



The Awakening Newsletter: WINTER 2025

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Jen Paquette, MSN, RN, CPAN, CAPA WISPAN President



Winter Greetings to Our WISPAN Nurses

As the holiday season wraps us in its warmth and joy, we hope you've had moments to celebrate with loved ones and reflect on the year's accomplishments. This festive time reminds us of the compassion and care that perianesthesia nurses bring to their patients every day, embodying the true spirit of the season.

With the arrival of winter, we also face the challenges of colder weather. From icy commutes to increased patient volumes during flu season, it's essential to prioritize self-care and safety. Remember to bundle up, stay hydrated, and take moments to recharge amidst the hustle and bustle.

Looking ahead, we're thrilled to announce the upcoming Winter Perianesthesia Nursing Conference on February 1st. This event promises to be an enriching opportunity to connect with peers, gain insights into the latest advancements in perianesthesia care, and reignite our passion for the work we do. Mark your calendars and join us for a day of learning, networking, and inspiration.

As we step into the new year, let's carry forward the dedication and resilience that define our profession. Together, we can navigate the challenges of winter and continue to provide exceptional care to those who depend on us.

Wishing you a joyful holiday season and a bright start to the new year. Stay warm, stay safe, and we'll see you at the conference!

Warm regards,
Jen Paquette

Marlene Nahavandi BSN, RN, CAPA Region 3 Director



Hello everyone,

Many of our component leaders and members recently attended the PDI in Oklahoma City, either in person or virtually, and I hope you felt the contagious enthusiasm! Our time together centered on strategies for growth, learning, and collaboration to shape the future of our profession.

Key takeaways included:

- Tech-savvy member engagement
- Strategic planning for success
- Financial management for components
- Building strong leadership teams
- Conference planning tips

Important dates:

- Region 3 Certification study sessions start January 2025
- PANAW events: February 3–9, 2025
- ASPAN National Conference: April 28–May 1, 2025

As we navigate winter, remember to cherish time with family and friends. I am grateful for the dedication of our leaders and members across all levels, which fuels our growth and success.

Thank you for your hard work and support!

Marlene





The Awakening Newsletter

Cyndi Siebel Mohler BSN RN CPAN, Scholarship Coordinator

PLEASE NOTE SCHOLARSHIP APPLICATION DEADLINES-COMING SOON!

January 15 - 2025 ASPAN National Conference Scholarship \$2000

February 15 - CAPA / CPAN Certification / Recertification Scholarships

Here's What's New!

If anyone is curious about the role of Scholarship Coordinator, please feel free to contact me for job description or just to answer any questions.

As always, I welcome any suggestions for the program.

In case you missed it this fall, WISPAN BOD voted to increase the Scholarship dollar amounts offered for many of our scholarships. Our ASPAN National Conference scholarships are now \$2000, and applications are due by **January 15!**

Cyndi Siebel Mohler BSN RN CPAN

WISPANscholarship@gmail.com



2024 Scholarship and Raffle Prize Winners Year to Date

\$1000 ASPAN National Conference Scholarships

Pattie Miller

Pamela Schreiner

\$1000 First Time Attendee to ASPAN National Conference Scholarship

Susan Thering

Raffle Prizes

WISPAN One Day Seminar from Winter Seminar

Kim Finch

Tracy Ulrich

ASPAN / WISPAN Membership from Winter Seminar

Michelle Virtues

Tenzin Kunga

Fall CAPA / CPAN Certification / Recertification

Cyndi Siebel Mohler



The Awakening Newsletter

Membership and Marketing Update

WISPAN is 222 members strong, with 76 new members joining us in 2024! Is your membership expiring soon?

Don't forget to renew your membership for the many benefits!

Thank you for recognizing the importance of belonging to a professional organization like WISPAN.

Have social media skills? WISPAN is looking for someone to manage our social media accounts through Membership and Marketing Board Position! Contact us at WISPAN.ASPAN@gmail.com



Treasurer's Update Lily McLeish

Don't forget to set up your Zelle account for electronic money transfers! Have questions on how to do this? Contact me at wispantreasurer@gmail.com

Have a safe and happy New Year! Lily, Treasurer

Current State of WISPAN funds:

COD: \$22,124.96

Calvert: \$12,771.98

Checking: \$13,767.98

Savings: \$6,025.42



Government Affairs Update

Visit WNA to find out about the latest nursing priorities and plan for Nurse's Day at the Capitol in Madison on February 25, 2025





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Region 3 Certification Study Group WINTER SESSION

Starting at the end of January. Find more information and register for the Study Group on the WISPAN Website



Congratulations to these newly certified nurses!

Nicole Johnson-CAPA

Kylie Seefeldt-CPAN

Are you newly CPAN/CAPA/Dual certified? Please email newsletter editor at WISPANnewsletter@gmail.com

(note: WISPAN is unable to view certification status of WISPAN members. If you have current certification, please update your profile in your ASPAN/WISPAN account)



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WISPAN Research Anita Norton

The Impact of Parental Presence on Emergence Delirium in Pediatric Patients after General Anesthesia: A Systematic Review and Meta-analysis by Baek, J., & Kim, Y.M. (2024). Journal of Peri-Anesthesia Nursing, 39, 475-483.

Research Question: To determine the effect of parental presence in the PACU on the reduction of emergence delirium (ED) in pediatric patients after general anesthesia.

Methods:

- Study design: Systematic review and meta-analysis. This means that they combined data from multiple studies to arrive at their conclusions.
- Sample: After review of 6 databases, a total of 6 studies met inclusion criteria and were used in the review. Five of these studies were included in the analysis. The studies in total included 662 patients, with ages ranging from 2-18 years old. Five of the studies used the pediatric anesthesia emergence delirium scale (PAEDS). Other items that were measured include pain, post-hospitalization behavior, & levels of anxiety and levels of awakening.

Results:

- Based on this analysis, the authors determined that parental presence in the PACU did significantly decrease scores related to ED, reducing ED events by 44%. It also had a small (not statistically significant, but perhaps clinically meaningful) effect on pain reduction. They also reported possible additional benefits related to anxiety and post-hospitalization behaviors.
- The authors noted as a limitation that their results can be summarized but not generalized due to the small number of research articles included for each of the outcomes. They recommend further well-designed randomized controlled trials be conducted, with detailed reporting of possible confounding variables to ED.

Have questions about this article or research in the perianesthesia setting? Do you have an EBP or QI project you're working on? Need help or direction with your project? Or need advice on getting started? Contact Anita at WISPANresearch@gmail.com





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PERIANESTHESIA NURSE AWARENESS WEEK February 3-9 2025

In addition to kicking off PANAW by attending the WISPAN/AORN Winter Conference on Saturday February 1, here are just a few suggestions you can do to have some fun with your perianesthesia colleagues:

Relaxation and Wellness

1. Yoga or Meditation: Use free apps like Insight Timer or YouTube videos for guided sessions.
2. Walking or Jogging: Explore local parks, trails, or neighborhoods.
3. Fitness Challenges: Join free online challenges or participate in hospital wellness programs.
4. Nature Therapy: Spend time outdoors—go hiking, birdwatching, or just relax at a nearby lake or beach.

Social and Community Activities

5. Volunteer: Help at community events, free clinics, or animal shelters.
6. Attend Free Community Events: Look for free concerts, art shows, or festivals in your area.
7. Host a Game Night: Organize a potluck or board game night with coworkers.
8. Library Events: Participate in book clubs, workshops, or free classes offered by local libraries.

Creative Pursuits

9. Photography Walks: Explore your city and take photos using your phone or camera.
10. DIY Projects: Upcycle old items, make crafts, or start journaling.
11. Writing or Blogging: Share your experiences or creative ideas online.
12. Art for Fun: Sketch, paint, or try free online tutorials.



Go to the Roar

Pam Schreiner,BSN, RN, CAPA

Sometimes the things we avoid are a reflection of our own inadequacy. Attending ASPAN's National Conference gives hope to knowledge gained to address our own insecurities when caring for an increasingly diverse population of patients. Working in a rural setting, nursing skillsets are challenged to meet the needs of patients of all ages from pediatric to geriatric.

Many of us avoid caring for pediatric patients due to a lack of skillset confidence or prior personal experiences with children. My own experience as a nursing student many years ago challenged me to "go toward the roar" rather than away from it.

I was assigned a 3-year-old female with leukemia for my two-day clinical rotation. She was weak, pale, hairless, with thin skin. She had oral thrush so drinking fluids and swallowing were painful. She was in reverse isolation to protect her immune system and no parents were present at the time of my care. She whimpered as I bathed her tender skin and resisted taking oral Tylenol for fever. With the assistance of my instructor, we inserted rectal Tylenol as her arms weakly tried pushing us away. Topical medications were needed to treat her perineal rash also. I applied them as gently as I could, but the whimpers of discomfort can still be heard in my mind. The following day her bed was empty. She had died of terminal leukemia. That day I decided to not be a pediatric nurse. I retreated from the "roar" of my own inadequacy to comfort a dying child.

As my career in nursing changed to a more rural setting and I became a mother myself, I knew I had to get over the hurdle of caring for children. I wanted to "go toward the roar". I became an OB nurse even before my first child, took neonatal resuscitation courses, and worked in the emergency room. I took a high-risk perinatal course in my continuing education to prepare for the ambulance rides with pre-term labor patients. I wanted to have the skills needed to help the smallest of my patients in their moment of distress. That desire continued as I chose to attend the ASPAN national conference pediatric topic of "Tips to Reduce the Tears for All".

The self-reflection question, "the hardest part of caring for a pediatric peri-anesthesia patient is _____?" hit home for me. The following pediatric pearls shared helped develop the framework for caring for these children.

1. Involve the child and family in care
2. Communicate frequently and meaningfully
3. Establish trust
4. Crying IS communication
5. Offer choices when able
6. Embrace fun and play
7. Prepare for the patient
8. Prepare the patient

In addition to an individualized approach based on a child's developmental age/stage, (infant, toddler, preschool, school-age, adolescent) I learned to be aware of the words I use to care for them, because they may misinterpret them. One example was using the expression, "you will breathe a gas through this mask". One child thought they had to breathe car gasoline and were fearful of the smell. Using the word "sleepy air" instead of "gas" may be less of a trigger for the child. Another great tip was to teach the child calm breathing by using the "smell the flower", "blow out the candle" method.

Preparation is everything! Communicating during the pre-op phone call, being knowledgeable about the child's developmental stage and approaches, knowing how each member of the team will care for the child, communicating special needs, and preparing the environment to be welcoming and safe are all critical. Discharge preparedness for the parents/caregivers builds trust and confidence that their child will have a healthy recovery.

The pearls of wisdom and shared experiences gained from attending conferences have taught me to not fear the "roar" of inadequacy, but to delight in the giggles of knowledge and how one approach can make all the difference in a child's eyes.

Board Position FAQs:

Q. Am I really qualified to be a board member?

A. If you're a WISPAN member, then YES, you are qualified! If you're not yet a WISPAN member, join today!

Q. How much time do I need to spend contributing to board activities?

A. Each position has different requirements, but most board appointments require a little of your time each month and most activities are asynchronous (done on your own time). The board holds (virtual) meetings every other month for about 90 minutes each.

Q. How long are members on the board?

A. Each position has different terms of appointment. Check our website for details.

Q. I'm nervous about trying a board appointment. How will I know what to do?

A. The board will help you learn how to address members' needs and assimilate into your new role. Most board positions are very easy to learn! (yes, even President Elect!)

Q. What's in it for me to take on a board position?

A. Great networking with like-minded professionals who are interested in moving perianesthesia nursing forward as a highly specialized area of practice, opportunity to earn contact hours as a board member, attending conferences at highly discounted rates (and in some cases, for free!)

Current OPEN board positions: WEBSITE COORDINATOR, GOVERNMENT AFFAIRS, MEMBERSHIP AND MARKETING

Board positions opening soon: TREASURER, RESEARCH, SECRETARY, PRESIDENT ELECT

Fill out this form if you're thinking about a board position now or in the future.

If you want to learn more, reach out to any board member on our website.



ASPA

American Society of PeriAnesthesia Nurses



Conference Corner

See you in Middleton on February 1 for the Annual WISPAN WINTER CONFERENCE! See the [WISPAN Website for registration information and details](#). Registration is filling fast-grab a friend and register today. Are you attending from outside the Madison area? Make a weekend out of it! Check out some of the fun [Isthmus sponsored events!](#)

[ASpan National Conference: April 28-May 1 in Dallas, Texas!](#) Start planning NOW and see our scholarship offerings for opportunities on financial assistance.

Are you looking for more education and contact hours? Visit the WISPAN website for information on Region 3 (our partner component) conferences.

Here are a few to consider:

[MNDKSPAN: February 7](#)

[PAPAN: February 8 \(FREE conference offering at UPMC St. Margaret\)-VIRTUAL AVAILABLE!](#)

[ASpan LEARN](#) has FREE webcasts in honor of PANAW and other amazing offerings!





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**Next board meeting: January 31 2025 (evening before Winter Conference)
ALL WISPAN MEMBERS WELCOME. Virtual meeting link will be posted on the
WISPAN Website**

**Follow WISPAN on social media for updates on
conferences and news!**

**Have social media skills? WISPAN is looking for
someone to manage our social media accounts
through Membership and Marketing Board Position!**

**Contact us at WISPAN.ASPAN@gmail.com if
interested!**



**Have a celebration to share? Work Anniversary or Milestone? Retirement? Advanced
Degree? Newly certified RN? Daisy award nominee or winner? WISPAN wants to recognize
our members!**

Contact wispannewsletter@gmail.com to let us know!