

Air Exchange

The newsletter of
Rocky Mountain PeriAnesthesia Nurses
Association

Volume 37 Issue 4

November 2022



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The President's Message



RMPANA had a busy and successful year! As a component, we celebrated our 40th anniversary and are currently at 490 members strong! Below are just a few of our accomplishments this past year...

*Your RMPANA board of directors held two board meetings this year to continue to plan, lead, and meet our mission and serve our members. As members, you are welcome and encouraged to attend and observe to learn more about how our component functions and makes decisions that impact you. We will be adding two virtual board meetings this next year, in addition to our two in person board meetings, so be on the lookout for these opportunities.

*District 1 held their annual spring workshop virtually celebrating all perianesthesia nurses for PANAW. Since their spring workshop, district 1, which was our last and final district, has dissolved. I know this decision may come with strong emotions from some and others wondering, "what are you talking about?". This will allow RMPANA to continue to grow and thrive with the outstanding leadership that supported this district. We are one component strong serving all perianesthesia nurses in Colorado, Wyoming, and western Nebraska.

*Several RMPANA members and board members attended the ASPAN National Conference in Philadelphia in April.

*RMPANA received the American Board of Perianesthesia Nursing Certification's (ABPANC) "Shining Star" award at National Conference in Philadelphia. This award is publicly awarded to components that support and encourage CAPA and CPAN certification at the local level.

*RMPANA held their annual winter workshop half day educational offering at the Hyatt in downtown Denver with a social meet and greet following. This event was met with positive feedback from membership and assisted in reengaging and reenergizing our nurses following the past few years.

(cont. page 2)

*Our annual Retreat in the Rockies was a full day event in Loveland, Colorado, with a robust day of amazing speakers and networking.

As your board of directors prepare for the next year, we value your feedback as membership. What educational topics do you need to ensure that you are up to date on best practice? Virtual, in person, or hybrid education options? Traveling roadshow of education opportunities to areas throughout our component? Certification review courses? Please reach out to me or any of our board members to have your voice heard.

Last but not least, I would like to express my thanks and gratitude to Marta Clements, your RMPANA past president. She along with your amazing board of directors have done a phenomenal job leading this fine group of nurses out of a pandemic! I also would like to thank each of our board members for their selfless service to our organization to ensure we continue to grow and prosper, so we are around for another 40 years! I look forward to serving as your RMPANA President this next year and meeting many of you at our events!

Chanda

Chanda Hassemer, MS, RN, CPAN, CPN

2022-2023 RMPANA President



Networking, sharing stories and discussing the information from the educational topics is what helps us become better perianesthesia nurses.



Enjoying lunch in Loveland during the annual Retreat in the Rockies 2022 are staff from Children's Hospital.



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.



Board of Directors

2021-2022

Chanda Hassemer, president

Vacant=vice president

Marta Clements, immediate

Past president, nominations

Sana Zamarripa, treasurer

Connie Santos, secretary

Marcia Keiser, education chair

newsletter co chair

Sharon Sample, bylaws,

policies/ procedures

Tina Empey, co chair, news

letter

Krista Hall, evidence based

practice

Pia Niewoonder, membership

Janet Lopez, governmental

affairs

Nancy O'Malley, historian

Lynda Marks, parliamentarian



Congratulations RMPANA!!!

*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.*

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

Evidence Based Practice

Kristin Hall



Virtual Reality in the Perioperative Setting

Virtual Reality (VR) is a computer-based technology that simulates experiences in an artificial environment. VR immerses the user by providing three-dimensional images on a screen, and allows the user to interact with the virtual environment. This technology trend is being used in multiple fields, from gaming, tourism, construction and design, to education and healthcare.

In healthcare, VR has been studied as an intervention for managing chronic pain and anxiety with some promising results. A research article published in 2020 in the *Journal of Clinical Medicine* analyzes the benefits of utilizing VR in the perioperative setting to reduce preoperative anxiety. Up to 80% of patients having surgery experience preoperative anxiety due to fear of pain or complications. Use of VR prior to surgery showed a significant reduction in patient anxiety scores when compared to the control group, in particular with the pediatric population. Click on the below article link if interested in learning more about this meta-analysis of VR studies in the perioperative setting!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7600416/pdf/jcm-09-03151.pdf>

Chang-Hoon, K, Jin-Woo, P., Jung-Hee, R. & Sung-Hee, H. (2020). The effect of virtual reality on preoperative anxiety: a meta-analysis of randomized controlled trials. *Journal of Clinical Medicine*

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 EBP Committee 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:

RMPANAEBPCommittee rmpanaebpcommittee@gmail.com



Treasurer's Report

Everyone could use help with money!!!!!! RMPANA offers several scholarships.

- ⇒ Scholarship to attend National Conference (it will be here in 2023!!!)
- ⇒ Advanced Degree Scholarship
- ⇒ New Nurse Scholarship
- ⇒ Charitable Contribution Scholarship
- ⇒ Membership Scholarship

Do you know someone who could use a little help with finances? 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.

You can find the applications to the scholarships on our website:

www.rmpananursingnetwork.org,
under Scholarships.

Apply TODAY!!!!

WEBSITE/SOCIAL MEDIA: What we offer...

RMPANA has come a long way with technology and we want to continue to improve our methods of communication with members. Events, announcements, and other resources can be found on our website, rmpana.org

Nursing Network hosts our site, it's free to create a Nursing Network account to take advantage of online registration, scholarship applications, and staying up to date with regional and national perianesthesia news. You can control notifications in the settings on your account.



If you need help with this, please email me at rmpanawebsitecommittee@gmail.com. Make sure to follow us on FACEBOOK and INSTAGRAM If you have an idea, photos, or stories to share, please let us know! We love to highlight our members!

Marta Clements, BSN, RN, CPAN, CAPA Website Co-chair





Fall 2022 Report

Legislation-CO

HB 22-1298- license fee relief-PASSED and EFFECTIVE IMMEDIATELY

HB 22-1041- healthcare workers can request to have their personal information removed from government websites after receiving threats to their safety-PASSED

HB 22-1401-hospitals must, as of 9/1/22, establish staffing planning committee comprised of at least 60% staff nurses.

SB 22-226-Programs to support Healthcare Work Force

Created healthcare workforce resilience and retention program

Establish grant program for nursing students and healthcare professional students enrolled in accredited schools to complete degree requirements.

HB 22-1240-creates the mandatory reporter task force (task force). The purpose of the task force is to analyze best practices and recommend changes to training materials and reporting procedures for people required by law to report child abuse or neglect.

Work place violence legislation is gaining steam at the federal level. Passed by the House (HB 1195) on 4/16/21 (D-CT) and reintroduced 6/7/22 to the Senate (Tammy Baldwin, D-WI)

Legislation-National

SB 003-Community colleges to offer an LPN->BSN program.

CNA

Recent government affair and policy meeting completed 8/24/22

CNA website updates regarding events and legislation

2022 Legislative Survey closed 9/15/22. Don't need to be a member of CNA, but do need to go to website to sign up to receive email communications from CAN



EDUCATION

The 2022 Retreat in the Rockies held on October 1, 2022 was very well attended and the reviews were great. Here are a few of the comments:

I appreciate the variety of speakers and topics. It was a very well put to ether conference

Great!

Excellent

Thanks for coming north!

Excellent

Great conference! Lots of great information to take away

Networking is always a huge part of the education. Being able to talk with other nurses from around this state and the surrounding states helps to establish what we are doing is not usual for our situation. Sharing stories and differences in practice makes us better perianesthesia nurses.

The educational committee thanks everyone who attended and will be working on more educational opportunities for next year.

A few pictures from Retreat in the Rockies 2022.





“The Times They Are A-Changin’”

The lyrics of Bob Dylan’s song seems appropriately applied to the last few years of RMPANA’s legacy. Just as our world and country is facing many challenges, so has RMPANA. Losing one of our inspirational founding leaders and a good friend along with many changes in our organizational structure has rocked many of our members. But we are a strong organization, and we will endure and move forward with the changing times!

Welcome and a hearty thank you to Maria Sekutera for accepting the chairmanship of this committee. I will be mentoring her through this next year.

The following are updates on organizational and policy changes from the fall board of directors meeting.

District 1 voted to dissolve, leaving no District organizations in Colorado. The Component will function solely as RMPANA. Policies, Job Descriptions, Orientation checklists and forms will be revised by the end of year to reflect these changes.

All scholarships will also be reviewed, revised, or updated in the next few months.

The policy for the National Conference Scholarship was changed regarding the submission date to say:

“Submission of the scholarship will be open January 1st until four weeks before the conference start date. The selection of the candidate will be on a first come first serve basis for eligible applicants.”

The board voted to re-name the winter workshop “The Lois Schick Winter Workshop” as a tribute to Lois honoring her passion for education. This was an annual workshop held by District I each February.

The board voted to increase the board meetings to quarterly from previous biannual meetings with dates and times to be determined by the board.

The board voted to appoint a co-chairman of the education committee from the previous District 1 membership to continue the traditions and standards set by District 1 education committee.

The board approved creating a new policy on establishing a RMPANA member representative for hospitals/facilities. The role will be defined and benefits to include points for clinical ladder, more involvement with RMPANA with minimal commitment, and a one day paid registration for an educational event.

The board established a committee to complete and apply for the Gold Leaf award in 2023.

The board voted to increase the budget in 2023 to utilize the hosting facility’s AV team to provide an improved virtual option for educational offerings.

(cont. on page 10)



The president and past president will explore establishing a RMPANA Zoom account allowing the board opportunities to connect with each other and membership.

The board agreed to increase the budget for 2023 to provide more opportunities for RMPANA leaders to attend the National Conference and ASPAN's Professional Development Institute.

The board voted to pay the registration fee to National Conference for all officers and committee chairmen for the Denver event in 2023. In addition, there will be multiple active member scholarships available for one day registration fee. Watch for more to come on that!

Reminder that member scholarships for this year are due December 31st.

Sharon Sample RN, CPAN, CAPA

Bylaws/Policy/Procedure Chairman



"When someone is going through a storm, your silent presence is more powerful than a million empty words."

~Gandhi ~

someonesentyouagreeting.com

CPAN & CAPA CERTIFICATION

ABPANC's mission is “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.”

ABPANC's vision is “Recognizing and respecting the unequalled excellence in the mark of the CPAN and CAPA credential, perianesthesia nurses will seek it, managers will require it, employers will support it and the public will demand it.”

Have you thought about becoming certified? RMPANA has a scholarship available and has certification coach to help you.

To study for the exam here are some of the resources:

American Society of PeriAnesthesia Nurses. Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements 2019 – 2020. ASPAN, Cherry Hill, NJ, 2019.

American Society of PeriAnesthesia Nurses. Schick, L. and Windle, P. (Editors) Fourth Edition. Perianesthesia Nursing Core Curriculum – Preprocedure, Phase I and Phase II PACU Nursing. Elsevier, St. Louis, MO, 2021.

Odom-Forren, J. Drain's PeriAnesthesia Nursing: A Critical Care Approach. 7th Ed. Elsevier Saunders, 2018.

Visit ABPANC's website for more details: www.cpancapa.org

RMPANA'S CAPA, CPAN and DUAL certified nurses





From the pages of the old

RMPANA COOKBOOK.....

Here's another comfort recipe to try!!

Great for the cool fall nights.

Barb Godden was RMPANA's 9th President and continues to be active today. Barb has is currently to editor of the ASPAN Breathline newsletter.

BEEF STROGANOFF


1 lb. beef tenderloin or sirloin steak
(about ½-inch thick) or can
substitute 1 lb. hamburger
2 Tbsp. butter or margarine
½ lb. mushrooms, washed, trimmed
and sliced
1 medium onion, minced (about ½
c.)

1 (10 ½ oz.) can beef broth
2 Tbsp. catsup
garlic salt or powder
1 tsp. salt
3 Tbsp. flour
1 c. dairy sour cream
3 to 4 c. hot cooked noodles

Cut meat across grain into ½-inch strips, about 1 ½-inches long. Cook until light brown (or brown hamburger if using instead). Melt butter in another large pan. Add mushrooms and onion. Cook and stir until onion is tender. Reserving ⅓ cup of the broth, stir in remaining broth, the catsup, garlic and salt. Cover. Simmer 15 minutes. Blend reserved broth and flour. Stir into onion and mushroom mixture. Add meat. Heat to boiling, stirring constantly. Boil and stir 1 minute. Reduce heat. Stir in sour cream. Heat. Serve over cooked noodles.

Barbara Godden
Denver, CO

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



**Volunteers don't get paid, not
because they're worthless,
but because they're priceless.**

Sherry Anderson

quote fancy

Project C.U.R.E Community Project

Saturday, November 12

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://](http://denrmpana.projectcure.volunteerhub.com/)

denrmpana.projectcure.volunteerhub.com/

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

Project C.U.R.E Community Project

Saturday November 12, 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://denrmpana.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: rmpana.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.

Updates for

42nd ASPAN National Conference

The Gaylord Rockies Resort in Aurora is the location on April 28-May 1, 2023.



The National Conference SWT (Strategic Work Team) is working to put together a great Conference this year here in Denver @ The Gaylord Rockies Resort in Aurora. The local members are putting together some great plans.

RMPANA members are an essential part of hosting and hospitality. We have been planning to increase our capabilities to have a larger and more interactive hospitality center. This will allow many of our members to get involved.

By the first of the year, the Conference Brochures will be mailed out and I encourage all of you to register. On the days you are at the conference you will have the opportunity to volunteer. See elsewhere in the newsletter for more information on getting scholarships to attend.

Please contact Valerie Watkins at vwatkins@aspan.org if you are interested in helping in any way. I will be putting your name in a file and as it gets closer communicating to how you can help.

Valerie Watkins BSN RN CAPA (Ret)
2023 National Conference SWT Chairperson
720 353-9433



SAVE THE DATE!

ASPAN's 42nd National Conference
April 28—May 1, 2023
Gaylord Rockies Resort
Denver, Colorado

Lidocaine Infusions

- Mechanism of action:
 - Antidysrhythmic effects of sodium ion disturbances in heart
 - Block the passage of the potassium ion through the K⁺ channels
 - Increase the APD and the refractory period of the APD
- Why and when can we use it?
 - Myocardial infarction, heart failure, ventricular tachycardia and bradycardia
 - Atrial fibrillation
 - Myocardial ischemia and pain relief (cardiac protection is known)
 - Arrhythmia during anesthesia
 - Anesthetics and other anesthetic compounds
 - Reduced blood and heart pressures
 - Local anesthesia
 - Used in cardiac resuscitation systems
- Contraindications:
 - Toxicity of lidocaine free solution
 - Allergy to amide LA

(The presentation also includes a graph showing a rising trend and a bar chart with five bars of decreasing height.)

