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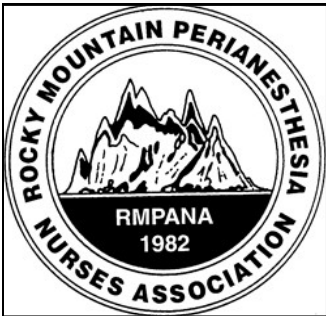


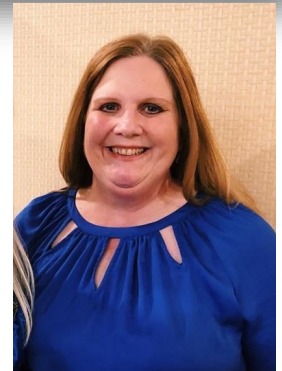
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The mission of Rocky Mountain PeriAnesthesia Nurses Association is to unite registered nurses in all phases of perianesthesia/peri-procedural care through education, research, and standards of practice in order to promote quality care for patients, families, and the community.

President's Note-

When watching a medical TV show, it has always bothered me to see side rails down, airways unsecured and no identifying the patient. There isn't a newsletter long enough to discuss the safety hazards during an emergency TV scene. There are so many safety blunders seen on TV that don't correlate with real life patient care. As a Perianesthesia nurse these potential hazards exist every single shift with every patient entrusted to our care. Therefore, I am a long time RMPANA member and proud to be this year's President.



Perianesthesia nursing is a specialty. In any medical specialty comes the responsibility for a professional to be competent in that area of practice. For example, a patient is trusting when scheduling surgery that specialists in caring for surgical patients will keep them safe throughout their stay. This is a reasonable expectation as they employ a surgeon who is specialized, are assigned an anesthesiologist who is specialized, meet an OR nurse who is specialized, but they encounter many other people all dressed in scrubs throughout that day. Little does the patient know that these people all dressed alike are specialists too.

A perianesthesia nurse greets each scheduled surgical patient with a preadmission phone call prior to surgery. That phone call is the first step to ensure their surgery experience is safe. Most patients see it as an inconvenience to return a call only to answer questions that they already answered on paper in some medical office. But the perianesthesia nurse perseveres as they know the preadmission screening is important.

The day of surgery in an ambulatory setting the patient is greeted by a nursing CNA or tech who may get grumbled at for even considering weighing them or taking their blood pressure. Anxiety for the patient prevails at this point as there are so many unknowns for them. This is especially true as they are instructed to take off their clothes and put on a designer gown in a strange place accompanied by many people all dressed in scrubs. Also, putting on ugly white tight thigh high hose is not a pleasant way to start out their day. They may not know it but the preop staff will calm, reassure them and explain the rationale for those ugly hose. The nurse efficiently starts their IV and provides teaching, answering all their questions in a professional manner. This is a difficult task since a mask now covers the softness of their face and smile. While the anesthesiologist performs a nerve block the preop nurse is there keeping the patient safe. The patient is vulnerable from this point of the surgery day to the very end. But most do not know this fact.

Once the surgery is completed, the stretcher rolls at warp speed into the PACU bay. The patient may be semi-conscious and blurry. People all dressed in scrubs are pulling at their blanket and repositioning them to connect leads and other equipment with cold hands. It's hard to communicate and say such clearly. And then a very cold gush of air stuns them as a warmer is fired up. Finally, cozy and warm they may fall back to sleep perhaps so soundly again that they snore. Little do they know that they are safe as a perianesthesia nurse is assessing and meeting their needs as they sleep. Not only does this nurse ensure the airway is clear by holding their chin but also interprets all their vital signs and EKG. The nurse understands signs of potential complications during the phase one recovery and remains focused on keeping the patient safe. The patient has never met this person, but trusts that the nurse is skilled, competent and professional.

A patient awakens and is amazed by how fast time has gone and how good they feel. This is the outcome of "better living through chemistry". Most patients are worried about eating or drinking and pain control at home. They are thrilled to see their belongings and comb their hair. The PACU nurse recognizes that the discharge criteria is not the same but similar for patients. Their care is individualized as all patients are different. It is because of the perianesthesia nurse that the patient meets the outcomes safely to begin preparations to go home. The perianesthesia nurse is flexible, skilled, communicative and provides discharge teaching in simple terms understood by the patient and caregiver so they may begin a safe, noncomplicated recovery. This is what every perianesthesia nurse from Preadmission to PACU wants for their patients. This relationship is invaluable as upon discharge the patient is now feeling safe and calm due to the confidence and skill of the specialists. In fact, all persons dressed in scrubs were an amazing team who took excellent care of them and kept them safe. With a smile under the mask the perianesthesia nurse waves goodbye to one patient and runs to catch the next one as the stretcher makes the turn into the PACU bay at again warp speed.

Perianesthesia nursing is why ASPAN/RMPANA exists, offering educational resources that can not be found anywhere else. Specific education is provided so nurses can become competent in perianesthesia nursing. Orientation or training to this specialty area with an employer does not go far enough. One can easily learn a job, but to specialize takes initiative and self-responsibility. Nurses seeking specialized education perform safe care and network within our specialty. This action of seeking out additional knowledge is called professionalism. Today, all surgery patients depend on a professional specialist caring for them to keep them safe. This is the time to set your goal to become a perianesthesia specialist and RMPANA can help you.

If you are a RMPANA member, thank you. Please consider growing into a leadership position this year. If you want more information about RMPANA go to our website, create a login and explore the information. Watch our website RMPANA.org and Facebook as an exciting campaign will be launched soon and you will want to be a part of it!

Bridget Miller BSN RN CAPA
President 2020-2021/ District 2 Rep
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Keeping YMCA of the Rockies in our hearts in light of the terrible fires near Estes Park. We've had many wonderful times there in the past.



RMPANA Website Committee Updates: October 2020

www.RMPANA.org

Happy Fall from the Website Committee! We hope you are happy and healthy. How are you keeping in touch with family and friends during this time of social distancing? Facetime? Zoom? Phone calls? We want to know how RMPANA can help you feel connected with us and other RMPANA members during this time. There are so many questions about processes and changes in work flow, who are you utilizing as your resource? Please email us with ideas on how can we help. Online learning opportunities? Review courses?

Do you have EBP questions? RMPANA is still here for you! Check out ASPAN's [COVID-19 Toolkit for the Perianesthesia Nurse](#)

Did you know that your [Nursing Network account](#) is a FREE service? Don't have Nursing Network account? Sign up! If you are worried about receiving too many emails by registering, you can select how often you would like to receive notifications by going to [My Home > Manage Account > Notification Settings](#). Members can use the website for announcements as well. Please send information that you would like to share on the website to rmpanawebsitecommittee@gmail.com.

Your RMPANA Board of Directors have been meeting and planning. Check out the [Calendar of Events Page](#).

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Marta Clements, BSN, RN, CPAN

rmpanawebsitecommittee@gmail.com

DISTRICT 1 NEWS

All has been quiet for RMPANA's District 1 since March. I think as nurses we all had our lives disrupted and it was hard to make plans or do our normal activities with regards to education for our members or having meetings. Members of last year's Board and Education Committee have recently been exchanging texts and hope to plan some future offerings for our members and others who are interested. We will keep you informed as plans are made. There was no response to requests for people to run for District 1 Board positions in the spring, so at this time some of us from last year are continuing in the positions. Please let us know if you have interest in a position on the Board. We would love to discuss what is available and benefits of being a board member. There are nice benefits!

We are also interested in offering some type of education for this year as a virtual, perhaps in person offering. Please also be thinking of speakers and locations and let us know if you have interest in planning this.

For now, stay healthy and I wish you a happy holiday season!

Sandy Olson-District 1 President

RMPANA EDUCATION

I hope this note finds you all healthy and well. Sadly, there has not been any educational offerings from RMPANA for many months. We were all sad to cancel Retreat in the Rockies for 2020. The good news is the Education Committee is back at work planning for 2021. Please save the date -Oct 9,2021 for a 1- day Nursing event. More information coming shortly on this. We will have a new location for 2021 and I think you will love it! We are planning on having some wonderful speakers and look forward to being together!

ASPAN's National Conference will be held April 25-29, 2021 and it will be virtual and in person. Please watch for more information on this as the time comes nearer. The District 1 nursing board and education committee is also beginning to plan for future education events also. There will also be more information coming from them in the next couple of months.

I would encourage you to look for online education for maintaining your certifications and to check out the ASPAN nursing site for free educational offerings that they have available for members. The spring window for registering for CPAN and CAPA certification is Jan1-Mar15 for testing from Mar 15- May 15. If you aren't certified yet I would encourage you to look into this!

I would also like to encourage to think of joining the Educational committee for RMPANA. New members mean new ideas and that is what our educational committee is always looking for! Please contact me or any educational committee member-we would love to talk with you!

skolson9@yahoo.com



Are you certifying or recertifying soon?

Don't forget that as an ASPAN member, you have access to perianesthesia focused education from ASPAN!

Enroll in continuing education through aspan.org, choose the education tab and click ASPAN Learn.

ASPAN offers webcasts, on demand modules, article reviews (which are free!). Topics include certification review, a covid 19 toolkit, anesthesia agents and complications, legal issues and standards, sleep apnea, and perianesthesia essentials.

Take advantage of all your ASPAN membership offers you.



2020-2021 RMPANA Board of Directors

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VP/President Elect/Strategic Planning—open

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Valerie Watkins BSN RN CAPA

Contact information for Board members is on <https://rmpana.nursingnetwork.com>

RMPANA nurses support

Project C.U.R.E.

Nov. 7th at 9:00 AM

View event at RMPANA.org



If you are interested in pursuing certification, RMPANA has certification coaches who can help put you on the path to success. The Colorado coaches are Macy Dawson RN CAPA, Marcia Keiser RN CPAN and Susan Cleveland RN CAPA

ABPANC has resources to help you prepare for the certification exams. Their website is www.cpancapa.org

I encourage you to check the website for more details about the study tools available from ABPANC .



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The Role of Policies

Sharon Sample RN CPAN, CAPA, Policy & Procedure Committee Chair

The role of policies in an organization is to:

Provide general guidance about the organization's mission

Provide specific guidance toward implementing strategies to achieve that mission

Provide a mechanism to control the behavior of the organization by governing the behavior of people who work within the organization; to ensure they behave in a way that is predictable, advisable and in the best interest of the organization and the person.

All organizations need to develop and communicate policies. When decisions are made in regards to a new situation, where there is no previous policy, by people who have the appropriate authority (i.e. board members), a written policy is necessary. The written guidance within the policy needs to be well worded, unambiguous and clear so the reader knows what has to be done to adhere to the policy. Policies then must be communicated to all who need to be aware.

RMPANA's Board members have voted to transfer all four District Treasuries to the Component Treasurer for better transparency and accountability. Each District will continue to be able to utilize and add to their monies as their members decide. The Component Treasurer will earmark each District account separately. The Policy Committee will be completing a policy for specific guidance on this new course of action by RMPANA before end of year.

RMPANA policies are up to date and can be found on the RMPANA web site. Policies and procedures are reviewed yearly and Bylaws every three years and as dictated by organizational changes or circumstances. Keeping the policies and procedures up to date not only helps the Board with operations, but is a criterion of the ASPAN Gold Leaf Award. District officers and members are encouraged to review the policies, especially those pertaining to awards and scholarships.

RMPANA encourages members to be actively involved at every level of our professional organization. Research/EBP, education, membership, governmental affairs, publication, policy and procedure, historian and website committees would love to have more representation. Becoming actively involved in a professional nursing organization creates additional opportunities at the local, component and national levels. To learn more, please visit the RMPANA web site or contact a RMPANA officer or committee chair. It is not too early to plan your future with RMPANA and ASPAN.

