



Volume 36 Issue 1 Summer 2021



Table of contents

- 1- 2 President's Note
- 3- Keynote Speaker
- 4- Project CURE
- 5- Policy & Procedure, Scholarship Opportunities
- 6- Nominating leaders
- 7- Awards, Scholarship, Recognitions
- 8- CPAN/CAPA
- 9- Acts of Kindness
- 10 -Dates to Remember

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.

The mission of RMPANA, and specifically why this professional organization exists, is to unite RNs in all phases of perianesthesia/periprocedural care through education, research, and standards of practice to promote quality care for patients, families, and the community. It is a known fact that employers do not go far enough in providing specialty education. RMPANA/ASPAN is there offering the perianesthesia nurse specialty education resources. This type of perianesthesia education is not found anywhere else.

I proudly invite you to attend Sat Oct 9, 2021, the 21st Retreat in the Rockies (RIR) to be held at La Foret Conference Center, Black Forest, CO. Yes, it is a one-day event and a change of venue because RMPANA members have requested something different. In addition, this year's conference is extremely affordable and will include lunch, snacks, 6 CEU's and a workshop faculty who are very talented professionals. This opportunity is insane, right? So do not miss out on attending RIR this year. Again, RMPANA has listened to requests and ideas offered by its members and embraced the opportunity to plan RIR 2021 a little differently.

The RMPANA education committee has worked hard. So, if you meet or know an education committee member, please thank them for their dedication to your professional organization. Look at RMPANA.org to find all the event details and the RMPANA education committee names too. Be empowered and advance your perianesthesia knowledge by registering for RIR 2021 online today.

Make a note to remember to bring a light sweater or jacket as unfortunately no venue can set the temperature to meet all the participants' personal coolness or warmth needs. We will offer an awesome learning environment in a wooded area and want all who participate to enjoy and be comfortable for the day. La Foret is peaceful and beautiful but may be cooler than other venues.

I am excited to share that this year's chosen RIR charity collection is for the Colorado Food Pantries. Please plan to help RMPANA generously support the special needs of a local food pantry or two within all four RMPANA districts. This noble goal can be accomplished only by RIR attendees donating baby formula, disposable diapers of any size and feminine hygiene products at the workshop.

Lastly, I would like to share why I feel post RIR conference evaluations are important. You will receive one prior to being awarded the CEU certificate. Watch your email for it. Take time to think about the RIR experience while filling it out honestly. RMPANA is looking for pertinent suggestions, the sharing of new ideas, potential speakers, impressions of how the 2021 speakers met your learning needs or failed to meet them and future educational topics of interest. Please provide information that will assist the education committee and RMPANA board of directors to make decisions that are useful to members. Honestly, simply writing room too cold, chair uncomfortable or lunch was inadequate is not helpful in continuing the mission of RMPANA. Adding a few more details regarding your experience will make positive changes or keep items attendees enjoyed on that day. It is difficult to plan new and creative workshops without focused input from attendees. Do not forget that RMPANA is always interested in new volunteers to serve as its future leaders. It is necessary to routinely mentor new professionals into open positions to maintain RMPANA into the future. Do not hesitate to share your desire to be more involved with your professional organization on the post evaluation form too. Just think you could help plan wonderful future RMPANA events!

It is a pleasure to serve you as RMPANA President!
See you at Retreat in the Rockies!
Bridget Miller BSN RN CAPA



SEATS ARE GOING FAST! DON'T MISS OUT!

Register at RMPANA.org today for the 2021 Retreat in the Rockies (RIR)

5 Good Reasons to Attend RIR:

- *You're a peri-anesthesia nurse who loves to learn new things
- *6.5 CEU's for a very affordable price
- *Local event featuring expert speakers
- *Have a fun lunch with old friends and new ones too
- *A beautiful and relaxing location

Retreat in the Rockies Keynote Speaker

Kari Knutson M. A.

Compassion Fatigue, Burnout, and Stress Real-Life Strategies to Increase Resiliency

Individuals in almost any work environment can face demanding interactions as a regular part of their day. When the demands of the job outweigh the emotional reserves a person has available to them, they can suffer from “compassion fatigue” as well as burnout and stress. This can lead to negative consequences within a professional and personal context.

Most people are familiar with stress and live with a certain level of stress in their everyday lives, but what about when the stress becomes toxic and leads to burnout and finally compassion fatigue? All are part of a continuum of feelings, thoughts, and behaviors that can impact how effective and satisfied an employee is in their professional and personal lives.

This practical, not depressing (promise!) program offers tips and techniques to recognize the symptoms of compassion fatigue, burnout and stress and what can be done to help resolve them. The presentation will introduce participants to what realistic, tangible self-care looks like and offers different ways to think about being more resilient, even in demanding situations.



Kari Knutson, M.A. is a professional speaker, therapist, and storyteller. She is an expert in the field of Human Development and Emotional Intelligence (also known as EQ).



Terry Lee, Mary Martin, Becky Niel, Angie Tieszen, Kathy Anderson, Allyson Phillips,
Valerie Watkins, Nancy O'Malley

Project C.U.R.E Community Project

Saturday, August 28, 2021 0900-1200

You are invited to Deliver Health and Hope to the World!

Project C.U.R.E. was founded in 1987 to help meet the need for medical supplies, equipment and services around the world. Since its inception, Project C.U.R.E. has delivered medical relief to needy people in more than 120 countries. We will be sorting medical supplies for those who are in desperate need. This will be a fun, engaging and hands-on experience.

Watch the video to become familiar with Project C.U.R.E. and learn about the vital impact your volunteer experience creates. **Project CURE Video:**

<https://www.youtube.com/watch?v=eX1VFfsZw5TI>

All event details at www.rmpana.nursingnetwork.com

[Project C.U.R.E Community Event](#) | [The Rocky Mountain PeriAnesthesia Nurses Association](#) | [Nursing Network](#)

NEWS FROM POLICY COMMITTEE

Sharon Sample RN, CAPA, CPAN

Bylaws, Policy Chair

A new policy has been written for creation of a RMPANA central treasury to promote financial integrity and operational transparency. RMPANA Component will have one central treasury with individual district funds earmarked and made available to that district only. A form has been created for disbursement of district funds for awards and events sponsored by that district.

In addition to this new policy, changes have been made to the Treasurer's job description and orientation checklist to reflect the additional responsibilities to manage the central treasury. Changes were also made to the Financial Returns to the Districts policy to specify the transfer of 40% of RMPANA's share of each ACTIVE district's membership dues returned by ASPAN to the appropriate earmarked account in the central treasury.

RMPANA's Willingness to Participate form has been revised to make it more user friendly and concise.

Check all these new and updated policies and forms on the web site to be added soon.

Reminder of deadlines for scholarships: Virtually Attend National Conference due March 26.

New Nurse and Advanced Degree Scholarships due July 31

Member Scholarships due Dec 31 or after conference/certification

Charitable Contribution Scholarship due anytime throughout year



WANTED RMPANA LEADERS

No experience required but the willingness to be part of a valued team of professionals and have fun.

Must have courage to try and learn to lead, gain the passion to motivate and inspire others. Growth is an option.

Applicants should believe in RMPANA's mission to unite RNs in all phases of perianesthesia /periprocedural care through education, research, and standards of practice. Be proud to belong to the only source of educational resources not found anywhere else for the wonderful world of perianesthesia nursing. Acknowledges that RMPANA is going one step further in education than employers for its members. And the applicant will not want to miss out on this rare opportunity to make a difference for others.

Apply today! Do not hesitate to get excited to bring your ideas, a voice, and talents to maintain the success of YOUR professional organization.

The following officer positions are open for you to apply for today VP/Pres Elect, Secretary and

Treasurer. But wait there is more to choose from as committee positions exist which help sustain RMPANA.

Hurry and inquire TODAY as these job openings will not last long as the benefits offered to be involved are priceless.

EMAIL: Bridget Miller RMPANA President GiGi@themillers.com or Marcia Keiser, Nominating Chairperson @marciajo@me.com.





Awards, Recognitions and Scholarships



Rocky Mountain PeriAnesthesia Nurses Association would like to acknowledge the following persons.

- * Nancy O'Malley for ***receiving*** the Colorado Florence Nightingale award last fall 2020
- * Lois Schick for being nominated this year 2021 for Colorado Florence Nightingale award
- * Teresa Jensen for receiving Magnet Leadership Award at Medical Center of the Rockies
- * Bernie Riedel received a scholarship for the 2020 National Conference, she received 94.50 contact hours!
- * Susan Alexander received RMPANA's Excellence in Clinical Practice award
- * Sharon Sample and Bridget Miller were nominated for 2020-2021 Above and Beyond Award
- * Ashley Miller received a scholarship for the entry level nursing student 2021
- * RMPANA received ASPAN's Shining Star award
- * Marcia Keiser received ASPAN's Above and Beyond Service Recognition Award

Congratulations to everyone!!!



CPAN'S AND CAPA'S

Fall 2021 Recertification Window Open July 1 – October 31

Not certified, not sure which exam is right for you? Visit ABPANC, American Board of PeriAnesthesia Nursing Certification at cpancapa.org to find all the details you need to become certified.

RMPANA has over **95 %** certified nurses and **43 %** dual certified

Scholarships are available for certifications and recertification through both ABPANC and RMPANA. Check out the websites @ cpancapa.org and rmpana.nursingnetwork.com for how you can obtain a scholarship.

The Benefits of CPAN® and CAPA® Certification

Join an elite group of board-certified perianesthesia nursing colleagues

Become CPAN or CAPA certified to:

- Improve patient care and safety
- Enhance employer confidence
- Validate professional experience
- Commit to lifelong learning
- Strengthen credibility
- Increase earning potential

(from the ABPANC website on August 18, 2021)



Acts of Kindness

For Lois

For those of you who don't know, Lois is undergoing treatment for breast cancer with metastasis in the back and hips.

There was an overwhelming response for Lois' gift basket and scrapbook. Thank you for helping make this RMPANA effort to recognize Lois a success. Lois was very touched to receive our gift full of care, kindness, financial assistance and compassion. I was able to put together a large gift basket of purposeful and fun items, such as chap stick, Wonder woman socks, chocolate, a motivational necklace and peppermint oil. A total of 47 pages of generous amounts of gift cards, personal cards and notes, nurse jokes/trivia and pictures for her were completed and added to the basket. Attached are some pictures from the scrapbook so you have an idea what our final gift looked like. Most pages contained the gift card in a pocket and some pages one must search for it.

I was so humbled to be able to create the RMPANA gift for Lois and thank you all again for your generosity.

Bridget



Dates to remember!!!!

Rocky Mountain PeriAnesthesia 2021 Retreat in the Rockies

Saturday, October 9, 2021 at 8:00am MT - 5:00pm MT

La Foret Conference & Retreat Center, Inglis Hall

6145 Shoup Road
Colorado Springs, CO 80908

Component Development Institute (CDI) 2021

Perianesthesia Nursing Together:

Importance of Connection, Power of Community

Saturday - November 13, 2021

ASPAN's 41st National Conference

April 7 - 10, 2022 Philadelphia, PA

