

Air Exchange

The newsletter of PeriAnesthesia Nurses Association

Volume 38 Issue 4

Oct/Nov 2023

President's Message



Hi! It is an honor to serve you as RMPANA component president! I am really looking forward to RMPANA's upcoming year. I would like to thank this past year's president, Chanda Hassemer, for an impressive tenure leading RMPANA. Her willingness to step up and volunteer her time and talent to this organization as our president is appreciated beyond words. Let's check out RMPANA's amazing year!

It was a busy year for RMPANA, filled with many successes! In November 2022, RMPANA sent three board members to ASPAN's Perianesthesia Development Institute (PDI) in Kansas City, MO. PDI is an event for current, emerging, or interested component leaders to learn all things ASPAN so we can best support our members and ensure a healthy, growing component. We then started the new year watching our local government in action and learning about advocacy at the 2023 Colorado Nurses Day at the Capitol, which happened to fall during PeriAnesthesia Nurse Awareness Week (PANAW). We capped off PANAW with the Lois Schick Winter Workshop, named in honor of one of RMPANA's dearly loved founding members whose years of service and dedication to ASPAN and RMPANA helped advance perianesthesia nursing and grow our profession. She had a profound impact on so many people, and I personally remember her as being one of the first to welcome me to the RMPANA Board with her humor and humility.

The long anticipated 42nd ASPAN National Conference in Denver, was held in April of this year. Over 170 RMPANA members attended, and we awarded 65 National Conference Scholarships! I want to personally thank Valeria Watkins, RMPANA member and National Conference Coordinator, and RMPANA members Regina Hoefner-Notz, Marcia Keiser, and Sana Zamarripa who put in a ton of work on the ASPAN National Conference Strategic Work Team to make this conference one of the best yet! We also had several RMPANA members step up and volunteer throughout the conference in various roles, as well as RMPANA members who shared their expertise by presenting. Thank you all! Another highlight, RMPANA received the Shining Star award for supporting and encouraging CPAN and CAPA certification within our component.

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Next up, our annual Retreat in the Rockies, held in Breckenridge on October 7th. We couldn't have asked for a more beautiful setting to learn and socialize with other perianesthesia nurses. Thanks to all who presented and attended! The RMPANA BOD also inducted members into their new positions at the fall board meeting held that weekend. Check out the pictures in the newsletter from the board meeting and the Retreat!

In addition, this past year RMPANA held four board meetings, three Project Cure volunteer events (one more coming up in December!), a Ronald McDonald House Charity event, and helped promote certification by supporting and facilitating Region 1 certification study group sessions, which were offered FREE to members. A big thanks to our ASPAN Region 1 Director, Ronda Dyer, for making this study group accessible to our members, and for the hours she spent this past fall planning and facilitating these study sessions. Best of luck to all RMPANA members certifying!

Finally, we have both formal and informal leadership opportunities on our RMPANA Board of Directors. We are looking for members willing to serve! Volunteering for your local component is a great resume builder that can lead to personal and professional growth. No experience necessary, just bring your passion for perianesthesia nursing and learning new things! Please don't hesitate to reach out for more information.

I wish you all a wonderful holiday season filled with family, fun, laughter and light, and I hope to see you at the next RMPANA event!

With gratitude,

Krista Hall BSN, RN, CPAN

[Contact RMPANA's president](#)



Treasurer's Update

Sana Zamirripa

Happy Fall! RMPANA continues to be in a strong position financially. The RMPANA Board of Directors elected to grant an unprecedented number of scholarships this year, as we held the ASPAN National Conference in Denver. 66 of the 70 scholarships that were awarded have been claimed. We have also awarded \$1200 of the budgeted \$4500 for member scholarships. If you would like to apply for one of these scholarships, the application is on the RMPANA website at [Form-Member-Scholarship-Application.doc \(live.com\)](#)

We accumulated excess funds during the pandemic and have taken the opportunity to advance our perioperative education mission to meet ASPAN's and our goal of having 2 years' operating costs.

Our bank balance at the end of Sept. is \$128,306.

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

2023-2024

Krista Hall, president,
evidence based practice

Chanda Hassemer, immediate
Past president, nominations

Sana Zamarripa, treasurer

Abby Chilson, secretary

Marta Clements, Website/
Social Media

Marcia Keiser, education
chair, newsletter editor

Sharon Sample, bylaws,
policies/ procedures

Maria Sekutera, bylaws,
policies/ procedures, education
co-chair

Jolena Mackie, membership

Janet Lopez, governmental
affairs

Regina Hoefner-Notz,
Strategic Planning

Nancy O'Malley, historian

Lynda Marks, parliamentarian

Upcoming Events:

December 2nd – Project Cure Volunteer Opportunity

December 9th – RMPANA Virtual Journal Club, FREE Contact Hour for members

January 20th – RMPANA Board of Directors Meeting @ Broomfield Hospital in Broomfield, CO

February 4th-10th – Happy PANAW week!

February 10th – Annual Lois Schick Winter Workshop at the Medical Center of the Rockies in Loveland, CO

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all articles to editor:

Marcia Keiser at marciajo@me.com



Governmental Affairs

Janet Lopez

Greetings to all after a very successful Retreat in the Rockies in Breckenridge! Since the last newsletter, I have learned much and am overwhelmed with what all is happening in the legislative arena! We have been discussing finding your representatives as well as website resources to direct your attention to issues affecting you, your patients or your work environment. In this edition, we will switch gears a bit and revisit the information provided over this past year. ASPAN Strategic Work Groups (SWG) have geared up and are addressing how to help you inspire your legislators to listen and work for us; the Advocacy and Government Affairs SWG's will soon be releasing "elevator speech" key points extracted from both the Waste Anesthesia Gases (WAG) and Nurse Incivility white papers. These key points will be shared on the ASPAN website in the coming months for you to be able to email, call or write letters to your legislators. Links will also be posted on the RMPANA Government Affairs website as well. While there is federal legislation pending on Nurse Incivility, details are going nowhere fast. Additionally, two federal bills are in the process of becoming law and would potentially deter violence against nurses. One would develop a federal standard to develop a workplace violence prevention plan for healthcare facilities. The second would increase penalties for people who assault a healthcare worker, similar to penalties for assaulting a police officer.

So, I encourage you to keep an eye on the ASPAN website for these very useful upcoming resources to guide your communication and support your voice being heard. ASPAN will be asking our members to engage and use that very powerful voice. Get to know your legislators before sessions begin; let them know you are a nurse and that they can call on you for your expertise and input as they hear and think about healthcare issues. A great deal of amending goes into these bills based on nurses feedback.

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Governmental Affairs

Continued from pg.4

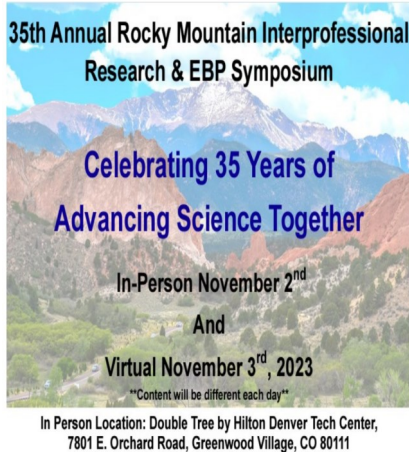
On the state/local level, I have several homework assignments:

- 1) do you know if your hospital complied with **HB 1401**, that passed in 2022? Do you know that there should be a committee composed of 60% of STAFF nurses to come up with annual plans for staffing?
- 2) Does your facility/system have an advocacy group? Many do and are looking for nurses to join and have individuals that will guide you how to write letters/emails, speak with legislators and even testify for or against proposed bills that could affect your practice or patients in your community.

We do have some 'intel' regarding what issues the CO legislators will be looking at in the coming session that begins in January 2024: Safe staffing and Innovative staffing models, facility fees (big issue in the 2023 session that TOTALLY affects you and your colleagues), likely they will be revisiting issues of past such as HB 1401 mentioned above, and tort reform.

I **challenge** each one of you to seek the answers and get involved!

Evidence Based Practice Krista Hall



RMPANA members Sonja Welter BSN, RN, CPAN and Janet Lopez BSN, RN, CCRN, CAPA presented at the 35th Annual Rocky Mountain Interprofessional Research and EBP Symposium on November 2nd, 2023 in Denver, CO. Sonja presented on utilizing virtual health monitoring in the same day gastric sleeve discharge population, an innovative program that is likely to expand to other patient populations. Janet present on the use of capnography in PACU to improve safety in patients with obstructive sleep apnea and other high-risk conditions that put them at risk for hypoventilation in the post op period. Great job Sonja and Janet!

Virtual Journal Club offering, 2.5 Contact Hours, FREE for members

Saturday, December 9th @ 0830 via Zoom

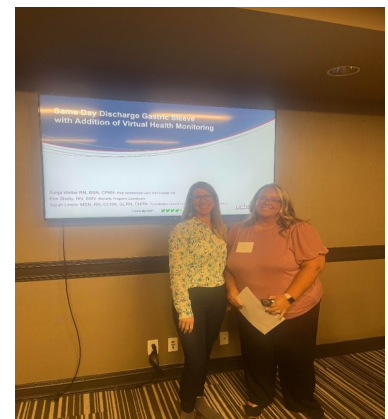
Zoom link and additional journal club details to be sent after registration!

To register, Email: [RMPANA EBP Committee](#)

Journal Club Articles for Discussion -

[Rediscovery of Methadone to Outcomes in Pain Management](#)
[Perioperative and Perianesthesia Considerations for Hypoglossal Nerve Stimulator in Obstructive Sleep Apnea Patients](#)

RMPANA member Sonja Welter BSN, RN, CPAN presenting at the EBP symposium.



RMPANA BOD member Janet Lopez BSN RN CCRN CAPA shares her information at the symposium



Website/Social Media

Marta Clements

Have you visited rmpana.org recently? Our website has been updated and we are working on making it easier for you to find [events](#), [scholarships](#), and [ways to get involved!](#) We are transitioning to online forms for scholarships and RMPANA participation forms. Need points for clinical ladder? Check out our online [Willingness to Participate Form](#). It's a quick and easy way to contact RMPANA and let us know you're interested in participating, whether you want to help during a one time event or join a committee.

Please email me at rmpanawebsitecommittee@gmail.com if you have any questions, want RMPANA to celebrate you (Newly certified? Get an award? Let us share your news for you and your colleagues!), have an event you want to share, or have ideas that would help us better serve you.

You can find us here:



[Rocky Mountain PeriAnesthesia Nurses Association](#)



[RockyMtnPeriAnesthesiaNurses](#)



[Rocky Mountain PeriAnesthesia Nurses Association](#)

Follow us on *FACEBOOK* and *INSTAGRAM*

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



Education

Marcia Keiser

The fall Retreat in the Rockies was successful with over 70 people attending. The day was filled with speakers sharing their knowledge on a variety of topics.

Here are just a few of the comments:

- *Very interesting courses
- *Loved meeting everyone and learning about my chosen profession
- *Excellent conference with good Periop nursing information
- *Great content, nice balance of topics, snacks and food were great
- *Excellent speakers
- *I have been inspired to increase my knowledge and get certified
- *Makes me more aware of complications

Congratulations to the door prize winners:

- Winter workshop registration= Sarah Herndon
- ASPAN/RMPANA membership= Yvonne Bohl
- ASPAN scarf= Kristen Rosenbach
- CareGiver Books= Chelsea McFarland, & Melissa Keller
- ASPAN Standards book= Jamie Karr, Sandy Olson, Heather Kimball & Lori Ayers
- Arapahoe Basin 2 Lift tickets= Sarah Castillo
- Soothing Scents 4 pack= Marcia Keiser

The ***Lois Schick Memorial Winter Workshop*** , mark your calendars now and get your request in for time off now!!!

February 10, 2024

At

**The Medical Center of the Rockies
Long's Peak**

Program Topics

To be announced soon

Policies/Procedures

Maria Sekutera



What's new:

1. We have added a new job: Member Representative to Healthcare Facilities (MRHF)
See the description on the website: [Job Descriptions | The Rocky Mountain PeriAnesthesia Nurses Association | Nursing Network](#)

The MRHF communicates progress, suggestions, or updates to the Membership Chair.

The position is still open, and we would love for YOU to serve in our local chapter.

How will volunteering benefit me? You ask- this is why:

- a. Member point accrual for scholarships and recertification
- b. Paid registration for a one-day RMPANA educational offering of your choice.
- c. Career advancement as a member of a professional organization (enhances resumes and clinical ladder)
- d. Gain the esteem of colleagues and leaders for service to your profession.

2. The Member Scholarship Application and Policy was re-created to allow a more accessible, more objective process in determining monies to be awarded and offer ease of completion by members.

3. The Debit Card Use Policy was changed to add: ☐ “A second authorized card holder and user for the account who will be a RMPANA board member approved annually.”

Maria and Sharon wish you a wonderful holiday season!

RMPANA Member Spotlight

RMPANA Member Joni Lauri BSN, RN, CPAN recently won a UHealth Celebrating You Award in the category of Excellence.



Joni was nominated by RMPANA member Chelsea Chapman BSN, RN, CPAN. Chelsea said “Joni has been a valued member of the PACU for many years. He has the unique ability to see opportunities for growth and improvement when others might overlook them. We see anywhere from 80-110 cases a day through our PACU. Each patient receiving anesthesia, regardless of admission status, gets a pair of yellow “high fall risk” socks. For the outpatient population, these socks often were thrown in the trash after patient discharge. Joni saw this as an opportunity. He initiated a project to donate gently used hospital socks from PACU to homeless shelters in the Denver metro area. He gathered data to show that about 60% of outpatients did not want to take their socks home. He worked with the Infectious Disease team, and gained approval to donate socks from non-isolation, same-day surgery patients, as long as they were not visibly soiled or torn. Once he got approval, he created education for staff and put collection containers out on the unit for socks that met the criteria for donation. The bins are collected weekly by Joni, laundered, and dispersed to multiple shelters and facilities throughout the Denver Metro area, including Denver Rescue Mission and Mile High Behavioral Healthcare. The last update was that he had donated 320 pairs of socks to the Denver Rescue Mission!”



Regional Director update/ASPAN

Ronda Dyer Region 1 Director

ASPAN's compelling vision is to be distinguished as the premier organization for perianesthesia nursing excellence. This is done through national, regional and local efforts. Our 40 Components comprising 5 Regions serve to reach perianesthesia nurses at a local level.

ASPAN has developed the ASPAN Insights series of virtual training for perianesthesia leaders across the nation. Through this program, we are able to provide real time education on topics designed to help new leaders and board members fulfill their responsibilities. Furthermore, each session is recorded and saved in the Component Toolbox on the ASPAN website for just-in-time training for current and future leaders.



Save the Date!

2024 ASPAN National Conference
Orlando World Center Marriott
Orlando, Florida



ABPANC Recertification Changes coming in 2024

American Board of Perianesthesia Nursing Certification has announced recertification changes coming in January 2024. **Please take note if you are renewing your CPAN or CAPA**

[2024 Recertification Changes - ABPANC \(cpancapa.org\)](https://www.cpancapa.org)

About ABPANC

The American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) is responsible for developing, sponsoring and managing the Certified Post Anesthesia Nurse (CPAN®) and the Certified Ambulatory Perianesthesia Nurse (CAPA®) nursing certification programs. These national professional certification programs are designed for registered nurses caring for patients who have experienced sedation, analgesia and anesthesia in a hospital or ambulatory care facility. ABPANC currently certifies more than 12,800 perianesthesia nurses who have earned the CPAN and/or CAPA credentials. Visit our website at www.cpancapa.org.

Visit the ABPANC website at 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,

Photo Gallery

More photos can be view on the website



RMPANA President Chanda (2022-23)
Congratulating Krista Hall as the 2023-24
RMPANA President.



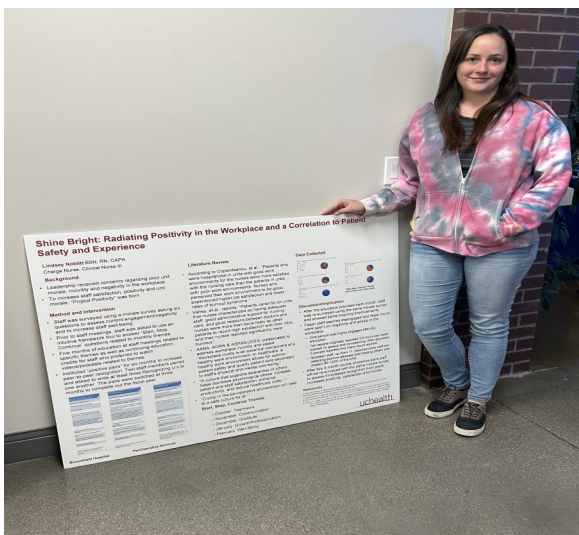
Ronda Dyer presenting at RIR, above
Micheal Jones talks about anesthesia agents



The 2023-2024 RMPANA Board of Directors

Left to Right

Janet Lopez, Lynda Marks, Chanda Hassemer, Krista Hall, Marta Clements, Marcia Keiser, Regina Hoefner–Notz and Abby Chilson.



Lindsey Noblitt, RN
Charge Nurse
Clinical Level III
UCHealth Broomfield



Chanda starts the
day at RIR 2023