



THE AWAKENING

VOL 37 ISSUE 2
JUNE 2016



President's Address

Marlene Nahavandi BSN RN CAPA

Inside this issue:

President Address	1
BOD Updates	2
Treasurer Report	3
Volunteering in Honduras	4
Thank you WISPAN	5
Region 3 Report	6
BOD Contacts	
Lighten Up Your Practice	7
Farewell Paula	8

As I reflect over the past 12 months as a Board Of Director (BOD) member I am very grateful for all the work that our organization has accomplished. It happened due to the work of the BOD, conference committee members and all others who assisted to achieve our results.

Here are a few of WISPAN's accomplishments over the past 12 months:

1. WISPAN members had the opportunity to increase knowledge and obtain 21.5 contact hours.
2. WISPAN acknowledged members in their practice with the Award of Excellence, Outstanding achievement award and recruiter of the year.
3. Many scholarships were awarded.
4. 56% of WISPAN members are certified.
5. Membership increased by 10.3 percent...keep encouraging others to join
6. Donated money and food to several local charities
7. Members took time to celebrate PANAW
8. Offered ASPAN sponsored conference
9. Awarded the Shining Star
10. Applied for the Gold Leaf Award

I had the opportunity to attend the national conference in Philly, what a great experience! One of my favorite speakers was Rich Bluni RN. He was dynamic, uplifting and a thought –provoking keynote speaker. His topic about gratitude encouraged me become more conscious of others and my own attitude.

"Cicero, the ancient philosopher, said all positive aspects of your life, your virtues, stem from gratitude. Gratitude is not only the greatest of all virtues, but the parent of all others. Being grateful doesn't mean you're a mindless zombie who walks around with a perpetual smile on her face. Gratitude is simply a mind-set where one makes a choice to be thankful for the good in this world. As a nurse, think about the abundance of things you can be grateful for." Rich Bluni RN

When we start understanding gratitude we will see things differently. You will start seeing more positive aspects of life then the negative. Do yourself a favor and identify at least three things that you are most grateful for. Continue to add another one or two items every week. Write them down and share them with your loved on or with a co-worker.

BOD Updates

Election Results

President Elect Marlene Navahandi

Treasurer Sandy Shotliff

Research Bonnie Bolzheimer

Scholarship Mimi Spencer

Editor Stephanie Kassulke

Webmaster Jess Herr

Standard Operation

The WISPAN Board of Directors have recently updated Policy 15, Seminar Fees. We have now included a discount for our WISPAN members who are CAPA and/or CPAN certified nurses! This discount can be used toward any WISPAN seminar. Nurses will be able to receive \$5 off for a single certification and

\$10 off for a dual certification. If you would like more information regarding member discounts or have suggestions for additional member benefits please contact any member of our WISPAN

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Government Affairs

Changes to the Administrative Rules regarding clarification of accepting prescriptive authority of APRN, diagnostic studies and other discussion.

Continuing to work on the promotion of license.

Workplace Violence Bill

Sponsored by Rep Sheila Harsdorf (River Falls). Likely no work on this bill till next session.

Medical Examining Board

Has proposed a rule for Telemedicine – WNA submitted testimony against this. Need more discussion of what Telemedicine should look like - do we need rules? How to handle out of state telemedicine providers? More discussion to follow.

Nurses Day at the Capitol March 8 2016, Monona Terrace

Nursing Expo 2016 - Tuesday February 23, Alliant Energy Center 8:30-2:30pm

No registration fee, but must sign up in advance. Sponsored by UW

Historian

Experimenting with methods to archive some history.

For more information see WISPAN website

Continued from page 1

I am grateful that I have had the opportunity to serve as WISPAN's president this past year. It has been an amazing experience and I had the opportunity to work with wonderful WISPAN members, meet many other perianesthesia nurses from Wisconsin and from around the country. I would encourage each of you to take an opportunity to share your passion for your profession. Take a few moments to talk to a co-worker, new nurse or student about the benefits of ASPAN/WISPAN membership. Invite them to your next state or national conference. Hope to see you at the fall conference on September 17th in Cederberg!

Treasurer's Report

Paula O'Neal RN, BSN, CPAN, WISPAN Treasurer

Funds as of January 2016 **\$42,901.57**

INCOME Repost January to June 2016

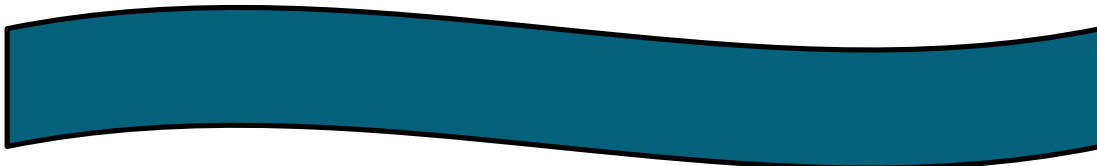
Income:

WISPAN Dues	\$7,175.00
WISAN Conference Income	\$7,274.15
Donations	\$420.00
TOTAL:	\$14,869.15

Expenses:

Donation to ASPAN Development	\$375.00
Donations	\$420.00
Scholarships	\$1,344.00
(Offered \$16,600)	
Travel for ASPAN and WNA Conferences	\$3,981.65
Board of Directors (reimbursement of expenses)	\$996.94
Stipend Awakening & Web Master	\$834.00
Free Memberships	\$345.00
Outstanding Awards	\$590.50
TOTAL:	\$8,886.59

Detailed Financial Report are available to WISPAN Members: request by e-mail paulaoneal@sbcglobal.net or mail to Paula O'Neal, 6405 Bridge Rd, Madison, WI 53713.



Volunteering in Honduras

I had the opportunity to volunteer in Honduras in March 2016 for one week. I participated as part of the Hackett Hemwall Foundation Honduras ENT surgical team. The team consisted of nineteen extremely caring, passionate non-health and healthcare professionals all on the mission to help another one in need. It was an amazing experience.

Just a few facts about Honduras...Honduras ranks among the poorest countries in Latin America and the Caribbean with an estimated 58% of its population living in poverty and 36% living in extreme poverty. It is one of the poorest countries in Latin America and has the world's highest murder rate. Poverty is more pronounced in the rural areas, although continued rural-urban migration is creating urban poverty belts. The country has an unequal distribution of income. I had been told that the average Honduran family income is \$400 per month. Twenty-nine percent of the total population lives on less than US \$2 per day.

The team divided into two groups, a surgical team and an audiology team. The audiology team set up a temporary clinic to provide ear exams, hearing test and fit patients for hearing aids. We would average between 60-70 patients per day ranging in age from the school age child to the elderly. Advertising was done prior to our arrival, so each day had a long line of people waiting to be seen.

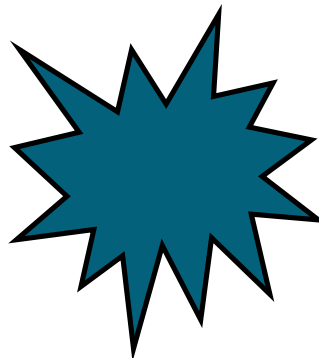
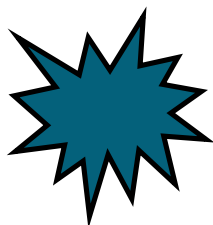
The surgical team performed nearly 30 surgeries during our week in La Ceiba. The patients had been prescreened by a partnering physician in LaCeiba prior to our arrival. Our week began on Sunday by unpacking our semi-trailer full of supplies and organizing the supply room for Monday AM. All of the equipment and supplies have been donated by organizations that no longer are using the items. It made me realize that items that we toss daily in our practice are items that many hospitals need desperately in Honduras. A co-worker in Honduras informed me that in the rural hospitals patients need to bring their own sheets, food, medical supplies and may even need to obtain medications they need. Every patient I encountered was so grateful for the care we provided.

Another issue in Honduras is the water supply, here; we take it for granted that our water will not make us sick. Sure, there are occasional problems, but for the most part anywhere you go in the U.S. you can brush your teeth with tap water or swallow a little water in the shower. You don't have to worry that you may get parasites, Hepatitis A, typhoid or other illnesses. Tap water is not safe to drink in most of the Central American countries. The next time you go to your sink for a glass of water, please think of this and be thankful. We are so fortunate!

I think one way the program could be improved would be to have a more in-depth orientation when beginning the program, only because I personally desire knowing as much as possible so I can be as prepared as possible.

I would encourage anyone to participate in a foreign medical trip if you have the opportunity.

Submitted by *Marlene Nahavandi BSN RN CAPA*



Congratulations, Conference Winners

The following Spring Seminar attendees received door prizes of:

General Membership winner of free conference was Pat Constans

CAPA/CPAN member of free membership was Lisa Barrows CPAN

CPAN/CAPA member of free conference is Marlene Nahavandi RN BSN CAPA

Scholarship Winners

Clara Plotkins CAPA

Heather Robertson CAPA Certification

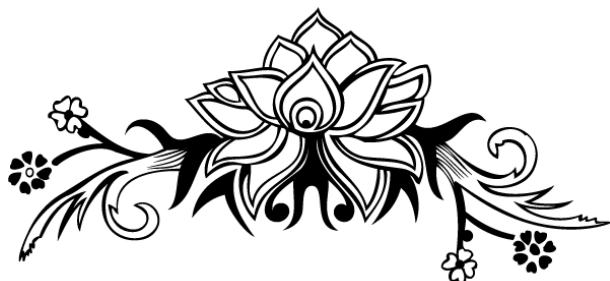
Kimberly Anderson CPAN Certification

Newsletter Contest

The newsletter contest is available again this year. The winner is announced at the Winter seminar. All authors are entered; winner is randomly selected. But you can not win if you do not write. Does writing scare you? Would you like to get a chance for this membership? Contact me and together we can make this happen.



Thank you note from Porchlight, Inc. Monies from Component night



123FreeVectors.com



April 25, 2016

WISPAN
c/o Marlene Nahavandi
721 Terrace Ridge Drive
Cottage Grove, WI 53527

PORCHLIGHT, INC.
306 N. BROOKS STREET
MADISON, WI 53715
608.257.2534
FAX 608.257.2507

Dear Members of WISPAN,

On behalf of Porchlight, Inc., I wish to thank you for the contribution of \$100.00. Your donation is deeply appreciated by the many men, women and children who use our services and live more independent lives.

Your support is critical to our ability to provide emergency shelter, supportive services and affordable housing to those most in need. Your kindness and commitment to change ensures that together we can provide hope and the opportunity at a second chance.

Porchlight is recognized as a section 501(c)(3) organization and you did not receive any goods or services in exchange for your contribution. Porchlight is a local organization and could not provide the support we do without your compassion and generosity.

Thank you!

Very truly yours,

Jessica Pastelin
Development Director
Porchlight, Inc.
"Solutions to Homelessness"

Thank you for
thinking of those
we serve.

Jessica

DAIS
DOMESTIC ABUSE INTERVENTION SERVICES

February 16, 2016

Marlene Nahavandi
Wisconsin Society Peri Anesthesia Nurses
721 Terrace Ridge Drive
Cottage Grove, WI 53527

Dear Marlene,

On behalf of Domestic Abuse Intervention Services (DAIS) and the thousands of women, children and men we serve each year, thank you for your generous gift of \$420.00 made on 2/6/2016.

We are so grateful that you have chosen to give to DAIS and support survivors of domestic violence in our community. Your generosity funds DAIS' program sustainability, growth and evolution. Over half of our expenses each year are covered by donations from people like you, and our clients are directly impacted by your kindness.

We are proud to share that DAIS received a 4-star rating from Charity Navigator for the third year in a row. This rating is based on our commitment to financial health, transparency, and accountability. Only 19% of the charities they rate nationwide have received a four-star rating two years in a row.

I encourage you to learn more about DAIS through our website and welcome any questions you may have. Your support makes a difference and has a rippling effect into the community: your act of helping one leads to the impact of helping all. You and DAIS. One. And for all.

Emily Tupper
Director of Development & Communications

Thank you for supporting DAIS!

Please note our new mailing address: 2102 Fordem Avenue, Madison, WI 53704

Keep up with DAIS at www.abuseintervention.org

Domestic Abuse Intervention Services, Inc. is a 501(c)(3) non-profit organization. Your donation is tax-deductible as allowed by law. Please note, that gifts of \$250.00 or more may be listed in DAIS' publications. If you do not want your gift listed, please contact Rachel Tupper at (608) 799-3359 or rachel@abuseintervention.org.



2102 Fordem Avenue • Madison, WI 53704 • Office: 608.251.5257 • Help Line: 608.251.4445 • abuseintervention.org



ASPAN Region 3 Director Report

It's hard to believe that I am embarking upon the second year of my term as Region Director. I have enjoyed the opportunity to meet many of you and appreciate the hospitality you have shown me. National Conference was a major success and I thank you for attending or staying home to care for our patients!

ASPAN now boasts more than 15,000 members! Philadelphia greeted us with swings of temperature and weather while ASPAN greeted us with many opportunities. The short time there afforded the chance to re-establish relationships and create new ones. Educational sessions afforded us the opportunity to learn something new or to have previously gained information reinforced.

I'd like to thank you for attending the Regional meeting and for the candor you provided in giving me information and feedback. Region 3 was awarded with several wonderful awards: The Gold Leaf Award went to KSPAN (Kentucky) and the Newsletter Award went to ILSPAN (Illinois). Each of the components within Region 3 has reason to be proud of the work you do on a daily basis as well as on a national venue.

As we move forward into this year, make plans to attend Leadership Development Institute (LDI) or support the component members who do attend. Please let your Component Leaders know your needs/concerns and do not hesitate to let me know what or how I can assist you in meeting your needs.

Next year, National Conference will be held in Region 3 in Indianapolis! Start making plans now to set time and money aside so you can take part in the activities that make up ASPAN's National Conference!

Respectfully,

Sylvia Baker, MSN, RN, CPAN

ASPAN Region Director, Region 3

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Lighten Up Your Practice

Debra Kradecki RN, BSN, CPAN

Did you know that humor is a evoked response to storytelling and shifting expectations. That humor can provide some quality of life, provide pain relief, encourage relaxation and reduce stress. So why would one not want to use humor in the healthcare setting?

Findings show that humor has a positive effect on the cardiovascular and respiratory system M similar to exercise. Some studies have shown an increase in endorphin levels. This enhanced feeling of well-being and helps in pain reduction. The immune system is provided because laughter increases the level of N-K (natural killer) cells, IgA, IgG, IgM and plasma cytokine interferon. The levels of the body's major stress hormone, cortisol. Are not reduced not only the laughter but of many hours after. Another study found that neuroendocrine and stress-related hormones decreased during episodes of laughter. These findings provide support for the claim that humor can relieve stress.

Laughter is a social signal among humans. Adults laugh about 15 times a day and children laugh 150-400 times per day. Laughter creates bonds between people that are nourishing and supportive. Laughter gives control and helps people cope with difficult situations.

Humor can provide a relationship between a patient and staff member. Patients often arrive in the peri-op area environment stressed and anxious. They are placed in strange environment and are subjected to degrading and embarrassing procedures. Most patients welcome the opportunity for humor and laughter. Nurses using humor can develop a sense of trust with patients. Humor can ease tension in the Peri-op area. So how do you go about using humor in the health are setting. First, establish competence in the patient's eyes. Be sensitive to how to patient is responding be easing be easing into a playful interaction. Do not force humor or laughter on the patient. Remember, patients do not always feel like laughing.

Other guidelines; poke fun at yourself not in a way that suggest lack of competence. Never joke at staff's incompetence and never joke at a patient's expense. Never used humor when you are about deliver ad news (provide compassion and empathy). Do not use joking to avoid discussion of sensitive issues. Many patients have no history of using humor under stress. Some may have religious conviction which stress reverence in the midst of serious illness. Staff members must know their patient and the situation.

It would be inappropriate to use humor during an acute crisis (but may help afterwards), when a patient needs to cry or quiet time or when a patient is trying to communicate something important to you. Staff should avoid hemic jokes, sarcasm, mockery, humor at other expense and joking about any patient or their condition.

As early as 1928, Dr. Thomas noted in his book "Laughter and Health" that laughter reduced pain after surgery and promoted. Humor's contribution to physical health is muscle relaxation. The muscles not directly participating tend to relax while you are laughing. Biofeedback shows: muscle relax more quickly after watching funny cartoons vs beautiful. Relaxation helps alleviate heart disease, headaches, chronic anxiety, and muscle tension in rheumatism and neuroglia.

The psychological effects of laughter stimulate alertness and memory. Laughter promotes relaxation which learn- ing and creativity. Laughter promotes relaxation which shifts from negative to positive. Laughter is an outlet for expression feelings and an effective mode of commitment.

Everyone should add laughter to your life. Smile more often and count your blessings. When you hear laughter move towards it. Bring humor into the conversation and spend time with playful people.

Lighten Up Your Practice

Remember, laughter is the shortest distance between two people. Listen beyond the laughter their maybe a hidden message. A hoke for the day: "What is the longest word in the English? Answer: Smiles There's a mile between each S"

"Do something you love and you will never have to work a day in your life?" George Burns



Paula!

Thanks for your years of service to WISPAN!

Happy retirement.

Distribution of raffle monies

The money raised at our raffle for component night was donated to both Porchlight (\$100) and The Road Home (\$75). I've included both websites for you to view if desired. The winner of the \$100 donated the money to the charity of our choice.

<http://porchlightinc.org/>

<http://trhome.org/>



WISPAN MISSION STATEMENT

The Society is committed to the promotion of PeriAnesthesia nursing as a specialty and enhancing the professional growth of its members.

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Deadline for next AWAKENING is

September 30, 2016