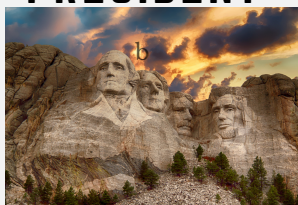




Inside the Issue

MEET THE PRESIDENT



**-ADVISORY
OPINION
-CRITICAL CARE
CCRN QUESTION
OF THE MONTH**

PET CORNER



**POSITIVITY & RESILIENCE FOR A
HEALTHY OUTLOOK AND
WELLNESS
PLAN.**



Greater Phoenix
Area Chapter



Greater Phoenix Area Chapter of AACN

MEET THE GPAC PRESIDENT

President: Christen Stevens- 2020-2021

President for the Greater Phoenix Area Chapter of AACN. I am a Clinical Educator at Honorhealth Scottsdale Osborn Medical Center for the ICU, and the Neuro/Ortho floor. I graduated with my Masters in Nursing as a Clinical Nurse Specialist and am triple certified with my CCRN, TCRN, and ACCNS-AG. My passion is increasing the nurse driven protocols in nursing and increasing our application of evidenced based practices to improve patient outcomes. In my personal time I enjoy painting and coloring. I am a dog mom to 2 great kids: Diesel and Bentley. I LOVE the outdoors and shopping for antiques. Teal is my favorite color and pizza is my favorite food! I live in East Mesa and am an Arizona native.



October 2020



PET CORNER

by Christen Stevens

Diesel is a 6 year old American Staffordshire Terrier/Blood Hound (Pitbull). I rescued him from the Mesa Pound, and he is a GREAT kid! He is always smiling, LOVES to lick people, and runs at 30 mph on the treadmill! Diesel loves to snuggle in bed and has the cutest pig ears! He is passionate about bringing presents to visitors to the house and the ball is his favorite toy. Bentley is a 3 year old American Staffordshire Terrier (Pitbull). His mom was rescued from the pound and he was born to his rescued mother in a rescue called Valley of the Sun Dog Rescue. He was a little 6 week old blue eyes fat puppy and he has refused to grow up ever since! Bentley goes to daycare once a week and runs on the treadmill once a week as well. He LOVES to steal toys from his brother and wrestling is his favorite game. He can do multiple tricks including playing dead.



Issue 1

REDUCING ALARM FATIGUE: PREVENTING HARMFUL EVENTS

BY: NEVA FARMER

As critical care nurses we are trained to acknowledge all alarms, however at times we can become desensitized or oblivious to them due to alarm fatigue. This month's article in the American Journal of Critical Care titled, "Skin Preparation and Electrode Replacement to Reduce Alarm Fatigue in a Community Hospital" discusses ways to decrease unnecessary alarms. Alarm fatigue has led to sentinel events and it is our responsibility to ensure this does not become a part of our daily practice.

Check out the article here:

<https://www.aacn.org/journalassets/AJCC/29/5/396.pdf>



CCRN Quarterly Question ...

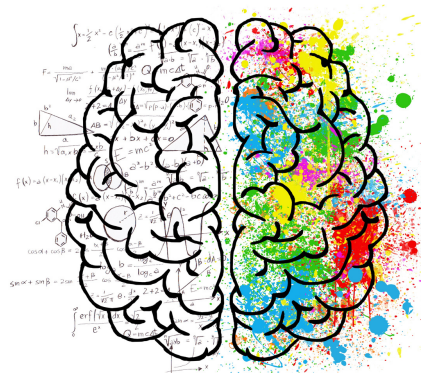
Keeping your brain in action, and win fun prizes too

A patient with unstable angina has an IABP inserted. Hemodynamics are:

| | |
|------|--------------------------|
| HR | 148 (sinus tachycardia) |
| MAP | 40 mm Hg |
| PAOP | 25 mm Hg |
| CI | 1.4 L/min/m ² |

Which of the following should be included in this patient's plan of care?

- A. checking timing of the IABP, decreasing balloon to 1:2 frequency
- B. obtaining an echocardiogram and administering furosemide (Lasix)
- C. infusing dobutamine (Dobutrex) and obtaining a 12-lead ECG
- D. administering adenosine (Adenocard) rapidly and checking results of Hgb and Hct



Answer via email on GPAC site listed below.

<https://gpaaacn.nursingnetwork.com/contact>

First 10 entries will be entered to win \$50.00 gift card to Taco Guild

ALL ABOUT ADVISORY OPINIONS



BY: TRACY THOMAS

DID YOU KNOW THAT THE ARIZONA STATE BOARD OF NURSING PUBLISHES GUIDANCE ON CERTAIN CLINICAL TOPICS TO HELP GUIDE RNS IN PRACTICE? THIS GUIDANCE COMES IN THE FORM OF ADVISORY OPINIONS, AND CAN BE FOUND ON THE AZ BOARD OF NURSING WEBSITE. THEY PROVIDE INSIGHT FOR WHAT IS CONSIDERED WITHIN THE SCOPE OF PRACTICE OF THE NURSE, AS WELL AS CURRENT EVIDENCE SUPPORTING THE GUIDANCE. THEY ARE CONSIDERED THE OFFICIAL OPINION OF THE STATE BOARD FOR THAT PARTICULAR TOPIC. TO VIEW THE CURRENT LIST OF ADVISORY OPINIONS, PLEASE VISIT

[HTTPS://WWW.AZBN.GOV/SCOPE-OF-PRACTICE/ADVISORY-OPINIONS.](https://www.azbn.gov/scope-of-practice/advisory-opinions)

THIS MONTH, WE ARE FOCUSING ON THE ADVISORY OPINION SEDATION: DEEP, MODERATE, AND PALLIATIVE. THIS ADVISORY OPINION WAS RECENTLY UPDATED IN MAY 2020, AND INCLUDES REQUIREMENTS FOR EDUCATION ON SEDATION AND PATIENT ASSESSMENT, FACILITY POLICIES ON SEDATION MANAGEMENT, AND STANDARDS FOR KEEPING THE PATIENT SAFE THROUGHOUT SEDATION ADMINISTRATION.

TO VIEW THE ADVISORY OPINION IN FULL DETAIL, PLEASE VISIT...

[HTTPS://WWW.AZBN.GOV/SITES/DEFAULT/FILES/2020-09/AO%20SEDATION-DEEP%20MODERATE%20%26%20PALLIATIVE%20REV%20MAY%202020.PDF.](https://www.azbn.gov/sites/default/files/2020-09/AO%20SEDATION-DEEP%20MODERATE%20%26%20PALLIATIVE%20REV%20MAY%202020.PDF)





Helpful Links to Access GPAC

GPAC FACEBOOK LINK

[HTTPS://WWW.FACEBOOK.COM/GREATERPHOENIXAREACHAPTER/](https://www.facebook.com/greaterphoenixareachapter/)

GPAC INSTAGRAM

[HTTPS://WWW.INSTAGRAM.COM/GPACPHOENIXCHAPTERAACN/](https://www.instagram.com/gpacphoenixchapteraacn/)

GPAC WEBPAGE:

[HTTPS://GPAAACN.NURSINGNETWORK.COM/](https://gpaaacn.nursingnetwork.com/)

Upcoming Events

10/8/2020 GPAC Zoom Call

11/12/2020 GPAC Monthly Meeting

12/10/2020 Holiday Toy Drive

12/12/2020 GPAC Monthly Meeting

Meeting Format & Topics TBD



Resources to Destress

[Text: RNconnect to 31996](https://text.rnconnect.com/31996)

This helpful link supports nurses via text twice a week to utilize a variety of modalities to destress, and promote positivity for nurses everywhere.