

Air Exchange

The newsletter of PeriAnesthesia Nurses Association

Volume 39 Issue 3

September 2024

President's Message



Greetings RMPANA! I hope summer was good to you all, and you are looking forward to the transition to fall. Growing up in South Florida where we had two seasons, hurricane season and not hurricane season, I really appreciate the diversity of the seasons and can't wait for some cooler temps and leaf peeping! Another fall favorite of mine is RMPANA's annual fall conference, Retreat in the Rockies, which is being held in Castle Rock, CO on Saturday, October 5th. There is a great line up of speakers, including ASPAN President Lori Silva and RMPANA Board Member and past ASPAN President Regina Hoefner-Notz. Join us for a day of learning and networking, with some humor to cap it all off!

Retreat in the Rockies also starts the new term for our component officers. Janet Lopez, current Vice President/President Elect, will be inducted as RMPANA's President and will serve until the next Retreat in the Rockies in Fall of 2025. I am excited for the knowledge, energy, and passion Janet brings, and look forward to RMPANA's year ahead! This will leave our Vice President position vacant, so if you are interested in component leadership and passionate about perianesthesia nursing please reach out to hear more about the position. You will be supported by the Board, and have many amazing opportunities to learn and grow in the role.

As always, we love when our members to share any projects, awards, and special accomplishments so we can celebrate you and promote our amazing specialty. You never know how your achievements might inspire another nurse to tackle an identified need at their facility, contribute to the community, or pursue certification or an advanced degree. The RMPANA Board is also here to support you! If you have EBP questions or need support with your project, reach out to the RMPANA EBP Committee. [RMPANA EBP Committee](#)
Respectfully,

Krista Hall BSN, RN, CPAN, CAPA

RMPANA President, RMPANAPresident@gmail.com
RMPANA.com

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Treasurer's Update

Happy Fall! RMPANA continues to be in a strong position financially. If you would like to apply for one of these scholarships, the application is on the RMPANA website at [Form-Member-Scholarship-Application.doc \(live.com\)](https://www.rmpana.org/Form-Member-Scholarship-Application.doc).

Our bank balance at the end of August 2024 is \$126,254.50

Scholarships awarded this year were:

Nursing Student Scholarships August 2024 - \$1000

Elena Johnson

Lyndsee Frankel

Kyli Decker

Member Scholarships 2024

Bernie Ridel - \$300

Jolena Mackie - \$500

Chanda Hassemer - \$500

Heidi Childs - \$300

Marta Clements - \$450

Kristin Robbins - \$100

National Conference Scholarships 2024 -

Jolena Mackie - \$500

Charitable Contribution Scholarship 2023 - Meghan Le Fors \$500 (11/2023)

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

Janet Lopez, Vice-President/
President elect, governmental
affairs

Chanda Hassemer, immediate
Past president, nominations

Sana Zamarripa, treasurer

Abby Chilson, secretary

Marcia Keiser, education
chair, newsletter editor

Sharon Sample, bylaws,
policies/ procedures

Jolena Mackie, membership

Janet Lopez, governmental
affairs

Regina Hoefner-Notz,
Strategic Planning

Nancy O'Malley, historian

Lynda Marks, parliamentarian

Upcoming Events:

September 7th—Project C.U.R.E., Centennial,

October 4th—Board of Directors meeting, Castle Rock

October 5th—Retreat in the Rockies 2024, Castle Rock

November 8-9th— ASPAN Perianesthesia Development
Institute, Oklahoma City, Oklahoma

February 3– 9th – PeriAnesthesia Nurses Awareness Week

February 9– Annual Lois Schick Winter Workshop

April 28– May 1—ASpan National Conference, Dallas, TX

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all articles to editor:

Marcia Keiser @marciajo@me.com



Governmental Affairs

Janet Lopez

Colorado and Wyoming state legislators have the summer off, but ASPAN, the American Nurses Association (ANA), and your local state nursing associations are keeping any eye on unfinished legislation as well as listening to rumbles of what might be topics for upcoming sessions in 2025. I will be looking for Colorado and Wyoming announcements for Nurses Day at the Capital.

Federal legislators are in a modified session over the summer. But probably the most notable event this summer was the nearly 500 nurses and nursing students who gathered in Washington DC to advocate for our profession in-person which is known as “Hill Day”. *ASPAN’s President, Lori Silva, attended this event!* ANA hosted two congressional briefings on Capitol Hill as well as continued advocating for workplace violence prevention. ANA is concerned with appropriations activity: the House Appropriations Committee has advanced legislation that would **decrease** funding for Title VIII Nursing Workforce Development Programs & eliminate the Nursing Workforce Diversity Program and National Institute of Nursing Research during Fiscal Year 2025. This is something that nurses across the country fought hard for to address the nursing shortage.

ASPAN’s Strategic Workgroups (SWT) are getting started and I am pleased that I can continue my work on both the Government Affairs SWT and the Advocacy SWT teams again this year. There is always an abundance of opportunities to advocate for our profession, our specialty and our future nurses!



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 annual **Retreat in the Rockies (RIR)** is just around the corner on October 5th in Castle Rock.

You can register on RMPANA's website and we are offering a Virtual option. Great Speakers and fabulous door prizes including 2 FREE Winter Workshop registrations! Here is the schedule for the RIR:

730-800	Registration
800-830	<i>President's Welcome, General Information</i>
830-930	Ethical Dilemmas in Perioperative Care
930-945	BREAK
945-1045	Engaging in Political Process for Nurses
1045-1145	Rotationplasty for the Reconstruction of the Leg
1145-1230	LUNCH
1230-1330	Identifying and Managing Respiratory Complications in the PeriAnesthesia Setting
1330-1345	BREAK
1345-1445	Solving Certification in Adult Moderate Sedation
1445-1500	BREAK
1500-1600	Perianesthesia Care in the Non-Operating Room (NORA) Setting
1600-1700	I Cried So Hard, I Laughed: Seeking Resiliency Through Humor
1700-1730	Wrap-up & Evaluation

ASPAN is offering a workshop on "Perianesthesia Development Institute" in Oklahoma, City, OK on November 8-9th.

We will hold our annual Winter Workshop again in February, more details to come.

The Education committee is always looking for more volunteers to help plan the educational offerings. If you think you would like to join this committee contact Marcia Keiser, marciajo@me.com or go to the website and fill out a "Willingness to Participate" form.

RMPANA Member Spotlight

RMPANA Hospital Representative, **Leta Woods BSN RN CCRN CPAN**. Leta works for Advent Health., as a representative for RMPANA, Leta will get free registration to Retreat in the Rockies 2024. Here is some information about her.

I'm a BSN graduate of Baylor University, Go Bears! I'm a Colorado native, married with two beautiful children. I began my career at Children's Hospital Colorado in their Med/Surg unit and later transferred to the PICU where I stayed for 9 years. While the PICU will always be my passion, the stress and burnout rate led me to search for a new home.

I joined the PACU for two years at Children's and then transferred to the adult world at Advent Health Littleton in 2022. For me the PACU has been a wonderful learning environment where I have been called to learn something new daily. I love the variety that each day brings and the diverse needs the patients present with. I think the PACU is so unique in its ability to keep me on my feet, while also letting me give quality-paced education to each patient! I am so grateful to get to work with such a heartfelt, strong team every day. I was even encouraged to get my CPAN certification and was shocked to see how greatly my confidence grew after fulfilling this accomplishment!

Another reason I love this profession: the schedule! On my weekends and days off I enjoy spending time with my family, playing board games, engaging in fitness events, and going up to the mountains. I love that I can be passionate about my job without sacrificing late night hours and long days! It's the perfect balance. I'm so grateful to RMPANA for allowing me to represent Advent Health Littleton and get the word out about events, encourage certification, and share new clinical updates!

This role is new to the organization and is ever evolving as we get more representatives, here are some of the responsibilities as a representative at your facility;

- Update on upcoming RMPANA events (Local and National Conferences, Events, and Educational Programs)
- Help with questions regarding New or Renewing Certification, and Membership of ASPAN and RMPANA
- Actively share ASPAN and RMPANA news as able

If you are captivated by this position, complete the Willingness to Participate form on the Website, under "about us".



Regional Director update/ASPAN

Ronda Dyer Region 1 Director

The momentum in Region 1 continues! The fall virtual certification study group has started with nearly 90 members working toward earning their CPAN and/or CAPA certifications. Thank you to all who have stepped up as leaders and best of luck to our test takers.

Six Region 1 Components are busy planning fall seminars and all are offering hybrid options. If you need contact hours, there are ample opportunities to attend in-person or virtually. If you plan a virtual experience, consider hosting a watch party. Education is always more fun together!

September 28, AZPANA, Phoenix, AZ

October 4, NevPANA, Reno, NV

October 4-5, PANAC, Ventura, CA

October 4, RMPANA, Retreat in the Rockies

October 12-13, NPANA, Bend, OR

October 26, USPAN, Salt Lake City, UT

If you are interested in planning a seminar near you, reach out to your Component President or me at rdyer@aspan.org.

November 8-9 is ASPAN's *Perianesthesia Development Institute* in Oklahoma City. This annual event brings leaders from across the nation together to learn more about how to lead local Components. It is a great opportunity to learn from one another and ASPAN leaders. The entire event is \$95 for in-person attendees. This year, we are excited to offer Friday evening break-out sessions to focus on specific needs. Saturday's 6.5 CE content will be hybrid with a \$25 virtual option for those who cannot attend live.

Save the Date!

April 28– May 1

ASPAN's National Conference in Dallas



ASPAN

American Society of PeriAnesthesia Nurses

FREE CE Articles for ASPAN Members! Did you know you can earn FREE contact hours in ASPAN Learn? There are currently 7.75 contact hours, Login into ASPAN.org, under ASPAN Learn.

[Children and the Opioid Crisis: We Can Make a Difference \(1.75 CH\)](#)

The use of opioid-sparing and opioid-free strategies in children can provide adequate analgesia while decreasing the risk of adverse events and contributing to the ongoing battle against the opioid crisis. However, every child must be evaluated individually so that a safe and efficacious perioperative pain management plan can be created.

[Solving the Autism Puzzle: Creating a Broad-Spectrum Tool to Improve Care Delivery in the Clinical Setting \(1.5 CH\)](#)

The purpose of this quality improvement (QI) project was to develop and implement an assessment tool to identify a patient's specific needs due to autism spectrum disorder (ASD). The use of an individualized plan of care related to sensory and behavioral differences correlates with improved experiences in the perioperative setting for patients with ASD

[An Innovative Study Focused on Reducing Unnecessary Oxygen Exposure in Pediatric Patients \(1.5 CH\)](#)

In the perioperative period, fractional-inspired oxygen is used at values up to 80% to stay within the safe range, even for a short time. A clear value for the safe range has not been specified, and therefore, clinicians prefer a high oxygen value. This study aims to reduce unnecessary oxygen exposure in pediatric patients and to provide the optimum fractional inspired oxygen value

[Surgical Safety Does Not Happen by Accident: Learning From Perioperative Near Miss Case Studies \(1.5 CH\)](#)

Adverse surgical events cause negative patient health outcomes and harm that can often overshadow the safe and effective patient care provided daily by nurses as members of interprofessional healthcare teams. The purpose of this manuscript is to educate, inform, and stimulate critical thinking by discussing perioperative near miss case studies and the underlying factors that lead to errors.

[Anesthetic Considerations in Multisystem Inflammatory Syndrome in Children: A Case Series \(1.5 CH\)](#)

Multisystem inflammatory syndrome in children (MIS-C) is an immune response inciting multiorgan dysfunction and a shock-like state which is typically seen in children 2 to 6 weeks after either a coronavirus disease-19 infection or exposure. This article puts forward challenges and clinical dilemmas faced during the anesthetic management of three children with MIS-C presenting for emergency and elective surgery



RMPANA'S 17 newly certified

CAPA

Amanda Nunez
Sarah Page
Collette Crigger
Chanda Hassemer
Erin Craft
Lisa Day
Jessica Blankenbeckler
David Kerr
Heidi Vakilainen
Krista Hall
Erin Lyons

CPAN

Lila Lennon
Morgan Beach
Kayla Campanini
Jessica Sheeley
Leta Woods
Ted Kolks
Erica Purrington
Desiree GrandPre
Justin Fausnaugh
Fiona Clark Graves
Eileen Van Vorst
Brittany Morgan
Terry Moreno

Congratulations to everyone on passing your certification exam, you have leveled up your education to provide the very best in patient care.

RMPANA has a combined total certified **478**.

We have 1 certification coach **Marta Clements BSN RN CPAN CAPA**, if you need assistance with preparing or have questions contact Marta.

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,

Editor's comment

Well, it's been a few years now since I retired. People ask me all the time, "isn't it great, wow so much time to do the things you want to do, what adventures are you taking?" So, I want to be honest and let you know for me retirement hasn't been easy. Yes, I have gone on some great vacations, and I do get to sleep in if I want, but nursing was such a part of my life from the time I started as Candy Stripper until I retired.

Don't get the wrong impression. I don't miss all the extra and last-minute education you have to complete or the monthly staff meetings that never improve anything, or the new policies implemented (that have never had input from a nurse), what I truly miss is patient contact. The feeling you have made someone's day better by either a touch, the medication you gave to relieve their pain or the education you gave to the family. Nursing is in my soul, and I know many of you may have the same feelings.

Our patients normally don't remember our name, although it's better now with the newer anesthesia medications, but they remember the care we gave them. The way we spoke to them, the skill we had when we started their IV's and the laughter we share.

We are still the most trusted profession; you all do amazing work each and every day. Nursing is a passion in your soul and if you don't have it in your soul, you should be doing something else. Nursing is caring, Nursing is learning, Nursing is compassion. Nursing is fine tuned skills. Nursing is patient oriented care. Be proud of the care you delivery until you too can retire. Blessings my colleagues.

Marcia

