

# The Awakening

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### NOW ACCEPTING PICTURES, ARTICLES, PUZZLES FOR THE NEXT AWAKENING!!!

- Please submit photos or articles that you would like included in The Awakening to the WISPAN editor at: [WISPANnewsletter@gmail.com](mailto:WISPANnewsletter@gmail.com)
- Please fill out the google doc, using the link below or submit via email. [https://docs.google.com/document/d/1\\_xJoP-wxXTB-jakaQzNti-h9PXR6rOOQX2LkCaU6UNSK0/edit?usp=sharing](https://docs.google.com/document/d/1_xJoP-wxXTB-jakaQzNti-h9PXR6rOOQX2LkCaU6UNSK0/edit?usp=sharing)

## *Collaboration with Simulation to Enhance Nursing Clinical Practice* *Anita Norton, MSN, RN, CPNP-PC, CNS*

Imagine being able to run through patient emergency situations with members of your nursing and anesthesia team, testing your knowledge and experience while fine-tuning communication and team work, all while your “patient” was completely safe and out of harm’s way. This is the power of simulation! We have collaborated with our Anesthesia providers to run simulations for the PACU nursing staff, often including the Anesthesia residents or fellows in the session. Our Day Surgery simulations are run by the unit-based Clinical Nurse Specialist, engaging the help of some staff nurses.

We start out the session with a brief review, including the goals and agenda for our time together, requesting a safe, confidential environment for learning. We also touch on why simulation is such a powerful method of learning; it invokes emotional learning (when we feel alert and excited or stressed and tense). If you reflect back on your most vivid memories, they are often during times of high emotion; maybe your wedding day, the birth of your children, or an unpleasant time of your

life. The emotional learning that occurs during simulation makes it easier to recall the expected responses when the situation happens in the clinical setting.

Our format is to “meet” the SimBaby manikin, reviewing what the baby is able to do, run a scenario with 2-3 nurses, and then debrief. A general guideline is to have your debrief last twice as long as the actual simulation, as that is where the rich discussion and learning comes from. Then we repeat the process with a second simulation. We have found that smaller groups are better so that each staff member is required to actively participate; having a larger group allows some to remain wallflowers and not get the same level of learning. Examples of our Day Surgery unit simulations include a fainting parent and having to call a rapid response, a child with an occluded tracheostomy needing a trach change, and a patient who has a seizure. These scenarios allow us to review actual practice versus best practice as well as applicable policies and procedures. Examples of our



PACU simulations include laryngospasm, local anesthetic toxicity, and post-operative hemorrhage. These scenarios allow us to review our emergency procedures, overall team communication, and PALS algorithms, including drawing up and administering emergency medications.

Overall, the simulations are well-received by staff on the evaluations; nearly all report an increased level of confidence in their practice following the session. This training is required above their normal work hours, but people find value in the time spent; some even note that we should run through them more often! It is a nice collaboration with our Anesthesia colleagues, and a great adjunct to our life support requirements.

## Membership & Marketing— Results are in!

*Pattie Miller BSN, RN, CAPA*

The Results Are In....

At our Winter Seminar in February, we had an optional poll for attendees on topics that are important to WISPAN. We want you to know that your opinions matter, and you are being heard. WISPAN is working to implement some changes to reflect what the membership wants from WISPAN. Here are the results:

If you are a WISPAN member, do you plan to renew your WISPAN membership on its next renewal?

37 responses, YES

0 responses, NO

How important is professional development to you?

Extremely important, 24 responses

Important, 11 responses

Neutral, 1 response

Suggestions for topics at next conferences:

- ⇒ Compartment Syndrome
- ⇒ Traumatic fractures
- ⇒ Rotator cuff injuries
- ⇒ OTC drug interactions
- ⇒ Podiatry
- ⇒ MS/Parkinson's patients going to surgery

Suggestions to improve membership (WISPAN responses in red/italic):

- ⇒ Keep fees low. *WISPAN will keep this in mind in discussions on upcoming prices.*
- ⇒ Coverage for online CAPA/CPAN training certification fees *WISPAN offers scholarships for CAPA/CPAN certification and recertification. See the scholarship tab on our website.*
- ⇒ Provide online access to CEU's *As an ASPAN/WISPAN member, all continuing education article reviews are now FREE to ASPAN members. Log into the ASPAN site, and see details under the Education tab.*
- ⇒ Publish links to free CEU's *WISPAN will mention details on the website.*
- ⇒ Work with employers to encourage compensation. Show how it benefits bedside practice.
- ⇒ Seminars closer to Milwaukee. *Our fall 2020 conference will be in Milwaukee, WI!!*

## Message from the WISPAN Scholarship Coordinator

*Cyndi Siebel Mohler BSN RN CPAN*

During this time of tremendous change, WISPAN has had to think outside the box to continue to meet the goals of our mission. Since our 2020 ASPAN National Scholarship recipients were not able to utilize their scholarships as initially planned a new plan has been created for the recipients to consider. The WISPAN Board had suggested to allow the recipient to use the scholarship for 2021 ASPAN National Conference in Orlando Flori-

da. One of the recipients had asked if scholarship money could be used for ASPAN's 2020 National Conference On-Demand online modules. WISPAN is giving the recipients the option of using the scholarship for ASPAN 2021 National Conference or they may use part of their scholarship toward the In Lieu of 2020 National Conference On-Demand online modules and remaining balance toward ASPAN 2021 National Confer-

ence.

Please contact me with any questions. Scholarship information and applications can be found on our website.

**Cyndi Siebel Mohler  
BSN RN CPAN**

**WISPAN Scholarship  
Coordinator**

**WISPANscholarship@gmail.com**  
or  
**RnCsm@tds.net**

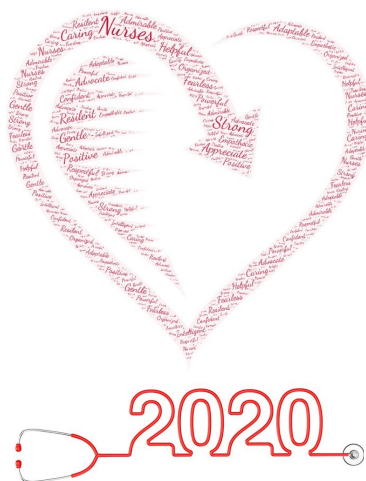
### Upcoming Scholarship Application Deadlines:

**July 1, 2020** – Continuing  
Education

**July 1, 2020** – Mission  
Nursing

**August 15, 2020** –  
WISPAN Fall Seminar  
Scholarship

**September 15, 2020** -  
CAPA / CPAN Certifica-  
tion / Recertification  
Scholarship



**Corona Virus Response  
Fund for Nurses: [Click  
Here](#)**

- ⇒ American Nurses Association [www.ANACapitolbeat.org](http://www.ANACapitolbeat.org)
- ⇒ Wisconsin specific [www.govstatus.egov.com/wi-covid-19](http://www.govstatus.egov.com/wi-covid-19)
- ⇒ PPE shortage. ;**Tell Congress to #GetMePPE!** Link below:  
ANA to [tell your member of Congress to support the Medical Supply Chain Emergency Act](https://p2a.co/H7d7X7i) (<https://p2a.co/H7d7X7i>)
- ⇒ Census- More important than ever. Make it count. [www.2020census.gov](http://www.2020census.gov)
- ⇒ Voting- absentee ballots; [www.myvote.wi.gov](http://www.myvote.wi.gov)
- ⇒ Tell Congress that #HealthCareHeroes need hazard pay and mental health support<https://p2a.co/XO4y4sK?>  
[p2asource=AllMember5282020](https://p2a.co/XO4y4sK?)
- ⇒ the latest breaking news about issues affecting nurses and advocates – just text ANA to 52886 or [click here](https://p2a.co/rxQtqFO). (<https://p2a.co/rxQtqFO>)

- Eliminates unemployment waiting period
- Expands SeniorCare to include vaccinations
- Ensures state will receive entire \$2 billion in federal assistance
- Prohibits co-pays for COVID-19 testing
- Allows pharmacists to extend prescriptions

## Message from President Brenda Gillingham BSN, RN, CPAN

The Year of the Nurse; and what a year it has been. How ironic it is that we are celebrating the 200th anniversary of Florence Nightingale's birthday during a Pandemic. Not only did Florence identify how infection spreads and the health risk it presented, she urged frequent handwashing, separat-

ing patients by at least six feet (wow!), and used statistics to drive sanitary reform. We are fortunate Florence, who as a wealthy socialite, remained committed to her goal of becoming a nurse during a time when nurses were viewed as drunkenly and disgraceful with questionable morals (Stokowski, 2020). How far we have come in the

eyes of the people! I have no doubt Florence would be incredibly proud.

In the Year of the Nurse, along with past and future, we celebrate you always. Stay safe.

Stokowski, A. (2020, May 5).

Quiz: How much do you know about Flo? Medscape. Retrieved 5/29/2020 from <https://www.medscape.com/viewarticle/823891>

## Treasurer Update Sandy Shotliff, RN CPAN

### Financial status:

BMO Accounts checking \$6766.14

Savings \$6020.73

CD \$21763.34

Calvert Mutual Fund \$8092.59.

### CPAN & CAPA Important Window

Important Dates: Registration Window — Online\* July 1 – September 15 Examination Administration Window September 15 – November 15  
\*<https://www.cpancapa.org/>

## WISPAN Annual Report 2019 - 2020 Brenda Gillingham, BSN, RN, CPAN

### What a year we have had! Even during these difficult times, the BODs have achieved incredible things:

- ASPAN Newsletter Award for the Awakening
- Awarded ABPANCs Shining Star
- Tracy Franchuk - Chosen for ASPAN Specialty Practice Group
- Marlene Navahandi - WNA adopted her revision for the Operational Definition of Nurse Resiliency
- Jill Hoffman - Daisy Award nominee at Ascension Columbia St. Mary's Ozaukee for providing excellent patient care
- Pattie Miller - ASPANs Above & Beyond Service Recognition Winner
- Jess Herr - 2019 Nurse Excellence in Leadership Award at Kenosha Advocate
- Created a WISPAN email system
- Submitted 2019-2020 goals to BOD
- Balanced the budget - we came together and did an amazing job!
- Remained in, or covered other's, positions to keep the Board functioning and strong
- Held seminars in October 2019 and Feb 2020

### WISAPN Member Awards & Recognitions:

Deb Beilke - 2019 Nightingale Excellence Award at Kenosha Advocate Aurora Health Care

Nikia Coburn - People's Choice voted the best nurses in Kenosha County

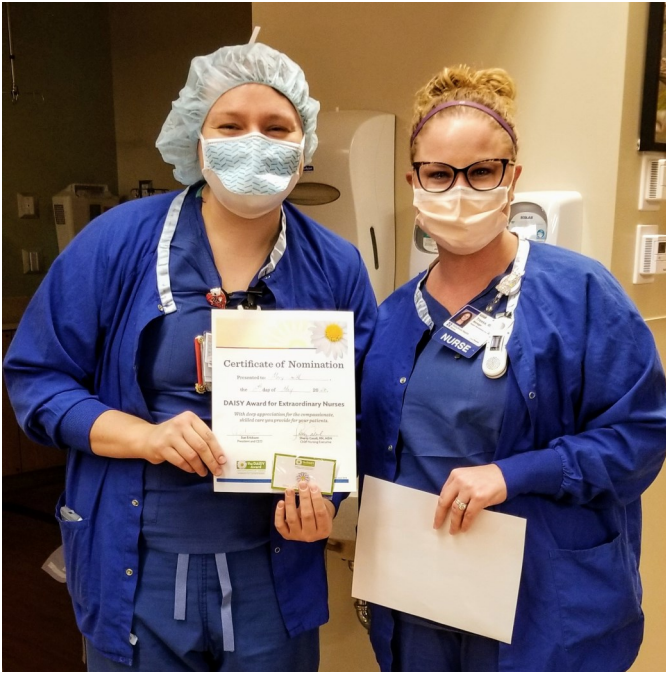
Sharon McKenzie-Raleigh - Daisy Award winner Ascensions Columbia St. Mary's

Dawn O'Laughlin - Daisy Award for Aurora

Anita Norton - Research accepted for presentation at ASPANs National Conference



Pictured Left to Right: Mary Smith RN and Tressa Gill BSN, RN, Manager. Mary was nominated for a Daisy Award. (Unitypoint Health– Meriter)



Mary Smith RN. Awarded the Daisy Award  
(Unitypoint Health– Meriter)

PACU staff lockers decorated in Kenosha, WI. Advocate Aurora Medical Center.

By Becky Meyers BSN, RN, CPAN , Lead



Pictured Left to Right: Michelle Schroeder RN Clinical Practice Leader, Mary Smith RN, Marlene Nahavandi BSN, RN, CAPA, Tressa Gill BSN, RN, Sherry Casali CNO, Kris Holmes Director Med/Surg Nursing (Unitypoint Health– Meriter)





## WISPAN

## *Aromatherapy to Enhance Pediatric Post-Operative Comfort: An Evidence-Based Practice Project – Continued*

*Anita Norton, MSN, RN, CPNP-PC, CNS*

operative phase of care. A qualifying score was 4 or greater. The patient was taught how to use the QueaseEASE product, a pod containing a blend of spearmint, peppermint, lavender and ginger essential oils. The patient was reassessed five minutes after use of the QueaseEASE. A two-point or greater reduction in score was considered clinically significant.

Twenty-four of the 31 subjects (77%) reported clinically significant improved BARF scores.

Fourteen of the 27 patients (52%) contacted reported continuing use of the pod at home. Twenty-seven of the 27 families (100%) reached on the post-op phone call reported appreciating the option of aromatherapy for their child. In this study, aromatherapy resulted in enhanced post-operative comfort in pediatric surgical patients, and the option of this adjunct therapy was a family satisfier. Aromatherapy has been successfully

implemented at our ambulatory surgery center, in surgical services at the hospital, as well as surgical inpatient units. After this initial roll-out, we will evaluate patient outcomes further and anticipate expanding use to other inpatient units as well as clinics.

Iowa Model Collaborative. (2017). Iowa model of evidence-based practice: Revisions and validation. *Worldviews on Evidence-Based Nursing*, 14(3), 175-182. doi:10.1111/wvn.12223



## Clinical Practice Question

**Question:** What is ASPAN's guidance regarding recovery of pregnant patients & C-section patients? Up to how many weeks gestation should they be recovered in PACU & at how many weeks should they recover in L&D? What is this based upon? Where should C-section patients be recovered?

**Answer:** The 2019-2020 ASPAN Position Statement 10, Care of the Perinatal Patient, acknowledges the unique challenges and needs surrounding the care of perinatal patients in the PACU.

In that statement, ASPAN refers to The Joint Commission's edict that patients with the same health status and condition should receive comparable level of quality care regardless of where that care is provided. It is the position of ASPAN that a collaborative partnership with perinatal nursing be developed to provide consistent, comparable, quality perianesthesia care for perinatal patients. This includes the patient undergoing a surgical delivery in the labor and birth unit, OR/PACU, and the pregnant patient requiring non-obstetric surgery.

ASPAN recommends that hospitals provide "educational offerings, develop care plans, protocols and clinical practices that support the unique needs of the perinatal patient. This may include items such as: uterine and fetal monitoring by a qualified health care provider, staffing guidelines consistent with APSAN and AWHONN recommendations, care of mother and baby and etc. consistent regardless of where the care is given. It is a decision of your unit leadership as to how staffing will provide for those particular situations based on ASPAN recommendations, patient acuity, and expertise of PACU staff.

ASPAN/WISPAN members are able to review the Position Statement on the Care of the Perinatal patient below

[https://www.aspan.org/Portals/6/docs/ClinicalPractice/PositionStatement/Current/PS10\\_rev.pdf](https://www.aspan.org/Portals/6/docs/ClinicalPractice/PositionStatement/Current/PS10_rev.pdf)

## WISPAN

*President-Elect Message**Marlene Nahavandi BSN, RN, CAPA***Greetings to all peri-anesthesia nurses!**

Wow! We have all experienced some turmoil and changes over the past few months with the Covid-19 pandemic, right? Our experiences may include any of the following: frequent updates regarding use of PPE, shortages of PPE, testing issues, staff deployed to other units where one may not be comfortable, called off due to low surgical volume, child care issues, social distancing or even became ill with Covid-19. Currently many facilities are in the process of adding the canceled cases

back onto the OR schedules with the hope of no Covid-19 surge and that the all facilities are able to maintain adequate supplies.

So many healthcare providers appear calm in appearance while working but underneath many feel out of control. They may experience problems sleeping, crying, anxious, worry and other physical and/or mental health issues. With so much turmoil we need to remember to take of ourselves and each other.

We have all seen many ways to take care of ourselves on our work websites/emails, in current literature and many online op-

tions. The key is to find what works best for you. This may include regular exercise, healthy eating, adequate sleep, time with family/friends with social distancing, meditation, yoga, etc.

Below I have included a few links for easy access.

I'm looking forward to the summer gardens in full bloom. Gardening is one of my ways of de-stressing.



### **ASPAN offers Strategies for Caring for the Nurse: Self care**

<https://www.aspan.org/Portals/6/docs/COVID19/1 Strategies Caring Nurse Self Care.pdf?ver=2020-03-26-082757-640>

### **AACN Position Statement: Moral Distress in Times of Crisis**

[https://www.aacn.org/~media/aacn-website/policy-and-advocacy/stat-20\\_position-statement\\_moral-distress.pdf](https://www.aacn.org/~media/aacn-website/policy-and-advocacy/stat-20_position-statement_moral-distress.pdf)

### **ANA Covid-19 Resource Center: Mental Health and Well-Being**

- American Psychiatric Nurses Association [Managing Stress & Self Care during COVID-19: Information for Nurses](#)
- American Holistic Nurses Association's [Holistic Stress Management](#) website
- The National Academy of Medicine's Action Collaborative on Clinician Well-being

### **Resources to Support the Health and Well-Being of Clinicians During the COVID-19 Outbreak**

- HNHN blog [Six Tips for Nurses Coping with the COVID-19 Pandemic](#)
- HNHN blog [Mental Health Help for Nurses](#), updated frequently
- [The Ohio State University's \(OSU\) COVID-19 Resources](#), including video on coping by Chief Wellness Officer Dr. Bernadette Melnyk
- OSU 8 week online series: [Staying Calm and Well in the Midst of the COVID-19 Storm](#)
- *American Nurse* article ["9 Dimensions of Wellness"](#)

Physicians for Human Rights webinar [Science-driven Solutions for Combating COVID-19: Mental Health Impacts with Dr. Gail Saltz and Dr. Kerry Sulkowicz](#)