

PAR



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Volume 47 Issue 3

EXCELLENCE

Presidents Message

Greetings fellow Peri-anesthesia Nurses,



As I reflect on the past year serving as the President of MNDKSPAN I am humbled by the dedication and service I have witnessed from both the ASPAN and MNDKSPAN Board of Directors. The decision by the MNDKSPAN Board to postpone the fall conference in Fargo was not an easy one to make. Based on the email messages from the ASPAN President, I don't believe their decision to cancel the National Convention in Denver was any easier than ours.

Now MNDKSPAN and many other components of ASPAN are embarking on the journey to host virtual conferences this winter/spring and ASPAN is planning both a live and virtual event for the next National Conference in spring. The leaders of our component along with other leaders from components in Region 3 have been meeting with our Regional Director, Deb Moengen, to plan, share ideas and lessons learned along the way so that we all can be more successful. We have had lively discussions and genuine, kind words of concern from everyone in the group. I have always known that nurses are the greatest innovators in the world, and it has never been truer than now.

As we come to the end of the year, we also come to the point in time where we need to elect new volunteers to serve on the MNDKSPAN Board of Directors. If you want to join a dedicated, positive, supportive group of fellow peri anesthesia nurses promoting our profession, professional growth, and education, we have an opportunity for you. I found that service on the Board is a great networking opportunity, a safe environment to build or improve your leadership skills, and a great place to make new friends!

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Presidents message continued...

The following positions will be open for the 2021-2023 term (starting May 1, 2021 and ending April 30, 2023):

Secretary, Director of Education, Website Director, and Vice President/President Elect.

Each position is a 2-year term commitment. Applying is easy, you just need to complete a Willingness to Serve found on the MNDKSPAN website along with a picture of yourself and a little bit about why you are running and what your goals are for our society. **The Willingness to Serve needs to be completed and submitted to me by Dec 1, 2020.** A list of the job descriptions for each position can be found on our website or you are very welcome to reach out to any member of the Board.

Not sure if you are ready to make a commitment to serve on the MNDKSPAN Board or want to learn more about MNDKSPAN/ASPAN first? ASPAN is offering an opportunity to attend the ASPAN Leadership Development Institute or LDI. LDI has historically been just for component board members and leaders but this year it is being offered virtually FREE OF CHARGE to any ASPAN member! It is a great opportunity to enhance your leadership skills, learn more about how our professional society works and get some free CEU's. There is a link on both the MNDKSPAN and the ASPAN website to register for the event which will be held on Nov 7th.

As always, remember to check out the online educational opportunities available on ASPAN's website - webinars, articles, live virtual classes and other CEU offerings, some of which are FREE! Finally, I want to encourage you to **attend the first ever MNDKSPAN virtual conference on Saturday, Feb 6th, 2021.** The conference will be held in the morning and will be about 4 hours long. One of the featured speakers for this conference will be the current President of ASPAN, Elizabeth Card. I have heard Elizabeth speak several times over the years through ASPAN. She is an amazing speaker and you don't want to miss this opportunity. You will register for the event through the MNDKSPAN website just like you have in the past so watch for details to come.

I wish you health, happiness, and positive thoughts as we travel through this challenging time together.

Respectfully,

Peggy Forstner, President MNDKSPAN

MISSION STATEMENT:

MNDKSPAN SERVERS TO PROMOTE THE EDUCATION AND PROFESSIONAL GROWTH OF NURSES PRACTICING IN PERIANESTHESIA AREAS SUCH AS AMBULATORY SURGERY, PRE-ANESTHESIA, AND POST-ANESTHESIA CARE.

BOARD OF DIRECTORS 2020-2021

President

Peggy Forstner RN, BSN
Crosby, MN

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Tricia Sladky BSN, RN, CPAN
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Robert Davidson BSN, RN, CPAN, CCRN
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ASPAN Region 3 Director

Deb Moengen BSN, RN, CPAN
Fairhaven, MN

dmoengen@aspan.com



Important Dates:

September 15- November 15, 2020

CPAN/CAPA Certification

Fall examination administration window

December 1, 2020

Deadline to apply for MNDKSPAN open board positions

February 6, 2021

MNDKSPAN Virtual Winter Conference

April 25-29, 2021

ASPA 40th National Conference

Orlando, FL

Publication dates for Par Excellence

<u>Edition</u>	<u>Publication Dates</u>
Winter	January
Spring	April
Summer	July
Fall	October

Note: Par Excellence's publication dates may vary so that we can offer component members updates on the most recent MNDKSPAN conferences, ASPAN events, and board meeting minutes.

Your Articles Needed!

A key aspect of better representing MNDKSPAN activities throughout the year is through member submissions to the newsletter. Articles written by members are both appreciated and encouraged! ***Consider submitting: an article or editorial, photos from conferences or other member activities, an excerpt from your research or evidence based practice project, or a successful program, strategy, or initiative!***

Submissions, suggestions, or questions can be sent to mndakspanmembership@gmail.com. Submissions are due by the 1st of the publication month.

MNDKSPAN does not guarantee that articles submitted will be used in publication. Authors will be contacted regarding whether the article will or will not be used. Thank you!

REGION 3 UPDATES

Deb Moengen BSN RN CPAN
ASPAN Region 3 Director



Virtual gatherings abound throughout ASPAN. In our region this month there has been two virtual conferences in October. I have had the privilege of attending both and I can say I have loved it! Although I truly miss having lunch and break time conversations, it was a wonderful way to connect with others that are many states away. I hope you are taking advantage of the offerings available that you can view from the comfort of your home. They are very reasonable in price and helps provide the education that we are constantly needing in our field. Please check out the ASPAN learn through the ASPAN website. On the national level we are preparing for the Leadership Development Institute (LDI) in November. This will be the first completely virtual event for LDI. As a board we will be presenting some very interesting topics. If you are not involved in a role on the national side of thing, please consider getting more involved. It will really enhance your practice and strengthen the organization.

For our region we have been having some regional meetings for the first time ever! Thanks to COVID and the silver lining of meeting virtually we have been able to collaborate with the MNDKSPAN board and those leaders from other components. Our topics have focused on hosting virtual conferences and leadership succession planning. It is an exciting time together and I truly appreciate the MNDKSPAN board for their engagement in these meetings. If you have not already thanked them for the work that they do for MNDKSPAN to continue to make it a strong presence in our states I encourage you to do so. Lastly, please take care and reach out to me with your questions and needs.

I HOPE YOU CAN TAKE ADVANTAGE OF THE OFFERINGS AVAILABLE THAT YOU CAN VIEW FROM THE COMFORT OF YOUR HOME. THEY ARE VERY REASONABLE IN PRICE AND HELP PROVIDE THE EDUCATION THAT WE ARE CONSTANTLY NEEDING IN OUR FIELD.

Join us on FACEBOOK!

Join the MNDKSPAN member Facebook Page! It's an easy way to stay connected with the component as well as great way to network with other MNDKSPAN nurses! You can also follow us on Twitter and Instagram!

Happy Fall Everyone!



Sarah Bushaw BA, RN, CAPA

Director of Certification

Hope you are all healthy and staying safe. The days are getting shorter and a little darker as we inch closer to winter. I wanted to take this opportunity to share with you my personal story to becoming CAPA certified. It all started when I attended a MNDKSPAN conference and saw the certification table. I saw nurses looking at all sorts of goodies on this table. I was watching nurses find their names on a board and wondered what that was all about? I saw lots of happy, excited and laughing nurses and I wanted in on whatever was going on at that table. So, I swallowed hard and went there by myself, started looking around and in a matter of seconds, I heard a really friendly voice ask me if I had any questions or needed any help. I looked up and said yes, what's all "this" about? Turns out the nurse I was speaking to was the former Director of Certification, Kristin. She shared with me information about the two different certificates. She gave me great resources to look at when I got home, too. She also talked with me about certification coaches and that if and when I was ready to commit to testing, I didn't have to do it alone.



I left the conference excited and determined to become certified. Upon some checking at my facility, it turns out no one was CAPA certified. It took me many months to come up with the gumption to take the plunge and register to take the test. I was very apprehensive because I didn't want to fail. I took exactly 12 weeks to study and I used all the materials at my disposal from the ABPANC website. I checked with my facility to see if they had any of the books on the reference list from the website. And of course, I requested a coach and guess whom I got, that's right, Kristin. I bought an app for my phone that gave me practice tests and even followed ABPANC on Facebook so I could get the weekly Wednesday question. Through it all, my coach was with me, cheering me on, answering my questions, checking in with me and encouraging me. With my test date fast approaching, I watched a video about test taking anxiety which helped alleviate some fears. Then on November 18, 2018 I passed my CAPA test and became certified. I am a trail blazer at my facility by being the first and only one certified in CAPA. But then, that is why I volunteered to take on the Director of Certification position, so I can help others realize and achieve their goals of becoming certified as well. **YOU CAN DO IT!!**

Start planning for next year and make 2021 the year you become certified in CAPA/CPAN/Both. For more information check out this website: www.cpancapa.org for ABPANC, their email: abpanc@cpancapa.org and their phone: 347-708-7975

Warm Wishes to you all and please reach out to me for questions, help or encouragement.

Director of Certification

Sarah A. Bushaw BA, RN, CAPA

Mndakspan.certification@gmail.com

Director of Education

Well, we're making it official – we're going to move forward with our first ever virtual MNDAKSPAN conference! In light of these times during the COVID-19 pandemic, we have all had to make accommodations in one way, shape, or form. While there have been a lot of negative, sad, and depressing things that have happened over this past year, we have to look on the bright side as well. Online shopping, curbside pickup, and contactless delivery – personally, I'm here for it. On a more serious note, how much more do you value time with your loved ones now? What have you discovered you had taken for granted that you haven't been able to do since the beginning of this pandemic? I think we all will live with a greater appreciation of some of the "little things" now. Think about how much more organized policies and procedures will be moving forward in health care facilities after all of this. How many meetings have you attended online? More importantly, how many patients have been able to seek medical care in the safety and comfort of their own homes? I hope that virtual visits remain an option for our patients; I think the convenience of this option would be a great asset to our patients!

We are excited for you all to attend our first MNDAKSPAN conference on Saturday, February 6th, 2021! Since this is a new adventure for us, we are going to be starting with a half day conference consisting of 4 speakers and 4 contact hours. We're honored that ASPAN President Elizabeth Card will be one of our speakers! I would love for you to share any ideas or insight you have about Zoom conferences that may be helpful for us to know to help ensure this conference flows smoothly for you and our speakers. As always, please let me know if you have ideas of who would be a good speaker for future conferences! Stay tuned to the MNDAKSPAN website, Facebook, and your emails to remain up to date on our upcoming conference. Please email me any time with ideas or questions.

We hope that we can all meet together in the same space again soon, but until then, we ask for your patience as we navigate through these times with the rest of you. Stay safe and be proud of the work you are doing to care for patients during this national pandemic.



Sincerely,
Krystal Gottsman, BSN, RN, CPAN, CAPA, CCRN
MNDAKSPAN Director of Education

Looking for CEUs?



Many ASPAN components are offering virtual conferences in the coming months. Take a look around! It's never been easier (and in many cases cheaper!) to attend a conference anywhere in the country... and in your pajama pants and slippers no less!

Governmental Affairs

Highlights

Submitted by Deb Moengen BSN, RN, CPAN

Here are couple bills that caught my eye when reviewing what is happening on the governmental front. The first is the H.R. 728: Title VIII versing Workforce Reauthorization Act of 2019. This bill is to extend advanced education nursing grants to support clinical nurse specialist programs, and for other purposes. The bill was introduced on January 23,2019 and is due to now go to the Senate (H.R.728, 2020)

The second is H. Res. 1153: Condemning unwanted, unnecessary medical procedures on individuals without their full informed consent. This resolution condemns the performance of unwanted, unnecessary medical procedures on individuals without their informed consent and recognizes the need for additional accountability, oversight, and transparency to protect individuals from such medical procedures while they are in the custody of U.S. Immigration and customs enforcement. This resolution was passed in a vote in the House (H.Res 1153, 2020)

While both items may not directly affect your everyday work, I thought it would be helpful to become aware of some items of interest to you as a nurse regarding education and consenting.

References:

H.R.728. (2020, October 20). Retrieved from Gov.Track.com:
<https://www.govtrack.us/congress/bills/116/hr728>



MNDAKSPAN FULL BOARD MEETING SUMMARY FROM JULY 13 AND AUGUST 17, 2020

The MNDAKSPAN Board met virtually on both July 13 and Aug 17, 2020.

SEPTEMBER 2020 CONFERENCE

Due to the Covid-19 pandemic, the September conference scheduled for Fargo will be cancelled for this year and rescheduled for 2021.

FEBRUARY 2021 CONFERENCE

The decision was made to have a one day virtual conference in February, with Krystal as the lead moderator. When a choice of a virtual platform is made, the board will set up a practice session prior to the conference date. Save the Date notices will be posted on social media sites.

LDI

LDI will be held virtually this year, and any member of ASPAN may attend free of charge. Register thru the ASPAN website.

BY LAWS/POLICIES AND PROCEDURES

A ballot will be sent out to the MNDAKSPAN membership via email to vote on the proposed changes to the By Laws/Policies and Procedures.

NATIONAL CONFERENCE

Due to the 2020 National Conference being canceled, the board members that were to attend, will be allowed to attend in 2021.

BOARD ELECTIONS

Open board positions are as follows: Vice President, Secretary, Website Director, Education Director. Willingness to serve forms can be found on the Website, and are due by Dec. 1, 2020.

Complete minutes are available for those who are interested. Please contact me at mndakspan.secretary@gmail.com.



Respectfully submitted,

Elaine Prom, BSN, RN-BC, CAPA
MNDAKSPAN Secretary.

SAVE THE DATE

Minnesota-Dakotas Society of PeriAnesthesia Nurses Winter Conference

Perianesthesia
Embracing

Saturday, February 6th, 2021

Via Live Webcast



MNDKSPAN Fall Conference **Champions in Service & Compassion**

Outcome To enable the nurse to increase knowledge on clinical, leadership and safety topics.

Overall Program Objective Discuss clinical priorities for the perianesthesia nurses

Target Audience All perianesthesia nurses

Welcome and Announcements 7:45 am-8:00 am

Program 8:00 am-12:30 pm

Evaluations 12:30 pm-12:45 pm

Topics TBA

Speakers TBA

Accreditation Statement

This activity has been submitted to the American Society of Perianesthesia Nurses for approval to award contact hours. The American Society of Perianesthesia Nurses is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

For more information regarding contact hours, please contact the Nurse Planner: Krystal Gottsman, BSN, RN, CPAN, CAPA, CCRN at mndakspan.education@gmail.com

Cancellation Policy MNDKSPAN reserves the right to change or cancel the program due to insufficient enrollment or unforeseen circumstances. See MNDKSPAN website for further details.

Disclosure Statement All planners and presenters at nursing continuing education activities are required to disclose to the audience any significant financial relationships with the manufacturers(s) of any commercial products, goods or services. Such disclosures will be made in writing in the course presentation materials.

Minnesota-Dakotas
Society of PeriAnesthesia Nurses
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