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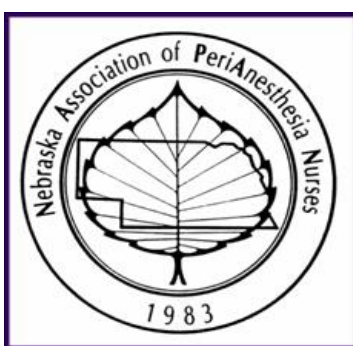
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NAPPIN'News

Volume 40 Issue 2 FALL / WINTER 2021

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PRESIDENT'S MESSAGE



Kristy Iwansky, MSN, RN, CPAN,
CAPA
NAPAN President

Hello to all! As we approach the end of the year, I would like to finalize NAPAN's accomplishments in 2020-2021.

The NAPAN board/committee members held their final quarterly meeting on December 4th (annual NAPAN Transition meeting) to discuss the end-of-the-year and the beginning of the new NAPAN year 2021-2022. The Executive Board and committee members welcomed the new NAPAN Secretary Jill Morris (to serve the second year of the 2-year term vacated by Julie Oeltjen) and the new Vice-President/President Elect Kim Kumwenda Ruhl (to serve the second year of the 2-year term vacated by Diana Eggerss)! I have no doubt that these two new board members will serve NAPAN with energy and powerful dedication. If you could drop them a note of congratulations and thanks, I am sure it would be warmly welcomed!

I have recently emailed the following information to our members:
the Transition meeting agenda (meeting minutes coming soon)
the minutes of the 2021 Annual Member Business Meeting
a summarized table of annual NAPAN Activities & Events
a list of the 2021-2022 NAPAN Executive Board and Committee leaders
and brochures for the upcoming educational programs for 2022.

I hope you can join in on the upcoming education, activities, and fun.

Thank you for your dedication and commitment to NAPAN!

I wish each of you a Merry Christmas and a very Happy New Year!

And we're off to a new year!



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NAPAN MISSION STATEMENT

NAPAN exists as a component of ASPAN to advance nursing practice through education, research and standards

Do you want to contribute?

To contribute information or articles for publication in the Nappin' News, please note the following publication schedule. Articles will be accepted at any time for publication at a future date. Correspondence should include author's full name, credentials and references as needed. All material will be subject to editing prior to publication. Please send all material for inclusion in Nappin' News via email to Judy Mink @ judymink40@gmail.com

For Publication in:

Spring Issue

Fall Issue

Send info by:

May 30

November 1

NAPAN supports the ASPAN Foundation

NAPAN Financial Summary

ACCOUNT NAME	BALANCE AS OF 11/30/2021
CHECKING	\$6,400
MONEY MARKET	\$5,224
MONEY MARKET CD	\$5,846
TOTAL ASSETS	\$17,470

ABPANC

CPAN® / CAPA®

CERTIFICATION CORNER

CERTIFICATION NEWS

ABPANC has a Test Assured Program. After you have studied, taken the practice exams provided by ABPANC, answered the study questions provided on Facebook and the ABPANC website, you will be ready to take the CPAN or CAPA exam.

The Test Assured program allows the test taker to sit for the exam twice in a 12-month period if the first attempt is unsuccessful. Details are on the ABPANC website www.cpancapa.org

Please visit the website to learn about the contact hour requirements for Certification and Recertification, Dates and Deadlines for Certification, study tools, the ABPANC app and more.

NAPAN offers coaching to help prepare you for the exam. Send inquiries to Kristy Iwansky
kiwansky@yahoo.com

Here's a few "Did You Know?" items submitted by Judy Mink, BSN, RN, CPAN

Did you know that one of the most frequent side effects of ketamine anesthesia is hallucinations?

Did you know that removal of the parathyroid gland can cause a dramatic increase in serum calcium?

Did you know that a PACU post pneumonectomy patient should be placed on the operative side?

NAPAN AWARDS & MEMBER SPOTLIGHTS



Journalism Awards: presented by Judy Mink Clinical Practice Award went to Kristy Iwansky for her article "Barhemsys (Amisulpride: A New & Unique Antiemetic" published in Volume 40, Issue 1.



Journalism Award for General Publications went to Kim (Kumwenda) Ruhl for her article "You Can Teach an Old Dog!" published in Volume 40, Issue 1.



Committee Member of the Year Award: presented by Kristy Iwansky went to Judy Mink for her continued and outstanding service as both

Annual Meeting Minutes

Submitted by Kristy Iwansky, MSN RN CPAN CAPA

NAPAN 38th Annual State Conference Business Meeting Minutes

October 23rd, 2021

Meeting attendees: Gayle Kiviniemi, Cindy Stehno, Judy Mink, Louise Bergeron and Kristy Iwansky

1. **Call to order by President Kristy Iwansky:** *meeting called to order at 1035am.*
2. **Approval of 2020 Annual Business Meeting Minutes:** *minutes were approved as written*
3. **Introduction of Board Members & Committee Chairs:** *no introductions needed*
4. **Review of NAPAN Committee reports; questions:** *Committee Reports approved as written*
5. **Treasurer's Report:** Judy Mink: *Report approved as submitted with meeting agenda.*
6. **Nominating Committee Report/Open Positions, Nominations & Voting:** *Cindy Stehno: Cindy reported the open board/committee positions as follows: V.P./President Elect; Secretary; and MAL-Membership. Judy agreed to continue as Treasurer, Gayle agreed to continue as Gov't Affairs Chair & Policy/Procedure Chair; Louise agreed to continue as MAL-Finance. Members present nominated Kim Kumwenda to serve as V.P./President Elect, Jill Morris and Kayla Gehring for Secretary, and Cindy suggested combining MAL-Membership committee chair with Past President position would be a nice and practical merger. Gayle made motion to approve this suggestion and Judy seconded, all approved. Gayle will adjust P&P to accommodate this new combined position. At this time, Gayle reminded members of opportunity to serve on National Committees and SWAT with WTS forms needing to be submitted to ASPAN by November 21, 2021.*
7. **Old Business:** Kristy Iwansky
 - a. **President's Report:** *Kristy reported she attended virtual meetings with other component and national leaders four times throughout the past year. Topics discussed included: Maintaining and Increasing national & component membership, increasing # of CPAN/CAPA certified members, activities to enhance staying in touch with members & member participation in the midst of the Covid-19 pandemic, and importance of community services/donations. Kristy also presented benefits of ASPAN/NAPAN membership to nursing orientees including distribution of membership apps and WTS forms. Kristy conducted random drawing of names from membership list throughout NE/IA to receive delivery of PANAW gifts; she emailed members and conducted Board/Committee meetings on a quarterly basis using combination of live and virtual opportunities; and s Kristy concluded her report with giving a "huge thank-you" to each of the members present and to each of the past and current board members serving throughout the 2020-2021 year.*
 - b. **Progress on 2020-2021 Strategic Goals:** *see attached updated Strategic Goals.*
 - c. **2021 ASPAN National Conference:** *Kristy and several other members represented NAPAN at the 2021 ASPAN National Conference virtually. Research committee members prepared and*

proudly presented their Research Poster (use of a SIM Lab to increase awareness of Perianesthesia nursing to nursing students) during the conference.

- d. **Fundraisers and Community Participation:** *Members reviewed the allotted \$550 donated to Community services. Kristy noted and thanked members who were able to participate "live" in the food drive held at the All-Saints Episcopalian Church on 9/25/2021.*

8. **New Business:** Kristy Iwansky

- a. **Announcement of Voting Results & Congratulations:** *No voting took place at this time as members nominated Kim (Kumwenda) Ruhl to serve as V.P./President Elect and Jill Morris & Kayla Gehring to serve as Secretary. Kristy agreed to contact each of these individuals to inform them of nomination and ask for their agreement to serve.*
- b. **Strategic Goals for 2021-2022:** *Kristy agreed to update the progress toward meeting the current Strategic Goals, present to Board members for approval and then distribute to membership.*
- c. **Education Programs & State Conference for 2022:** *Kristy reported a 3-hour Saturday morning program will be presented via ZOOM on January 15th by Dr. Mark Reisbig MD. Program title: "Integrated Care Protocols for Surgical Patients; What we can do together to improve outcomes for our patients". In addition, Rhonda Dennis, APRN has agreed to present a 3-hour program on February 19th on Aortic Aneurysms & Pulmonary Emboli in the surgical patient. On March 19th, Dr. Raynor MDA will present on a potpourri of anesthesia topics (details to be announced). Please save these dates and plan to participate either live or virtually as advertised! Members expressed hope that the February program could be held in-person with a "gift basket" fund raiser and door prizes. No date was chosen for the 2022 NAPAN State Conference at this time.*
- d. **Community Participation:** *They also requested donations of personal hygiene products to be donated at the February meeting.*

9. **Presentation of Awards**

- a. **Journalism Awards:** *Judy Mink: Judy announced that submitted newsletter articles were reviewed by five anonymous reviewers and the winner of the Perianesthesia specific award was Kristy Iwansky for her article on Barhemsys (Amisulpride: A New & Unique Antiemetic published in Volume 40, Issue 1 and the winner for the General Interest article was Kim Kumwenda for her article titled You Can Teach an Old Dog published in Volume 40, Issue 1 newsletter.*
- b. **Recruiter of the Year Award:** *Melissa Novotny: Melissa was unable to attend this meeting and informed Kristy that she was unable to track recruitment of new members due to the newly designed ASPAN web page. No award was presented.*
- c. **Committee Member of the Year Award:** *Kristy Iwansky: Kristy had the honor to present this award to Judy Mink for her continued and outstanding service as both Treasurer and Newsletter Publisher.*

10. **Member Discussion & Comments:** *The meeting continued with "brain-storming" ideas to encourage membership participation. Kristy will prepare and distribute a survey for membership to express their wishes on continuing virtual or live programs and any other ideas for NAPAN to add to the agenda/fund raisers, etc. Also discussed were the community service opportunities for 2022. Louise volunteered to investigate additional information regarding the needs of Girls, Inc. that was briefly discussed at previous board meetings. It was also suggested that participation in food drives would be advertised and encouraged as opportunities became available. And members also recommended a monetary donation of \$50 be made to 4 of the nursing schools outside of the metro Omaha area. Kristy will review all nursing schools and select 4 as discussed. Another topic of discussion was the continued use of the Nursing*

Network found at NAPAN network.com. This program will be used for use of credit card payment for any future NAPAN programs.

11.Adjournment: *The meeting was adjourned at 1155am.*

Respectfully submitted: *Kristy Iwansky, President of NAPAN and acting Secretary at this time.*

Nebraska Nurse Honor Guard

By Jill Morris RN, CAPA



Jill Morris, RN,
CAPA

A friend/coworker shared a very personal and touching experience with me. Unfortunately, she suffered the loss of someone close to her that was a retired nurse. At the funeral service the Nebraska Nurse Honor Guard performed a nursing tribute. They recited the Nightingale Tribute, rang a bell for the number of years served as a nurse, placed a white rose on the casket and presented a nursing lamp to the family. The honored nurse was then added to the Virtual Nurse Honor Wall as well. This experience she shared with me was so beautiful! She nor I had ever heard of the Nebraska Nurse Honor Guard. I feel like all Nebraska nurses should know about this special and honorable service they provide for members of our profession. For additional information go to www.nebraskanursehonorguard.org
Jill Morris, RN, CAPA

“Did You Know?” Phenergan (promethazine) not only is in the phenothiazine group which is given to treat Nausea & Vomiting, potentiates narcotics and is also an antihistamine which can alleviate allergy symptoms and acts as a sedative. Please heighten your awareness for safety fall prevention.
Submitted by Cindy Stehno RN, BSN, CPAN

COMPONENT DEVELOPMENT INSTITUTE (CDI) 2021

Perianesthesia Nursing Together: Importance of Connection, Power of Community

Saturday November 12, 2021

NAPAN was proud to send two representatives from our component to the CDI gathering in Kansas City in November. Below are the notes submitted by each attendee from our component.

Submitted by Jill Morris, RN, CAPA

"I was not exactly sure what to expect at the CDI meeting in November. I knew I was excited for the opportunity to be more involved in NAPAN and ASPAN and was honored to represent for NAPAN. The president of ASPAN (J. Kilgore) was the opening speaker and she gave such a warm, heartfelt, and phenomenal presentation with so much passion about connecting. From that moment throughout the rest of the conference I was so grateful to be there. I gained a much broader understanding of ASPAN, it's hierarchy and it's profound impact on Perianesthesia nursing! It was such an enlightening experience overall. I loved meeting others from all around the country. I welcome the opportunity to attend CDI in the future."

Submitted by Kayla Gehring RN, BSN

I attended my first Component Development Institute this November. I went hoping to learn about perianesthesia leadership, but what I gained was so much more. I have a better understanding of what it takes to strengthen and grow your component. The smaller atmosphere also provided me the chance to get to know ASPAN leaders easier than at National Conference. I met perianesthesia nurses from around the country who face the same issues I deal with daily. I received invaluable advice that I will utilize in my PACU. I left feeling excited and energized about the ASPAN organization. I highly recommend anyone to attend CDI in the future.



Conga lines and networking with new friends!



Photos by Jill Morris with permission from subjects

NAPAN Transition Meeting Minutes

Submitted by Jill Morris, RN CAPA

December 4, 2021

- **Commenced:** 0908 **Adjourned:** 1040 **Call to order:** Kristy Iwansky
- **Roll Call:** Kristy Iwansky, Cindy Stehno, Judy Mink, Gayle Kiviniemi, Nicola Moreland, Jill Morris
- Approval of minutes from Annual State Conference Business Meeting:** Nicola Moreland, Cindy Stehno
- Announcement & Welcome to current and new board and committee members:**
 - New Vice President: Kim Kumwenda Ruhl
 - New Secretary: Jill Morris
- Judy Mink awarded 2020-2021 Committee Member of the Year – certificate given
- Old Business:**
 - Review of 2020-2021 Strategic Goals: Approved continued work on same goals
 - Review of Nursing Network (ASPAN & NAPAN collaboration): Still orienting – pending
 - Gold Leaf Award Nomination: Pending application to ASPAN – Due February 1, 2021,
- New Business:**
 - CDI Information sharing: Jill Morris reported. Kristy shared positive report from Kayla Gehring.
 - NAPAN Membership Report: Lost 5 members, gained 2 for total of 86 members Discussed if NAPAN able to assist with financial part of membership cost for interested persons?
 - How do we maintain/increase membership? Gayle suggested possibility of NAPAN assisting with financial part of membership cost for interested persons? Future discussion.
 - Discussed mass mailings – packets to draw interest – Kristy waiting on surveys to be returned.
 - Donations/community service for end of year 2021 plus ideas for 2022?
 - Toys for Tots: December 4, 2021 – Gayle Kiviniemi
 - Christmas Food Bank: December 11, 2021 @ All Saints Episcopal Church – Nicola Moreland to donate on behalf of NAPAN. Starts @ 0730.
 - 2021 Donated to Colleges.
 - Louise Bergeron to research OmahaSHARE.org.
 - Jill Morris to research Special Olympic volunteer opportunities.
 - PANAW February 7th– 13th, 2022: Each of us to promote PANAW in our perspective work places. Send any/all pictures to Judy for publication.
 - Discussed PANAW gifts for February program meeting attendees. Judy Mink to order \$50.00 worth of PANAW merchandise to gift.
 - Gold Leaf Award Application: Gayle Kiviniemi to send in.
 - Publications: Nicola Moreland to send article to Judy Mink with picture. Jill Morris to send pictures from CDI to Judy Mink and share story regarding Nebraska Nurse Honor Guard. Kristy Iwansky asked all to submit “Did you know?” statements to Judy Mink.
 - Governance: Nurses at the Day of Legislation: May 6, 2022 – watch for news – Gayle Kiviniemi submits proclamation.
 - ASPAN Committee/SWT Involvement: Discussed current members that participate. Discussed willingness to serve forms due – deadline extended.
 - 2022 Proposed Board Meeting dates: February, May, August and November. • Educations Dates for 2022: January 15th– will be done virtually but discussed having meeting place to attend virtually together for those interested.
 - February 19th meeting will be live: Gayle Kiviniemi has four door prizes, discussed need for raffle baskets.
 - March 19th meeting: Cindy Stehno to submit objectives.
 - October 8th: target date for 2022 State Conference.
 - ASPAN National Conference: April 7-10, 2022 – Philadelphia, PA
 - Will have a drawing at February Meeting for financial aid.

- **Other Business:**

- Crisis Manual – update required.
- Reminder to be sent regarding Scholarship points for reimbursement if applicable.
 - Reviewed Table and NAPAN Board membership/committee activity check list.

Respectfully submitted,

Jill Morris, NAPAN Secretary

Editor's Edge



I want to thank you for following NAPAN as we navigate these strange pandemic times. Our goal is to return to "in person" education offerings and to meet your needs as we progress. You, our members, are so important and we love to hear from you. Please copy and post the education offerings that NAPAN is sponsoring this next year. We hope to see many of you there!

The "NAPAN Willingness to Participate" form is on our website <http://napan.nursingnetwork.com> and the "ASPAN Willingness to Participate" form is found on the ASPAN website. Please look and find an ASPAN committee that can use your skills and interests. The ASPAN committees are chaired by an experienced member of ASPAN, and all business is conducted via email correspondence.

As always, I hope you will consider studying for and taking the CPAN/CAPA exam to earn your certification. Certification in your field of expertise is an asset.

Please consider submitting your articles and items to be published to me: judymink40@gmail.com

Sincerely,

Judy Mink, BSN, RN, CPAN

Please check out these websites for more information:

<http://napan.nursingnetwork.com>

<http://cpancapa.org>

<http://www.aspan.org>

Facebook:NebraskaNAPAN@Nebraskanapan

GOVERNMENTAL AFFAIRS

Submitted by Gayle Kiviniemi, RN CAPA



Nurses' Day at The Legislature 2021

By Gayle Kiviniemi, RN, CAPA

Governmental Affairs Chair

Annually, the Nebraska Nurses' Association hosts a day devoted to nurses and healthcare issues in relation to legislative initiatives currently being reviewed by our unicameral. Nurses from across Nebraska and many nursing students attend this 4-hour session to become more knowledgeable about our community's health care needs. This year the session was held virtually via zoom and did not disappoint. When held in-person, attendees have the opportunity to ask questions, have lunch with their senator or representative from that office and take a tour of the Nebraska Capitol building. This year, the topics focused on legislative initiative sin regard to patient safety, healthcare disparities related to geography and behavioral health needs within our state. This event is held every year and I encourage all nurses to at least attend once. Being informed via our legislature is just one more ways to have a voice in our community's healthcare.

The next Nebraska Nurses' Association Day at the Legislature is Friday, May 6, 2022. I hope to see you there!

POLICIES/PROCECURES & BY- LAWS

Submitted by Gayle Kiviniemi, RN CAPA

The Policy/procedures and by-law committee reviewed the NAPAN core documents this year.

Changes to those documents were revising some wording. These changes can be reviewed upon request of any Board member and are always available at any NAPAN event. A copy of these documents is sent to the ASPAN national office for their records.

NAPAN Gives

Each year NAPAN strives to give back to the community. This year we have done the following projects.

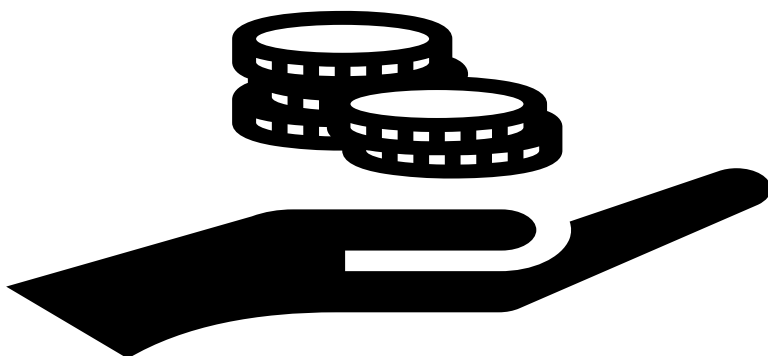
1. Food Bank program at All Saint's Episcopal Church- NAPAN members served meals and helped stock the pantry in September and again in December 2021.
2. Monetary Donation to Open Door Mission February 2021
3. Toys for Tots – NAPAN donated personnel and toys to the US Marine Corp. Reserve Unit that sponsors this event.
4. Monetary Donation to the Veterans Administration Fisher House
5. Monetary Donation to ASPAN for Hail/Honor/Salute and the "40 And Forward" ASPAN fund raiser
6. Monetary Donation for scholarships to four Nebraska nursing schools



NAPAN members gathered and served at the local city food pantry in September and December.

Pictured are Kristy Iwansky and Judy Mink

Photos provided by Judy Mink with permission from subjects.



CORONA VIRUS MUTATING AND THE GLOBAL IMPACT

A PERSONAL PERSPECTIVE

Submitted by Nicola Moreland MHA BSHCM RN CPAN

Corona Virus Mutating and the Global Impact – A Personal Perspective

As Healthcare Providers, we are coming to terms with the fact that Covid 19 is a pandemic that is fully on our radar screens and is likely to be for who knows how long. There has been much written about the clinical effects of this unanticipated pandemic. I would like to offer a first-hand perspective of what this pandemic looks like outside of the United States. During 2021 I travelled twice to Europe, for 6-8 weeks periods, not for personal enjoyment, but out of necessity. The Covid 19 pandemic has been devastating to the world's population in so many ways, but for those divided from each other by oceans it adds an additional layer of anguish.

In late Summer of 2021, travel was lifted to a degree that allowed citizens of foreign countries to travel and reconnect. This may sound like a simple, and welcome opportunity; welcome it most certainly was, simple it most certainly was not. Flying to the United Kingdom in May 2021 required destination citizenship, entailed flying through mainland Europe, a significant amount of preapproved paperwork and was costly indeed. Only vaccinated persons were granted entry that included a PCR test 72 hours prior to flight, a seven-page passenger locator application from Immigration, direct transportation to a "bubble" (a group of no more than 5 individuals who had minimal contact outside their group), PCR testing on arrival and day 2, 5 and 8 and 10 days of strict quarantine. During the quarantine three calls a day, at random times, were received from the British Government, and tracking occurred through cell phone towers and random visits to the quarantine sites. Infraction of the quarantine requirement could result in seriously expensive fines and/or jail time. On day 10 of quarantine, after all testing was reported as negative, there was freedom to restricted movement- all in a mask of course!

Visits to a National Health Care facility required a negative covid daily rapid test and track and trace via a mobile phone. Testing was uploaded into a national data base site which had the ability to inform individuals if they had been exposed at any point. The National Health Service was, and remains, strained to a breaking point, much like the Healthcare Systems here in the United States.

Over the Fall months of this year and as vaccination reached 80% of the population, restrictions eased for England and like other European countries, governments struggled to readjust to a new normal. Now we are on the brink of what is being termed a fourth wave, as Covid 19 mutates yet again (no surprise as this is the nature of a virus) and again England, Europe, and The World is reverting to restrictive global travel, departure/arrival PCR testing and enforced quarantine. This pandemic is tough for all people and all nationalities. This pandemic truly is a global problem that continues to keep national and international people apart.

MARK YOUR CALENDAR!!!

SAVE THE DATE!

NAPAN Educational Offerings 3-hour

January 15, 2022

February 19, 2022

March 19, 2022

Nurses Day at the Legislature

May 6, 2022 | 8:00 am – 1:00 pm

Lincoln, NE

Facebook: ***Nebraska NAPAN***

Website: ***<http://napan.nursingnetwork.com>***

ASPAN's Annual National Conference

April 7-10, 2022

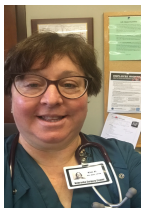
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