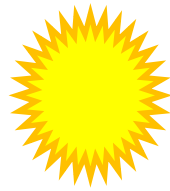


WISPAN

[wispan.nursingnetwork.com](http://wispan.nursingnetwork.com)



WISPAN Wisconsin Society of Perianesthesia Nurses

# The Awakening

## PRESIDENT MESSAGE

Marlene Nahavandi BSN, RN CAPA

John Perricone was the keynote speaker at ASPAN's 2022 National Conference in Philadelphia. His motivational presentation "Developing a Philosophical Identity" encouraged every participant to reflect upon one's personal philosophy and the role that philosophy has in our professional path. Perricone's motivational and inspiring message reinforced my commitment to my professional practice in perianesthesia nursing. He shared with the audience about the Zen practice

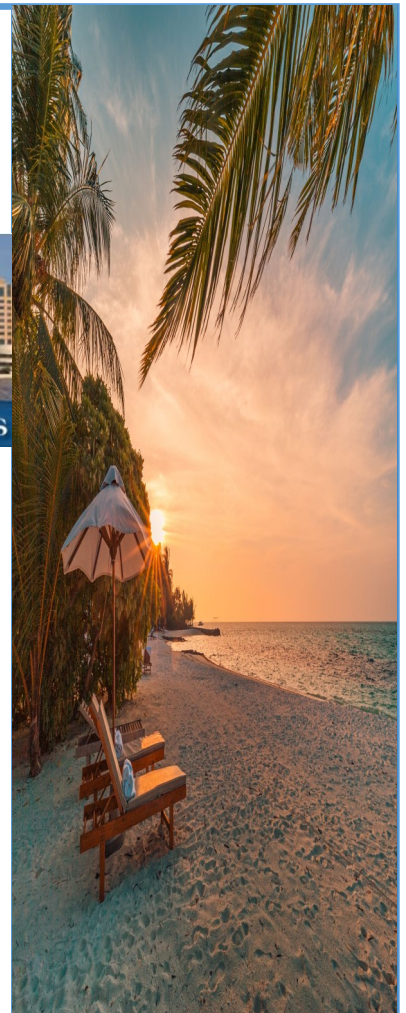


Sho Shin

of "Sho-shin", a word from Zen Buddhism meaning "beginner's mind" As a beginner, your mind is empty and open, like a child discovering something for the first time. With increased knowledge and expertise the mind becomes more closed therefore the practice of sho-shin is so important. Let go of preconceptions and have an attitude of openness in your daily life. Embrace each moment and take the opportunity to experience the moment with a humble attitude.

"You are in the profession that not only acknowledges and nurtures the inherent dignity in every human being that you encounter – but you are uniquely in the profession where you are humbled by the invitation to be present at the sacred intersection of your patients' and their families' exposed vulnerabilities. What a tender, precious, beautiful gift to be given – and what an immeasurable gift you give in return in this loving, compassionate, and mutually respectful exchange of the human spirit." John Perricone

As I am at the end of my term as WISPAN's President, I want to take a moment to thank all the current and past board members that I have worked with over years. It has been an amazing experience to be part of WISPAN. Each of you offers experience and knowledge that assist in maintaining the goals of WISPAN. Many thanks for the ways each of you contribute to WISPAN and to WISPAN members. Your dedication has been greatly appreciated. Thank you!



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June 2022

Volume 43, Issue 2



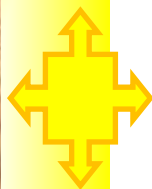
WISPAN Finances  
are as stated: S.  
Shotliff RN CPAN

**Mutual Fund**

\$11,419.48

**Savings**

\$6,023.92



**CD**

\$21,981.63

**Checking**

\$11,237.48

May 31<sup>st</sup>, 2022

## Incoming Treasurer Introduction

My name is Erin Bates and I have been a nurse for 20 years, 1/2 of those years being in the peri-operative services. I have experience in pre/post and PACU but currently my main focus is on the pre-operative part of surgery. I enjoy helping relieve my patients anxiety prior to surgery and help ease some of the fears that are associated with the day. I currently reside in Janesville with my husband Nick and my 2 boys Lincoln and Connor. I am excited to be a member of the board for WISPAN and look forward to what the year will bring.

**Erin Bates, Treasurer**

### Upcoming Scholarship Application Deadlines:

Mission Nursing Grant – 7/1/2022

Nursing Continuing Education Scholarship – 7/1/2022

CAPA / CPAN Certification and Recertification Scholarships – 9/15/2022

WISPAN Fall Seminar Scholarships – 9/23/2022

### Scholarship Winners Year to Date 2022:

#### 2022 WISPAN Winter Seminar

Pamela Schreiner

#### 2022 ASPAN National Conference Virtual Scholarship

Brenda Gillingham

Sue Olson

#### 2022 ASPAN National Conference In Person Scholarship

Jennifer Paquette

#### 2022 ASPAN National Conference First Timer Scholarship

Rhiannon Gatton

#### 2022 Spring CAPA / CPAN Certification / Recertification

No applicants / no winners

#### Raffle Winners from the WISPAN Winter Seminar

#### WISPAN One Day Seminar

Krista Stier

Carrie Kittell

#### ASPAN / WISPAN Membership

Lori Mortensen

Gwen Frohmader

#### ASPAN Book / Publication from Gold Leaf Award

Rhonda Gessler

## Scholarship Coordinator Update

### Scholarship Coordinator Updates

Cyndi Siebel Mohler BSN RN CPAN

### What's New?

Nothing! WISPAN did not make any new changes to the Scholarship program at our last Board of Directors meeting held on June 1, 2022.

The only Scholarship that remains on temporary hold is the ASPAN International (conference for 2022 has been postponed until 2023).

There were no scholarship or raffle offerings/awards since our last Awakening was published.

Please contact me with any questions or comments—that includes suggestions!

Thank you,

Cyndi Siebel Mohler

[WISPANscholarship@gmail.com](mailto:WISPANscholarship@gmail.com)



## President Elect Message

### Ann Keenan, MSN, RN, CPAN

Happy Summer to our WISPAN members! There is nothing like the Wisconsin summers—they are short, but we know how to savor and appreciate their warm days and cool evenings. Like the passage of summer, my first year on the WISPAN Board of Directors as President Elect has been flown by. I am incredibly grateful for the support I have from our seasoned board members and find inspiration in meeting our newly elected members. As I step into the President role in July, I want to assure you that we hear what our members are asking for: specific educational offerings, networking opportunities, innovative strategies to engage and retain members, and collaboration/fellowship within our state and region. WISPAN has recently updated our 2022-2023 Strategic Goals, which reflect our dedicated service to our members, and excellence in peri-anesthesia nursing care. Plans are also already underway for our fall and winter conferences (though summer can stay around for as long as it wants). Cheers to summer! We know you spend so much time providing great peri-anesthesia care to patients—may you enjoy some relaxing time with friends and family too!

### Incoming Secretary Introduction

My name is Karly Peras and I am excited to join the Board of Directors for WISPAN as the Secretary. I am a UW-Nursing School graduate that has worked at UPH- Meriter Hospital in Madison for the entirety of my 16 year nursing career. I worked 10 years in PACU and Pre-op, and the last 6 years in a management role within Peri-Operative Services. In 2019, I completed my MSN in Nursing Leadership. When not at work, I enjoy spending my free time with my two daughters, my husband, and my dog. I am looking forward to working more closely with the WISPAN committee and continuing to grow my practice.

**WISPAN Willingness to Serve** click [WISPAN-Willingness to Participate Form \(wufoo.com\)](https://www.wufoo.com) to check out how you can donate your time and talent to WISPAN! Worried you don't have the time or experience? We can help you! Reach out to any of our Board for questions

## Celebrating Nurses :

Cyndi won the DAISY award at Children's in January

DAISY Award Winner - January 2022: Cyndi Siebel-Mohler, BSN, RN, CPAN of the Surgicenter



"She quietly cares for her patients with a calm and reassuring presence all the while possessing a mastery of assessment and critical thinking skills. As a stickler for details she never hesitates to intervene for the welfare of her patients even though it may prove to place her in a tough position. She always maintains a professional disposition. She has represented Surgicenter nurses on several nursing councils in the Children's organization. She has gone to bat for our unique position as an independent yet member arm of the organization when developing and rewriting organization-wide nursing policies. She is our resident policy guru and immediately shares changes to policies with our staff. She is our go-to resource for any questions we may have regarding policies. She has been an active member of our professional organization for decades representing nurses at the state and national level. She has served on the state board of perianesthesia nurses in several capacities serving as president for at least two terms. She has precepted RNs achieving their BSN during their education process. The Surgicenter and Children's organization have been blessed to have this quality nurse as a member or our team. I'm honored to have worked side by side with her as she is a shining example of a DAISY nurse."



### CLINICAL PRACTICE QUESTION

**Question:** Who is responsible for obtaining a surgical consent and can nurses witness consent?

**Answer on Page 8** Page 3

### Fall Exam Window Dates

July 1st — September 15th – Exam Registration Date

September 15th — November 15th – Exam Window



**Cost Test Assured Program—\$50**

**Total Fees as Follow:**

**ASPAN Member Fee:**

**\$314 + \$50 = \$364**

## CPAN / CAPA Certification

To learn more about perianesthesia certification ABPANC go to: <https://www.cpancapa.org>

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



Rest Assured with Test Assured - NEW!

The Test Assured program allows CPAN or CAPA candidates to take the exam twice in a 12-month period if the first attempt is unsuccessful. You will have the option to sign up for the **Test Assured Program** at the completion of your exam application.

If you have any questions, please contact ABPANC at [abpanc@cpancapa.org](mailto:abpanc@cpancapa.org).

Or you can contact your WI certification coach: Marlene Nahavandi at [marlenen@mail.com](mailto:marlenen@mail.com)

## MEMBERSHIP & MARKETING

Carol Neumann BSN/RN CPAN

As of June 5, 2022, WISPAN has 221 members. Of these members, 48 are CAPA certified, 63 are CPAN certified and 6 hold a dual certification.

Currently we have 5 CCRN certified and 4 CNOR certified

The exam administration window will be between September 15th — November 15th. Go to <https://www.cpancapa.org/> to learn more.



<https://www.cpancapa.org/>



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## National Nurses Week



### HAPPY NURSES WEEK!

Happy Nurses Week

To those that can stop eating  
in the middle lunch  
and run to a code  
and bring someone  
back from the dead,  
and then go back to  
lunch!

someecards  
user card



A I D R A C Y H C A T R A L U C I R T N E V Z D  
N E G T D T T S T O M A C H K M H E A T G U S U  
O R J C J T B G D O S E I M N D K B I M X S Y V  
I Z E D O M S F P R C R O T I N O M D E M Z R N  
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H E A M X E L D E E N Z V I Z A G X P H P I T Z  
C R P T N E M S S E S S A Y D B P W E A O R E K  
V K D V M A R G O I D R A C O R T C E L E I R K  
N A I C I S Y H P S E T E B A I D I O I Y N P J  
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brain stem  
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pulse

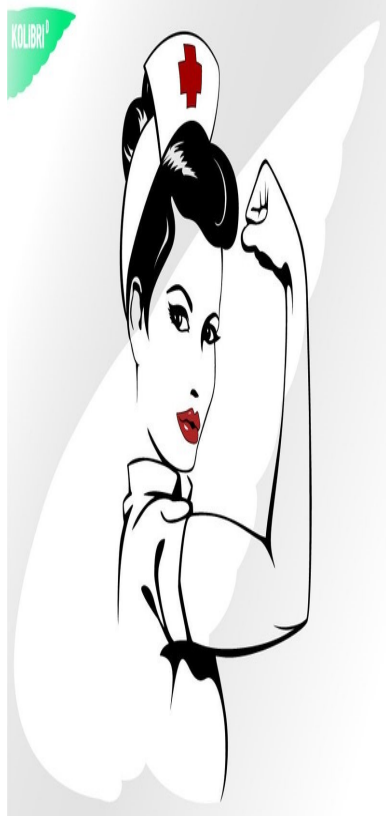
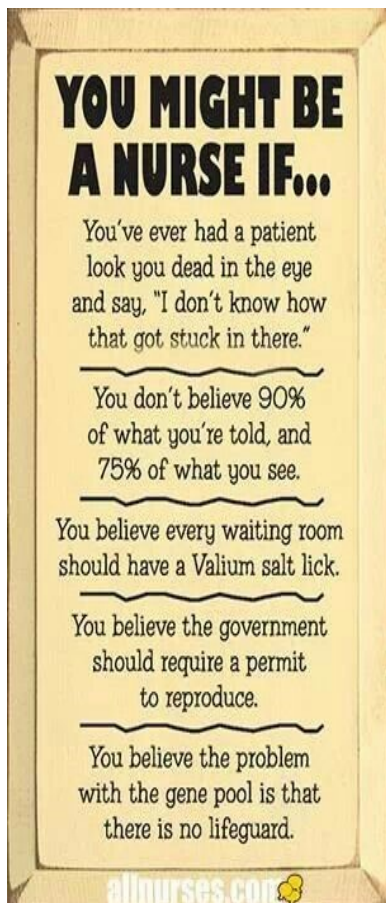
diabetes  
forceps  
assessment  
dictation  
medication  
patient  
humerus  
asystole  
ventricular tachycardia  
syringe

hemorrhage  
ophthalmoscope  
disease  
dose  
electrocardiogram  
physician  
radius  
enema  
atrial fibrillation  
stethoscope

stroke  
otoscope  
symptoms  
needle  
unit clerk  
nurse  
femur  
thermometer  
heartbeat

Submitted By: Rhiannon A Gatton





## GOVERNMENT AFFAIRS NEWSLETTER ARTICLE. 3-15-22

Often, I find myself curious and searching the web for events and information on what is 'governmentally' happening in our state. Here are some important events up and coming.

Voter registration deadlines for the August 9<sup>th</sup> Partisan Primary are coming up. There are several options and it is easy to do; online, by mail, or in person. [www.myvote.wi.gov](http://www.myvote.wi.gov) is an excellent resource to discover what is on the ballot in your area and general election information.

The **2022 Wisconsin fall general election** is scheduled in the [U.S. state](#) of [Wisconsin](#) for November 8, 2022. All of Wisconsin's partisan executive and administrative offices are up for election, as well as one of Wisconsin's [U.S. Senate](#) seats, [Wisconsin's eight seats](#) in the [United States House of Representatives](#), the seventeen odd-numbered seats in the [Wisconsin State Senate](#), and all 99 seats in the [Wisconsin State Assembly](#). The **2022 Wisconsin fall primary** is scheduled for August 9, 2022. The candidate registration deadline for the 2022 Fall election was June 1, 2022.

Incumbent Republican Ron Johnson will seek reelection to a third six-year term in 2022. Eight Democrats have so far registered to run in the election: Mandela Barnes, Gillian Battino, Chantia Lewis, Sarah Godlewski, Alex Lasry, Adam Murphy, Tom Nelson, and Peter Peckarsky.

Please take 5 minutes to check things out. There is a good chance you will find some interesting information that may lead you down another investigative nursing pathway!

Tracy Franchuk BSN RN CAPA BSHCA  
WISPAN Governmental Affairs Liaison  
ASPAN Governmental Affairs Strategic Work Team  
ASPAN Nursing Community Coalition Liaison

Continued on Page 10



Answer: The Nurses' Responsibility in the Perianesthesia Setting is to assure the patient or legal representative has sufficient knowledge to make a knowledgeable decision of the procedure provided by the provider and can witness the signature on the consent form. The basic elements of an informed consent include:

Patient must know he has a role in making decision

The proposed treatment or procedure

Who will be performing the procedure

Discussion of risks, benefits and alternatives, Discussion of Pros and Cons of each

Discussion of any medical uncertainty

Assessment of patient's understanding of the treatment plan

Exploration of patient preference

No Coercion

Must respect patient Autonomy

Hospitals and other facilities should utilize risk management measures such as the following to address informed consent:

Have a written policy that describes: what treatment and procedures require informed consent

The hospital's policy will be in compliance with Joint Commission, CMS, and other applicable guidelines or requirements.

Simplify the content, language, and length of informed consent documents and patient educational material.

Educate providers that informed consent is a process of effective communication between the provider and the patient, not just a signature on a form

## References

2017 WiscRisk Newsletter July V3.indd

Informed Consent: NCLEX-RN || RegisteredNursing.org

Submitted by: Marlene Nahavandi

## 2022 ASPAN Conference



**Submitted by Rhiannon A Gatton**

For me the 41st national ASPAN conference was a surreal experience. I have never attended something like that that had so many people with shared interests, shared backgrounds from education to values, and a passion for quality improvement. The sheer amount of knowledge to gain at your fingertips at an event like this was awe inspiring. I also wanted to point out it was so much more than just simply attending the classes, which were in amongst themselves so powerfully educational, there was also so much to learn from the posters, the vendors, and fellow nurses from across the country and how they perform their duties and have solved problems unique within the peri-operative setting.

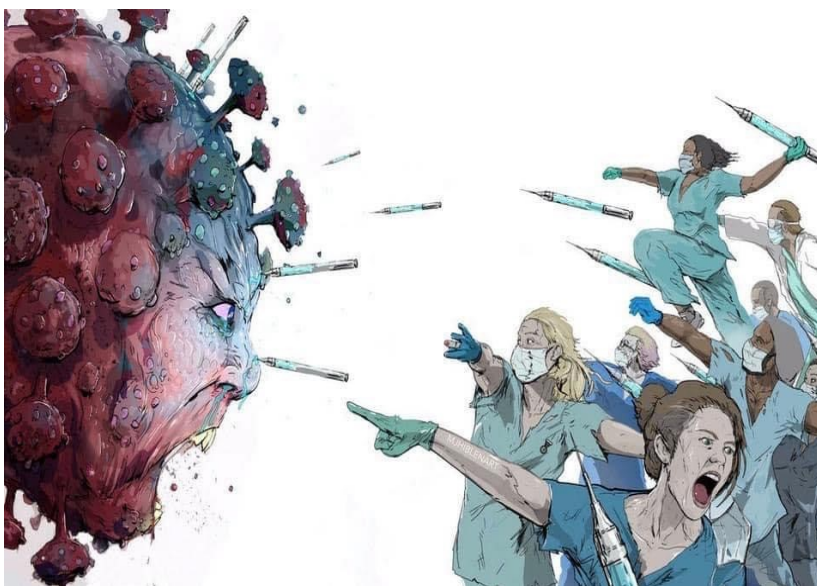
One of the things I wanted to touch base on was a poster I noticed. It had to do with creating a float pool within the perioperative areas themselves. This is especially relevant as we are clearly within the full swing of the nursing shortage, and it seemed like a great way to assist with this problem. The concept is to create a team of RN's who are capable of floating to Pre-op, Short Stay and PACU. The incentives are, no call, no weekends and no holidays. The benefits are very self-evident, you create a team that helps to prevent shortage on units. The nurse is assigned to a unit per the schedule, but everyone is flexible so if a unit turns out short, due to say sick calls, the nurse would be willing to switch to go to the shorted unit. Furthermore a nurse on this unit could even float for a certain number of hours to help cover lunches etc. All of this showed an increase in staff satisfaction, and healthier patient outcomes.

Another two Posters I found extremely fascinating were the text message communication posters. I found two of those, one was pediatric specific, and the other was for all patient populations. This messaging sent continuous updates via text message to chosen family members. The updates included incisions, anesthesia start, headed to recovery, among many other updates. The advantages of this were decreased anxiety among family members, more thorough communication, and limiting the strain on nurses so they could focus more on the patient themselves. As someone who recently had a pediatric patient who was having respiratory failure, while also attempting to make sure the patient's mother was constantly updated, this would have been extremely helpful in this situation, both in staffing needs as well as helping the parent understand we were doing everything possible as fast as possible.

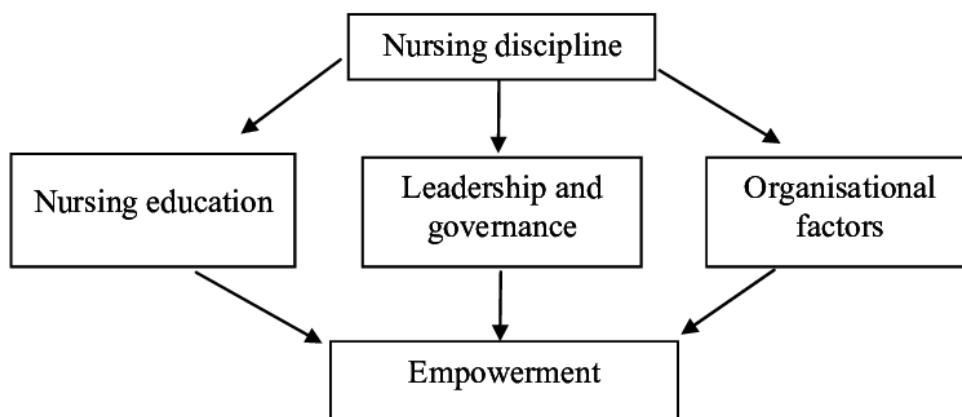
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The classes themselves were also amazing, all of them were but I would specifically like to talk about the COVID-19 update. I was expecting very little education on this subject, however I was pleasantly surprised. The presenters were simply amazing, and they helped me to understand more evidence based practices in regards to this subject. They spoke to the fact that this is going to be our new reality, and we are going to have to learn to live with it. While there may be ebbs and flows with the number of cases and or severity of strains, us having to learn to live with a constant threat of pandemic is simply our new reality. This is not to say we should have no hope, but instead that we should make sure to stay vigilant, educated, safe, but resume our lives as normally as possible. Sequester when potentially sick, but we still need to enjoy the human experience, and don't miss out on opportunities like an ASAPN conference due to the threat of a pandemic.



All in all, as stated previously the whole ASPAN conference was amazing. I always wondered what someone who I work with meant about just how amazing and empowering they are meant, in fact sometimes I wondered if there was a bit of over exaggeration. Once again I was wrong, and happy to be wrong. There is so much to learn, from every single experience you can have there. This is something I am planning on attending again, and I already plan on competing with my co-workers for the time off for the 42nd national conference.



## Future ASPAN National Conference Dates

- April 27–30, 2023 Denver, Colorado
- April 14–18, 2024 Orlando, Florida



## WISPAN Wisconsin Society of Perianesthesia Nurses

### Greetings WISPAN!

Hello to all!

With retirement in the not too distant future, this is my last article as a member of the WISPAN Board of Directors (BOD). Serving the last four years has been incredibly insightful and filled with a multitude of personal and professional gains. I sincerely encourage you to join.

*I am very happy to welcome our newest BOD members Anita Norton, Research; Erin Bates, Treasurer; and Karly Peras, Secretary. In addition, we are very fortunate to have Cyndi Siebel-Mohler continue as Scholarship Chair. Thank you all for your commitment to WISPAN.*

I look forward to seeing you at future WISPAN conferences and I wish you all a wonderful summer.

Brenda Gillingham,  
RN, BSN, CPAN

Hello WISPAN

Are you growing?

This time of year, is filled with supporting and growing our leaders and members. When we take the time to be intentional and listen to what our members need, we can learn and grow. Many activities are happening in ASPAN to help you and I grow.

Here are a few of these opportunities.

ASPAN national conference learnings are on demand and have been such a blessing to me. As you may imagine that National conference is busy and full for presenters and the Board of Directors duties. Having the option to attend the on-demand sessions has been a wonderful option to learn for me. I can pause and take notes and rewind if I need too. Have you been able to attend the sessions? I have put it on my calendar to set the time aside to learn. Make plans for our next National conference in Denver 2023 April 27-30th

ASPAN insights are another option for members to learn. The next one is July 18th. The topics will be centered around communication. You will need to register for the event and so watch your inbox for the information.

Our region has been working on a regional conference. We are in the brainstorming portion of the planning however there is a lot of excitement about this nontraditional conference option. We hope to have something on the calendar September of 2023.

So many opportunities to grow as a nurse. Are you taking advantage of them? Lastly, when I think I also think about growing I think of gardens of which I wanted to share a couple pictures of gardens at my farm for you to enjoy.



Please reach out if there is anything, I can help you with and grow!  
Deb Moengen

### [White House outlines plan to distribute pediatric vaccines](#)

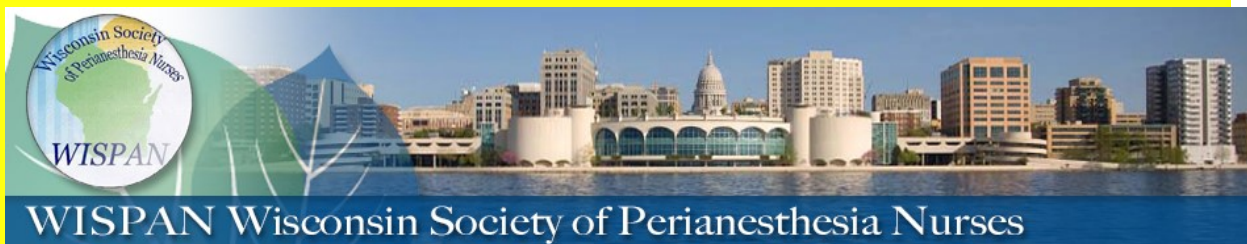
Government Affairs Continued:

The White House has outlined plans to distribute low-dose COVID-19 vaccines for use in children ages 6 months to 5 years, the last major demographic to get access to a vaccine. Although the Moderna and Pfizer/BioNTech vaccines are still in the final approval process, 5 million doses were released by the administration June 3, when providers were allowed to begin pre-ordering, another 5 million will be released by June 21, and millions more will be available later. Pharmacies, pediatricians, primary care clinicians, clinics and other sites will administer the shots at no cost.

Full Story at: <https://www.usatoday.com/story/news/2022/06/09/administration-lays-out-plans-vaccinate-kids-under-5-against-covid/7562349001/>

Visit the [COVID-19 Resource Center](https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/covid-19-vaccines/) (<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/covid-19-vaccines/>) for relevant, accurate and up-to-date information as well as expert perspectives about the safety, efficacy and importance of COVID-19 vaccines.

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## BOD Research Introduction — Anita Norton, BSN, RN, CPNP-PC, CNS

Hello, everyone! I am excited to serve on the WISPAN board of directors in the Research position, and just wanted to introduce myself. I have been a nurse for 27 years, and in the peri-anesthesia environment for the past 20 years. I am a Clinical Nurse Specialist at Children's Wisconsin, covering the PACU & Day Surgery areas at the hospital as well as the Surgi-center. I absolutely love the work that I do, focusing on quality improvement, professional development of staff and clinical practice. This board position fits in with all of those activities as well! I have had the opportunity to participate in an evidence-based practice project on the use of aromatherapy in pediatric surgical patients that actually turned into a research project (due to a lack of evidence), and this article was recently accepted for publication by JoPAN. I am currently working on an evidence-based practice project related to improving the care of children living with autism in the peri-operative setting. While I am by no means an expert in all areas of research, I am happy to help WISPAN members any way that I can, and if I do not know an answer we will learn together! I look forward to sharing information with you via the Awakening as well as doing virtual journal club offerings, and helping the component to reach its goals. Please don't hesitate to reach out for any reason!

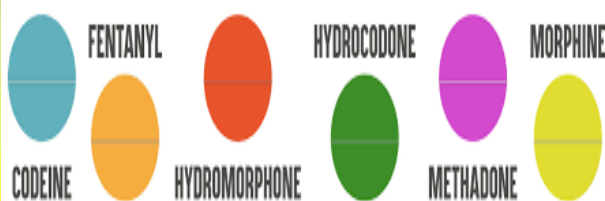
### The 2022 Conference :

Jen Paquette, MSN, RN, CAPA, CPAN

This year I attended the 2022 ASPAN National conference held in Philadelphia. I was able to attend many sessions that sparked my interest. Additionally, I had learned I'm able to take full advantage of my in-person registration by viewing the recorded sessions available in May. There are a few sessions other attendees had raved about when talking with them.



Not only does the ASPAN National Conference these learning sessions, there are so many other great opportunities to engage with perianesthesia colleagues across the nation to share successes, struggles, and strategies; including Preconference, Certification Luncheon, Post Conference, President's Dinner, and Poster Grand Rounds and Presentations. Two of my colleagues and I had participated in poster grand rounds after our abstract had been accepted. This was a really great opportunity to share what we did with our team at UW Health to address opioid range orders after we had a Joint Commission finding related to how range orders were interpreted inconsistently between nurses



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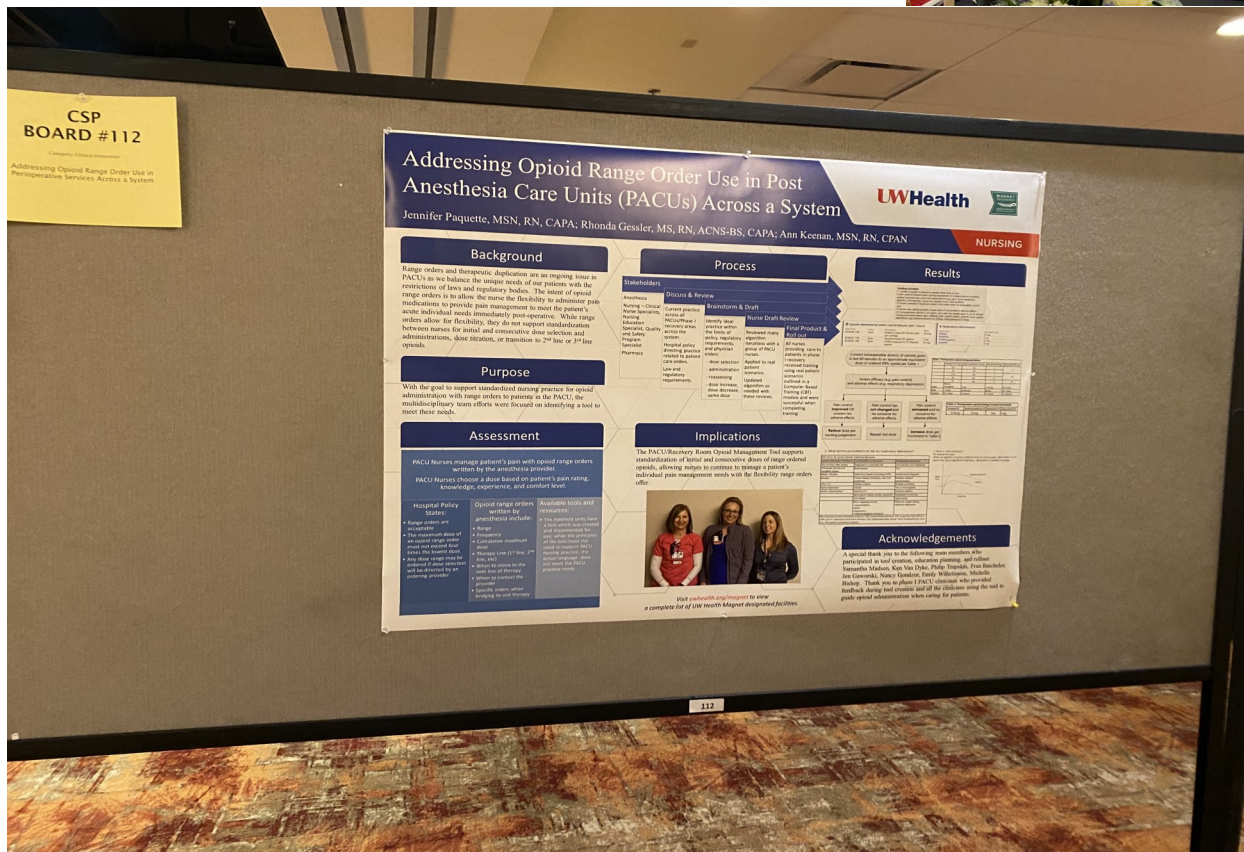
We were also selected to provide an oral presentation of the work we had done. This was one of the most valuable experiences the conference had provided me and the work. We were able to receive feedback on the tool we created, talk with others who struggle with the same issues at their organization, identify next steps to continue to share this work, and next steps to continue to provide great patient care using this tool.



the ICU and med-surg nurses and while we wouldn't be able to run efficiently without our ICU and med-surg colleagues, the type of nursing care provided and workflows are very different for perianesthesia nurses. Our perianesthesia colleagues from across the nation in attendance at the ASPAN National Conference helped to reaffirm the type of care, workflows, and importance of the care provided in our organization by perianesthesia staff.



In conclusion, I would like to encourage anybody who has an opportunity to attend the ASPAN National Conference to do so. In the organization I work, the number of Perianesthesia nurses is a small number when compared to



## Rhiannon A Gattton – RN/BSN : Editor Message To Readers

Hello, WISPAN nurses, summer is here! I have to start my editorial note once again on a somber one. We are in interesting times in Healthcare currently. We are dealing with all the issues nurses are always dealing with, which I mentioned in my last newsletter editorial, as well as COVID continuing as a healthcare issue and now a change in law which affects healthcare.

No matter what your political affiliation, which I will not go into it one way or another here, this has led to some uncertainty and fear with the general populace as well as nurses. My particular hospital, for example (Unity Point Health Meriter in Madison, Wisconsin) is one of the leading OBGYN hospitals in the state. Because of this, or maybe regardless of this, we have had to have specific healthcare meetings on this topic and I would imagine quite a few other hospitals are following suit. We are seeing what always tends to come with uncertainty, fear.



Please remember though, through all of this added uncertainty who we are as nurses. As defined by Wikipedia (I know we should never trust Wikipedia but I really liked this definition) : *“Nursing is a profession within the health care sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life. They also take on vital roles of education, assessing situations, as support.”*

Remember these vital things that define us as nurses, and how you define yourself as a nurse, as we move forward. We must comfort and advocate for our patients. We must work together, and work for the best possible outcomes for the health of our patients’ no matter how that may take form. No matter or gender, age, habitus, sexual orientation, or political affiliation, above all else, we are nurses, and we care. We protect. We love.

### Definition of Nursing

- Nurses’ unique function is to help individuals, both sick and well, perform activities that contribute to their health or recovery (or facilitate a peaceful death) that they would perform unaided if they had the necessary strength, will, or knowledge, and to accomplish this function in such a way as to help individuals gain independence.

V. Henderson, 1960



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