

Air Exchange

Rocky Mountain PeriAnesthesia Nurses Association Newsletter



Volume 39 Issue 2

June 2024

President's Message

Krista Hall



Hello RMPANA! Thanks for taking the time to view The Air Exchange, RMPANA's quarterly newsletter. Please make sure you keep scrolling to view the fun we had at ASPAN's 43rd National Conference in Orlando, FL. We couldn't have asked for better weather, speakers, or company. 31 RMPANA members traveled to Orlando for National Conference, and I had the pleasure of meeting several of you at First Timer's Orientation and our Region 1 Meet & Greet. We gained a lot of perianesthesia education hours, networked with other ASPAN members, and shared current workplace challenges and successes. Hopefully everyone was able to sneak in a little sun and pool time as well!

At National Conference, I had the privilege of representing RMPANA, along with VP/President Elect Janet Lopez, at the annual ASPAN Representative Assembly (RA). This year we voted to update and strengthen position statements on the use of capnography monitoring and non-operating room anesthesia. Look for these updated positions to be posted on ASPAN's website soon, and to be included in the *2025-2026 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Another hot topic was perianesthesia nursing's impact on and response to climate change. There will be a new position statement coming out regarding this. The RA also voted on ASPAN's next new Board of Directors and leaders. You can view our new leaders on ASPAN's website at this link:

[ASPAN Board of Directors 2024-2025](#)

Finally, please don't hesitate to reach out to RMPANA with clinical practice questions or for evidence-based project support. We are here to serve you and help ensure perianesthesia nurses in our region know and follow ASPAN standards in whatever setting you work in. It's also fun to hear about your projects, awards, and clinical ladder promotions. We love to hear from our members!

Respectfully,

Krista Hall BSN, RN, CPAN

RMPANA President, RMPANAPresident@gmail.com

Interested in volunteering for RMPANA? It's a great resume builder and provides opportunities for both personal and professional growth. Bonus, meet new friends with the same passion for perianesthesia nursing and qualify for scholarship money to attend local and national conferences! Please reach out for more information on open board and committee positions.

RMPANAPresident@gmail.com

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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, families, and the community.

Board of Directors

2023-2024

Krista Hall, president,

evidence based practice

Janet Lopez, VP/pres. elect,

Governmental affairs

Chanda Hassemer, immediate

Past president, nominations

Sana Zamarripa, treasurer

Abby Chilson, secretary

Marta Clements, website

Marcia Keiser, education chair, newsletter editor

Maria Sekutera, bylaws,

policies/ procedures, education co-chair

Jolena Mackie, membership

Regina Hoefner-Notz,

Strategic Planning

Nancy O'Malley, historian

Lynda Marks, parliamentarian

Upcoming Events

June 26..Virtual Certification Study Group
Informational meeting via Zoom

July 1—October 31.. 2024 Fall

Recertification Registration Window

October 4th..RMPANA Board of Directors
meeting

October 5th.. Retreat in the Rockies,

Castle Rock, more details later

April 27– May 1, 2025.. ASPAN 44th Na-
tional Conference-Dallas, Texas

RMPANA Scholarships Available

- * New Member Scholarship
- * New Nurse Scholarship
- * Advanced Degree Scholarship
- * Charitable Contribution

See the website for applications and further
information at RMPANAnursingnetwork.org

Region 1 Director's Report

Ronda Dyer



We are currently looking for certified perianesthesia nurses interested in helping others prepare for CPAN and CAPA certification exams. ASPAN's Region 1 Components are currently completing their 3rd Virtual Certification Study Group and are planning to begin another group for the fall testing cycle. If you would be interested in volunteering your time to help lead sessions or want to know more, please reach out to Region 1 Director, Ronda Dyer at rdyer@aspan.org.



Treasurer's Report

Sana Zamarripa

The **2024 RMPANA budget** was approved.

Projected Operating income 2024, \$22,000.00

Projected Educational Expenses, \$9,000.00 (winter workshop)

Projected Education Expenses, \$16,200.00 (Retreat in the Rockies)

Component Governance Expenses, \$16,850.00

Scholarships, \$13,800

Miscellaneous Expenses \$2,875.00

Governmental Affairs

Janet Lopez

After returning from an energizing ASPAN National Conference and attending sessions pertaining to Government Affairs and Advocacy, I wanted share what I learned and return to the series that we started; reviewing how to contact, write and have your voice heard by your state and federal legislators. Last newsletter, I shared that Colorado [HB24-1066, \(Workplace Violence in Healthcare Settings\)](#) was amended and passed in the House Health & Human Services Committee. As I mentioned then, we knew there is more work ahead. At this time, the bill has been sent to Appropriations, meaning that this committee will now evaluate the requirements of the bill from a budgetary standpoint to determine funding. Your engagement will help move this bill forward. ASPAN is also partnering with American Nurses Association (ANA) to support pending legislation at the Federal level on this very hot topic.

Although your letter/email/call may be received and reviewed by staffers, those with personal stories of effect on you or a coworker have greater impact. You can even *#tag* legislators in social media posts. Most legislators hold Town Hall meetings/meet ups with their constituents, usually after the legislative session has completed.

The links below will point you to locating your specific legislators based on your home address. Additionally, I have links to the legislators who serve on health/medical subcommittees. For those of you in the Thornton/Northglenn area, Kyle Mullica, an emergency department nurse, sits on the senate subcommittee. Even if you are not one of his constituents, he is a good colleague to express your voice. Within the links, each Colorado legislator has contact information.

[Find My Legislator | Colorado General Assembly](#)

These links list who serves on these subcommittees:

[Health & Human Services | Colorado General Assembly](#)-Representatives

[Health & Human Services | Colorado General Assembly](#)-Senators

At the Federal/US level, **Colorado** only has one senator and no representative seated on a health subcommittee; John Hickenlooper: Subcommittee on Employment and Workplace Safety (*Chairman*). **Wyoming** has neither senator nor representative on a health subcommittee.

I encourage you to go to the ASPAN website for Governmental Affairs ([Web Resources \(aspan.org\)](#)) which has a plethora of resources. In the next couple of weeks, I will be placing a sample letter on the RMPANA website that you can print, sign and send to your representative. Please reach out if you would like to join me on this advocacy journey or if you are ready to roar!



Evidence Based Practice

Krista Hall

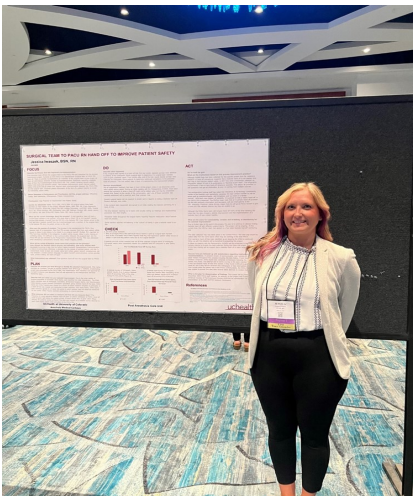
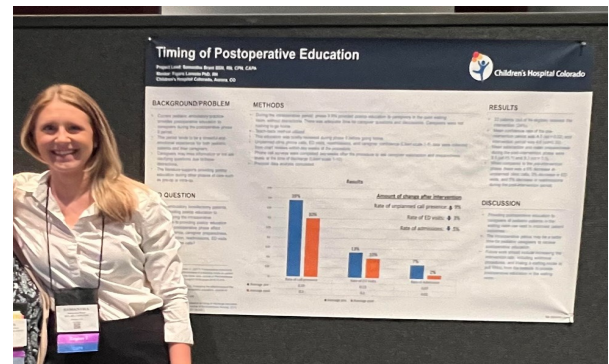


Evidence-Based Practice Member Spotlight

Congratulations to the RMPANA members who presented their poster at the 43rd ASPAN National Conference in Orlando, FL this April!

*RMPANA Member
Sam Brant BSN, RN,
CPN, CAPA,*

Timing of Postoperative Education



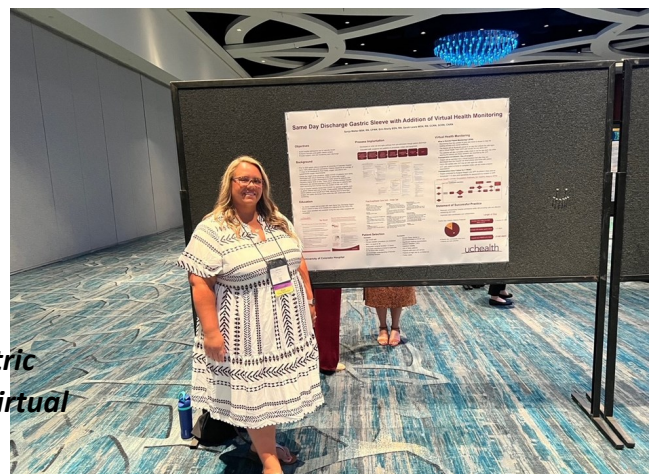
*RMPANA Member Jess
Iwaszek BSN, RN, Surgical
Team to PACU RN*

Handoff to Improve Patient Safety

RMPANA Member Sonja

Welter BSN, RN, CPAN,

Same Day Discharge Gastric Sleeve with Addition of Virtual Health Monitoring



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

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 fall conference will be held on October 5, 2024, in Castle Rock, CO. Mark your calendars now and get your request in for time off.

The committee is still putting together the speakers for the fall conference, and it looks to be a another wonderful variety of topics. ASPAN President Lori Silva will be present.

For members thinking about Certification or Recertification ASPAN's Region 1 Components are currently planning to begin another group for the fall testing cycle. This will be the 3rd Virtual Certification Study Group and there has been much excitement about this study group. The feedback from the Spring study group had been fantastic. There has been over 20 new certifications so far. Here is a quote from Lynde, who took the Spring exam.

"Wow! I can't thank you ladies enough! This was my third time taking CPAN and I knew through out the test that this time I was PASSING!! The study group was an awesome tool that was a huge part of my success this time! Your dedication and commitment to encouraging certification and this study group is priceless and greatly appreciated!"

Watch on our website for dates when the study group will start.

We are always looking for more committee members to help develop workshops and conferences. Contact me or submit a Willingness to Participate form.

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all articles to editor:

marciajo@me.com



ASPN

American Society of PeriAnesthesia Nurses



Virtual Certification Study Group Informational Session

When: June 26, 2024

Time: 7pm PST

Where: Zoom

“

I knew through out the test that this time I was PASSING!! The study group was an awesome tool that was a huge part of my success.

For Zoom Link:

StudygroupR1@gmail.com

Community Program Project C.U.R.E.



May 4, 2024, these members of RMPANA gathered to help sort medical supplies for Project C.U.R.E.

Thanks to everyone for your time and dedication to this worthwhile project.

The RMPANA members sorting medical supplies for the day were:

Brooklyn Rogers	Jessica Maurer	Carla Zercher	Staci Aoyagi
Karly Lentz	Terry Lee	Paula Schaffer	Norika Fujihara
Anita Former	Lindsey George	Patty George	Maria Brentor (sp?)
LeeAnne Waterman	Doreen Rogers	Andrea Peltier	Kim Smith
Jackie Ross	Aliana Rusu	Ghena Ungurean	Evelyn Evers
Anne Purvis	Sarah Walker	Pam Romero	Kristen Rosensach

Your efforts will help so many people worldwide in need of medical supplies.

2024 ASPAN National Conference

Orlando, Florida

RMPANA President Krista Hall (left) & RMPANA VP/ President Elect Janet Lopez (right) representing RMPANA at ASPAN's annual RA meeting. What an honor to serve as a rep!



Marriot Conference Center



Time to relax by the pool

Nancy O'Malley with the Schick sisters



Janet and Nancy posing for a photo



ASPAN

"Serving nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management."

Congratulations to the ASPAN 2024-2025 Board of Directors!

President: Lori Silva, MSN, RN, CCRN, CPAN

Vice President/President-Elect: Ursula Mellinger, BSN, RN, CPAN, CAPA

Secretary: Sarah Cartwright, DNP, RN, NI-BC, CAPA, FASPAN

Treasurer: Teri Baughman, BSN, RN, CEN, CPAN, CAPA

Immediate Past President: Alphonzo Baker, DNP, RN, CAPA

Regional Director – Region 1: Ronda Dyer, MSN, BSPA, RN, CPAN, CAPA, CNE

Regional Director – Region 2: Linda Allyn, BSN, RN, CPAN, CAPA

Regional Director – Region 3: Marlene Nahavandi, BSN, RN, CAPA

Regional Director – Region 4: Stephanie Johnson, MSN, RN, CPAN, CAPA

Regional Director – Region 5: Nickcole Price, MSN, RN, CPAN, CAPA

Director for Clinical Inquiry: Amy Berardinelli, DNP, RN, NE-BC, CPAN, FASPAN

Director for Clinical Practice: Lori Erni, BSN, RN, CCRN, CPAN

Director for Education: Antoinette (Toni) Zito, MSN, RN, CPAN, FASPAN ASPAN

Chief Executive Officer: Kevin Dill, MBA, BS

Nominating Committee: Dorothy Flowers, BSN, RN, CAPA

Natalie Friess, MSN-Ed, RN, CPN, CPAN

Amy Parker, BSN, RN, CPAN

Ashlynn Penna, DNP, RN, CPAN, CAPA, NPD-B

ASPAN

"Serving nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management."

Did you know you can support ASPAN Development in a couple ways?

- * **Hail, Honor and Salute!** *allows you to honor people and organization*
- * **Legacy for Life** is support for the preservation and advancement of the Society

All gifts are tax deductible. More information is on ASPAN's website: ASPAN.org or you can contact Doug Hanisch @dhanisch@aspan.org.

Remember the benefits to your membership! Renew or join ASPAN TODAY.

Mark your Calendars NOW!!!





Apply for a Certification or Recertification Scholarship for the Fall 2024 exam or Recertification by May 31. Multiple scholarships are available. Questions about the process Contact abpanc@cpancapa.org



ASPAN
American Society of PeriAnesthesia Nurses



Virtual Certification Study Group Informational Session

When: June 26, 2024

Time: 7pm PST

Where: Zoom

“ I knew through out the test that this time I was PASSING!! The study group was an awesome tool that was a huge part of my success. ”

**For Zoom Link:
StudygroupR1@gmail.com**

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,



Cheers to all the new members of ASPAN & RMPANA

January

Beach, Morgan, BSN, RN
Blankenbeckler, Jessica Michelle, BSN, RN
Campanini, Kayla, BS, RN
Cavanaugh, Cate, RN
Chalifour, Yvonne, RN
Davis-Turner, Sarah Elizabeth, BSN, RN
Evangelista, Ronald, MSN, BSN, RN, CNOR
Fortner, Anita, BSN, RN
Friesen, Jill, CMSRN
Hanna, Chris, BN, RN
Hanneman, Karla Jane, MSN, BS, RN
Heins, Shelby, BSN, RN
Heinz, Felicia E, BSN, RN
Jiganti, Jayne, MN, RN
Jones, Sophie, RN
Kimball, Kyla, MSN-Ed, RN, CPAN
Kruger, Elizabeth, BSN, RN
Kummeth, Barbara, BSN, RN
Langness, Craig, ADN, RN
Lesnansky, Catie, RN-BC
McNally, Alicia M, BSN, RN
Miller, Kristen A, RN
Moceri, Natalie Rose, RN
Morgan, Brittany Lanette, RN.C
Nafziger, Emmanuelle, MSN-Ed, RN, CPAN, CAPA
Olson, Sandra Marie, RN, CPAN, CAPA
Pippert, Erica Marie, BSN, RN
Polfus, Colleen Marie, RN
Raguse, Erica, BSN, RN, CEN
Rocheleau, Emily, BSN, RN, CPN
Schultz, Ashley Michelle, BSN, RN, SCRNP
Sidney, Katie, BSN, RN
Spence, Natalie, RN

February

Allen, Natalie, RN
Ballou, Michelle Lynn, MBA, MS, BSN, RN
Brown, Thomas Kevin, BSN, RN
Brummet, Kelli M, BN, RN, CPAN
Dokken, Jennifer, RN
Downing, Kelly, RN
Downing, Myles, CFRN
George, Patty, BSN, RN
Hiner, Michele, BSN, RN
LeFrock, Madeline, RN, CCRN
Lemaire, Barbara, BSN, RN, CPAN
Manner, Dorothy J, BSN, RN, CCRN, CPAN, RNFA
Mitchell, Linda, RN, CAPA
Moore, Anne, BN, RN
Olson, Kayla, RN
Thies, Ryan, BSN, RN
Tyne, Vicky J, ADN, RN
Valdez, Zuzana, BSN, RN
Watzek, Candy Jo, BAN, RN
Wine, Kelsey Jo, RN
Woods, Leta Michelle, RN

March

Anderson, Solange, RN, CPAN
Bagby, Alese L, BSN, RN, CEN, CPEN
Bartee, Thomas, BN, RN
Benfatti, Heather Marie, BSN, RN
Conner, Kaitlyn, BSN, RN, CPN
Hickok, Marlene Rae, BSN, RN, CPAN
Kyle, Shannon, BSN, RN
Luger, Molly, RN
Macha, Luz, BN, RN
Masters, Austin, BSN, RN



Cheers to all the new members of ASPAN & RMPANA

April

Bock, Kellie, MSN, RN
Brink, Kami, RN
Campbell, Nicole, BSN, RN, CAPA
DesCamp, Melissa, RN, CAPA
Grant, Jennifer A, RN
Jack-Blue, Victoria L, BSN, RN, CAPA, CGRN
Kite, Rachel R, BSN, RN, CAPA
Magness, Jennifer, RN
McCollum, Kenneth Neil, RN
McFarland, Meghan, MSN, RN
Miller, Alisha, BN, RN
Moss, Alyssa, BSN, RN
Parham, Amanda, RN
Rinehart, Deanna, BSN, RN, CPAN
Sanfilippo, Mary Elizabeth, BSN, RN
Smaus, Christina, BN, RN
Trujillo, Alexie M, BSN, RN
Urmini, Diana, BSN, RN
Yanosich, Eric, BN, RN
Young, Dianna, MSN, RN, CPAN, NE-BC

May

Abbott, Elissa Lynn, BSN, BS, RN
Beaty, Lindsay Elaine, RN
Boychenko, Aleksandra, BSN, RN
Brown, Victoria Marie, BSN, RN
Carmody, Amanda, RN
Ecklund, Katherine M, RN
Kirkman, Kate, BN, RN
Martin, April E, BS, RN, CCRN, CPAN
Parkins, Bethany Anne, BSN, RN
Rivenes, Brenda N, ADN, RN
Sengelmann, Heather, BSN, RN
Shaw, Kat, BN, BS, RN
Smith, Ashley Lauren, RN
Strahan, Connie Kay, BSN, RN
Sullivan, Kerrin, BScN, RN
Withington, Ashley, BSN, CRRN

Thanks for joining ASPAN and RMPANA. We hope we can meet your educational needs. If there is something you have a question about or need more resources we are here for you. Contact us through the website, Instagram or on Facebook.