

North and East TAPAN Region August 2024

THE NEWS LEAK



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Summer 2024 Edition

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FROM THE DESK OF OUR PRESIDENT

Dear North and East TAPAN Members,

I hope this message finds you excited as I am about the upcoming 48th Annual State Conference, which will be held in The Woodlands. This is a fantastic opportunity for us to come together, network, and grow as professionals in our field. I am thrilled to share some details and reminders to ensure that we make the most of this weekend.

President's Banquet – Wear Blue to Represent Our Region

The festivities will kick off with the President's Banquet on Friday evening at 6:00 PM. This is always a highlight of our conference, where we celebrate our achievements, connect with colleagues, and enjoy a wonderful evening together. Don't forget to wear blue, as this is the color that proudly represents our North and East TAPAN region. Let's show our regional spirit and solidarity by turning the banquet blue!

Project C.U.R.E. – Medical Supplies Collection

In the spirit of giving back, we will be collecting medical supplies for Project C.U.R.E. during the conference. This is a meaningful way to contribute to communities in need, and I encourage each of you to bring any supplies you can donate. Your generosity can make a significant impact, so please consider bringing items to support this worthy cause.

50/50 Raffle – Bring Cash

For those interested in participating in the 50/50 raffle, please remember to bring cash. This is always a fun and exciting part of the conference, with a chance to win.

Educational Sessions – Saturday T-shirt Reminder

On Saturday, we will dive into our educational sessions, beginning at 8:00 AM. These sessions are designed to expand our knowledge, share best practices, and inspire us to continue providing the highest quality care to our patients. Please remember to wear your conference T-shirt on Saturday as a symbol of our unity and commitment to lifelong learning.

Networking and Fellowship

One of the greatest benefits of this conference is the opportunity to network with other nurses from across the state. It's a chance to exchange ideas, build professional relationships, and find inspiration in the work being done by our peers. I look forward to seeing familiar faces and meeting new ones throughout the weekend.

I am confident that this year's conference will be a memorable and enriching experience for all. Thank you for your dedication to our profession and making the time to attend. I look forward to seeing you all in The Woodlands and making this 48th Annual State Conference one of the best yet!

Kristi Denton BSN RN
President, North and East TAPAN

North & East TAPAN Board

President Kristi Denton BSN, RN

Vice President/President-Elect Kim Register BSN, RN-BC

Second Vice-President Elaine Mueller RN, BA, CAPA, CLNC

Secretary Terri Lytle BSN, RN, CPAN, CAPA, CCAP

Treasurer Theresa “Terry” Brink MSN, RN, CPAN

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Education Coordinator Hazzel Gomez MSN, RN, CPAN, CAPA, NPD-BC

Membership and Marketing Coordinator Kalai Kanak MSN, RN, CAPA

Volunteer Coordinator Niera Santos BSN, RN, PCCN



Welcome our newest
member, Niera
Santos!



Lynette Alcorn
BSN RN CCRN CPAN CAPA

Message from The Editor

This has been an AWESOME year for our Region! We will continue to keep you informed of all that is going on in our region, state and on the national level. We would love to hear from you! Our search will continue as we look to fill our newsletter editor's position. Let's stay connected!

Submission Deadline:

November 15th Winter
Edition

Send articles to:
alcornlynette@gmail.com

Certification Information

Are you certified? Are you thinking about becoming certified?

The Fall 2024 exam and recertification window opens July 1st through October 31st.

Fall testing window
September 15th –
November 15th.

Exams can be taken in-person or online.

For nurses interested in taking the CPAN and/or CAPA Exams, or if you need to recertify go to www.cpancapa.org for more information.

Did you know scholarships are available to cover certification exam costs? The North & East Region, TAPAN (www.tapan.org) and ABPANC (www.cpancapa.org) all have scholarship opportunities.

Finally, we want to acknowledge all who recently passed the CPAN or CAPA Exam. Email Valorie Frederico at Valorie.Frederico@outlook.com, so we can celebrate your accomplishments in the next edition of *The News Leak*.



Fun Facts

By Lynette Alcorn, BSN, RN, CCRN, CPAN, CAPA

Did you know?

As a member of ASPAN you have access to:

1. Live Seminars
2. Live Webcasts
3. On-Demand Video Modules
4. Article Reviews

And more....to build your nursing knowledge
While earning contact hours. Go to ASPAN Learn!



HOT TOPIC



5

By Terri Lytle BSN RN CPAN CAPA CCAP

All patients undergoing anesthesia require peripheral I.V. catheters to receive their sedation, postoperative pain medicines, and antiemetics. When a patient presents with difficult venous access, it is burdensome for both patient and nurse. Multiple sticks cause the patient pain and discomfort and increase their stress level. The common setback of thirty minutes for achieving I.V. access can delay lab results and procedure times.

Ultrasound guided I.V catheter insertion can increase success in achieving I.V access in patients when visualization, palpation, or other techniques are unsuccessful. Difficult I.V. access patients include ones with a history of obesity, I.V. drug use, dehydration, edema, or chronic illnesses.

In facilities where there is no dedicated vascular access team, staff nurses can be trained using an educational course approved by the organization's policy and

procedures. The Ultrasound-Guided Peripheral I.V. Insertion Course covers the basics of sonography, the ultrasound machine, and how to identify venous structures. Vein depth, catheter insertion angle, and catheter length knowledge are important for safe and effective insertion. The skill of holding and moving the probe, viewing of the needle, and successfully cannulating the vein require practice because it is different from traditional peripheral I.V. insertion. With proper training and practice, and ongoing competency, staff nurses can lead the way to decreasing the number of I.V. sticks, thereby increasing patient comfort and satisfaction. This will also keep the peri-anesthesia area running smoothly with timely lab results and preventing surgical delays.

Reference:

Cromwell, C. A., & March, A. L. (2020). Ultrasound-guided IV catheter insertion: Standardized protocols and education can improve patient safety, reduce costs, and enhance nursing practice. *American Nurse Journal*, 15(2), 42-45.

**The North & East
TAPAN Region
would like to
welcome our new
and renewed
members!**

May 2024

Juliane Gresens
Melissa Hill
Devon Jennings
Andrea Kendall
Catherine Ocampo
Anitha Thomas
Alberetta Veal

June 2024

Pamela Anderson
Jonathan Criswell
Kari Whitley

July 2024

Davis Jillian
Coleen Arroiz
Denna Ditto
Donna Drerup
Lesley Fenner
Orrika Grant
Michelle Ji
Angela Jordon
Marivic Lantzy
Maria Zita Lao
Eva Mae Ongue
Mark Tallent
Marcie Walker



DO YOU KNOW WHY WE TELL PATIENTS TO STOP TAKING NSAIDS FOR 7 DAYS PRIOR TO SURGERY

Instructions regarding preoperative medications: Hold vitamins, supplements, herbal products, and NSAIDs (Aleve, Advil, Naproxen, Ibuprofen/Motrin, Voltaren, Aspirin, etc.) 7 days prior to surgery, unless instructed differently by your physician. If you use over the counter Tylenol for your pain, it is ok to use as directed up until the night before surgery.



DID YOU SAY BECAUSE THEY CAUSE BLEED

SAY; NSAIDS AFFECT THE WAY PLATELETS WORK AND COULD INTERFERE WITH NORMAL BLOOD CLOTTING.

DID YOU SAY: NSAIDS CAN INCREASE THE RISK OF HEART ATTACK AND STROKE. THESE MEDICINES MOST OFTEN TREAT PAIN, SWELLING AND IRRITATION, CALLED INFLAMMATION, AND FEVER. THE INCREASE IN RISK AFFECTS PEOPLE WHO HAVE HEART DISEASE AND THOSE WHO DON'T.

DID YOU SAY: NSAIDS INHIBIT PG SYNTHESIS, LEADING TO THE Na^+/K^+ EXCHANGER (NHE) ACTIVATION. ACTIVATION OF NHE INCREASES THE THROMBOSIS RISK.

DID YOU SAY: THE MORE FLUID IN YOUR BLOODSTREAM, THE HIGHER YOUR BLOOD PRESSURE. IT'S THAT SIMPLE. IF YOU TAKE NSAIDS IN HIGH DOSES, THE REDUCED BLOOD FLOW CAN PERMANENTLY DAMAGE YOUR KIDNEYS. IT CAN EVENTUALLY LEAD TO KIDNEY FAILURE AND REQUIRE DIALYSIS

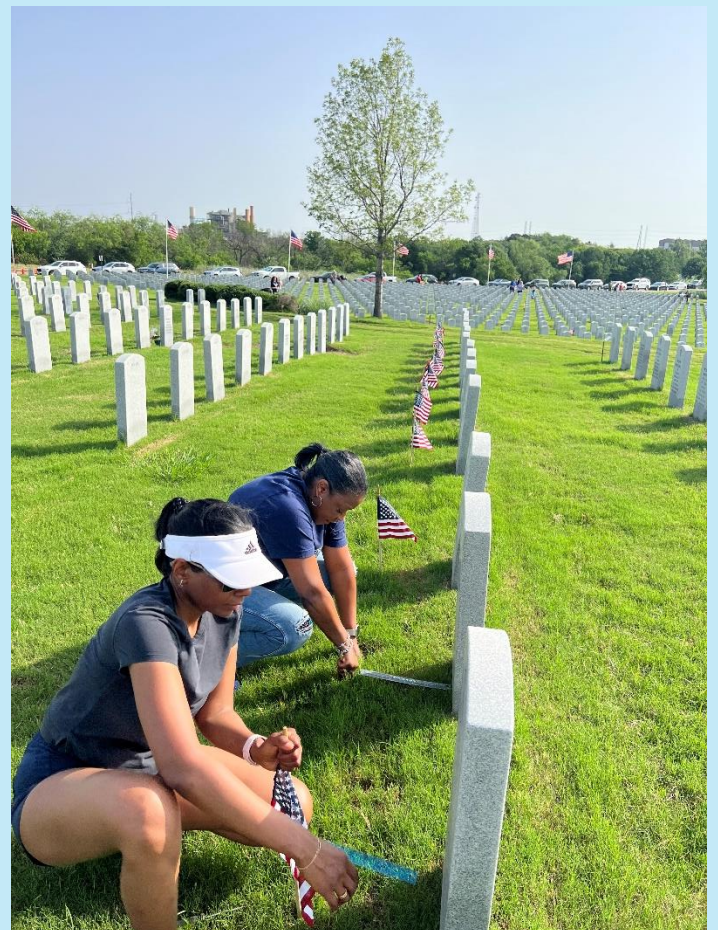
DID YOU SAY: NSAIDS HAVE WELL-KNOWN ADVERSE EFFECTS AFFECTING THE GASTRIC MUCOSA, RENAL SYSTEM, CARDIOVASCULAR SYSTEM, HEPATIC SYSTEM, AND HEMATOLOGIC SYSTEM.



YOU SCORE 100 %
ENNA JEUDY, RN BSN

Flags for Fallen Veterans

May 23, 2024





TAPAN

TEXAS ASSOCIATION OF PERIANESTHESIA NURSES

48TH ANNUAL STATE CONFERENCE

SEPTEMBER 27 & 28, 2024

The Woodlands, TX



CONTACT US ➔



QUESTIONS? CONTACT:
tapanugcr@gmail.com



Program Topics:

Perianesthesia Leadership; Airway Emergencies; Adult Congenital Heart Defects; Drug Diversion; Creating a Healthy Work Environment; Cannabis & Cannabinoids Minimally Invasive Gynecological Surgery; and Nursing Legal Documentation

Outcome: To enable the nurse to increase knowledge on Perianesthesia Leadership; Airway Emergencies; Adult Congenital Heart Defects; Drug Diversion; Creating a Healthy Work Environment; Cannabis & Cannabinoids; Minimally Invasive Gynecological Surgery; and Nursing Legal Documentation

Target Audience: All perianesthesia nurses

Location: The Woodlands, TX

September 27, 2024 (President's Banquet)

Registration 5:30 pm-6:00 pm; Program 7:00 pm-7:45 pm; Evaluations 7:45-7:50 pm

September 28, 2024 (Education Sessions)

Registration 7:30 am-8:00 am; Program 8:00 am-5:00 pm; Evaluations 5:00 pm-5:15 pm

Faculty: Susan Shelander, RN; Dr. Stacy Norrell; Tamara Smithhart, BSN RN CPN-BC; Sharon Coffie, MSN, RN CNS; Yashamika Short, MSN, RN, NPD-BC; Britini Hoiem, BSN, RN, WCC, CAPA, CPAN; Asha Bhalwal, MD; Stephanie Lombard, MLS, BSN, RN

Accreditation:

This nursing continuing professional development activity was approved by the American Society of Perianesthesia Nurses (ASPAN), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Registered nurse participants may receive up to 8.5 contact hours for this activity.

For more information regarding contact hours, please get in touch with tapanugcr@gmail.com.

Cancellation Policy

TAPAN reserves the right to cancel a program due to insufficient enrollment or any unforeseen circumstances. A written notice is required for all refunds. Full refund if requested by 9/1/24; 50% refund if requested by 9/15/24; no refund if requested after 9/26/24.

TAPAN reserves the right to substitute speakers if necessary

Registration Form (Please Print)

Name _____

Home Address _____

City, State Zip Code _____

Telephone Number: _____

Email Address: _____ ASPAN Member # _____

Fees:

Attendance Choice	Early Registration (Ends 9/1/24)		Registration (After 9/1/24)		Student (undergrad, unlicensed)
	ASPAN Member	Non-Member	ASPAN Member	Non-Member	
Full Conference Sept. 27-28	\$115	\$125	\$125	\$135	n/a
Saturday Only Sept. 28	\$115	\$125	\$125	\$135	\$40



REGISTER NOW

at **TAPAN.org**

Mail in Registration

c/o Mollie Smith TAPAN Treasurer
219 Ridgelake Drive, Montgomery, TX 77316

*****Check Payable to TAPAN*****

Questions? Contact:

tapanugcr@gmail.com

Hotel Information

Embassy Suites by Hilton The Woodlands at Hughes Landing
1855 Hughes Landing Boulevard, The Woodlands, TX 77380

Group Rate of \$192+tax/night
for Texas Association of Perianesthesia Nurses
Book by August 29, 2024

BOOK NOW



SCHEDULE:

September 27, 2024 President's Banquet

5:30pm-6:00pm	Welcome and Registration
6:00pm-7:00pm	Dinner and Networking
7:00pm-7:45pm	Keynote Speaker: Susan Shelandar, RN <i>Let your Leadership Shine- Be the Nurse You Want to Work With</i>
7:45pm-9:00pm	Installation of Executive Board. Award Ceremonies

September 28, 2024 Topic/Speaker

7:00am-8:00am	Registration and Breakfast
8:00am-9:00am	Common Airway Emergencies in the PACU <i>Stacy Norrell, MD</i>
9:00am-10:00am	Adult Congenital Heart Defects <i>Tamara Smithhart, BSN RN CPN-BC</i>
10:00am-10:30am	Break with Exhibitors & Poster Presentations
10:30am-12:00pm	A Wakeup Call: Enhancing a Drug Diversion Program <i>Sharron Coffie, MSN, RN CNS</i>
12:00pm-12:30pm	Lunch Break
12:30pm-1:30pm	Creating a Healthy Work Environment <i>Yashamika Short, MSN, RN, NPD-BC</i>
1:30pm-2:15pm	The Hazy Reality: Perioperative Considerations for Patients on Cannabis and Cannabinoids <i>Britini Hoiem, BSN, RN, WCC, CAPA, CPAN</i>
2:15pm-2:30pm	Break
2:30pm-3:30pm	Minimally Invasive GYN Surgeries <i>Asha Bhalwal, MD</i>
3:30pm-5:00pm	Nursing Legal Documentation <i>Stephanie Lombard, MLS, BSN, RN</i>
5:00pm-5:15pm	Evaluations



ASPN'S 44TH NATIONAL CONFERENCE

Passion ★ AND ★ Excellence

GROWING, LEARNING, AND LEADING TOGETHER

APRIL 27
TO MAY 1
2025

SHERATON DALLAS

DALLAS, TX

DALLAS

AMERICAN SOCIETY OF PERIANESTHESIA NURSES

Representing the interests of the nation's 60,000 registered nurses practicing in preanesthesia and postanesthesia care, ambulatory surgery, and pain management



Friendly Reminders

- Check your personal information on the ASPAN website <https://www.aspan.org/> and validate that your **email address** is current. Each month, we have undeliverable emails due to incorrect/invalid email addresses.

[Home](#)

The official website of the American Society of PeriAnesthesia Nurses (ASPAN)

www.aspan.org

- If you are certified, check that your credentials are updated with ASPAN.
- If you achieve CPAN or CAPA certification let us know so we may recognize you!
 - Join our Facebook: TAPAN – North and East Region

Valorie Frederico BSN, RN, CPAN
Texas Association of PeriAnesthesia Nurses
Membership and Marketing Chairperson
Valorie.Frederico@outlook.com

Important dates and deadlines

- September 7th, 2024, CAPA CPAN Review, San Antonio, Texas
- September 14th, 2024, 9:00-10:30 am NE TAPAN Board Meeting via TEAMS
- September 27th -28th, 2024, TAPAN's 48th Annual State Conference (The Woodlands)
 - October 19th, 2024, 9:00am-12:00pm Mission Arlington
- November 8th-9th, 2024, Perianesthesia Development Institute (PDI)
 - December 14th, 2024 – 9:00am Christmas Wreath
 - December 21st, 2024, Care International
- April 27th- May 1st, 2025, ASPAN'S 44th National Conference, Dallas, Texas