Time!

**Currently Certified?
Encourage a Colleague!**

Registration: July 1st to September 15th

Testing: September 15th to November 15th

*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*

District 1 Long Island

PRESIDENT

Tina Stoebe, MS, RN, CPAN
C: 631.835.8917
W: 631.476.2729
ts77838690.1more01@gmail.com

VICE PRESIDENT

Irene Healy, RN, CAPA

SECRETARY

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Position Open

VICE PRESIDENT

Position Open

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PRESIDENT

Christine Angiolillo, RN, CPAN
C: 315.726.9436

Christine.angiolillo@sjhsyr.org

VICE PRESIDENT

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SECRETARY

Kelly Cortini

TREASURER

Maureen Iacono

District 8 Westchester, Rockland

PRESIDENT

Pam Werner, RN
C: 845. 279.9365
pamwerner@hotmail.com

VICE PRESIDENT

Doreen Dozier, MHA, RN, CAPA

SECRETARY

MaryAnn Servidio, MSN, RN, CAPA

District 14 Roches-

PRESIDENT

Kathi Peers, RN
kathi_peers@URMC.rochester.edu

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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, Thompsons, Wayne, Wyoming, Yates

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

EMPOWERING INNOVATION AND WELL-BEING

