

Air Exchange

The newsletter of the
Rocky Mountain
PeriAnesthesia Nurses
Association

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RMPANA President Marta Clements:

"Why do you want to do that?" "Why are you part of a perianesthesia group when you work GI now?" These are just a couple of the "why's" I'm asked when coworkers and friends hear about my involvement in RMPANA. I was recently asked, "Why do you keep your CPAN when you don't work in the PACU anymore?" The RMPANA Mission (please see the Mission insert on this page) answers these questions.

A little bit about me. I've been a nurse for 22 years, 15 of these years were spent in Pre-op and PACU. I did Med/Surg/Tele and Critical Care nursing before discovering that sweet spot that offers a controlled environment with a

better schedule. One time, after about 6 or 7 years of PACU nursing, I thought I wanted to return to the ICU. (It's ok if you laugh, I laugh about this time in my career as well.) Ten months of day/night rotation and several hundred rectal tubes later, I proved to myself that I could still handle multiple drips and very sick patients. I also realized that I missed being a PACU nurse. I returned to the PACU, where I would continue to work until I found the Endoscopy Suite. Even before Covid, our hospital's GI department was chronically short-staffed and our Pre-op/PACU nurses would be asked to float to GI. I started picking up extra shifts in GI and fell in love. The schedule offered a better work-life balance for my family and I was having that 7-year itch of needing a change. The GI department graciously accepted me into their world and patiently oriented me to the procedure room. I was able to continue preparing and recovering patients from procedures while learning something new...perfect! The cherry on top of this transfer was that my pre-op/PACU knowledge was appreciated by my coworkers. Why do I volunteer for RMPANA? I started attending RMPANA educational offerings while I was learning to be a PACU nurse. I became a member of the Board of Directors in 2017 when I accepted the role of Website Chair. This organization is a wonderful way to keep up to date with standards of practice. It's also a huge resource. If you have a question about perianesthesia nursing practice, email us and we'll either send you the answer or direct you to someone who can help. As

someone who loves process improvements, having a resource like RMPANA or ASPAN is beneficial. Benefits of being on the Board of Directors are plenty, including opportunities to attend conferences paid for by RMPANA, discounts to educational offerings, meeting nurses who are improving perianesthesia practice through research, BEING a nurse who is improving perianesthesia practice, and that wonderful release of dopamine when you volunteer. PS It doesn't require a lot of time to be involved. I won't use this space to quote articles on "why be involved in nursing organizations," but I suggest you do a Google search. One of the many results you'll find in this search is: it's how we can advocate for our profession...this is one of my why's.

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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,

I want to thank Bridget Miller, the 2020 RMPANA President, for working so hard to keep RMPANA going during a tough year. With the help of our Education Committee, she organized this year's Retreat in the Rockies in Colorado Springs. It was a successful event, with 109 participants! As I move forward in my role as RMPANA president, I am grateful for the talent we have on our Board of Directors. We have a strong group and I hope we can continue to build onto the foundation created by the amazing nurses who have served in the past. We are looking to fill roles on our Board and if you want to be part of something that benefits your profession (and your resume), please email me and we can talk about what inspires you and where you'd best serve.

I look forward to serving as your RMPANA President this next year!

Marta Clements, BSN, RN, CPAN

RMPANA Past President Bridget Miller



NEWS FROM POLICY COMMITTEE

Sharon Sample RN, CAPA, CPAN

Bylaws, Policy Chair

A new policy has been accepted by the Board for use of a debit card by the Treasurer. The policy outlines eligibility in obtaining a debit card, terms and conditions for use and card violations. This will allow the Treasurer to pay RMPANA yearly occurring bills with auto pay and pay other expenditures in a timely and efficient manner.

Another new policy in the works will be for RMPANA to establish a Sunshine Fund in our yearly budget to be disbursed to members experiencing a life changing event/hardship by board recommendation and approval.

Check all these new and updated policies and forms on the web site to be added by end of year.

There is an opportunity to invest in promoting RMPANA and serve on the Board. I am seeking a replacement for chairman of this committee and would provide mentoring/assistance for a year to anyone interested. The job description can be found on the web site.

Reminder of deadlines for available scholarships:

Attend National Conference due March 26.

Member Scholarships due Dec 31 or after conference/certification

Charitable Contribution Scholarship due anytime throughout year



Greetings RMPANA! My name is Chanda Hassemer, and I am your 2021-2022 RMPANA Vice-President. I have worked in pediatric perianesthesia for more than 14 years and have found this to be my passion. In my current role, I am the perianesthesia assistant clinical manager at Children's Hospital Colorado South Campus in Highlands Ranch. I also serve as ASPAN's Vice Coordinator for the Pediatric Specialty Practice Group (SPG).



Last week I had an enlightening conversation with a couple of my perianesthesia nurses regarding orientation of experienced nurses with no perianesthesia experience to the PACU and determining when a patient meets Phase I discharge criteria. We discussed our hospital policies that guide our perianesthesia practice, ASPAN standards of care, and then there is our nursing intuition. You all know that pit in your stomach when something just doesn't feel quite right. You may not always know precisely what is wrong, but you have that unsettling feeling. This nursing intuition may be referred to as a "gut feeling," "sixth sense," or a "hunch."

Nursing intuition is more than simply a "gut feeling." It is a process based on nursing knowledge and care experience and has a place beside research-based evidence. As nurses, we integrate both analysis and synthesis of intuition alongside objective data when making decisions. A nurse's intuition is a vital component in relation to patient care and guides nurses in the nursing process. Intuition in nursing plays an integral part in clinical decision-making that supports safe patient care. We rely on our intuition and experience and utilize this knowledge in clinical practice to support decision-making and increasing patient care quality and safety.

As our perianesthesia practice evolves, our orientation and education needs need to change to meet the needs of the changing healthcare environment and the needs of our complex patient population. It is imperative that we share our perianesthesia experience and practice with our new colleagues to ensure their success in the specialty. We need to not just rely on the objective data but share our nursing intuition as an adjunct teaching tool with our new colleagues.

I look forward to meeting and serving each one of you over the next year

Yours in nursing,

Chanda Hassemer, MS, BSN, RN, CPAN

2021-2022 RMPANA Vice-President

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ASPAN Region 1 Update

It has been a very busy season for Region 1. Even in the midst of another COVID surge, we have many very strong Component leaders who are working hard on behalf of the membership. Beginning in September, our Region has had a flurry of seminars.

September 25: Arizona PeriAnesthesia Nurses Association (AzPANA) hybrid seminar in Tucson, Arizona.

October 2-3: Northwest PeriAnesthesia Nurses Association (NPANA) hybrid seminar in Billings, Montana.

October 9: Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) hybrid seminar in Colorado Springs, CO.

October 16: Utah Society of PeriAnesthesia Nurses (USPAN) virtual seminar.

October 16: PeriAnesthesia Nurses Association of California (PANAC) virtual seminar.

November 6: PeriAnesthesia Nurses Association of New Mexico (PANANM) virtual seminar.

The variety of topics, expertise of speakers, and passion of the members has been incredible! I have been blessed to meet so many members around the Region and look forward to meeting many more.

November 13, current and up-and-coming leaders from around the country attended the hybrid Component Development Institute. This is an annual event designed to educate and inspire Component leaders. If you are involved in your local Component or have thought about becoming involved, this is an opportunity to learn more.

I can hardly contain my excitement about ASPAN's 41st National Conference in Philadelphia April 7-10. Start making plans now. We are excited that the new weekend-based schedule will allow more bedside nurses to attend.

Congratulations to the many nurses who have earned CPAN or CAPA certification this fall. Please flood my email with your celebration photos at rdyer@aspan.org.



Tina Empey and Lori Silva,
ASPAN Treasurer at CDI

ASPAN Board of Directors at Component Development Institute including Region 1 Director Ronda Dyer (shown here seated in red jacket)



RMPANA members at Component Development Institute:
Tina Empey, Treasurer and
Chandra Hassemer Vice President



RMPANA Recipes

To celebrate our first 10 years as an organization in 1992, we created a cookbook. Sharing Our Best Critical Creations By Rocky Mountain Post Anesthesia Nurses Association". There are some mighty fine cooks in our organization. Here is a recipe from our second President **Lois Schick**. In addition to being an amazing nurse and educator Lois is a great cook. If you left her home hungry, it is your own fault. This recipe is great as an appetizer or as a main course for Nachos or Taco salad.

Mexican Dip

2 lb. hamburger
 1 Tbsp. garlic
 1 medium green pepper, chopped
 1 medium onion, chopped
 2 cans mushroom soup
 2 cans tomato soup
 2 lb. Velveeta cheese
 2 cups sharp Cheddar cheese

Brown hamburger, garlic, green pepper, and onion. Stir in mushroom soup and tomato soup. Melt Velveeta cheese and Cheddar Cheese. Add chili powder to taste and serve hot.



A note from Lois Schick to RMPANA:

ASPAN, RMPANA, CO-WORKERS, NEIGHBORS ,FRIENDS AND FAMILY AS WELL AS ANYONE I HAVE INADVERTENTLY MISSED:

As many of you may already know, It has been a rough couple of months for me since July 4th, 2021 when I was diagnosed with metastatic bone cancer and left breast cancer.

I cannot thank RMPANA, high school friends, ASPAN, co-workers, neighbors ,family, for all the visits, gifts, cards, gift cards and recognition given to me during this time. Most important, I need to THANK my family for all the care given to me. My sister has moved me into her home as a hospice patient and has redecorated with an emphasis on my needs. Now that is some sister! The Cedar Valley Hospice out of Cedar Valley Iowa, Waterloo/Cedar Falls provides me with my medications, nursing care, social services, supplies needed so all is going well. We are working on installing a ramp which will help me get out and about some.

My trip home to Iowa on a private Lear jet was awesome. My brother arranged to fly me to Waterloo, Iowa where I was taken by ambulance to my sister's home in Grundy Center, Iowa. Thanks for the send off from the Lutheran Collier House and Lutheran Medical Center nurses. I had a good stay while there being cared for by excellent staff. My care now also is excellent. My sister keeps me in line along with brothers, sisters, nephews, nieces, hospice staff. I am a blessed individual and So Thankful for you all. God Bless!!!!



Where to from here? No idea. I will be taking each day as it comes and being so thankful to get the pain under control and live each day to it's fullest. I have and am learning so many things during this journey. It is remarkable how nursing in the different fields is so alike. We all care about our patients and are interested in providing the Best!! We need to share ideas and pull together to provide our patients with the best. We truly can learn from each other!!! Maybe we could challenge ourselves to combine practices to better the care we give to our patients. THANKS to each of you for all you have done for me to better me as a perianesthesia, educator, nurse and person.



RMPANA District 1 update:

As RMPANA has grown and developed, it has also felt the crunch of finding interested persons to be leaders in the organization. Our current component board comes with great knowledge, strength and history and wants to revive what we have lost during the pandemic. We need more leaders, contributors, educators and active, motivated members to provide education and support to all perianesthesia nurses. There have been key changes to our component and districts over the past two years.

I would like to offer an overview of our organizational structure to help all members understand where they can help. The breakdown for our district goes from ASPAN, to Region 1, RMPANA and District 1.

To further explain:

ASPAN (American Society of PeriAnesthesia Nurses) represents 60,000 perianesthesia nurses nationwide. ASPAN organizes the National Conference presented in the spring. This year it will be in Philadelphia. *Denver will host the 2023 conference!*

ASPAN is divided into 5 Regions, RMPANA falls under **Region 1** (western states). Each Region is further divided into components.

RMPANA (Rocky Mountain PeriAnesthesia Nurses Association) is our component which includes CO, WY, and western NE. RMPANA organizes Retreat in the Rockies each fall.

Each component is further divided into Districts. **District I** is comprised of the Denver Metro area, Boulder, and the Front Range. District II includes Colorado Springs and the southern part of Colorado. District III consists of the Western Slope and part of the Mountain region (Aspen, Edwards, Eagle, and Glenwood).

As I mentioned, there have been changes. In the past, each District had an active Board of Directors. Currently, Districts 2, 3, and 4 do not. District 1 has a board but has found a lag in momentum, understandably, since the pandemic. The current board is looking for interested members to help regain the energy we thrived on in the past.

There are many advantages and benefits to becoming an active board member or committee participant:

- Opportunity for discounted or fully covered registration, travel, and hotel to attend National conference, Retreat in the Rockies, District 1 annual conference, ASPAN's Component Development Institute and/or other educational events

- A chance to sit on the Representative Assembly during National Conference to provide input on the changes and additions to the ASPAN Standards

- 5 contact hours toward recertification for Involvement in a Professional Organization outside of your hospital

- Serving on the board to gain points on a clinical ladder

- Offers a chance to give input and be involved in developing the next educational events

Hear firsthand the latest news and issues in perianesthesia nursing

Comradery with highly skilled and brilliant, seasoned perianesthesia colleagues

Gain the knowledge to know where and how to find answers to those questions you or your colleagues have in your everyday practice

Enhances your resume

Other benefits of being an active participant and supporting the continued efforts to provide programs for RMPANA and District 1:

Participating in Community related health care activities counts toward 5 contact hours for recertification

Journal Club hours can be documented for clinical ladder points

Learning and sharing best practices with your colleagues and taking that to the bedside

Opportunities for scholarships to National Conference and other educational events

I am currently the membership chairperson for District 1 and hope to encourage stronger participation in our District. Historically we have offered quarterly meetings with journal club discussions and credit hour lectures and a yearly full day conference in February. District 1 is anxious to get back to providing education to perianesthesia nurses.

As we all have experienced, there are nurses orienting to perianesthesia every day, all the time. Educators and preceptors are overwhelmed. ASPAN, RMPANA and District 1 would like to help these nurses grow from novice to experienced and for those experienced nurses to continue to grow and support the incoming orientees.

The biggest benefit in all of this is knowing that YOU and your colleagues are providing the best care to your patients!

If you are worried about over committing or not sure what "being involved" would look like, there are all different ways to contribute. Please reach out and help grow District 1 together. You are welcome to contact any board member or me: tinaempey@gmail.com for more information.

Tina (Bettina) Empey, RN, CPAN





Certified Nurses at
Retreat in the
Rockies:

CAPA
Dual Certified
and
CPAN



Save the Date!

ASPAN's 41st National Conference

April 7 - 10, 2022 📍 Philadelphia, PA

