

# Air Exchange

The newsletter of

Rocky Mountain PeriAnesthesia Nurses  
Association

Volume 38 Issue 4

March 2023

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## *President’s Message*

2023 is in full swing and RMPANA started 2023 off with a bang! Our first of four board of directors (BOD) meetings is in the books. RMPANA BOD voted at our fall BOD meeting to change our meeting cadence from two to four times per year with two in person and two virtual meetings. Meeting days, times, and locations to be posted on [rmpana.org](http://rmpana.org) and members are always welcome to attend and observe. With the redesign of several organizations’ clinical ladders or clinical advancement programs, RMPANA can help support your professional growth with active membership opportunities on the BOD, committees, and/or volunteer opportunities. It’s an amazing way to meet like-minded individuals that are passionate about perianesthesia nursing and growing our profession.

RMPANA hosted its first annual Lois Schick Memorial Workshop with an amazing panel of speakers and turnout from membership! Truly what an amazing way to honor such a legend for RMPANA and ASPAN through the gift of education! The RMPANA education committee is planning a summer workshop in Grand Junction scheduled for Saturday July 8. Come to the west slope and spend the weekend expanding your perianesthesia knowledge. More information to come!

I had the honor to attend Nurses Day at the Capital with Janet Lopez, RMPANA government affairs chair, and Krista Hall, RMPANA evidence-based chair and website committee co-chair February 7. We had the unique opportunity to hear representative Kyle Mullica speak (who is a nurse!), attend several committee hearings, and even tour our beautiful capital! I would highly recommend attending this annual event if you never have before! As nurses, we have the unique position to be voices for our patients, families, and profession.

*President's Message continued...*

RMPANA awarded 70 individual scholarships totaling \$35,000 to national conference in less than two weeks to our membership! There will be several networking opportunities at National Conference in April, including a ASPAN Region 1 meet and greet on Friday April 28 on site at the Gaylord with more details to follow. Please keep a close eye on your email and [rmpana.org](http://rmpana.org) as we get closer to national conference for updates.

I look forward to seeing and meeting many of you at National Conference! Please do not be shy and say “hi”.

With appreciation,

Chanda Hassemer, MS, RN, CPAN, CPN



## **Policy and Procedure Huddle**

What is new:

- The Short Form National Conference Scholarship application was revived
- The Charitable Contribution Scholarship was increased from \$250 to \$500 annually
- Education Chairperson's Job Description now states, "Members on the committee must attend at least 50% of the planning meetings to receive a reduced or waived registration fee on events sponsored by the educational committee."

Coming up:

- Revisions of scholarship forms Maria Sekutera MSN, RN, CPAN Co-Chair Policy & Procedures

## Board of Directors

2022-2023

**Chanda Hassemer**, president

**Krista Hall**, 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

**Jolena Mackie**, membership

**Janet Lopez**, governmental  
affairs

**Nancy O'Malley**, historian

**Lynda Marks**, parliamentarian

*Promoting Perianesthesia Nursing Excellence*



*Years!*

***Celebrate!!!***  
***National Certified Nurse Day***  
***March 19***

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all articles to either editor:

Marcia Keiser @marciajo@me.com **or**

Tina Empey @tinaempey@gmail.com

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.

# Treasury Report

RMPANA has been fortunate to have a strong cash reserve. As of Feb 1, 2023 our treasury has \$153,959.80. Our goal is to have 2 years of operating funds available per ASPAN guidance. Our 2023 budget includes an unusually large number of ASPAN National Conference scholarships as the conference will be held in Denver. In addition to the \$5000 in scholarships RMPANA normally budgets for conference, this year we awarded **\$30,000** in \$500 national conference scholarships to be used for tuition and hotel expenses. These funds came from the District 1 treasury of RMPANA which included the Denver area. The district dissolved in 2022 with the stated desire of the District 1 board to use the funds for educational scholarships. We had an amazing response, and these were awarded in approximately 2 weeks.

Additional scholarships are available for a new nurse scholarship for nursing students, an advanced practice scholarship for nurses pursuing additional education, and a charitable scholarship. Criteria for these are on the [rmpana.org](http://rmpana.org) website.

Sana Zamarippa, BSN, RN, CPAN  
RMPANA Treasurer

RMPANA treasury balance as of February 1,  
2023: \$153,959.80

## Membership Update

### RMPANA Membership is up to a record 577!

Member-Get-A-Member Campaign

**January 1 – December 31, 2023**

**Invite your colleagues to join ASPAN today!** To thank you for your recruitment work, a **variety of awards** are available for members who participate.

You can obtain promotional materials and membership applications by contacting ASPAN's National Office toll free at 877-737-9696 or emailing: [dhanisch@aspan.org](mailto:dhanisch@aspan.org). Request as many copies as you like and be sure to place your name as the recruiting member on each application you distribute.

#### Campaign Awards

Five names (one from each Region) are randomly drawn each quarter. Winners receive an award of their choice from **Tier One**.

**Recruit 4-9 new ASPAN members in 2023** and receive an award of your choice from .

**Recruit 10 or more new ASPAN members in 2023**, and receive an award of your choice from **Tier Two**.

**The Recruiter of the Year**, the individual who recruits the most members during the course of the year will win one free year of ASPAN membership (non-transferable), one free 5-day registration to the 2024 ASPAN National Conference (non-transferable), and a commemorative plaque.

RMPANA membership is up to an all time high of 577!!!



# Governmental Affairs

The Proclamation for Perianesthesia Nurses Week was signed by Colorado Governor, Jared Polis, and posted on the RMPANA website. Nurses Day at the Capitol was hosted by Colorado Nurses Association

Meet and greet with Colorado Senate member Kyle Mullica, an active Colorado Nurse was attended. Mr. Mullica has introduced a bill that encourages each public school in Colorado to provide instruction on CPR and the use of AED's to students in grades 9 through 12

The annual Professional Development Institute, held in Kansas City in November, presented a session regarding advocacy. It was attended by Chanda Hassemer, Janet Lopez and Krista Hall

Workplace violence continues to be hot topic for nurses and for our advocacy groups. ASPAN will have host an Advocacy webinar in the near future.

Nurses still need more advocates to communicate to the public about what the barriers are to practice our in our profession. The American Nurses Association (ANA) and your local component of ANA are great resources to jumpstart your involvement.. Link to Joint Position statement regarding Workplace Civility that ASPAN task force helped develop. This statement represents nearly 250 million nurses [Press Release\\_AANA\\_AORN\\_ASPAN\\_Position Statement\\_Final.pdf](#)



Janet, Krista, & Chanda enjoying the view from dome observation deck at the Colorado State Capitol on Nurses Day

Did you know that any person can visit the capitol and attend committee hearings on bills brought forth by legislators? The schedule can be found at [Session Schedule | Colorado General Assembly](#)

# Evidence-Based Practice

1<sup>st</sup> annual Lois Schick Memorial Winter Workshop

On February 11<sup>th</sup>, RMPANA hosted an informative conference with topics such as an innovative Prehabilitation clinic in Northern Colorado that helps to optimize patients prior to surgery and improve surgical outcomes, the latest in urology including how advances and changes in practice have led to improved outcomes with fewer side effects, and a talk by past ASPAN President and RMPANA member, Regina Hoefner-Notz, on how we can all be leaders in our profession regardless of our individual roles.

Multimodal analgesia was another great topic presented by Michael Jones, DNP, CRNA, who is a local anesthesia provider. Dr. Jones was very knowledgeable on regional anesthesia, and encouraged us to advocate for blocks for our patients when appropriate. He also discussed how research has determined 15mg of IV ketorolac is just as effective as 30mg, with less risk of side effects. I also enjoyed the discussion on the risks of midazolam use in the elderly, and the possibility it contributes to postoperative cognitive dysfunction.

If you would like to read up more on some of the topics discussed during the multimodal analgesia presentation, here are some relevant articles to peruse:

[Advances in regional anaesthesia and acute pain management: a narrative review - Albrecht - 2020 - Anaesthesia - Wiley Online Library](#)

[Less is more when it comes to ketorolac for pain - PubMed \(nih.gov\)](#)

[Association Between Perioperative Medication Use and Postoperative Delirium and Cognition in Older Adults Undergoing Elective Noncardiac Surgery - PubMed \(nih.gov\)](#)

Krista Hall, BSN, RN, CPAN  
EBP Chair

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: **RMPANAEBPCommittee** [\*\*rmpanaebpcommittee@gmail.com\*\*](mailto: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\*\*](mailto:rmpanaebpcommittee@gmail.com)

# Website Tips on [rmpana.org](http://rmpana.org)

Marta Clements BSN RN CPAN CAPA, website/social media chairperson

If you need website help or have questions, email Marta at

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



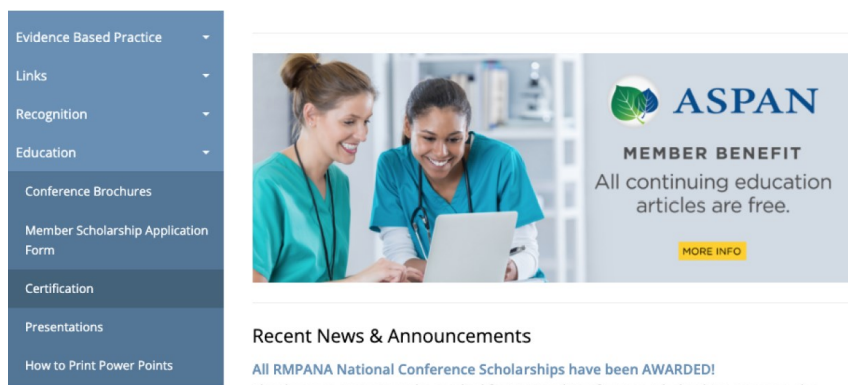
## Tip: Calendar of Events

- **Calendar:** View events in a calendar view. If an event is open for registration, you can click on the event to open the registration page.
- **Upcoming Events:** List of upcoming events.
- **Past Events (To Access Handouts):** Did you register and attend a RMPANA event? Sign-in and access past event handouts.



## Tip: Printing Handouts


- **Education > [How to Print Power Points](#)**



COMING SOON: We're updating our website! After 40 years, we realized it was time for a facelift!

Follow us on *FACEBOOK* and *INSTAGRAM*

If you have ideas, photos, or stories to share, let us know! We love to highlight our members!



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

Sherry Anderson

quote fancy

## RMPANA Volunteer Opportunities

Being an *active* member of RMPANA comes with *great* benefits! For instance, the chance to **attend the ASPAN National Conference with all expenses paid** (registration, travel and hotel) for 2 years in a row!

Volunteering as an officer, sitting on or chairing a committee or being a liaison for your facility is rewarded by the opportunity to attending educational events at discounted or fully covered costs! Other benefits include:

- Points on your clinical ladder
- Enhancing to your resume
- Esteem of your colleagues and leaders
- Contact hours for recertification
- Unmatched camaraderie and learning opportunities from the best in your field!

Current opened positions include:

- Representatives from all perianesthesia facilities, hospitals, and surgery center (1 per facility)
- Education committee members
- Fundraising chair



# 42<sup>nd</sup> ASPAN National Conference

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



It is almost here, we have waited nearly 3 years for this opportunity to show off our state, cities, and component!!

The ASPAN National Conference begins on Wednesday April 26 with the Board of Director meeting for ASPAN. Anyone is welcome to attend this meeting. Also on Wednesday we, as the hosting component, will set up stations for hospitality to welcome and introduce attendees to Denver area attractions and activities.

Thursday is the Representative Assembly which is an all day meeting of ASPAN and nation wide component leaders who discuss and decide ASPAN's future. While members of the Representative Assembly are required to attend, all are welcome to join. Thursday evening is a gathering time to meet old and new friends called "the Happening". Please attend and watch for those that feel like they do not know what is going on and make them feel welcomed. We want to be the hostesses with the mostest!!!

The actual conference starts on Friday with the opening ceremony including procession of the flags, singing of the national anthem by our own Regina Hoefner-Notz, and award presentations. It would be great if all that attend from RMPANA and Colorado sit up front for the opening ceremonies and as well on Monday during the closing breakfast where there will be tables reserved for us toward the front.

Lectures, vendor exhibits and poster displays will be on Friday, Saturday and Sunday. We will be planning gatherings with our region and the Component on these days. If you are registered, you will receive information as it becomes available. We want ALL to participate and have fun!!

We will need your help to volunteer! There are a variety of ways to help. The Moderators (organized by Lynn Sekeres) and Host/Hostess (organized by Sana Zamarripa) opportunities will come from the ASPAN National Office. Moderators introduce the speakers for each session and the Host/Hostess role is taking tickets and greeting those attending session or other activities. You need to be specific about the when you plan to help and sign up to volunteer for lectures or activities you plan to attend. There are forms to fill out and send in in the conference brochure. These volunteer opportunities are open to all ASPAN attendees. There will be orientation classes for both the moderators and host/hostesses.

## 42<sup>nd</sup> ASPAN National Conference, continued

The third opportunity is that of Hospitality which is manning the hospitality area mostly during the registration hours, but we plan to make it more of a lounge area to gather anytime. We will have great views of the mountains from our conference area! The Hospitality Table is for the hosting component to reach out to attendees to provide information about local attractions while visiting. People staffing the table typically:

- Sell conference pins
- Provide basic tourist information (recommend restaurants, activities, directions).
- Serves as a “welcome” from the host Component (it is very helpful to have local people who know the area well at the table)

Once you have registered, if you have signed up as a host/hostess or moderator, we will plug in times for you to volunteer at the hospitality desk. We also ask you to come to the hospitality desk when you arrive to see if there are other things you can help with.

We want you all to attend and have a great time!!

Sincerely,

Valerie

Valerie Watkins BSN RN CAPA (Ret)



**SAVE THE DATE!**

**ASPAN's 42<sup>nd</sup> National Conference**

**April 28—May 1, 2023**

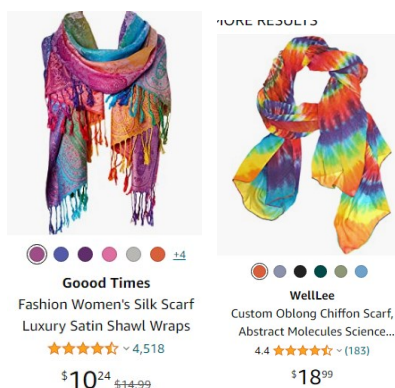
**Gaylord Rockies Resort**

**Denver, Colorado**

There are three ways to volunteer: *Moderators* introduce the speakers for each session and the *Host/Hostess* role is taking tickets and greeting those attending session or other activities. The *Hospitality Table* is for the hosting Component to reach out to attendees to provide information about local attractions while visiting

## 42<sup>nd</sup> ASPAN National Conference, continued

RMPANA wants to make all conference attendees feel welcomed by knowing who to ask for help. Our plan is to make RMPANA volunteers and members obvious by wearing brightly colored scarves. Those who purchased scarves for the previously planned conference are encouraged to wear them. You can also just wear a similar scarf of your own or purchase a scarf from the options below.



here are links, <https://smile.amazon.com/Fashion-Womens-Scarf-Luxury->

<https://smile.amazon.com/WellLee-Colorful-Scarves-Oblong->

### ***NEWS FLASH!!!!!!!***

It was just announced Krista Hall is our new Vice-President/  
President elect and RMPANA has received the Shining Star  
award again this year. Congratulations!!!

# ***EDUCATION***

## Education Update

“Education is the most powerful weapon which you can use to change the world” -Nelson Mandela

Save the date: **July 8, 2023**

Perianesthesia Pearls  
St. Mary's Medical Center  
Grand Junction, CO

**October 7, 2023**

RMPANA FALL RETREAT

There is still time to participate in the Educational Committee. Please send your Willingness to Serve, found on the website, to the president, Chanda Hassemer.

Any questions or ideas for educational topics, please contact me at [marciajo@me.com](mailto:marciajo@me.com).

The Lois Schick Winter Workshop was held on February 11th at UC Health. Thank you to all who helped in organizing this event! RMPANA is glad to be back in full swing education following the pandemic. We will be working to present more educational offerings throughout the state. RMPANA is still in need of liaisons from all facilities to help with this project.

The education committee needs additional volunteers. Most of our planning is done via Zoom and emails. We are glad for any support you can offer. The main goal of RMPANA is to educate perianesthesia nurses to bring the best care to our patients. Help RMPANA live it's mission by volunteering!

A few pictures from the workshop...



Dr. Shandra Wilson



Micheal Jones, DNP CRNA



EXCELLENCE. KNOWLEDGE. PATIENT ADVOCACY.



EXCELLENCE. KNOWLEDGE. PATIENT ADVOCACY.

Congratulations to all those recently certified and recertified perianesthesia nurses!

RMPANA holds great pride in the remarkable number of nurses who to make the effort to become outstanding in their profession by becoming certified!

Celebrate with pride on March 19th for ***National Certified Nurse Day!***

#### **New CAPA**

Stacy Beaumont	Chantel Timothy
Danielle Moriarty	Jolena Mackie
Angela Watts	Jennifer Hood
Anna Arlein	Shari Lukowski
Michelle Nation	Sarah French
Mary Sheahan	Jacquelyn Falivene
Angie Ward	Collin Arnold

#### **New CPAN**

Chrissy O'Shea
Diane Prager
Angie Ward
Elissa Abbott
Andrea Kluppe

### The Benefits of CPAN® and CAPA® Certification

Join an elite group of board-certified perianesthesia nursing colleagues

Become CPAN or CAPA certified to:

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

## Examination Schedules & Fees

### Spring Exam Window Important Dates:

Exam Registration Window — Online*	January 1 – April 30
Examination Administration Window	March 15 – May 15

Visit the ABPANC website at [www.cpancapa.com](http://www.cpancapa.com) find the Certification Handbook for all details of certifying and ways to prepare including:  
Practice Exams, Additional Study References, Question of the Week,  
Connect with a Coach and Flashcards!



## ***Celebrating PeriAnesthesia Nurse Awareness Week***



The staff in Pre-op & PACU at University of Colorado Hospital enjoyed lots of treats during PANAW week! Pictured here, RMPANA Members Krista, Kim, Jaime, Charlie, and Kayleigh (left to right) are celebrating PANAW with a pizza party.



Celebrating PANAW at Children's Hospital of Colorado is Sheila Wesolek, Megan LeFors and Regina Hoefner-Notz.

PANAW is celebrated the first FULL week of February every year nationally.  
RMPANA celebrates with our annual Lois Schick Winter Workshop!

## *Thank You to those who volunteered for Project C.U.R.E.*



Nurses representing Ortho Colorado, Children's Hospital Longmont United Hospital, Parker Adventist Hospital, Vail Valley Surgery Center and UCHHealth as well as retired nurses attended the Project C.U.R.E. event on March 4th. The items they sorted will be sent to many different countries where the need is greatest and many people will be helped through their hands! Project C.U.R.E. sent (and is still sending) many 40-foot containers via air and sea to Ukraine as well as many other countries, particularly in Africa. RMPANA nurses are "touching the world" through this opportunity and help at the "PC warehouse" is always welcome!

Those awesome nurses and friend attending:

Nancy OMalley	Terry Lee	Kim Newton Smith
Tracy Watkins	Hannah Eaton	Krista Hall
Michelle Marshall	Jason Dansdill	Lisa Blackburn
Brad Marshall	Autumn Talbert	Kathy Anderson
Kelly Kossler	Ashley Beam	Jackie Ross
Rebecca Belmont	Megan LaFors	

Since its inception in 1987, Project C.U.R.E. has delivered medical relief to needy people in more than 120 countries.

Volunteers sort medical supplies to ship world wide to those countries in desperate need.