



The Awakening

DECEMBER 2018 | VOLUME 39 | ISSUE 3

Our Mission

The society is committed to the promotion of perianesthesia nursing as a specialty and enhancing the professional growth of its members.

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Upcoming Events

WISPAN.NURSINGNETWORK.COM

- Feb. 1st, 2019-** Fitchburg, WI- WISPAN Board of Directors Meeting
AmericInn & Suites- 5pm- All attendees are welcome to join us
- Feb. 2nd, 2019-** Fitchburg, WI- Perianesthesia Potpourri- 6:45am- 3:45pm
- April 6th, 2019-** Grafton, WI- Reboot into Spring- 6:45am- 4pm
- May 5th-9th, 2019-** Nashville, TN- ASPAN's 38th National Conference

Perianesthesia Potpourri Saturday, February 2nd, 2019

Biopharmaceutical Technology Center
5445 East Cheryl Parkway
Madison, WI 53711

Registration begins: 0645
Enjoy breakfast and time with vendors
First speaker: 0800

TOPICS

- ◊ Neuroendovascular Surgery for Stroke Treatment
- ◊ Gender Affirmation Surgery
- ◊ A Patient's Journey of Gender Affirmation
- ◊ Nursing Documentation
- ◊ Women's Pelvic Wellness

Registration

To register visit www.wispan.nursingnetwork.com

We will **ONLY** accept online registration for this event.

Payment can be made by credit card or if choosing to pay by check, registration is pending until received.

Registration Fees: Your member number is required & will be verified

- \$120 Non-member**
- \$80 ASPAN or Other Professional Organization Member**
- \$75 CAPA or CPAN & ASPAN Member**
- \$70 CAPA & CPAN (dual) & ASPAN Member**
- \$35 Non-licensed student or Retiree**

**If registering day of conference there will be an additional \$20 fee

If you choose to pay by check, please make check payable to WISPAN and mail to:
WISPAN Winter Conference
C/O Sandy Shotliff
5253 Locust Rd,
Oregon, WI 53575

Cancellation Policy: All requests for cancellation must be made by email and received 24 hours prior to conference to sshotliff@charter.net

More Information

Bring non-perishable items for food pantry

We will also have raffles and door prizes

Outcome: Nurses will gain general perianesthesia/perioperative knowledge

Target Audience: All professional nurses in all care settings

Accreditation: UnityPoint Health is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. To earn 6 contact hours, participants must attend the entire session and complete and evaluation.

BTC and WISPAN are not responsible for any accidents/damage/injury to property or person



Hotel Rooms reserved at

AmericInn Hotel & Suites
101 West Broadway
Monona, WI 53716

Phone: 608.467.4791 or 800.634.3444
(8 miles to BTC, conference location)

To get the special rate of \$89, you need to call by Saturday, January 5th 2019.

All attendees are welcome to join us at the WISPAN Board Of Directors meeting on Friday, February 1st at 5PM located at AmericInn Hotel and Suites.

Co-provided by AORN Chapter 5003, WISPAN & Unity Point Health





**“Celebrate
Perianesthesia
Nurses week
(PANAW) on
February 4-10,
2019”**



President Message

Jess Herr, BSN, RN, CPAN, CAPA

Winter is here. Holidays are here and all the cold activities in the great state of Wisconsin are underway. I am thankful to serve as your WISPAN President and represent our perianesthesia nursing profession. I look forward to meeting current and future members at our winter and spring conferences in 2019. I had the pleasure of being a nurse planner for the October 2018 conference and it was a great learning experience. We had an excellent national speaker who made the day a lot of fun! I would encourage any of you to experience planning an event at some time in your careers.

Once again, our WISPAN board would like to encourage everyone to consider getting involved with the board. We have quite a few opportunities opening in 2019 for you to consider including; President-Elect, Treasurer, Scholarship Coordinator, Research, and Secretary. Many of these options are great starter positions to get your feet wet with the organization. As a board, we all like to have fun and I promise we don't bite.

Don't forget to make plans to celebrate Perianesthesia Nurses week (PANAW) on February 4-10, 2019. This year's theme is Leading with Knowledge, Serving with heart. PANAW is an opportunity to educate nursing colleagues and the community about the professionalism and passionate care that is delivered by perianesthesia nurses every day. There are many great resources available on the ASPAN website including ideas to celebrate, a product catalog, and PANAW press release. Please forward us any pictures and celebrations you do have so we can feature them on our website.

Plan to go to Nashville for the ASPAN's 38th Annual conference. The dates are May 5-9. There are always scholarships available through WISPAN website for you to apply for. You will learn valuable information and have a chance to network with other perianesthesia nurses from all over the country.

Have a great 2019!



CONGRATULATIONS to WISPAN Scholarship Recipients in 2018

Winter Conference: Valarie Dethloff and Joan Smith

National Conference: Cindy Nowak, Debra Kradecki, Pamela Schreiner, Tracy Franshuk, and Nikia Coburn (1st time attendee)

Recertification: Debra Dosemagen and Jessica Herr

Continuing Education: Debra Dosemagen and Kimberly Anderson

**Apply
Today for
Free Money!!**

Region 3 Director

Sylvia Baker, MSN, RN, CPAN,

FASPAN

Bright, fluffy snow that covers the darkness of winter might be viewed as a new beginning. As we turn the calendar over to a new year, perhaps we should also look at new beginnings!

ASPAN's Midyear Board meeting, held in November was very productive. As a Board, we continued the business of ASPAN and Perianesthesia Nursing. It is vitally important the you keep your Component leaders informed of any of your questions/concerns. The slate of officers was revealed at this meeting; the ASPAN website has the bio's and goals of candidates posted. Look to see who has accepted the challenge of helping to guide and lead this fantastic organization; read the bios of the candidates and let your Component leaders

know who you want them to vote for! (This is also a great way to demonstrate grass-roots involvement and get points for the Gold Leaf Award!)

The new (and updated) ASPAN Standards are out in press and ready for purchase to aid you in providing evidence-based care. The cover has an exciting new look! Be sure to get your copy soon. If you're ever interested in how you can get your own free copy of the Standards, all you have to do is complete a "Willingness to Participate" form (on the ASPAN website) and offer your services to the Clinical Practice Committee.

The RD group began work last year on a new presentation on the impact that Perianesthesia Nurses can make during a natural disaster. We plan on having this presentation completed prior to National Conference. If you're interested in such topics, let our ILSPAN Leadership know so they can have this presentation available for you. ...And while I'm speaking of presentations:

ASPAN has several means for you to get free (or limited cost) education. Contact Linda Beagley (lbeagley@aspan.org) if you have questions or interests along this vein. If you haven't already started saving your money to attend the National Conference (in May), being held in Nashville, TN: NOW is the time! This promises to be an exciting Conference: one filled with many educational offerings and possibilities; the chance for you to participate in and obtain multiple contact hours as well as meeting new and old friends! I look forward to seeing you there.

I have truly enjoyed my time as Regional Director for Region 3. I hope that I have been able to positively impact even one member to get involved with this great organization that supports the work we do as Perianesthesia Nurses and patient advocates. Be a force: Maybe it's a snowflake; maybe it's a blizzard. We never really know the impact we have on our patients and colleagues and you can be viewed as a new beginning for their professional development.

Scholarship	Total Awarded	Application Deadline
CPAN/ CAPA Recertification & Certification	4 Certification Fee 4 Recertification Fee	At least 6 weeks prior to test or recertification date
WISPAN Sponsored Seminar	4 Registration Fees	At least 4 weeks prior to seminar date
ASPAN/ WISPAN co-sponsored Seminar	2 Registration Fees	At least 4 weeks prior to seminar
Continuing Education (to further nursing degree)	2- \$1000	July 1st
Mission Nursing	2- \$1000	July 1st
ASPAN National Conference	4- \$1000	January 15th

ATTENTION WISPAN MEMBERS

Mimi Spence

If you are planning to attend any conferences or want to certify/recertify, why not apply for a WISPAN scholarship? The following scholarship deadlines are quickly approaching, please apply ASAP!

⇒ 4 scholarships available for the WISPAN Winter Conference taking place on February 2nd, 2019 in Fitchburg, WI.

⇒ 5 scholarships available for the ASPAN National Conference taking place May 5th- 9th, 2019. The deadline to apply is January 15th, 2019. Hurry and apply today!!

⇒ Please submit your scholarship forms to the Scholarship Coordinator either electronically or by mail. For more information or help applying please reach out to our scholarship coordinator, Mimi Spence at mimi-spence@sbcglobal.net

To Apply Visit:
<https://wispan.nursingnetwork.com/page/31611-forms-scholarship>

Message from Past President

Marlene Nahavandi, RN, BSN, CAPA

"The society is committed to the promotion of perianesthesia nursing as a specialty and enhancing the professional growth of its members"

A graphic with the words "GET ON BOARD" in large, colorful, block letters. "GET" is in pink, orange, and yellow. "ON" is in blue and green. "BOARD" is in green, yellow, red, and blue.

As I have mentioned in the past WISPAN is looking for members to become involved with the WISPAN board. In 2019 WISPAN will have the opportunity for members to become involved on the board in the following positions: **treasurer, scholarship coordinator, research, secretary and president elect**. I would encourage you to read the job descriptions and challenge yourself to become involved on the WISPAN board.

<https://wispan.nursingnetwork.com/page/31601-documents>

BENEFITS of getting involved on the WISPAN board

- ⇒ Board members we receive \$75 towards a WISPAN conference of your choice
- ⇒ Hotel & mileage expense paid for while traveling to board meetings
- ⇒ Meet new perianesthesia nurses from around the state
- ⇒ Increase opportunity to win WISPAN scholarships
- ⇒ Opportunity to learn about ASPAN & WISPAN
- ⇒ Most of all...to have fun!



Treasurer Report

Sandy Shotliff, RN, CPAN

WISPAN current financials are:

Checking \$ 7,532.00

Savings \$ 6,015.97

CD \$ 21,227.36

Calvert Mutual Fund \$ 8,669.32

2018 Winter Conference we profited
\$4065.36

2018 Spring Conference we profited
\$3,511.16

2018 Fall Conference we profited
\$1,533.88

A Review of Evidence Based Practice Article

Bonnie Holzheimer, BSN, RN, CAPA

Review of Evidence Based Practice article *Feasibility of an iPad to Facilitate Communication in Postoperative Patients with Head and Neck Cancer* found in the August 2018 Journal of Perianesthesia Nursing on Page 399.

Questions

1. What is the Purpose and primary and secondary objective of the study?
2. What design was used in the study?
3. Was the literature review relevant and recent?
4. What was used to develop measure feasibility and patient satisfaction?
5. Was the trial successful?
6. What were the conclusions of the study clearly stated?
7. Was there a valid sample size? What were the limitations?

Answers

1. Purpose of the study according to page 401 was to test the feasibility of using a customized tablet as a communication tool with the patients in the immediate postoperative setting. The secondary objectives were to evaluate the use of customized tablets as a communication tool and to assess patient satisfaction.
2. Design found on page 399 was a prospective feasibility study.

3. The literature review is found under references on page 406. It was not the most up to date with studies cited back to 1998. Probably from the limited amount of research that had been done in this area.
4. Questionnaires it was stated on page 399 were used to developed and administered to measure feasibility and patient satisfaction at different times of the pre and post op period.
5. The trial was successful as explained on page 403. Successful was defined as 50% satisfied and 66 % of the study patients were satisfied.
6. Conclusions were clearly stated on page 405.
7. On page 405 it stated the study had several limitations as sample size was small. Also application was only available in English. Post op problems stated on page 402 at the bottom of the page patients who had a lot of post op swelling could not participate due to blurry vision. Also patients who experienced nausea and vomiting and difficulty emerging from anesthesia could not participate. Two patients did not have their glasses so could not read the tablet. One patient had malfunctioning tablet that could not be fixed.

If you are thinking of doing research and need assistance please email Bonnie Holzheimer at bonholz@gmail.com and I would be happy to assist you.

Message from President-Elect

Brenda Gillingham, RN, BSN, CPAN

Hello! I am so happy to touch base with you again. First, I want you to know about our WISPAN/AORN hosted seminar we are offering on February 2, 2019 in Fitchburg, WI. Topics will include: Neurosurgery for Stroke Treatment, Gender Affirmation - A Patient's Journey, Nursing Documentation, and Women's Pelvic Health. The Board has just approved charging only \$80.00 for, not only ASPAN and AORN members, but for any other professional membership that is held. In addition, if you are CAPA or CPAN the cost is \$75.00. If you hold both, you only pay \$70.00. The cost is hard to beat given the knowledge and insight you will gain. Speaking of certification, I would like everyone who is not certified to consider making this a personal

goal. WISPAN offers scholarships for certification! Please check out our website and click on the ABPANC link. For spring testing, registration is between January 1, 2019 to March 15, 2019 for test dates between March 15, 2019 and May 15, 2019. In addition to certification, I want to encourage you to run for a position on the WISPAN Board of Directors (BOD). I attended my first BOD meeting as a new PACU nurse over 20 years ago. What I have learned not only assisted me in understanding how WISPAN is run, but also gave me a lot to draw from as OR Interim Manager at the hospital I work for. Positions are held for 3 years. In 2019 we will have positions open for Treasurer, Scholarship Coordinator, Research, Secretary, and President-Elect. It is important to know that you have other BOD members with a wealth of knowledge to help guide and teach you. The BOD meetings are held the evening before WISPAN seminars and your travel and hotel are paid for. In addition to these perks, ASPAN holds a yearly 3 day Component Development Institute (CDI) seminar. Attendees come from all over the United States. The agenda includes learning about leadership, research, organizing seminars, strategic planning, bylaws, communication, and much more. The cost is covered for the President-Elect position and WISPAN has scholarships for others that would like to attend as well. Three of us attended the CDI in St. Louis in September. The networking, learning from other components, and feeling of camaraderie was amazing. I urge you to challenge yourself and consider running. We would love to have you!

"I would like everyone who is not certified to consider making this a personal goal. WISPAN offers scholarships for certification!"

2019 WISPAN Board of Directors open positions:

- ◆ **Treasurer**
- ◆ **Scholarship Coordinator**
- ◆ **Research**
- ◆ **Secretary**
- ◆ **President-Elect**

Please fill out a Willingness to Serve form by February 28, 2019. Election will be held mid-March.

Willingness to Serve Form: <https://nursingnet-work.wufoo.com/forms/wispanwillingness-to-participate-form/>



Joining WISPAN and ASPAN has many benefits including:

- ◆ Education-National Conferences, online education, ASPAN seminars, Scholarships, Research Grants, CE Articles in JoPAN and online
- ◆ Publications-Journal of Peri-Anesthesia Nursing, Breathline Newsletter, Perianesthesia Nursing Standards, Competency Based Orientation and Credentialing Program for the registered perianesthesia nurse.
- ◆ Collaboration-State Components/organizations, Network with colleagues, Specialty Practice Groups, Clinical Practice Network
- ◆ Advocacy-Government Affairs, Committees and Strategic Work Teams, Perianesthesia Nurse Awareness Week
- ◆ Other Benefits-Discounts on educational publications and National Conference, \$100 off CAPA and CPAN Certification exam fees, Free online access to Joanna Briggs Institutes medical database, Career Center

Pattie Miller, RN, BSN, CAPA

Marketing and Membership Chair 2018-2021

mayermiller@yahoo.com

Did you know?

You could win a free ASPAN/ WISPAN membership by recruiting new members!

Recruit new members to become the 2019 recruiter of the year!

Award will be presented at the 2020 Winter Seminar

Free CEUs

via

ASPAN:

**[https://
www.aspan.org/
Education/JOPAN
-Continuing-
Education-Articles](https://www.aspan.org/Education/JOPAN-Continuing-Education-Articles)**

Awakening Contest

Submit a article to the Awakening for a chance to win a free ASPAN/ WISPAN membership, which will be awarded at the Winter Conference in February.

Please contact the Awakening Editor at ddosemagen89@gmail.com if you need assistance.



wispan1



wispan.aspan

***Are you interested in hosting a
WISPAN Conference???***
***Now looking for a host for
Fall 2019, Spring 2020 & Fall 2020***
***Please contact Marlene at
marlenen@mail.com***

Did you know?

You could earn money by submitting education or clinical articles for the Awakening Newsletter!

Authors will be reimbursed:

- ◆ \$100 for articles containing 250 words or more
- ◆ \$50 for articles containing less than 250 words
- ◆ \$25 for Clinical practice questions that demonstrate evidenced based research
- ◆ \$15 for a crossword puzzle
- ◆ \$10 for a joke or anecdote

Please submit your articles to Deb Dosemagen, The Awakening editor at ddosemagen89@gmail.com.

I am happy to help please reach out if you need assistance.

The Awakening is published 3 times a year.

Please submit photos or articles that you would like included in The Awakening to Deb Dosemagen. ddosemagen89@gmail.com

Deadlines to Submit

Spring Issue: April 1st

Fall Issue: August 1st

Winter Issue: December 1st



1988

Welcome New Members!!

Stop by the WISPAN membership table at the WISPAN Winter Conference on Feb 2, 2019! If you sign up to join WISPAN on the day of the conference, you will receive a \$10 discount.

WISPAN Members

Feb 2017	352
Oct 2017	317
Feb 2018	325
August 2018	309
December 2018	303

WISPAN Certified CAPA or CPAN Members

CPAN	46
CAPA	70
Dual	8



**Congratulations to the Fall
2018 Newly Certified Nurses**

Certified CAPA & CPAN Nurses in the State of WI

CPAN	132
CAPA	115
Dual	10
Totals	257

**Don't miss out on Getting Certified this
Spring 2019!!**

Registration Window-

January 1, 2019- March 15, 2019

Exam Window-

March 15, 2019- May 15, 2019

ABPANC has a Resources section of their website with free study tools to help nurses prepare for the exam.

Free Study Guides and Reference Materials available at:

www.cpancapa.org/resources/study-tools

Contact a Certification Coach Today!

Donna Lopez, BSN, RN, CAPA-
RNDLOPEZ@aol.com

Annika Arzikovic, RN, CAPA
aparzikovic@gmail.com

Heather Roberson, BSN, RN, CAPA
Heather.robertson@aurora.org

Government Affairs

Tracy Franckuk, RN

✓ I VOTED

Hope you did too!

Nurses play a crucial role in shaping our future healthcare.

"Our advocacy is a vital pillar of our profession and requires us to be well-informed- whether we're promoting the safety of an individual patient, advanced a critical healthcare issue, or casting a ballot on Election Day." Cipriano, Pamela. President of American Nurses Association. 2018, September. Nurses Shaping the Future of HealthCare. American Nurse Today, Volume 13, Number 9, pp 32.

⇒ I wanted to give you a couple websites for your governmental resources that I have found interesting and very informational:

⇒ ANA's new Civic Acton Center- Key Resources in our own neighborhood:
<https://p2a.co/GaTXfxQ>

⇒ Find out who your local elected officials are:
Wisconsin.gov <http://maps.legis.wisconsin.gov/>



Upcoming Events:

Please mark your calendars - **2019 WNA Nurses Day at the Capitol on Wednesday, February 27th 2019** :Designed to help nurses in Wisconsin appreciate the importance of their role in influencing health policy and affecting change in their practice. The intent is for nurses to take the information learned at Nurses Day and use it to advocate for better nursing practice and better patient care in their work environments and communities, and ultimately to advance the profession of nursing.

Hope to see you there!



Clinical Practice Question

Submitted by Marlene Nahavandi, RN, BSN, CAPA

Question: What is safe patient/nurse ratio in PACU?

Answer located on page 17

How Generational Differences can Impact Perianesthesia Nursing

Debra Kradecki, BSN, RN, CPAN

A generation is defined as a cohort of individuals that share birth years and similar experiences related to historical, political and social significant events. These influential events have shaped each generation's attitudes, values and beliefs. Generational cohorts are:

- Baby Boomers- Born between 1946 & 1964
- Generation X- Born between 1965 & 1980
- Generation Y or Millennials- Born between 1981 & 1994
- Generation Z- Born between 1995 & 2010

Baby boomers are the largest population growth ever seen in the US (over 80 million). Due to their size, this generation has influenced all aspects of society. Parents raised them and made sure they would have a better life.

Generation X was the first generation to have a standard of living below their parents. They are independent, self-reliant, resourceful and risk takers. They seek balance in their roles of employees, spouses and parents. This generation has an increase divorce rate, they were latch key kids, saw the birth of video games and the home computer. They view work as a necessity to enjoy life because of a less stable economy.

Xennials (1977 to 1985) are considered "micro-generational". They don't fit in either Generation X or the Millennial

cohort. They were raised during the technology boom and hit hardest by the recession.

Generation Y or Millennials are more tech savvy than any other generation before them. Their attention span is 12 seconds and they are easily bored. 50% have moved back home after college. They were influenced by the rise of the smart phone and social media. This generation has shown high levels of political and religious disaffiliation even if they were raised differently. Their belief is one size does not fit all.

Generation Z is the first generation to be born into a totally digital world. The majority is not white and there is a large increase in the number of biracial and multiracial individuals. This generation spends up to 9 hours a day on their cell phone. Their attention span is 8 seconds and they become easily bored and distracted. They prefer text over email, prefer to be happy over making money and have extreme political correctness.

The current percentage in the workforce is:

- Baby Boomers- 34%
- Generation X- 35%
- Generation Y or Millennials- 20%

- Generation Z- 5 to 7%

So how does this impact perianesthesia nursing?

Baby boomers are workaholics. They entered nursing to make the world a better place. They can be perceived as critical or judgmental to those who see things differently and believe new staff members should pay their dues. This generation enjoys being mentors and have a commitment to excellence.

Generation X are self directed. They need an environment that promotes professional growth, are life long learners and are comfortable integrating technology into their lives. They value fun at work and hate being micro-managed. The strength of this generation is independence with the ability to perform with minimal supervision. Give them a choice to be the leader or follow. They show very little loyalty to leaders and organizations.

Generation Y and Millennials strive to maintain work life balance. They expect instantaneous results, are great with technology and will change employment if not challenged and supported. This generation finds difficult people extremely challenging to work with. They are optimistic, will work hard and expect rewards. They have a knowledge of diverse cultures, will work on group projects and want to

How Generational Differences can Impact Perianesthesia Nursing

Continued..



make a positive impact.

Generation Z are compassionate, thoughtful, determined and respectful. They are more "we" than "me", have a strong work ethic and see education as necessary for success. They may not pay attention to fine details but do expect prompt feedback. They value diversity, are self-motivated, compassionate and concerned for the greater good.

Tips for nursing leaders:

Baby boomers are the only generation that is expected to see social security and a pension when they retire. They expect to be rewarded with increased pay, benefits and recognition for a job well done. Communication is preferred in person or by phone and they like to be included in decision making.

Generation X desires work life balance and informal communication. Do not micromanage them, be flexible with their work schedules and provide them skills to impact their re-

sume. Be blunt and direct and share information with them immediately and often. They enjoy working in groups, like a flexible fun working environment and opportunities for growth. For this generation, the conflict between personal and organizational values has been associated with a greater chance of experiencing burnout than other generations.

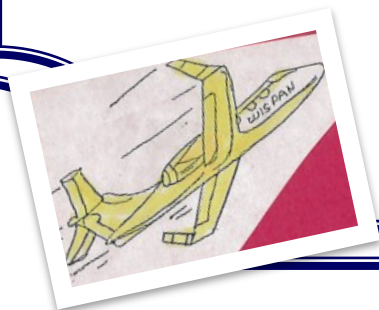
Generation Y and Millennials desire the latest technology and want a flexible, fun working environment. They prefer more supervision and structure, want immediate feedback and opportunities to gain new skills. Use communication style that is positive, respectful and motivational. Do not talk down as this will cause resentment. Be humorous, show you are human and include them in decision making. It is easy to recruit this generation but they will change jobs frequently. It is a job, not a career.

Generation Z expects a work schedule that meets their needs outside of work. They want leaders that are direct and to the point. They want a job that makes them happy over more pay. This generation needs to be inspired by work, be able to meet goals and

grow professionally to stay in their role. Currently 35- 61% of new nurses will leave the practice of nursing within the 1st year because it is not aligned with their values.

How do leaders avoid generational conflict?

Acknowledge generational differences and learn how they can positively impact the workplace. Try not to interrupt or overrun other individuals comments during meetings and discussions. Provide choices and find common ground with your staff members. Provide the big picture for the staff, but allow them to determine how they will meet organizational goals. Lead by example and value generational diversity. Provide mentorship and coaching to all generational cohorts. Do not allow "us" vs "them" in department discussions. Create reward systems that will accommodate all generational preferences. Create a code of conduct but treat everyone individually. The bottom line is to have all staff focus on the patients, always bring discussion back to providing the best care for our patients and family members. This is indeed the caring profession that is nursing.



Fall 2018 Wispan Conference- Kenosha, WI



SHALOM CENTER
Building Hope
Food • Shelter • Guidance

Shalom Center of the Interfaith Network of Kenosha County, Inc.
4314 39th Avenue
Kenosha, WI 53144
OFFICE: 262-658-1713
FAX: 262-657-6914
www.shalomcenter.org

TOP/White Copy to Donor

DONATION RECEIPT

Location: Shelter Food Pantry Received by: M. Tyson Nbr: Nº 22977
(Circle one)

Please PRINT Date: 10-15-18

Donor Name and/or Organization: Wispan
Address: 6405 Bridge Rd Phone: _____
City: Madison State: WI Zip Code: 53712
Email: _____

Description of Donation:

1. FOOD OR GOODS please circle one		2. MONETARY	
Qty	Unit of Measure	Qty	Unit of Measure
<u>1</u>	Bag, Shopping		Check \$
	Box/Case		Date of Check
	Pallet		Check #
Description of item(s): <u>Food Items (pasta, tomato sauce)</u>			Gift Card Certificate
	Lbs. (if applicable)		Amount \$
			Ref #

List multiple checks:
Description of donation(s):

4. SERVICES / OTHER
Description of services(s):
Include value/time:

Program Designation:
 Administration Shelter Programs Kids Succeed (Children Programs) Soup Kitchen Food Pantry
 Other (specify): _____

Authorization to recognize donor publicly for their donations (i.e. donor recognition lists, etc.) YES NO
 Not Needed

Please indicate how you would like to be listed:
 I have read the terms and conditions above:
 I have read the terms and conditions above:
 I have read the terms and conditions above:

Donor Signature: Kimberly Anderson

United Way
A United Way Member Agency

Fall Conference 2018, attendees generously donated food items and money to the Shalom Center



Pain Word Scrabble

By Marlene Nahavandi, RN, BSN, CAPA

1. RNCOHIC _____

2. CEATU _____

3. CCEIITVEPON _____

4. RUCIAEHPONT _____

5. ATMARYFMNOLI _____

6. EDTREN _____

7. SOONGIHT _____

8. IGNGNAG _____

9. RUGIBNN _____

10. ICY AHLSP AHPYERT _____

11. IETDAMDNTIO _____

12. SEXCIERE _____

13. EAITRXNOAL _____

14. NTDIE-
MAIOC _____

Answers are located on page 17

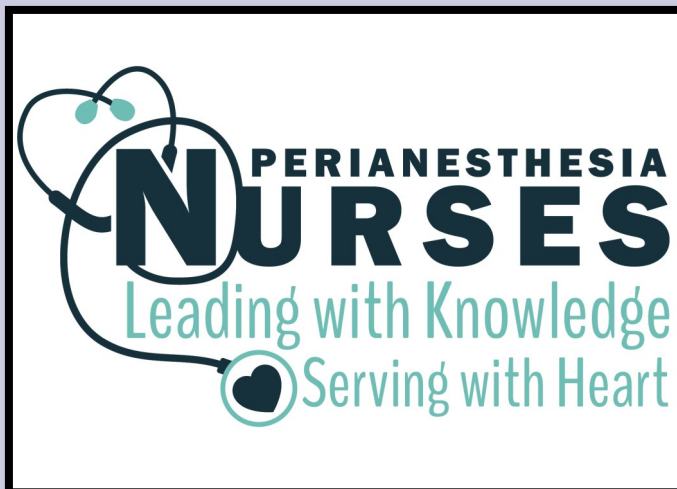
Coming Soon:

PeriAnesthesia Nurse Awareness Week

February 4-10, 2019

Don't forget to celebrate Perianesthesia Nurses Week! This years theme is "Leading with Knowledge, Serving with Heart".

"Please submit pictures from your celebrations to be included in the Spring Awakening. Submissions are due to ddosemagen89@gmail.com by April 1st, 2019."



The ASPAN website has great ideas on how to celebrate and recognize each other for PANAW 2019.

Please visit the link below for more information.

<https://www.aspan.org/Events/PANAW>

The new ASPAN 2019-2020 Perianesthesia Nursing Standards Practice Recommendations and Interpretive Statements are now available! Please visit the ASPAN website to purchase at www.aspan.org

Pain Word Scrabble Answers

meditation

shooting

burning

nagging

Acute

tender

Chronic

relaxation

physical therapy

Nociceptive

Inflammatory

Neuropathic

Exercise

medication

Clinical Practice Question Answer

This question has been asked frequently. ASPAN members can find the answer to this question by logging into www.aspan.org. Click on the Clinical Practice tab at the top of the page and "pull down" to Patient Classification. Here, you can read the staffing recommendations in its entirety.(1) This is "Practice Recommendation 1 - Patient Classification/Staffing Recommendations" that can also be found In the ASPAN 2017-2018 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements (2) pages 32-37.

The standard states staffing should reflect patient acuity, the need for additional Phase I RNs and support staff is dependent on the patient acuity, complexity of patient care, patient census and the physical facility. Appropriate staffing requirements should be met to prioritize the safe, competent nursing care for the immediate post anesthesia patient or the patient with the highest level of care needs, in addition to the care of the blended patient population

Commonly Used Anesthesia Meds Answers

1. Propofol

2. Ketamine

3. Ondansetron

4. Lidocaine

5. Sevoflurane

6. Midazolam

7. Neostigmine

8. Succinylcholine

9. Naloxone

10. Sugammadex

11. Flumazenil



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