

Air Exchange

The newsletter of PeriAnesthesia Nurses Association



Volume 39 Issue 4

Oct/Nov 2024

President's Message



"Just as the leaves turn and fall in a kaleidoscope of colors, so too do we witness the shifting landscape of leadership, ushering in a season of change and renewal." -Author unknown

This quote deeply resonates with me as RMPANA embraces the future and celebrates another rewarding year. So much to share! This past year has been marked by extraordinary achievements: awarding member scholarships for the National Conference, increasing and awarding scholarships to current nursing students, supporting ASPAN Perianesthesia Development Institute in St. Louis to learn ways to lead a successful component. Our immediate past president worked with our Region 1 Director to offer Certification Study Groups through which a RMPANA members became certified. RMPANA membership boasts proudly that 91% of our members are certified, of which 33 are dual certified!

Our hearts go out to the people who have been so severely impacted by the recent hurricane devastation. We know that our ASPAN component colleagues, in the hardest hit areas, will face lasting hurdles. On behalf of you, our RMPANA members, the board voted to make a \$1000 donation to Samaritan's Purse.

Additionally, RMPANA members continue to support Project Cure Events; check out the website for photos of fun. As of October 1, we are 541 members strong and look to ways we can engage our members. We are absolutely thrilled to have some very active Hospital Member Representatives and look to expand that group in the coming year.

One of the biggest goals of this past year was something we were fearful of trying, but RMPANA jumped in with courage and commitment, determined to make it a success. And succeed we did! Kudos to our Education Committee who took a leap of faith and spearheaded not only an entertaining Retreat in the Rockies but also a simultaneously virtual offering! With only a few initial hiccups (cont. pg.2)

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and support behind the scenes (AKA a VERY special RMPANA First Husband), the virtual offering was attended by over 40 members, including a Region 1 member who “Zoomed” in from Hawaii! With the maiden voyage behind us, we look to the same success for our Lois Schtick Winter Workshop coming in February 2025. Our members have asked for virtual conferences and our wish is to now reach more members in Colorado and Wyoming. As more and more components offer virtual, the educational opportunities and CE’s will expand as well.

Please take a few minutes on the ASPAN website-there are now more than 20 hours of FREE CE’s!! The next six months hold more exciting ASPAN and RMPANA events that I will provide updates in the coming Air Exchange Newsletters. National Conference is coming to Dallas in April. So many first-time attendees were at the 2024 National Conference in Orlando, including some from our component who we had the pleasure of meeting at the Region 1 Meet and Greet. For you adventurous ones, the International Collaborative PeriAnesthesia Nurses (ICPAN) will be in Ireland in September.

We have several board positions open now and for the year 2025-2026 as well as many informal/supportive roles that have very little time commitments but are so rewarding! Job descriptions can be found on our website; complete the Willingness to Participate form and we will be in contact with you.

[Job Descriptions | The Rocky Mountain PeriAnesthesia Nurses Association | Nursing Network](#)

<https://rmpana.nursingnetwork.com/page/100084-willingness-to-participate-form>

Lastly, I would like to extend my deepest gratitude to Krista Hall, your RMPANA Immediate Past President. She led RMPANA with boundless energy. Her visions this past year took us to new heights, and we are stronger today for that dedication. I embrace and appreciate her willingness to mentor me as President as I continue forward with what she started for the benefit of our members. I want to recognize our Board of Directors for their selfless service to our organization. I look forward to meeting more of you at events and conferences this coming year, welcoming a season of growth!

Janet

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

2024-2025

Janet Lopez, president, governmental affairs

Krista Hall, Immediate past president, nominations, evidence based practice

Sana Zamarripa, treasurer

Abby Chilson, secretary

Marta Clements, Website/
Social Media

Marcia Keiser, education
chair, newsletter editor

Jolena Mackie, membership

Regina Hoefner-Notz,
Strategic Planning

Nancy O'Malley, historian

Lynda Marks, parliamentarian

Upcoming Events:

November 16th– Project Cure Volunteer Opportunity

February 1st – Annual Lois Schick Winter Workshop at the Embassy Suites, Denver International Airport

February 2nd-8th– Happy PANAW week!

Deadlines for submission to the newsletter are:

February 28

May 31

August 31

October 31

Please send all articles to editor:

Marcia Keiser at marciajo@me.com



Governmental Affairs

Janet Lopez

Your experiences matter! They each carry tremendous weight to lawmakers in Congress, at the state level and even your local city and county councils.

For some nurses, engaging with lawmakers and expressing their viewpoints is a daunting prospect. As a start, keeping yourself informed about key issues that affect nurses, nursing practice and our patients is a way to understand how you feel and what stirs inside you. An easy way to keep up with the current issues is to visit [RNAction.org](https://www.rnaction.org).

Although most lawmakers are on hiatus for another few months, the Congressional Nursing Caucus has reorganized and relaunched. This bipartisan body is a critical ally in gaining support for nursing priorities. Various organizations hold events on Capitol Hill during the year such as American Nurses Association (ANA), Association of Nurse Leaders (AONL) and Nursing Community Coalition. Their websites each have valuable information if you have a passion to learn how to communicate with lawmakers. They are all partners with ASPAN as well.

The advocacy process can be long and challenging, and each issue takes baby steps to move forward and almost always requires compromise to achieve goals. As we enter into our next legislative sessions, our nursing leaders involved in these negotiations will be focusing again on nursing staffing, workplace protections, access to nursing care and addressing the nursing faculty shortage so we can train more nurses and remove the barriers to increasing our numbers. Stay tuned as we enter the next session after the first of the year.

Treasurer's Update

Sana Zamirripa



RMPANA is financially strong!

We awarded three ***Nursing Student*** scholarships, six ***Member Scholarships***, and one ***National Conference Scholarship*** for 2024. We sent two members (Krista and Chanda) to the Representative Assembly (RA) for 2024. In addition we will be sending two members to the *Perianesthesia Development Institute* for 2024 and Janet to the 2025 Representative Assembly in Texas.

The balance at the end of August 2024 was **\$126,254.50**



Website/Social Media

Marta Clements

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.

Follow us on *FACEBOOK* and *INSTAGRAM*

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

Membership

Jolena Mackie

Membership as of
October 31,

526

Evidence Based Practice

Krista Hall



Is Mandatory Pregnancy Testing Before Surgery in our Patients' Best Interest?

An article in Teen Vogue recently caught my eye due to its relevance to a current practice change at my hospital, "Pregnancy Test Before Surgery: What to Know About Consent and Your Rights". While the article appears political in nature at first, it also addresses the ethical concerns about routinely performing pregnancy tests prior to surgery, such as violating a patient's right to make informed choices about their health care. Other concerns around mandatory pregnancy testing include the potential harm a patient might experience if an unwanted pregnancy becomes documented, and coercion to consent due to fear their surgery or procedure may be cancelled if they decline testing. In addition, there is no medical benefit in testing people who can't become pregnant, aren't sexually active, or whose partners can't get them pregnant. The hospital where I work just recently stopped mandating pregnancy testing for all female born patients of childbearing age prior to surgery, and is now offering patients a choice based on informed consent of the risks, benefits, and alternatives. This is a big practice change for many of us who are used to case cancellations when a patient "refuses" a pre-operative pregnancy test. While this practice change has been supported by most health care providers at my facility, it has also been met with some apprehension and resistance. Let's take a closer look at what the current evidence supports!

The American Society of Anesthesiologists (ASA) last amended their "Statement on Pregnancy Testing Prior to Anesthesia and Surgery" in 2021. Per the ASA's statement, modern day anesthetics have not been shown to increase teratogenic effects, however there is a lack of current scientific literature "to inform patients or physicians whether anesthesia may have adverse neurodevelopmental effects on the fetus during pregnancy". The ASA recommends offering female sex patients of childbearing age a pregnancy test if the result would alter the patient's medical management, such as surgeries involving the uterus, surgeries that disrupt uterine blood flow, and procedures that may increase risk of birth defects or congenital disorders such as radiation. The ASA's statement also acknowledges the ethical considerations for routine pregnancy screening, and supports the patient's right to make an informed decision to proceed with preoperative pregnancy testing or to decline pregnancy testing.

(cont. pg. 7)

Evidence Based Practice

The American College of Obstetrician and Gynecologists (ACOG) doesn't directly weigh in on pre operative pregnancy testing, but they do have recommendations on "Nonobstetric Surgery During Pregnancy". ACOG recommends postponing elective surgery until after delivery, but states a pregnant woman should never be denied medically necessary surgery regardless of trimester. They also conclude there is no currently used anesthetic agent or sedative that has teratogenic effects, and that there is no evidence they have any effect on the developing fetal brain. Furthermore, ACOG supports shared decision making that takes into consideration a patient's values and priorities during the informed consent process.

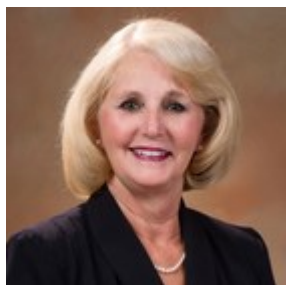
The practice of routine pregnancy testing prior to surgery was based on the concern of a negative impact on a developing fetus. While there are some procedures and medications that pose a high risk to a fetus, many types of surgeries and modern anesthetics are generally considered safe. Current recommendations support offering pregnancy testing to female born patients of child bearing age and not making it mandatory. This recommendation backs the principle of autonomy, a fundamental principle in medical ethics, which includes informed consent and respect for shared decision making.

Change in practice isn't always easy, but knowing the evidence and expert recommendations behind a change makes it much more reassuring! What is current practice regarding pre-procedure pregnancy testing in your facility?

References:

American College of Obstetricians and Gynecologists. (2019). ACOG Committee Opinion No. 775: Nonobstetric Surgery During Pregnancy. *Obstetrics & Gynecology*. 133(4):e285-e286. <https://doi.org/10.1097/aog.0000000000003174>

American Society of Anesthesiologists. (2021). "Statement on Pregnancy Testing Prior to Anesthesia and Surgery." www.asahq.org/standards-and-practice-parameters/statement-on-pregnancy-testing-prior-to-anesthesia-and-surgery.



Education

Marcia Keiser

October 5 was our annual RIR which was held in Castle Rock with 115 participants (in-person 77, virtual 38). The program was delivered by some remarkable speakers and new knowledge was gained on topics like rotationplasy, ethics, capnography, perianesthesia care in the non-operating room, respiratory complications and seeking resiliency with humor. The speakers received high reviews such as “ excellent information, great topics, fantastic speakers” to mention just a few. My special thanks to the speakers for a job well done.

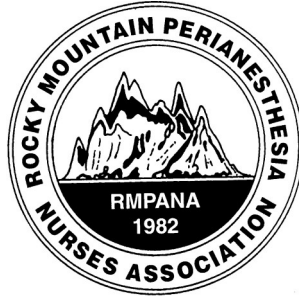
I especially want to give a BIG THANKS to my educational team and Mr. Hall for stepping up to help make our virtual option a success. I could not have done this without your help. We learned a lot and more feel more confident to provide more virtual options to our membership.

The programs the Educational committee provides are based on the evaluations “suggestions for future programs.” I take the suggestions seriously and try my best to include topics you as the membership have suggested. If you have a person you know who would love to speak on a topic that interest you and your colleagues please let me know. The success of education depends on collaboration between educators and members, addressing your needs and the relevance of the topics.

Save the date for RMPANA’s winter workshop, February 1, 2025. Although the details are still being worked on, the workshop will be held at Embassy Suites, Denver International Airport. More details will come later.

“The beautiful thing about learning is that no one can take it away from you” -B.B. King

Rocky Mountain PeriAnesthesia Nurses Association



Project C.U.R.E Community Project

Saturday, November 16, 2024

0900-1200 (text me if you plan to come at 0800)

Project C.U.R.E

10377 E. Geddes Ave. Ste. 200, Centennial, Colorado

I-25 to East Dry Creek Rd—east exit to South Clinton Street; left (north) to East Geddes Street; right (east) to Project Cure on left side. (East of Maggiano's Restaurant)

WE ARE LIMITED TO 20!!

You MUST register online for this event:

<http://denrmpana.projectcure.volunteerhub.com/>

Click on the link on the calendar

(copy Control C and paste Control V) if it does not work)

Please register for this event even if you have registered before!

Additional Information:

Nancy O'Malley: 303 437-5546 or nancyo44@aol.com

Minimum age to volunteer: 14

(under 18 requires parent/legal guardian signed consent)

RMPANA members and guests are invited

We usually go out for lunch after—join us if you can!

Instructions for ALL PROJECT CURE VOLUNTEERS:

You need to register on the Project Cure prior to arrival at the warehouse. This is a liability requirement as well as a mechanism for monitoring volunteer hours to assist Project Cure with grant funding and reporting.

Event Date/Time: Sat, November 16, 2024 from 9:00 AM - 12:00 PM

Event Name: RMPANA

Attire: Closed-toed shoes are required in the warehouse.

Dress WARM in the winter (still may be chilly in early May) – some of the warehouse is heated but it can be very chilly.

Parking: Park in the west lot; enter through the door that says Volunteer Entrance.

Event Description: You are invited to Deliver Health and Hope to the World! Project C.U.R.E. was founded in 1987 to help meet the need for medical supplies, equipment and services around the world. Since its inception, Project C.U.R.E. has delivered medical relief to needy people in more than 120 countries. We will be sorting medical supplies for those who are in desperate need. This will be a fun, engaging and hands-on experience.

Watch the video to become familiar with Project C.U.R.E. and learn about the vital impact your volunteer experience creates. **[Project CURE Video:](https://www.youtube.com/watch?v=eX1VFzZw5TI)**
<https://www.youtube.com/watch?v=eX1VFzZw5TI>

If the door is locked, call me on my cell-303-437-5546.

Let me know if you have any problems registering or questions.



Community Service Projects

Project C.U.R.E. See previous page/flyer

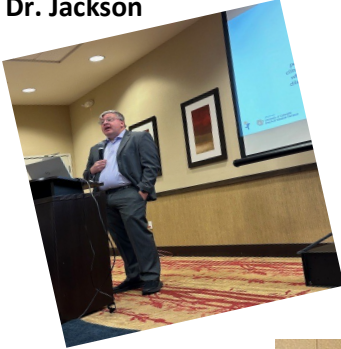
Feed the City, on Saturday October 26, RMPANA members help make meals for people in need. With the help of RMPANA we made 1,000 sack lunches, this was a record for *Tango Charities* at this location. Members put together ham/turkey sandwiches, potato chips and *Cutie* oranges for about two hours. The sack meals were then transported the same day to people in the Denver area.



Photo Gallery

More photos can be view on the website

Dr. Jackson



Barbara Godden, Marcia Keiser and Lori Silva



Dr. Donaldson



BOD MTG

Abby , Janet, Krista



**President Krista swearing in
President elect Janet Lopez**



BOD MTG

**Nancy, Chanda,
Sana**



Marcia Keiser



Kristin Paston



ASPAN President Lori Silva



Regina Hoefner-Notz



Attendees at RIR

