



WAKE ME UP!

The Newsletter of the Maine Society of PeriAnesthesia Nurses

Volume 26, Issue 1

★ ★ ★ Winner of the 2002 ASPAN Newsletter Award ★ ★ ★

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President's Message **Deb Roy, BSN, RN, CPAN**

Do any of you ever watch any cooking shows on the Food Network or HGTV? I'll admit that it's one of my guilty pleasures while folding a load of laundry or sorting through piles of unopened mail. It's mindless, easy viewing.... no evolving characters to keep track of, no serial plots to catch up on. Sometimes I pick up little tips or ideas for recipes to use in my own cooking, but more often I just drool a bit over some of the creations that look appetizing. Ree Drummond (otherwise known as "The Pioneer Woman") used to begin her earlier episodes with "I'm Ree Drummond. I'm a writer, blogger, photographer, mother, and I'm an accidental country girl." I've decided that being an "accidental anything" is not always bad.... it's not admitting failure or lack of motivation; it just means that you've found yourself in a position you didn't necessarily expect to be in. If Ree Drummond can turn being an accidental country girl into a multimillion-dollar television and business empire, then I guess there's no shame in introducing myself to you this way: "I'm Deb Roy. I'm a nurse, mother of three, grandmother of three, gardener, cooking enthusiast, antique furniture hoarder, and I'm an accidental MeSPAN President". Don't laugh, because in some ways, it did happen by accident. I became a member of MeSPAN in 2002 when I transitioned from the ICU to the PACU at Mercy Hospital in Portland, where I've practiced for 35 years. At the time, MeSPAN seemed a remote, faceless organization that served as a liaison to our national organization (ASPAN): they passed along standards of care, updates, and recommendations; issued a nice newsletter;

and offered educational conferences. I envisioned the Board of Directors and officers as business-minded individuals who were probably super-smart, super-educated, and far removed from actual bedside patient care. In 2013, I became CPAN certified and decided to become more invested in my professional practice. My hospital management team encouraged involvement in our specialty organizations, so I joined the MeSPAN Board as a Board Member at Large. (Yes, I was a BM at Large...lol). I quickly realized that my preconceived notions of this group were misguided, and it's embarrassing to admit that I was unaware of the huge impact that ASPAN and the state components (MeSPAN) have on our perianesthesia practice and the care we deliver. As a national organization, ASPAN sets the bar for the exceptional care of perianesthesia patients....MeSPAN then implements those standards of care, practice recommendations, and position statements into practical solutions and guidelines for our nurses caring

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for perianesthesia patients in Maine. This team of nurses devote their time, energy, and passion to be sure that we can safely care for our patients, their families, and ourselves as practitioners. Although I was hooked, I still had no aspirations to ultimately become the leader of such an amazing team, and I can safely say that the Presidency was not on my "bucket list". Plans do change however, and after time on the Educational Team coordinating conferences, I transitioned to the Vice President role when our most recent President needed a "wing man" during her term. Two years later, here I am..... your "accidental" MeSPAN President! I am both humbled and excited to serve our component and its members, and I can only hope to continue and expand upon the fine work of my predecessors in the role.

I recently vented to a friend that I was struggling with my "Presidential message" to our membership. What could I possibly say or share that would resonate with the scores of perianesthesia nurses who might read my words? What am I thinking that you all have not thought a million times already? How can I inspire nurses who do just what I do every day? My friend suggested thinking of a word or phrase that in my mind describes MeSPAN and its members, and then speaking from my heart. Having just returned from the ASPAN National Conference in Nashville, TN, the words "camaraderie" and "cohesiveness" immediately came to mind. Webster defines camaraderie as "mutual trust and friendship among people who spend a lot of time together or are of like-mind. Synonyms: fellowship, closeness, togetherness, affinity, companionship, solidarity". Cohesiveness is defined as "the quality of forming a united whole". There is an almost tangible energy and excitement at an event like the National Conference when nurses from all over the country come together to share their stories, passions, ideas, and practices. I marvel at the ease with which nurses who've never met before (and may very well never meet again) can strike up conversations in the line for coffee, on a break at an educational session, or during a social event in the evening. It is so clear that we gather together for a purpose that goes deeper than simply seeking education and to expand our professional knowledge base. It's not just about the contact hours or the lovely venue or the great location. We seek time with others who share and truly understand the challenges and rewards of our practice ... "those of like "mind". Have you ever watched

cyclists rotate the lead position to take turns creating the wind break? They may be competitors, but there is a solidarity and bond among them. Migrating geese in a "V" formation do the same: they take turns at the lead to allow other more rested birds take the lead so they can stay together. Whales travel in pods, fish in schools, deer in herds, lions in prides... all nature's examples of camaraderie or cohesiveness for safety and security, support and comfort. In gardens we plant beans in rows, pumpkins in patches, squash in hills; we group like things with similar growing patterns together for best results. Even designers recommend displaying like objects together in a grouping for visual impact, be it novelties on a shelf or flowering shrubs in a front yard. We as a specialty profession benefit from coming together for support, encouragement, growth, and impact. We are stronger when we are cohesive and "form a united whole". Despite the varied environments in which we practice, many of our challenges and triumphs are the same. The goal of providing safe, comprehensive compassionate care based on best practice remains steadfast for small rural hospitals, free-standing surgical centers, and large city trauma centers despite issues with staffing, budget cuts, and policy changes. I cannot argue that it may be tempting to snuggle in your PJs on the couch with a cup of coffee while you complete an on line session for contact hours. I would however, like to encourage you to consider the benefits of coming together with peers and colleagues whenever possible to share the energy and passion of our professional practice. Educational conferences and other sponsored events are great ways to network and socialize while gaining new information and clinical knowledge. Perhaps a more active involvement in MeSPAN activities may interest and inspire you. Perianesthesia nurses are a strong and vital group; supportive of each other, and fiercely protective of our practice and the patients we serve. The camaraderie within such a group is contagious and only strengthens our resolve to remain a united front in advocating for our patients, our practice and ourselves. Thank you for your support of MeSPAN. Despite the joking about my "accidental" position, I am proud to be your current President and pledge to lead our component to the best of my ability with the guidance and support of our MeSPAN Board.

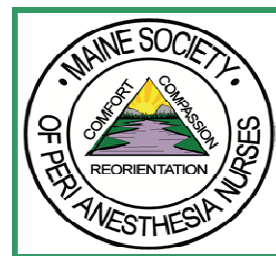
Sincerely,

Deb Roy RN, BSN, CPAN

Editor's Column Mary Griffin, BSN, RN, MHA, NE-BC

This past year I dove right into a new role to give back to MESPAN as the newsletter editor and lead with member communication through our website. This year we've had some exciting changes in our networking world! You can register and pay online for conferences, learn what our Board is planning and volunteer your time. Our goal is to connect and keep you informed about education. Nursing Network provides a platform for us to keep you updated, check out our website, read the monthly email blasts and access our education offerings. Connect with us at mespan.nursingnetwork.com and don't forget to like our Facebook page.

Enjoy the rest of summer,
Mary Griffin RN, BSN, MHA, NE-BC



Mission Statement

The Maine Society of Perianesthesia Nurses is dedicated to the promotion of the highest standards of professional practice in the perianesthesia setting.

The society promotes quality care for patients and their families through sponsoring of professional education and by providing a statewide network of communication for nurses working in all phases of perianesthesia care.

ASPAN's Core Purpose

To advance and promote the unique specialty of perianesthesia nursing.

A Welcome from our new Regional Director

Allow me to introduce myself, my name is Bronwyn Ship, I live in Canandaigua, New York in the heart of the Finger Lakes region of Upstate New York. I have been a nurse for 15 years and work in a small community hospital in my hometown. In the fall, I will celebrate 10 years as a PACU/SCC nurse. At the National Conference in Anaheim, I was elected as your ASPAN Region 4 Director. It is my honor to serve on the National Board of Directors representing the Northeast Regions for ASPAN. I will be your voice in the issues that concern us all as perianesthesia nurses. As your Regional Director, I welcome your questions and concerns. I will work to help find solutions to the problems that concern you, your practice, and your component.



Bronwyn Ship BSN, RN, CPAN
ASPAN Regional Director,
Region 4 (2018-2020)

Our organization is here to serve its members, and as members there are many opportunities to help serve your fellow perianesthesia nurses. Consider volunteering to help organize educational opportunities, or become a member of the state board. ASPAN has strategic work groups and specialty practice groups working on issues that are common with each and every one of us. Let your voice be heard and contribute your time and expertise to help discover best practices to provide the most current evidence based care to our patients. Please contact me with any questions and concerns and I will do my best to help find answers and solutions. My email address is: bship@aspan.org. Thank you again for the opportunity to represent New York and the Northeast.



ABPANC Certification APP

The CPAN /CAPA Certification App is a collection of resources to help nurses prepare for and register for the CPAN and/or CAPA exams. Contents include eligibility and registration information for the exams, plus study resources, lesson plans, interactive reminders, a link to testing locations, practice exams and more.

And best of all it's FREE!

Simply log-on to the ABPANC website

www.cpancapa.org





Governmental Affairs

Shelly Rinfret, BSN, RN-4, CPAN, CAPA

2019 Nurses in the Hall of Flags / Nurses in Public Policy

As MESPAN's Governmental Affairs liaison I have attended this event for the last two years. I have found it to be both interesting and informative each time. It is held annually and sponsored by ANA-Maine and OMNE (Organization of Maine Nurse Executives). The purpose of the program is to engage nurses in public policy and advocacy. It is an opportunity to be present and to see and hear firsthand our state government at work. The event provides a setting conducive to meeting and networking with some of Maine's nursing leaders from the aforementioned organizations, as well as other nurses in multiple specialties and capacities including students. It typically occurs on a Tuesday in mid to late January and is open to any nurse. It is free to attend and offers approximately 3.50 CH. The program begins at 8:30am with introductions of several speakers. This year Representative Anne Perry from Calais, Maine spoke of her nursing career and how she became active in the legislature. She represents House District 140, in Washington County, and serves on the Health and Human Services Committee as well as the Ethics Committee. She began as an RN in New York State and started Planned Parenthood there. She later became a Nurse Practitioner while 8 months pregnant and eventually moved to Calais and has worked there as a NP for 21 years. She started NADA (Neighbors Against Drug Abuse) and passed a program for the first methadone clinic Discovery House.

She has been an active figure and advocate and serves on multiple boards and agencies. She received an award from ANA-Maine and OMNE for her leadership in public policy. Anne is one of two nurses currently serving in the Maine legislature. The other nurse who is currently in the legislature is Michele Meyer. She also spoke to the attendees. She lives in southern Maine and owns an organic farm with her husband. She is from District 2 (Eliot, So. Berwick and Kittery) and serves in the House. She, like Anne, sits on the Health and Human Services committee. She is a supporter of a bill named "an act to improve and modernize home care for the aging adult" and is an advocate for increasing the role of the advance practice RN to be able to prescribe for Telehealth.

There were two other speakers, Kim Esquibel, RN PhD who is the Executive Director of the Maine State Board of Nursing. She reported that the Board of Nurses are nurses who are elected by the Governor and she encouraged us to attend a Board meeting of the Board of Nursing. The final nurse speaker of the morning was Lisa Harvey McPherson. She is currently Vice President of Government Affairs at Northern Light. She has a wealth of knowledge and is a fantastic resource for nurses when it comes to the legislative process, legislature impacting nurses, and current nurse workforce statistics and challenges. She has been a speaker at MESPAN conferences. She reported that along with the two nurses in the current legislature that there are also five physicians.

In the year 2000, a Maine study recognized that we had an aging nursing workforce and predicted a nursing shortage. We are now faced with a shortage of 2700 nurses by the year 2025. Most of those vacancies are projected to be in rural and northern Maine hospitals. Multiple efforts have been employed to increase the number of students enrolled in nursing programs but there is a looming shortage of faculty throughout the state which negatively impacts that plan. She stated that 24 percent of employed faculty is over 60 years old, and there are currently 29 faculty vacancies. The current 129th Legislature will have the opportunity to fund a Nursing Education Loan Repayment Program which was originally created in 2005 but never funded. There are also Federal loan incentives for Master's and Doctorate degrees. The median annual salary for nurses in Maine is \$61,000 per year. My day at the State House was informative, enlightening, and interesting. As a bedside nurse for 36 years in a hospital setting, I have been far removed from the legislative arena. Everything from the terminology to the proceedings of government was challenging to understand, however, it is our responsibility as nurses to be informed of how our practice and patients are impacted by today's government and how we can effect change. I would highly encourage you to attend this event in 2020!

Shelly Rinfret BSN, RN, CPAN, CAPA



2019 Julianna L'Heureaux introduces Governor Janet Mills



Rep Anne Perry and Shelly Rinfret

National Conference

MESPAN Scholarship

ASPAN's 38th National Conference

May 5-9, 2019

Leading with Knowledge- Serving with Heart

Nashville, Tennessee

Nashville on My Mind

Attending the ASPAN National Conference in Nashville, Tennessee meant taking a break from the constrictions of my own small world, gave me an opportunity to network with 2000 nurses from around the country, and a chance to gather info for my new role in Pre-Anesthesia Teaching (PAT). At every National Conference that I have attended, I have always returned home with something that I can relate to my own practice. My "Aha" moment came after some reflection on the keynote address at the opening ceremonies. National Conferences usually begin with a motivational speaker. This year's speaker was Matt Jones, three-time cancer survivor and marathon runner. Following his cancer treatment, Matt ran marathons in all the continents in the world. Matt spoke about Post Traumatic Growth and his choice to improve his life after the trauma of his illness and subsequent depression. Through much thought and reflection, I was able to relate the principles of Matt's talk to the importance of the PAT interview and thus my "Aha" moment: the PAT nurse is responsible for the first handoff in the peri-anesthesia patient's journey. The principles of Matt's talk were simple:

"Visualize your victory and take action"= Visualize your positive patient outcome ("Victory") and ask the right questions (action) - be "Colombo" - dig deep, put the pieces of the puzzle together and solve the mystery.

"The quality of your life is determined by the quality of your questions; where you focus is where you will end up" = The quality of your handoff is determined by the quality of your questions. In PAT we ask A LOT of questions - Where will you focus? The goal is to avoid getting bogged down with the "distractors" - stop trying to "wormout" every bit of info possible and knowing the difference between critical information and "interesting" information. The focus needs to be put on patient issues related to anesthesia (C A B), patient comorbidities and positive patient outcomes.

"Skill and Effort equals Achievement" = Skill with asking questions of the patient - gaining the trust of the patient with a smile and a greeting, the ability to get the right amount of info without interrogating the patient and the use of critical thinking to know that one question regarding kidney/bladder issues may lead to information regarding post op urinary retention (very handy when it comes to post op/discharge time) that you can include on the surgical checklist. Effort is related to the amount of time spent with the patient - some patients are relatively easy with very few comorbidities. Others wait until the end of the interview to tell you that they "had a cardiac stent placed 2 weeks ago". Achievement is gained through the sense of upholding patient safety- "Victory" - positive patient outcome

(the patient doesn't always agree) - the elective hernia repair is postponed until the patient is considered to be in a more "optimized" condition.

"It's better to be kind than to be right." Listen to what the patient is saying. Turn your brain to pause and absorb the patient's point of view. Even though we as nurses have a lot of medical knowledge, the patient is an individual with unique needs that don't always fit with our ideas of the way things should be.

The peri-anesthesia patient's journey is filled with hand offs. I have learned the importance of the first hand off done at the PAT interview; an accurate hand off prevents errors that could jeopardize patient safety. The interview is where it all begins, the patient is giving me the information necessary to guide the rest of the peri-anesthesia team. Hand off to the pre-op RN is done when I complete the nursing history and the surgical checklist is filled in on the front of the chart. Hand off to the anesthesia team when I complete the pre-anesthesia form and the anesthesia provider is consulted, if necessary, prior to the procedure. Two critical hand offs have been given and positive patient outcomes are underway. **"Victory!"**

Mary E Will BSN, RN, CAPA

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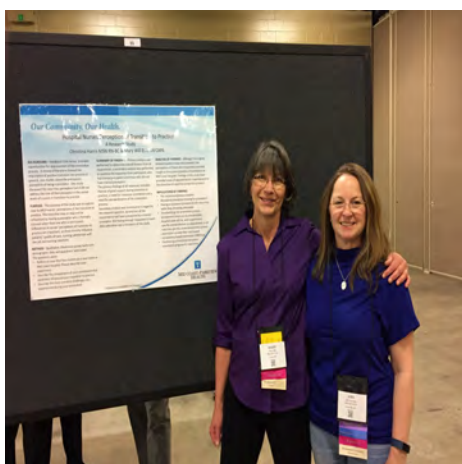
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MESPAN Board Attendees



Amy Levesque, Immediate Past President showing MeSPAN's submission for Gold Leaf



Mary Will Research poster presentation in Nashville!

MeSPAN Scholarship

Attend an ASPAN National Conference? YES! Thank You MESPAN! How does a member receive a scholarship?

I had the privilege of attending ASPAN's national conference in Nashville, TN in May this year. The funding was provided in part by earning a scholarship from MESPAN. As a MESPAN member YOU are eligible to apply for a scholarship to attend ASPAN's national conference. There are monies set aside annually to help support members who have plans to attend and who apply. The application is not complicated, and the financial award is granted based on a point system. The points are earned on the application by the members involvement in MESPAN, attendance at conferences, certifications, CPAN/CAPA among other criteria. The points are then given a weighted number based on the scholarship funds that are available for that given year and the total of all applicants' points. The funds are divided up among all applicants. Applicants who have more points will receive a larger amount. Your award may not fully fund all the expenses but could grant you hundreds of dollars, so it is worth it if you have committed to attend!

What is it like to attend a national conference? It is difficult to describe the experience of a national conference, kind of like the saying "you had to be there". It is empowering, inspiring and makes you proud to be a PeriAnesthesia nurse. This year there were approximately 2000 attendees! There were staff nurses, managers and educators among other PeriAnesthesia professionals. What a place to network with peers and ask the familiar questions. "What do you

do when..." There is SO much going on right from the beginning and if you are like me you hate to miss anything! There are multiple educational, professional, inspirational and just plain old FUN activities to participate in. From early mornings to late evenings every day (if you choose), you can come home as exhausted as if you were on a Disney World vacation! So much information to process from several days of educational classes! Some of the sessions that stand out in my mind were about precepting, standards, patient warming, psychiatric medications in the surgical patient and opioid stewardship. It would be impossible to incorporate all that you learn at conference into your daily practice, BUT I am committed to picking a few ideas to discuss with my peers that we could adopt! It is also fun to take in some of the local sights in whatever city you are in, this time it was the downtown Nashville Music scene and a visit to the Grand Ole Opry to see a show. Both were very entertaining! You can also consider extending your trip by a day or two on either end of the conference to do something fun or to just relax!!!

Final Thoughts...

PLEASE check out the scholarship application at www.mespan.org to familiarize yourself with the scholarship criteria. Consider how your points would add up if you were to apply. You may choose to find ways to increase your points to reach a higher number and that would increase the amount of your scholarship award! If you have a passion for Perianesthesia nursing and learning, then you must plan to attend a national conference! Next year's conference is in Denver, and the following year it is in Orlando. Make it a career goal to attend one ... you won't regret it!

Shelly Rinfret, BSN, RN, CPAN, CAPA

This year I had the great opportunity to attend ASPAN's 38th National conference held in Nashville, TN. I was lucky and honored to be supported by MeSpan and my employer so that I could attend the week long event. It was held at the Gaylord Opryland, an amazing resort with acres of an indoor terrarium type design, full of waterfalls, palm trees, tropical flowers, restaurant and shops. Providing a beautiful relaxing environment to find a Zen spot to sit between lectures and take a break.

I wanted to take advantage of getting the biggest bang for my buck by attending as many offerings to optimize my CEU tally. Well on my way toward the 90 needed to renew my certification. I attended both the pre and post conference offerings making for a full week of classroom work. Fitting in with the conference title of "Leading with knowledge, serving with Heart". I attended sessions that were review such as OSA risk screening, PAT evaluation and post-op respiratory complications. These helped reinforce in my mind that we are on the right track in relation to clinical patient care.

Being a fairly new nurse manager, I chose to also attend sessions on Legal Implications, transformational Leaders, Infection control and Regulatory compliance. I took away information around consents, H&P's, protocols and how to improve communication. I was inspired to instill pride and build confidence with my new team. I was reminded of things that we sometimes forget such as, what you say and how you say it, speaks to our character and value systems

I was also reminded that through celebration we connect to one another. I think my biggest "ah ha!" moment was during the certification luncheon. Not only was I able to network with nurses from Ohio and Illinois, eat amazing food, I was inspired by our guest speaker, country musician, Charles Esten, who I had seen perform only 2 nights earlier at the Grand Ole Opry. I am not a true country music fan but I am able to appreciate country artists such as Kenny Chesney and Tim McGraw. He shared his story of how he connected with the medical profession when he had a small child with cancer. He watched and learned to appreciate all that nursing did for his daughter and all the other patients. He was able to tie music and it's benefits together for me as to how music can help people contemplate life and facilitate them in facing their feelings.. On conclusion of his presentation he left us with this last thought, "Music touches the soul as do Nurses", effectively fitting in again with the theme "Leading with Knowledge, Serving with Heart".

Respectfully submitted,
Debra Caron, RN, CAPA



I was thankfully able to attend my first, and ASPAN's 38th, National Conference in Nashville, Tennessee, May. 4-9. When information about this conference arrived in the mail, it looked intriguing. As a fairly new unit educator, I definitely felt that a conference of this caliber would enhance my practice, as well as assist me in maintaining my CAPA certification, which I obtained last year. We attended the Pre-Conference - "Perianesthesia Potpourri: What You Need to Know". A couple of topics covered were: "Interdisciplinary Rollout of OSA Risk Screening"; outlining ways to get people on board for new initiatives by gathering champions, best practice evidence, and not re-inventing the wheel...exchange and "borrow" through networking. Another topic was "Communication Challenges in the Adult with Physical and Mental Disabilities"; focusing on emphasizing their abilities, not their limitations.

Of course, I chose the sessions "So You're the Educator for the Unit! We need to Talk to You!", "Precepting the Perianesthesia Protege", and "Phases of Orientation". Some takeaways were recognizing your staff that are your clinical experts and utilize them. As an educator, you don't need to know everything. . .so find your resources! And the educators role isn't necessarily to do the day to day orientation. . .so it's crucial to grow and develop preceptors. I would highly recommend National Conference to others in the future. What I experienced was the heart and soul of Perianesthesia nursing. A gathering of nurses that are passionate about learning and maintaining best practice.

So, thank-you MESPAN, for this scholarship assistance,

Julie Canning, RN, CAPA

ASPAN's Component Development Institute

September 14, 2018

St. Louis, Missouri

MESPAN Scholarship

To all of my fellow MESPAN members, I would like to share with all of you the wonderful opportunity that I received after 2 years as a member of the Board of Directors for MESPAN. On September 14-16th, 2018, I, along with two other board members, Mary Will and Julianna Choi, was able to attend ASPAN's Component Development Institute in St. Louis Missouri. The theme of this year's conference was Leading with Knowledge: Serving with Heart Back to the Future. ASPAN President Regina Hoefner-Notz's welcome statement that "relationships are key" was inspiring and set the tone for the weekend. She also stated that the actions we have as leaders should motivate and inspire others to be open to new ideas and to trust your staff. The conference was centered around strengthening ASPAN by strengthening the individual state components. The presentations from the ASPAN Board of Directors, including CEO, Kevin Dill for managing our individual state components were invaluable to understanding the big picture regarding membership in our professional organization. I gathered much insight in the inner working of ASPAN. The message was that whether a nurse is employed in a 5,000 bed metropolitan area hospital or a rural 25 bed critical care hospital, as I am, we are all doing the same job: caring for patients safely before and after anesthesia.

I applaud all MeSPAN members today for making a difference in the care of Perianesthesia patients in the state of Maine and to know that your membership is valued by ASPAN.

Sincerely,

MeSPAN Membership/Marketing
Committee

Amy Ashbrook-Ellis BSN, RN CPAN



MeSPAN Board members Mary Will, Amy Ashbrook-Ellis, and Julianna Choi with ASPAN President Regina Hoefner-Notz (2018), current ASPAN President Amy Dooley and ASPAN Region 4 Director Bronwyn Ship at CDI.



MeSPAN Election Results

Thank You !

***Amy Levesque RN, AD, CAPA
Immediate Past President for her
dedication and leadership to
MeSPAN Presidency !***

**Congratulations to the following
newly elected Board Members who
assumed new positions.**

President

Deborah Roy, BSN, RN, CPAN



Board of Director at Large (2)

Lisa Terry, BSN, RN, CPAN



Rebecca McLeod, BSN, RN, CAPA



***Thank You to all who took the time to
reflect on the candidate choices and
voted !***

2019 Margaret Bailey Spring Conference Maine General Medical Center Perianesthesia Nursing Practice Advances



Student Nurses Attend Spring Conference

One of MESPAN's goals is to increase awareness of our specialty to our future nurses. In the fall of 2016 MESPAN started the program of inviting nursing students to our conferences as MESPAN's guests. Students that have attended have been from University of Maine in Orono, Kennebec Valley Community College, and University of Maine in Augusta. Student nurses invited to attend our MESPAN conferences continued- Three students attended in 2018-19. and were very thankful of this opportunity.

Ginny Farley RN, CPAN



*Nursing Students Jessica Dumont
(St Joseph College) and
Jessica Lacombe
(Central Maine Community College)
at MESPAN Spring Conference.*

Speaker Regina Hoefner-Notz, Past President ASPAN



MeSPAN President Amy Levesque, Dr. Alan Hayman, Leslie Knight

NOTE FROM A STUDENT

Thank you Ginny, Amy and MESPAN for the invitation to the Spring Conference. It was great to be able to immerse myself in this specialty and mingle with nurses. I appreciate having this opportunity to experience a nursing conference as a student. I particularly enjoyed working through Dr. Hayman's case studies. Many concepts that have been presented to me in class "clicked" today as I heard the group weigh different interventions. One concept that I learned today, and will take to my clinical practice with me, is to give patients and families permission to be involved in their care. Working through PICOT questions with practicing nurses made the question formation process more clear. I feel that I will be better prepared to identify a problem and address it in practice.

Jessica Lacombe (Nursing Student Central Maine Community College)

MESPAN Community Spotlight Projects



We would thank you for your act of kindness with your generous donation to the Shaw House youth shelter. Your selflessness assisted the Shaw House with supporting at risk and homeless youth, by providing food, clothing and personal hygiene items. With your on-going support, Shaw House was able to provide services to 264 youth in need.

Thank You Again,

Shaw House Management Team

A note of thanks



Kennebec Valley Humane Society

10 Pet Haven Lane, Augusta, ME 04330

p. 207.626.3491 • f. 207.621.6223

www.pethavenlane.org



April 29, 2019

Maine Society of Perianesthesia Nurses

180 West Auburn Road

Auburn, ME 04240

C/O Ms. Jane Brodsky

Dear Ms. Brodsky,

On any given day, there are kennels full of appreciative pets in our Adoption Center just waiting for their people to walk through the door and their futures to start. By the time these animals reach the adoption floor they've been loved back to good health, to trusting humans and to being the loving, playful pets they all have the potential to be.

You and your support are a crucial part of that process. Your dollars translate to shelter, food, medical treatment and training for the nearly 2,000 animals that come through our doors each year.

Because of you more tails wag, more happy purring, hopping and chirping happens and more families are made whole.

On behalf of our furry and feathered friends – and the families who love them – thank you for caring and for giving.

Sincerely,

Chelsea B. Moeller
Chelsea B. Moeller
Director of Donor Engagement

*Thank you!!
Very thoughtful of you
and your pers. Please
show our gratitude.*

Gift date: 4/6/2019

Check #: 482

Gift Amount: \$246.00 and in-kind donations at MESPAN Spring Conference

This is an official receipt and can be retained for your records; no goods or services were exchanged, rendering your gift as fully tax-deductible under IRS regulations.





*Thank You Deb Cilley RN CPAN for your many years of service
on the MeSPAN Board !!*



MeSPAN greatly appreciates your years of dedication to the board as newsletter editor and support with communicating our mission to provide professional education to our perianesthesia colleagues. Wishing you good health and happiness in your future retirement!

Membership Report

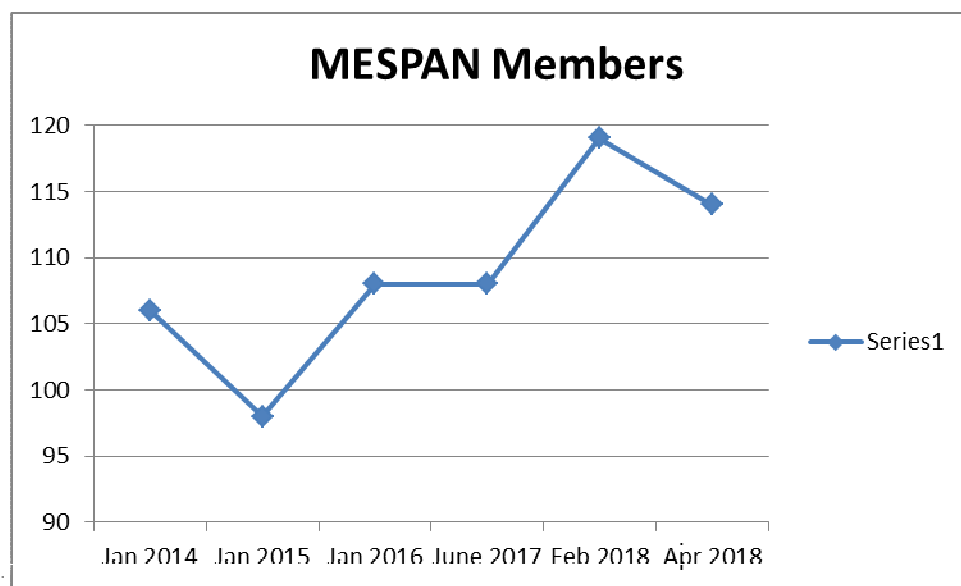


*Invite your colleagues to join ASPAN today!
To thank you for your recruitment work,
a variety of awards are available for members who participate.*

Click for more info:

<https://www.aspan.org/Members/Member-Get-A-Member-Campaign>

Membership & Marketing	Annual Summary 2018-2019
Membership incentives	<i>Drawings at Spring and Fall conference: 1- \$50 cash prize (members only) 1- MeSPAN related gift (value up to \$100)</i>
Student Nurses	<i>Three students invited to MESPAN conference, conference fee waived</i>
Membership	<i>Consistently 100-120, as of 5/31/19 -114 members</i>
Conference Rewards	<i>Information and applications at conference membership table with ASPAN/MESPAN Conference Rewards. Apply for scholarship rewards !!</i>
Hospital Liasons	<i>MeSPAN conference information emailed to liasons (as available).</i>
Website	<i>Connect via Facebook and https://mespan.nursingnetwork.com</i>





CERTIFICATION NEWS

Fall 2019 Registration Dates and Deadlines

Registration Window (on-line)

- July 1- September 15

Examination Window

- September 15- November 15

Deadline for rescheduling or canceling appt

- PSI allows you to change your appointment for free up to 48 hours **prior** to your scheduled appointment. Changes or cancellations are not allowed **within** 48 hours of exam date

Request for withdrawal, refund, rollover from ProExam

- On or before the last day of examination administration window

MESPAN Fall 2018 Certifications

Currently Maine has the following certified nurses:

DUAL	8
CAPA	32
CPAN	38
TOTAL	78

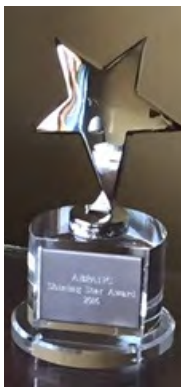
Certification Coaches:

Janna Frank, CAPA

Michele (Shelly) Rinfret, RN, CPAN, CAPA

MESPAN

Wishes to congratulate Fall 2018 nurses who certified or re-certified!!



CONGRATULATIONS !!!

CPAN ReCertified

<i>April Belanger</i>	<i>Barbara Chute</i>
<i>Jane Brodsky</i>	<i>Michele Rinfret</i>
<i>Denise Bochea</i>	<i>Diane Spink</i>

CAPA Recertified

Tammy Clark
Robin LeVasseur
Danielle Nelson
Amy Shaw
Margaret Turner

CAPA Newly Certified

Barbara Chute
Janet Chartier
Pamela Gilzinger
Emily Ham
Rebecca MacLeod

MESPAN 2019-2020 Calendar of Events

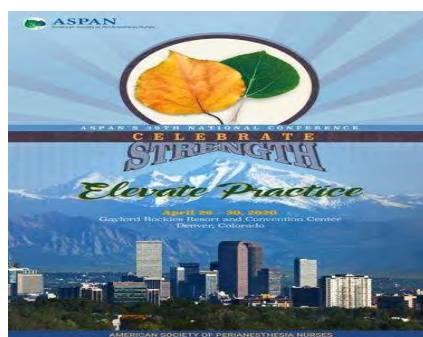


SAVE THE DATE for more education opportunities !

Region 4 Fall Conference
PAPAN Perianesthesia PRIDE XXVIII
October 5 & 6, 2019

PAPAN: Exploring Perianesthesia nursing from
Philadelphia to the suburbs

Questions? Contact Susan Erwine, BSN, ASMBS, RN
serwine@verizon.net



2019

JUNE

- 2 Board of Directors Meeting
Mid Coast Hospital
Brunswick; 9:00 am - 3:00 pm

JULY

- 1 ASPAN Scholarship Application
Postmark Deadline

AUGUST

- 25 Certification Review Class

Lewiston; 7:30am - 4:30 pm

SEPTEMBER

- 7 Board of Directors Meeting

Midcoast Hospital

17 Component Development Institute
St. Louis, MO

OCTOBER

- 26 **MESPAN Fall Conference**
Maine Medical Center Dana
Center 7 - 1:30 pm



2020

JANUARY

- 31 Conference Rewards (Free Local
Conference Drawing) Deadline
31 National Conference Scholarship
Application Deadline

FEBRUARY

- 4-8 PANAW Week
15 Conference Rewards recipients
notified
15 National Conference scholarship
recipients notified
28 Board of Directors nominations
due

MARCH

- TBA Nurses In Washington Institute,
Washington, DC
19 Certified Nurses Day

APRIL

- 5 - 9 National Nurses Week

26-30 ASPAN 39th National Conference

Denver , Colorado

2019 Conference Reward Program

Spring and Fall Conference:

Every year MESPAN grants a free conference to 6 nurses annually. Members and non-members are eligible and can download and submit an application from our website for the 2019-2020 program, mespan.nursingnetwork.com

National Conference:

We also accept applications from MESPAN members to request financial assistance to attend National Conference. Applications, also available on our website, are based on a point system. Points are awarded for such things as attending past conferences, having your certification and community volunteer services. This year we had 4 applicants who received funding to help either pay for registration, travel and rooming.



Save the Date!

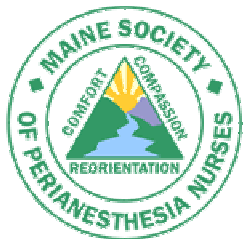
Saturday October 26, 2019

***MESPAN's Fall Conference
at Maine Medical Center in
Portland, ME***

**Come join us for great speakers,
interesting topics, and the chance to network and
socialize with fellow perianesthesia nurses!**

Watch our website for the brochure! Coming soon!

**THE MAINE SOCIETY OF
PERIANESTHESIA NURSES**



Find us and like us on Facebook

We're on the web!

mespan.org

MESPAN questions?

Email mespanbod@gmail.com

Thank you to our MeSPAN conference attendees!

