

Air Exchange

The newsletter of
Rocky Mountain PeriAnesthesia Nurses
Association

Volume 37 Issue 3

September 2022



Table of contents

- 1- President's Message
- 2- Meet the Board of Directors
- 3-New RMPANA BOD members
- 4- Thoughts from Chanda
- 5- Educational event
- 6- Treasurer's report
- 7- Evidence-based practice
- 9- Bylaws, P&P
- 10- Changes in the organization
- 11- CPAN/CAPA
- 12- ASPAN President
- 13- From Days Gone By
- 14- Volunteer opportunities
- 15- Project Cure
- 16- Save the date
- 18- 40 years ago

The President's Message

"Life starts all over again when it gets crisp in the fall." – F. Scott Fitzgerald



I'm not a pumpkin spice latte obsessed, fall meme sharing person, but... I do love fall. My reasons for loving fall have nothing to do with the weather or trendy drinks and scarves, but with how it feels like a fresh start. Summer, my favorite season, has always felt like "vacation season" to me. Because of this, fall has always felt like the time to start new routines or try something new.

This year, I have a child returning to school (thank goodness!) and my routine driven brain already has a list of things I'll be starting/restarting: I'll be back at it with my running schedule, house chores schedule, work schedule, and after school sports schedule. All the schedules!

Fall this year also brings the end of a big year for me: My RMPANA Presidency. Fall is a new start for RMPANA each year as we induct our new officers into our Board of Directors (BOD) at the fall meeting. This fall is going to be VERY EXCITING as we have three members who have made the decision to serve on our BOD. (You can read more about them below). Thanks to our District 1 events and to our members who were energized by these events, there has been a positive shift in energy within our organization! The RMPANA Education Committee has been working hard to put together a wonderful program for this year's in-person Retreat in the Rockies, Nancy O'Malley is continuing to provide our members with volunteer opportunities with Project C.U.R.E., and the ASPAN National Conference will be in COLORADO next spring! It is an exciting time for RMPANA!

Are you wanting to start something new this fall? We have opportunities for you! Interested in helping with educational opportunities? You can join our Education Committee. Want to be part of creating change in your profession? Join our Governmental Affairs committee. Do you want to give time when you can, without the commitment? We can add you to our list for events. The time commitment is minimal for what you receive from serving your professional organization. If you have questions or are curious about serving, please email me at martahoffman.rn@gmail.com.

It's been an extraordinary year serving RMPANA as president. Thank you for being part of our organization and I hope to see you at the Retreat in the Rockies!

Marta Clements, BSN, RN, CPAN



TID BITS

About

RMPANA BOD members

Board of Directors

2021-2022

Marta Clements, president

Chanda Hassemer,

vice president

Sana Zamarripa, treasurer

Connie Santos, secretary

Bridget Miller, immediate past
president

Marcia Keiser, education chair
Newsletter co chair

Sharon Sample, bylaws,
policies/ procedures

Tina Empey, co chair, news
letter

Krista Hall, evidence based
practice

Nancy O'Malley, historian
president



Marcia enjoys camping, baking, and, best of all, spending time with her 7 grandchildren. She is a collector of Snow Babies and really has a passion for Winnie-the Pooh and related characters.



Sharon 's hobbies include quilting, sewing, gardening and spending time with her 6 grandchildren. She has a vacation home in South Carolina that she loves to visit. She says she found her calling in nursing.



Tina is happily retired spending long awaited precious, relaxing time with her family. She enjoys cooking, camping, kayaking, skiing, and hiking.



Krista in her downtime her interests/hobbies include Pilates and reading. I also love hanging with my husband, 2 kids and my timid, but sweet, rescue pup Summer. We enjoy traveling, hiking, camping, family game night or movie night, and just having fun together! The Covid pandemic also helped me re-connect with the horse lover and equestrian in me. I began riding again after a 15 year hiatus!

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.

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all article to either editor

Marcia Keiser @marciajo@me.com or Tina
Empey @tinaempey@gmail.com

Welcome.....we are glad you are here!

Please welcome **Janet Lopez**, she will be joining the RMPANA BOD as the Governmental Affairs, chairperson. Here is some information about Janet.

Originally from Chicago, I moved to Colorado in 2005 with my husband and daughter after living nearly 20 years in Los Angeles. I graduated in 1984, a proud Diploma nurse; I went on to receive my BSN in 1996. The bulk of my career was in critical care, primarily STICU and solid organ transplant ICU's. As transplant is my passion, I practiced five years as an organ procurement coordinator; during which time I was one of several test writers for the procurement coordinator certification exam.

I started my Colorado career as permanent charge nurse at Good Samaritan Medical Center in the ICU. In 2014, I took a position as a Kidney transplant coordinator at UCHealth; I am currently a pre/post RN for UCHealth-Broomfield campus. I am dual certified with CCRN and CAPA.

I am honored and blessed to be a two time Daisy Award winner, most recent in March 2022. I had the great privilege to be filmed for and was included in a nursing documentary that premiered in 2013.

After all these years, I still love nursing! I have always desired to serve my colleagues, nursing organizations and the community; and the RMPANA spring workshop was energizing and exposed me to some amazing individuals and a team I felt I had to somehow be a part of. I have been an active member of AACN since 1986 and strongly support organizations that focus on empowering nurses to learn and excel. I believe that RMPANA has given me a unique opportunity to learn from some of the best.

When I'm not working or thinking about working, I enjoy hiking, traveling, and good breweries with my family!

Also joining the RMPANA BOD is **Pia Niewoonder**. Pia will be the new Membership Chairperson. Here is some information about Pia.

I started my medical career at 15 working in the Brush Colorado Hospital food service. I have been a Phlebotomist, Medical Technologist, Infusion Technologist for BMT, Oncology/BMT RN, Infection Control RN and Radiation Oncology RN. I start my Perianesthesia career in 2008 in the Vail Valley and obtained my CAPA certification. Changes in my husbands career led me to start Travel Nursing in 2015.

I have had the amazing privilege to work with great perianesthesia teams across our country, but I'm never in one place long enough to join a local ASPAN chapter. I am excited to join the RMPANA board and be of service. Thank you for this opportunity!

We are so pleased you will be joining us on the RMPANA board!

Thoughts from RMPANA's

Vice-President

Chanda



Wow! Where has the summer gone?!? The mornings are turning brisk, and I have even noticed a few of the leaves turning. This means many different things to all of us...school is back in session, the holidays will be upon us before we know it, and....Retreat in the Rockies! In less than a month, many of us will gather in Loveland, Colorado for our annual fall Retreat in the Rockies. There is plenty of space remaining, so please consider attending. Your RMPANA education team has put together an amazing line up of speakers and topics that will be sure to engage you.

Much like the seasons, our organization has gone through many changes over its 40 years. Without the perseverance of a small group of pioneer perianesthesia nurses, RMPANA would not exist to meet the professional and educational needs of perianesthesia nurses in Colorado, Wyoming, and western Nebraska. I am thrilled to report that RMPANA membership and engagement has grown tremendously this past year. This is because of each of you and your dedication to our nursing specialty and your amazing RMPANA board of directors and their leadership.

I challenge each of you to ask yourselves...why did I join RMPANA and ASPAN? How can I get more out of my membership at both the component and national level? Is it attending one educational opportunity per year, volunteering to speak at a conference on a topic you are passionate about, serve on the board of directors as the vice president or as a chairperson for a committee that interests you, applying for a scholarship, or nominating a colleague for an award? Our organization will only be as strong as its membership. To meet your needs as a professional, we need your voice and ideas on what you would like to see. What works, what does not work? How can we appeal to the many different generations of nurses that we all work alongside?

I speak from firsthand experience that RMPANA is an amazing group of nurses that has embraced me as a "newbie" and mentored me throughout the past year. Without this amazing group, I would not have the confidence or knowledge to lead this organization into the next year. It has been an honor serving as your vice-president this past year and I look forward to the next year as your RMPANA president. Please thoughtfully consider the talents you can share with our organization and your colleagues.

I look forward to seeing many of you in Loveland!
With appreciation,

Chanda Hassemer, MS, RN, CPAN, CPN

We all learn each and everyday from our colleagues. This keeps us humble.



EDUCATIONAL OPPORTUNITY

Retreat in the Rockies

October 1, 2022

Loveland Embassy Suites

Program Schedule

0730-0800	Registration
0800-0830	President's Welcome, RMPANA BOD introductions <i>Marta Clements BSN RN CPAN CAPA</i>
0830-0930	Regional Anesthesia & Perioperative Medications <i>Dr. Kristin Barney</i>
0930-0945	Break
0945-1045	Hip Arthroscopy <i>Dr. Joshua Snyder</i>
1045-1145	Placenta Accreta Spectrum <i>Kate McMeekin WHNP-BC</i>
1145-1245	Lunch
1245-1345	Perioperative Considerations in Tonsillectomy and Adenoidectomy in the Pediatric patient <i>Dr. Soham Roy</i>
1345-1445	Collaborative Kindness <i>Connie Hardy Tabet MSN RN CPAN CAPA FASPAN</i>
1445-1500	Break
1500-1600	The Big Chill or How to Prevent Hypothermia in the Perioperative Setting <i>Marcia Keiser BSN RN CPAN</i>
1600-1630	Wrap-up/Evaluation

**Go to RMPANA.ORG TO REGISTER,
LIMITED TO 125 PARTICIPANTS
Seats are going fast**



Treasurer's Report

September 2022

By Sana Zamarripa BSN RN CPAN

Our organization's main mission is to provide perianesthesia nursing education to our members. We budget money each year to provide education for our members, but our application rate is low.

We offer **national conference scholarships** which pay for the early bird member registration fee. We offer a **member scholarship**, based on a points system that awards a maximum of \$500 each year. We have an **advanced degree**, and a **new nurse scholarship** for \$1000 each.

This year so far we have given 10 scholarships. Eight were given for National Conference that was held in Philadelphia. One Charitable and one Membership.

You can find the applications to the scholarships on our website:
www.rmpananursingnetwork.org under Scholarships. Apply TODAY!!!!

Evidence Based Practice by Krista Hall BSN, RN, CPAN

Liposomal Bupivacaine, Is it really worth the cost?

Most Perianesthesia RNs are very familiar with bupivacaine these days. It is frequently used as a numbing local anesthetic in nerve blocks, and can be a great alternative to help eliminate or decrease the need for post op narcotics. Exparel (Pacira Biosciences Inc., USA) is a liposomal formulation of bupivacaine that has been shown to have an increase in duration of action compared to nonliposomal bupivacaine. The Food and Drug Administration approved Exparel for local infiltration of surgical sites in 2011. With over 10 years of research now on the clinical effectiveness of liposomal bupivacaine there is some conflicting, and possibly biased, evidence to support its use. An editorial by Dr. Mary Ellen McCann that was published in the medical journal *Anesthesiology* in 2021 takes a look at this research, the possible bias, and the cost-benefit analysis.

The editorial discusses a review of 76 randomized controlled trials (RCTs) that was published in 2020. The Cochrane Risk of Bias 2 tool, which looks at different aspects of trial design, conduct, and reporting, was used to evaluate the risk of bias in these 76 RCTs. 35-40% of these randomized controlled trials were found to have evidence of either “high risk” or “some concerns” for bias. In 46% of the trials classified as either “high risk” or “some concerns” for bias, liposomal bupivacaine was found to be superior to comparators, whereas only 11% of the “low risk” for bias trials found it to be superior in comparison. Of note, several of the trials noted as “high risk” or “some concern” were sponsored by the manufacturing pharmaceutical company.

In another example, 12 of the 76 RCTs compared liposomal bupivacaine to a placebo, in which 7 of the 12 trials found “no statistical difference”, and were largely scored “low risk” for bias. The other five trials showed a statistical difference in pain scores compared to the placebo, but were all rated “high risk” for bias. After this extensive review, the authors of the original 2020 RCT review noted “the preponderance of current evidence fails to support the routine use of liposomal bupivacaine over standard local anesthetics when treating postoperative pain.” Dr. McCann also reviewed findings from a 2020 meta-analysis comparing the effectiveness of liposomal versus nonliposomal bupivacaine for peripheral nerve blocks that similarly did not show any statistically significant clinical superiority.

After FDA approval, Exparel was aggressively marketed by Pacira Biosciences. They funded clinical trials, and paid millions to physicians for a variety of services, such as speaking at non-accredited educational events. Sales of Exparel brought in \$421 million dollars of revenue for Pacira Biosciences in 2019. The cost of nonliposomal bupivacaine is around \$3 per dose, compared to around \$334 for a single dose of Exparel brand liposomal bupivacaine. Does the significant cost difference and conflicting evidence cast doubt on the benefits of using liposomal bupivacaine? Dr. McCann surmised “In this era of medical austerity, when the benefits and costs of expensive drugs are being considered, one would hope that newly approved expensive drugs would at least be an improvement over existing, inexpensive drugs.”

What have your personal observations and experiences been with liposomal bupivacaine? Has your viewpoint changed at all after learning about the existing research and the cost of the medication?

Reference:

McCann, M.E. (2021 Feb). Liposomal Bupivacaine: Effective, Cost-effective, or (Just) Costly? *Anesthesiology*, 134, 139-142.

Do you know of a RMPANA member who is currently working on, or recently completed, an **evidence based project in the Perioperative setting?**

RMPANA would love to hear about it! Please share with:

RMPANA EBPC ommittee rmpanaebpcommittee@gmail.com

Do you have **questions about completing an EBP project on your unit, or submitting an abstract to share your work at a nursing conference? RMPANA is here to support you! Please reach out to:**

RMPANA EBP Committee rmpanaebpcommittee@gmail.com





A Recipe for Good Governance

Good governance is like a recipe. It requires the right ingredients with the right mix of board members, a chef to provide leadership and accountability and then careful mixing and stirring of candid discussions, practices, and policies.

A successful organization must have three policy sets. The first is bylaws, which are used to establish the organizational structure and procedures. They should provide a foundation for governing but are not intended to act as the sole governing policy document for the organization. RMPANA's bylaws define our mission, membership classification and dues, officers and committees with their roles and eligibility, association and board meetings, nominations with elections and voting procedures, and management of funds in our association.

The second policy set is governance policies. They are established and used by the board of directors of an organization. They establish guidelines for the board regarding how they will enable the work of the organization, give the members clear direction on what is to be accomplished, establish protective limits in operational areas, and document the board's roles and responsibilities. Examples of these RMPANA policies include BOD meetings and protocols, induction of officers, representative to ASPAN's assembly, funding board members, expense reimbursement, financial policies, conflict of interest, use of logo, job descriptions of officers and committees, and board members' orientation/transition.

The third policy set is operating policies. These are created to guide the leadership in accomplishing the work of the organization as defined by the board. They should be aligned with the direction and within the limits created by the governing policies. Their focus should be on the details of accomplishing the work of the organization. Examples of these RMPANA policies include scholarship and award policies, education policies, publishing Air Exchange, and any website or evidence-based practice policies.

Policies and procedures are important for the efficient and effective operation of RMPANA. They provide tangible evidence of our intended practices that are consistent with our mission and values and should be regularly reviewed, evaluated, and updated.

From

Sharon Sample,

Bylaws, Policy &

Procedures Chair

Changes in the Organization

ASPAN divides the country into 5 Regions. Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) is in Region 1 which encompasses the western United States as well as Hawaii and Alaska. The region is then divided into components. RMPANA is the component that includes Colorado, Wyoming and western Nebraska. The component was further divided into 4 districts.

Each of these entities require a Board of Directors of maintain a treasury and governing body. In recent years, it has become difficult for the districts to remain active due to a lack of willing volunteers to serve on the board. Three of the districts dissolved in 2019: the southern, western and northern areas of our component. The only one remaining was District 1, the Denver metro area. District 1 hosted the quarterly meetings where two hours of lectures were offered at no cost as well as the yearly Winter Workshop, which was the Spring Workshop at the Hyatt this year delayed due to the pandemic. The yearly Retreat in the has Rockies is hosted by the component. To clarify, to “host” requires a group of volunteers to completely organize the event as well as use the monies from their treasury to cover the cost.

Financially District 1 maintained sufficient funds but has failed to find volunteers to keep the district active. On August 25, the District 1 Board of Directors voted to dissolve District 1.

With that change, we hope to maintain the educational events and keep the component viable. To do this we need volunteers! Consider joining a committee to help continue the work of the organization. Also, RMPANA is still seeking a nominee for Vice President of the component. It is a prestigious position, a great learning opportunity, a clinical ladder and resume booster and comes with the benefit of going to the National Conference and other events with all expenses covered.

RMAPNA needs volunteers to remain viable, and volunteering is so rewarding and fulfilling! RMPANA cannot survive and continue its mission of educating perianesthesia nurses without motivated members willing to help. If you have an interest or question, contact Marta Hoffman at matrahoffman.rn@gmail.com.

CPAN & CAPA CERTIFICATION

Are you thinking about becoming certified? Fall registration is now open until September 15th. Register on the ABPANC website, at www.cpancapa.org to register.

Which certification is right for you? How do I know what to study? Where can I take a test?

Answers to these questions and more or on the ABPANC website. If you need a certification coach to help you, RMPANA has a certification coach.

Contact Marcia Keiser BSN, RN, CPAN at marciajo@me.com

NEWS FLASHfrom ABPANC !!!!

Starting this fall they will have digital flash cards for nurses studying for the exam. The flash cards can be used on PC, tablet or mobile phone. The cost is only \$55.00. From ABPANC WEBSITE :

“After reviewing the CPAN/CAPA flashcards, you will be able to:

- 1. Verbalize key concepts and definitions that will be encountered on the CPAN and CAPA certification examinations.*
- 2. Describe your strengths and gaps in knowledge to identify content areas for further study.*
- 3. Identify references for further study.”*

For more information visit the website, www.cpancapa.org

Best of luck to all who will be taking the exam!!!!



ABPANC’s mission “elevating perianesthesia nursing excellence, knowledge, and patient advocacy through certification, truly communicates the purpose of our organization and embodies the values of our community of nurses.”



This is an excerpt from ASPAN's president article in the July-August issue of *Breathline*

Connie Hardy Tabet

MSN, RN, CPAN, CAPA, FASPAN

Go to the ASPAN's website to read the entire issue of *Breathline*, this is **free** to ASPAN members!

"I recently read about a concept that highlighted three C's: cultivating, connection, and collaboration. The article highlighted individuals first desire a sense of belonging, enabling opportunities of relationships to foster connections. Being acknowledged and adequately heard is how humans and animals thrive. It is like receiving a warm and embracing hug, making us feel loved, appreciated, and wanted. This essential experience is attained through supportive environments and open communications. Build a collaboration foundation as a genuine connector. Without a doubt, we can integrate the three C's as a spirit to encourage others to join our causes, purpose and perianesthesia practice. "

Hardy Tabet C. Heart and science of caring: inspiring watermarks and three c's. *Breathline*. July/August 2022;42 (4):1. www.aspan.org Reprinted with permission from ASPAN. All rights reserved.

REFERENCE 1. Wilson M. The three C's: Cultivating connection, communication, and collaboration. ForbesBooks. July 22, 2020. Accessed May 13, 2022. <https://www.forbes.com/sites/forbesbooksauthors/2020/07/22/the-three-cs-cultivating-connection-communication-and-collaboration/?sh=f7f04992d4>

***ASPAN Perianesthesia Development Institute (PDI) 2022**

****Inspiring the Heart to Care: Sharing the Secrets for Success***

***November 4-5, 2022**

Held at Kansas City Marriott, Country Club Plaza, Kansas City, Missouri, go to Aspan.org for more details



From days gone by this recipe comes from
a cookbook RMPANA did many years ago.

Chicken In Orange Juice

Salt

Pepper

Frying chicken cut in pieces

Paprika

1/4 to 1/2 cup Butter

1/2 tsp. Cinnamon

1/2 tsp. Cloves

2/3 cup Raisins

2 cups Orange juice

Salt and pepper chicken. Sprinkle with paprika.

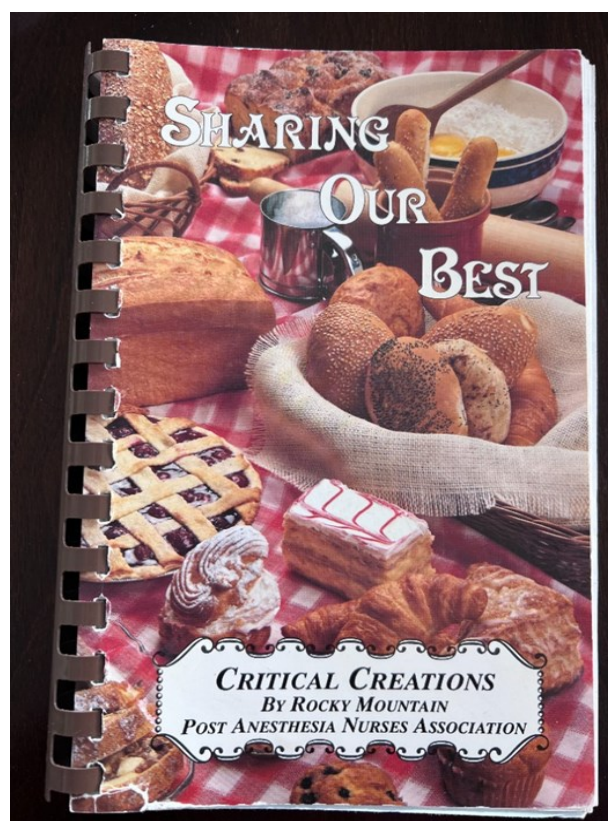
Brown chicken lightly in butter. Sprinkle with
cinnamon and cloves.

Add raisins and orange juice. Cover and simmer
for 40-60 minutes until tender. Serve with
sauce spooned over top.

This is a delicious main dish that you don't have
to turn your oven on to prepare.

This recipe was submitted by Nancy O Malley .

Nancy is a past president of RMPANA and continues to
be an active member of RMPANA and ASPAN. Nancy is an
amazing perianesthesia nurse and gifted teacher.



Share your favorite recipe in the next issue of the **Air Exchange**. Send it to Marcia or Tina,
emails are on the website.

Project C.U.R.E Community Project

Saturday, 2022

0900-1200

Project C.U.R.E

10377 E. Geddes Ave. Ste. 200, Centennial

LIMITED TO 15!!

You MUST register online for this event:

<http://>

denrmpana.projectcure.volunteerhub.com/

Volunteer opportunities



Be a volunteer at the

ASPAN National Conference

April 27-30, 2023

At the **Gaylord Rockies Resort and**

Convention Center

Contact Valerie Watkins @

vwatkins@aspan.org

We will be collecting **feminine hygiene products and diapers**

for the Larimer County Food Bank at *Re-treat in the Rockies*.

These items are needed every week at the Food Bank. Please bring items to the Re-treat, if you're able to donate.

Project C.U.R.E Community Project

Saturday 10 , 2022

0900-1200

Project C.U.R.E

10377 E. Geddes Ave. Ste. 200, Centennial, Colorado

I-25 to East Dry Creek Rd—east exit to South Clinton Street; left (north) to East Geddes Street; right (east) to Project Cure on left side. (East of Maggiano's Restaurant)

WE ARE LIMITED TO 15!!

You MUST register online for this event:

<http://denrmpa.projectcure.volunteerhub.com/>

Click on the link on the calendar

Please register for this event even if you have registered before!

You need to register on the Project Cure prior to arrival at the warehouse. This is a liability requirement as well as a mechanism for monitoring volunteer hours to assist Project Cure with grant funding and reporting

Additional Information:

Nancy O'Malley: 303 437-5546 or nancyo44@aol.com

On the website: rmpa.nursingnetwork.com

Minimum age to volunteer: 14

(under 18 requires parent/legal guardian signed consent)

RMPANA members and guests are invited

We usually go out for lunch after—join us if you can!

Event Name: RMPANA

Attire: Closed-toed shoes are required in the warehouse.

Dress WARM !!! – it can be chilly.

Parking: Park in the west lot; enter through the door that says Volunteer Entrance.

If the door is locked, call Nancy on her cell-303-437-5546.

Let me know if you have any problems registering or questions.



SAVE THE DATE!

ASpan's 42nd National Conference

April 27-30, 2023

Gaylord Rockies Resort

Denver, Colorado

There are many opportunities to volunteer at the National Conference.

Contact Valerie Watkins at vwatkins@aspan.org for more information



save the date

2023 National Conference in Denver!

As the pandemic cancelled the 2020 convention that was supposed to be in Denver, we are excited to have an opportunity to host the 2023 convention! RMPANA members are an essential part of hosting. We will need help with:

- Hospitality
- Breathline articles
- Conference pin development
- Host and hostess opportunities
- Room sharing

Please contact Valerie Watkins at vwatkins@aspan.org if you are interested in helping in any way.

Valerie Watkins BSN RN CAPA

2023 National Conference SWT Chairperson

April 27–30, 2023

What was happening 40 years ago?

- ♦ Four decades ago Jimmy Carter was sworn in as the 39th president of the United States,
- ♦ The original Star Wars movie was released in theaters
- ♦ The Trans-Alaska pipeline pumped its first barrels of oil
- ♦ New York City suffered a massive blackout
- ♦ Radio Shack introduced its new TRS-80 Micro Computer
- ♦ **Rocky Mountain PeriAnesthesia Nurses Association was founded**



Thanks to vice president Chanda Hassemer for embellishing our logo. The state flower of each state RMPANA represents as a component are Wyoming, Colorado and Nebraska.