

Air Exchange

The newsletter of
Rocky Mountain PeriAnesthesia Nurses
Association

Volume 38 Issue 2

June 2023

President's Message



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RMPANA Members,

Wow...what an amazing National Conference with strong RMPANA presence! The conference was so well attended by first time attendees alone, that they ran out of first timer badge ribbons! Woo hoo! I hope those of you that received National Conference one day scholarships found the experience enriching and engaging. Thank you to every member that attended, our National Conference Planning Committee, Board of Directors, and members that volunteered their time as hosts, hostesses, and moderators! Without each one of you, we would not have been able to host a robust conference!



We still have a few open positions on our RMPANA Board of Directors! This is a wonderful opportunity to dip your toes into a formal and informal leadership role, earn points for your clinical ladder, and meet and work alongside your perianesthesia colleagues. No experience necessary-just a passion for perianesthesia nursing and learning new things!

You will be mentored throughout the time in your role to ensure your success. The time commitment is minimal, so you will be able to continue with a healthy work/life balance and still give back to your nursing specialty.

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President's Message cont. from pg. 1

Below are our current open positions...

Click on the job for the job description for more details.

[Vice President/President-Elect](#). (October 2023-October 2024)

[Education Co-Chair](#)

[Strategic Planning Chair](#)

Multiple informal open positions...

****NEW**** *Member Representative to Healthcare Facilities*

*This role involves sharing ASPAN/RMPANA information with team members at your facility and educating on the benefits of membership.

Pictures from Chanda at National Conference 2023



Chanda welcoming everyone to the National Conference at opening Ceremonies.



President Connie Hardy-Tabet with Chanda.

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

2022-2023

Chanda Hassemer, president

Krista Hall, vice president,
evidence based practice

Marta Clements, immediate
Past president, nominations

Sana Zamarripa, treasurer

Position vacant secretary

Marcia Keiser, education
chair, newsletter co chair

Sharon Sample, bylaws,
policies/ procedures

Tina Empey, newsletter co
chair

Krista Hall, Jolena Mackie,
membership

Janet Lopez, governmental
affairs

Nancy O'Malley, historian

Lynda Marks, parliamentarian

RMPANA MEMBERSHIP for June is **539**. Have you checked is your membership expiring this month? ASPAN member benefits are extensive, just to name a few, scholarships, discounts on educational offerings, FREE subscription to *Journal of PeriAnesthesia Nursing* and *Breathline*. There are many more benefits to membership, visit [Member Benefits \(aspan.org\)](http://Member Benefits (aspan.org)) .

Treasurer's Report June 2023 By Sana Zamarripa

RMPANA pledged unprecedented support for our members to receive educational scholarships for the 2023 ASPAN National Conference held in Aurora. As of April 30, 2023, we had \$153,202.14 in our treasury. We expect to pay \$35,000 in scholarship funds for our members as 70 scholarships for up to \$500 have been awarded to our members. If you were awarded a scholarship, the deadline to request your reimbursement has been extended to June 30,2023. Please email your CEU certificate, conference registration and receipts for hotel/parking to me at sanazam@comcast.net to receive your funds.

RMPANA offers a New Nurse scholarship and an Advanced Degree Scholarship. Information and applications are on our website www.rmpana.org These applications are due July 31, 2023.

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all articles to either editor:

Marcia Keiser @marciajo@me.com **or**

Tina Empey @tinaempey@gmail.com

Region One Update
From Rhonda Dyer, Region One Director

Our Region 1 Components are thriving and the enthusiasm is contagious. PANAC has just finished its 2nd Virtual Certification Study Group with over 50 members participating. The word is out, and now we are in the process of planning our first Region 1 Virtual Certification Study Group. The details are still being worked out, but be sure to watch your Component news for more information.

The ASPAN National Conference in Denver was full of energy, excitement and enthusiasm! National Conference Strategic Work Team (SWT) Coordinator Valerie Watkins (RMPANA), RMPANA President Chanda Hassimer, RMPANA leaders and members were incredible hosts and the conference was spectacular. Thank you to the fleet of volunteers led by RMPANA SWT members Sana Zamarripa, Regina Hoefner-Notz and Marcia Keiser who made this possible!

I would like to extend a very special thank you to Marcia Keiser who graciously assisted a group of attendees (including myself) who had been involved in an Uber MVA. Your kindness will never be forgotten.

Region 1 member from PANANM and 2022-2023 ASPAN President Connie Hardy Tabet presided over the opening ceremonies, setting the tone with an inspiring address challenging all of us to become better nurses, co-workers, and leaders.

Regina Hoefner-Notz (RMPANA) could have won *The Voice* with her rendition of *America the Beautiful* at the Opening Ceremonies! Thank you for sharing your incredible talent and bringing all of us to tears.

ASPAN's Development SWT Coordinator Katrina Bickerstaff (AZPANA) and her team planned the annual Development Breakfast with a beautiful tribute to the late Lois Schick. Attendees laughed and cried along with two of Lois' sisters who were present.

If you were with us in Denver, please share your passion and knowledge with your peers and those in your Components who were unable to attend. Remember, ASPAN and our Components are made up of, for, and by our nurses. We all can contribute in some way. Reach out to your Component leaders to find out how you can help your local Component thrive.

(continued on next page)

This year, the following Region 1 members were elected to ASPAN leadership positions:

Connie Hardy Tabet: Immediate Past President

Lori Silva: Vice President/President-elect

Ronda Dyer: Region 1 Director (2nd term)

Teri Baughman: Treasurer

Brian Harradine: Nominating Committee

The following members and/or Components received national awards:

Award for Outstanding Achievement: Lori Erni (WA)

Gold Leaf Component of the Year Award (PANAC)

1-8 page Newsletter Award: PANAC

People's Choice Newsletter Award: PANAC

Recruiter of the Year: Teri Baughman (NM)

Above and Beyond Awardees from Region 1:

Debra Bennett (NevPANA)

Lori Erni (NPANA)

Brian Harradine (PANAC)

Kate Mooney (PANAC)

Also nominated for Above and Beyond from Region 1

Bethany Biardi (AZPANA)

Karen Woods (PANAC)

Ronda Dyer (PANAC)

Catherine Zuniga (NPANA)

An incredible number of Region 1 members (32 by my count) were conference faculty presenting on topics across the spectrum of perianesthesia nursing. Additionally, there were many interesting poster presentations from our members. Thank you all for sharing your knowledge and expertise.

Region 1 Presidents and
Vice Presidents with
Region 1 Director
Ronda Dyer.





Governmental Affairs

Janet Lopez, Chair

This quarter will begin the first in a series of articles describing why we as nurses can advocate and how easy it is to do so. There are several reasons to advocate but this is a main one: we are a nation of nurses, over 6 million strong! We are a trusted and respected profession and have powerful voices that can impact health care policy. Lawmakers within our state as well as those representing us in Washington need to hear about the issues that are important to nurses and their patients.

The first step of advocacy is getting to know your district representatives not only in your state but in Congress. Every day these individuals make decisions that affect some aspects of nursing or present legislative policies that impact our patients or how we deliver care. These decisions not only impact those nurses at the bedside, but also our multi-disciplinary team members. For peri-anesthesia nurses, we consider our CRNA's and NP's as direct colleagues who face critical policy issues yearly.

To get started, each state has a nursing association website where membership is not required to access most of the organization's information; each website has tools for you to easily locate your district and representatives. The website will have numerous resources to help you understand what issues they are monitoring in your state as well as those for which the nursing leaders are calling for action. This action can be as involved as you are comfortable with; either by going to your Capitol building and attending in person an assembly or committee hearing or through written support/opposition to your representatives. Here are the links for our RMPANA component: Colorado (www.coloradonurses.org), Wyoming (www.wyonurse.nursingnetwork.com), Nebraska (www.nebraskanurses.org). For Colorado nurses, I encourage you to sign up for the Colorado Nurse e-newsletter which is a FREE publication to any nurse licensed in our state. It is published 4 times a year. (www.coloradonurses.org/colorado-nurse-newspaper).

In addition to our legislative nursing associations, your state Capitol's website provides a plethora of information on legislation being discussed during the yearly session. Each division has a healthcare committee that holds public hearings and invites citizens to advocate or oppose an introduced legislative policy the committee is exploring. Session schedules are published weekly and are open to the public.

One of the best ways to start your journey to advocacy is to attend Nurses Day at the Capitol for a basic exposure to the legislative process. As reported in the last newsletter, members of our RMPANA board attended and were amazed at what we learned. It was exciting to interact with so many other nurses and nursing students, witness healthcare colleagues as well as constituents "testify" for or against a proposed policy. For our component region, this event usually takes place in February, which seems to coincide with PeriAnesthesia Nurses Week. If you have a curiosity or passion for this type of activity, please reach out to me @ lopjanet7586@gmail.com!

Do you know of a RMPANA member who is currently working on, or recently completed, an evidence based project in the Perioperative setting? RMPANA would love to hear about it! Please share with: **RMPANAEBPCommittee** rmpanaebpcommittee@gmail.com

Do you have questions about completing an EBP project on your unit, or submitting an abstract to share your work at a nursing conference? RMPANA is here to support you! Please reach out to: **RMPANAEBPCommittee** rmpanaebpcommittee@gmail.com

Evidence-Based Practice

Krista Hall, BSN, RN, CPAN EBP Chair

According to the Agency for Healthcare Research and Quality (AHRQ), surgical site infections (SSIs) are the most common nosocomial infections for surgical patients. SSIs are associated with increased length of stay, readmission, and mortality. SSI prevention bundles are a recommended strategy to decrease SSI rates. Examples of interventions included in bundles are perioperative antibiotic compliance, maintenance of normoglycemia, mechanical bowel preparations, standardized skin preparations, and maintaining normothermia. One possible intervention in a SSI bundle is preoperative warming to help maintain normothermia during the intraoperative period. Hypothermia during the perioperative period has been identified to increase the risk of a SSI, but can preoperative warming reduce the risk after surgery? One meta analysis looked at seven randomized controlled trials (RCTs) that evaluated SSI rates with and without the use of a preoperative warming protocol for a total of 1086 patients. The results showed that prewarming could decrease the risk of SSI by 40%!

If interested in learning more, please see the below link to the abstract and full article. [Effects of preoperative warming on the occurrence of surgical site infection: A systematic review and meta-analysis - PubMed \(nih.gov\)](#)

Website Update

Take a look at the new website! We have updated the website and we hope it will be easier to navigate. If you have any questions or need help please don't hesitate to contact me @ [*rmpanawebsitecommittee@gmail.com*](mailto:rmpanawebsitecommittee@gmail.com)



Follow us on *FACEBOOK* and *INSTAGRAM*

If you have ideas, photos, or stories to share, let us know! We love to highlight our members!

Congratulations to RMPANA Member Sonja Welter BSN, RN, CPAN on winning Magnet Nurse of the Year! Sonja is a Charge Nurse in the PACU at the University of Colorado Hospital in Aurora. She was nominated by a colleague for being an integral part in helping develop and roll out the Gastric Sleeve Same Day Discharge program in the PACU. In addition, Sonja worked with the Virtual Health Team to roll out Remote Patient Monitoring for Gastric Sleeve Same Day Discharge patients. This innovative program allows patients who may otherwise need to be admitted for monitoring or oxygen requirements, to discharge home safely.

Sonja on left, was recognized at UCH's CNO address on May 11, 2023



Since its inception in 1987, Project C.U.R.E. has delivered medical relief to needy people in more than 120 countries.

Volunteers sort medical supplies to ship world wide to those countries in desperate need.

Volunteer Opportunity for Project C.U.R.E.

The next opportunity will be announced on the website
It is normally limited to 15 people. Sign up early!!



Project C.U.R.E. International Headquarters
10377 East Geddes Avenue
Centennial, CO 80112

Visit our website for more information:

<https://rmpana.nursingnetwork.com>

Recent volunteers: Nancy O'Malley, Paula Schaffer,
Megan Lefors, Amy Miller, Angela Colamarino, and Julie Kline



EDUCATION

July workshop canceled

Save the date for the Fall Workshop

Retreat in the Rockies

October 7, 2023 0800-1700

Breckenridge, CO

There is still time to participate in the Educational Committee. Please send your Willingness to Serve, found on the website, to the president, Chanda Hassemer.

Any questions or ideas for educational topics, please contact Marcia Keiser at marciajo@me.com.



CPAN/CAPA Virtual Study Group Info Session on June, 28th! More information on the Website, RMPANA.org

The Benefits of CPAN[®] and CAPA[®] Certification

Join an elite group of board-certified perianesthesia nursing colleagues

Become CPAN or CAPA certified to:

- Improve patient care and safety
- Enhance employer confidence

Examination Schedules & Fees

Fall Exam Window Important Dates:

Registration Window-Online* July 1– October 31

Examination Administration Window September 15– November 15

*Please note: the last day of the registration window is a FINAL deadline. Applications submitted electronically after midnight EST on this date will NOT be accepted.

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,

2023 ASPAN National Conference ONLINE RECORDED SESSIONS

Available June 26 - October 24, 2023

55 sessions from the 2023 National Conference will be recorded and available as online recorded sessions from June 26 - October 24, 2023. The sessions total 67.5 contact hours,

If you registered for the full in-person conference, you will receive access to these sessions at no charge.

Go to ASPAN.org for more information

*****National Conference Reflections*****



Mountain of Appreciation & Gratitude-Sana, Valerie & Marcia



Regina Hofner-Notz



RMPANA at the President's reception

Above—Barb Godden,
Nancy O'Malley,
Sana Zamarripa,
Sharon Sample, Jolena
Mackie



Sharon Sample

Lois Schick sisters with Nancy O'Malley and Terry Clifford



Jolena, Nancy,
Chanda and Krista



Below-RMPANA represented at the ABPANC luncheon.

