



# PAR EXCELLENCE

*Summer Edition*

**MNDAKSPAN's  
Quarterly Newsletter**



by Peggy Forstner RN, BSN  
MNDAKSPAN President

Greetings fellow MNDAKSPAN members and fellow Perianesthesia nurses,

As I have been working with my Board members and the conference planning committee to prepare for our Fall Conference, "Innovations", to be held in beautiful Rochester, MN on Sept 29<sup>th</sup>, I have been reflecting on the words that are on the front of the brochure. These are displayed in a word cloud about our organization and our profession. Here are just a few of the more prominent words and some thoughts I have about them:

**Innovation:** Nurses have been in the forefront of innovation since the beginning of our profession. Florence Nightingale developed hygiene (and handwashing) standards in the 1850's.

Bessie Blount Griffin developed the first feeding tube in the 1940's for WWII vets who were struggling to eat.

Sister Jean Ward developed Neonatal Phototherapy in the 1950's for the treatment of newborn jaundice.

Anita Dorr developed the first crash cart in the 1960's, just to name a few.

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What innovations have you had in your unit recently? Are you an early adopter, do you follow the majority, or are you resistant to change?

**Technology:** Nurses have been directly involved in the development and leverage of technology to improve patient care and safety. This includes EMR's, Smart IV Pumps, Smart Beds and Carts, and Med dispensing cabinets just to name a few.

**Creativity:** Nurses are the most creative creatures on the planet! We can be counted on to think of a solution to almost any issue we face.

**Customers:** We all define patients and their families as our ultimate customers but how do you view providers, ancillary staff, environmental services, our managers, etc? We all define customers differently depending on our roles in nursing but all of us are called to treat everyone we meet as a customer.

# PRESIDENT'S MESSAGE (CONT.)

## BOARD OF DIRECTORS 2018-2019

### President

**Peggy Forstner BSN, RN**  
Crosby, MN

Email: [peggy.forstner@cuyunamed.org](mailto:peggy.forstner@cuyunamed.org)

### Past President

**Deb Moengen BSN, RN, CPAN**  
South Haven, MN

E-mail: [djmoengen@gmail.com](mailto:djmoengen@gmail.com)

### Secretary

**Elaine Prom BSN, RN-BC, CAPA**  
St. Cloud, MN

Email: [promelaineg@gmail.com](mailto:promelaineg@gmail.com)

### Treasurer

**Andrea Neumann RN, BSN, CAPA**  
Champlin, MN

Email: [mndakspan.treasurer@gmail.com](mailto:mndakspan.treasurer@gmail.com)

### Director of Membership/Marketing

**Sara Bowles RN, BS**

Laporte, MN

Email: [Sara.Bowles@sanfordhealth.org](mailto:Sara.Bowles@sanfordhealth.org)

### Director of Education

**Angela Nelson MSN, RN**  
Woodbury, MN

Email: [angela.tajuna3@gmail.com](mailto:angela.tajuna3@gmail.com)

### Director of Certification

**Kristin Christensen BSN, RN, CAPA, CPAN**  
Deerwood, MN

Email: [kristin.christensen@cuyunamed.org](mailto:kristin.christensen@cuyunamed.org)

### Director of Publication

**Robert Davidson BSN, RN, CCRN, CPAN**  
St. Cloud, MN

Email: [mndakspan.newsletter@gmail.com](mailto:mndakspan.newsletter@gmail.com)

### ASPAN Region 3 Director

**Sylvia Baker MSN, RN, CPAN**  
Winnebago, IL

Email: [Sbaker@ASPAN.org](mailto:Sbaker@ASPAN.org)

**Research:** Are you a member of ASPAN? Do you receive the "Breathline" ASPAN journal? Do you read the research articles? Are you involved in research at your facility? What are you doing to ensure that you have the latest research and EBP imbedded into your unit and your practice?

**Value:** How is value defined in your facility? Do you know the clinical scores for your surgical department? What is your infection rate? Your falls rate? Your handwashing compliance rate?

**Growth:** What are you doing personally and professionally to grow as a person and as a nurse? Have you taken time to learn a new hobby or skill in the past year?

**Global:** I have a coworker that makes an annual mission trip to work with midwives in a very poor and undeveloped area of Haiti. As a hospital and a community, we save expired supplies, make reusable sanitary napkins kits so young girls don't miss school during their menses, collect gently used infant blankets and sleepers, and collect donations for shipping. While only a few nurses go to Haiti every year, we all feel the joy of helping others.

**Goals:** What are your goals for this year? Are you thinking about advancing your degree? Considering getting certified in your nursing specialty? Aspiring to be a leader either formally or informally in your unit? Volunteering for a local charity or religious group?

**Failure:** Did your unit try something new only to have the project or process improvement process fall flat? Does your unit look for lessons learned when the outcome is less than desirable? Some of the greatest successes begin with a failure.

**Empathy:** Has your nursing practice become rote and mechanical? Do you take time to really listen to your patients and families? In our ever increasingly demanding profession, I hope you take time to really listen and connect with your patients every day.

I hope you will join your nurses in Rochester to learn about some of the new "latest and greatest" in perianesthesia nursing. Whether you come alone or with a group of your coworkers, I hope you take some time to enjoy the fellowship and networking that only a LIVE seminar can bring. Use it as an opportunity to recharge your batteries, gain knowledge you can share with the staff members that are back home working and meet new friends that share your passion for perianesthesia nursing.

See you in Rochester!

## Fall 2018 Conference Saturday, Sept. 29th, 2018



### Saturday, September 29, 2018

- |             |   |
|-------------|---|
| 0700 – 0745 | Registration and Breakfast  |
| 0745 – 0800 | Welcome, Introductions and Announcements                                    |
| 0800 – 0900 | The Nurse's Role in the Opioid Epidemic<br>Catherine Ewing, RN              |
| 0900 – 1000 | Pediatric Anesthesia Updates<br>Dr. Dawit Haile                             |
| 1000 – 1015 | Break   |
| 1015 – 1115 | Transgender patient care<br>Justine Herndon, PA-C                           |
| 1115 – 1215 | Sepsis<br>Patricia Conlon, APRN, CNS, MS                                    |
| 1215 – 1300 | Lunch   |
| 1300 – 1400 | Serotonin Syndrome<br>Andrey Borkovskiy, APRN, CRNA                         |
| 1400 – 1500 | Proton Beam Radiation<br>Sharon Boyce, APRN, CNP                            |
| 1500 – 1515 | Break and Recognition of Newly Certified Nurses                             |
| 1515 – 1615 | Psychological Safety: The Key to Engaged and Effective Teams<br>Mary Peters |
| 1615 – 1630 | Evaluations   |

Double Tree by Hilton Hotel Rochester  
Mayo Clinic Area  
150 South Broadway  
Rochester, MN 55904



[www.mndakspan.nursingnetwork.com](http://www.mndakspan.nursingnetwork.com)

# MNDAKSPAN MEMBERSHIP

MNDAKSPAN's members as of August 1st, 2018 is **319!**

by Sara Bowles RN, BS  
MNDAKSPAN Director of Membership/  
Marketing  
[sara.Bowles@sanfordhealth.org](mailto:sara.Bowles@sanfordhealth.org)

It's a great time to join or renew  
your membership to MNDAKSPAN  
and ASPAN!

Our Fall Conference is just around  
the corner on September 29th in  
Rochester, MN. We have just  
revamped our website to give you  
more, including access to Nursing  
Network and all the connections  
and resources it has to offer.

Check it out at:

[mndakspan.nursingnetwork.com](http://mndakspan.nursingnetwork.com)

or contact me, Sara Bowles,  
Director of Membership &  
Marketing for any questions.

Check out our MNDAKSPAN  
Facebook page too! Stay up on  
events and opportunities by meeting  
and connecting with other members  
from our region.

Thank you to our MNDAKSPAN  
Members! We look forward to  
another wonderful year!

## New Members

### June

Amanda Pope  
Christine Waschke  
Sarah Wentz

### July

Shannon Cummings  
Stephanie Nester  
Jennifer Williams  
Jean Johnson

### August

Kate Berger  
Sharon Lukach  
Jaye Pierick  
Stacy Ringstad  
Melissa Sergot  
Alicia White

## Renewing Members

### June

Amanda Pope  
Mary Piens  
Emily Mutter  
Sudan Handon  
Tanya Mazzone  
Kari Sholz  
Julie Hampson  
Kim Anderson  
Kristin Behrend  
Lorraine Gustafson  
Stephanie Halverson

### July

Jennifer Williams  
Judith Paulson  
Emily Rorem  
Julie Oppold  
Darin Prescott  
Maura McCabe  
Joshua Hardin  
Diane Johnson  
Deb Moengen  
Heather Nelson

### August

Shannon Beckl  
Kate Berger  
Marlys Chesney  
Traci Gujer  
Janet Olson  
Kelsey Saralampi  
Alicia White  
Joan Sauro  
Brittany Schwarz



## Mission Statement:

MNDAKSPAN serves to promote the education and professional growth of nurses practicing in  
perianesthesia areas such as ambulatory surgery, pre-anesthesia, and post-anesthesia care.

# MNDAKSPAN MEMBERSHIP (CONT.)

Check us  
out!!



Nursing Network is the professional network connecting nurses with the groups they belong to, colleagues they support, and resources they need.



Minnesota-Dakota Society of PeriAnesthesia  
Nurses

MNDKSPAN

[mndakspan.nursingnetwork.com](http://mndakspan.nursingnetwork.com)

Visit us now to see first hand, the award-winning healthcare technology company, committed to improving the way the nursing industry communicates, collaborates, and connects online.

ELECTION

## MNDAKSPAN BOARD MEMBERS

Have you thought about becoming MORE INVOLVED in MNDAKSPAN by becoming a Board Member? Elections are held every year for Board positions:

2019

Secretary  
Director of Education  
Directory of Publication  
Vice President/President Elect

Each position is a 2 year commitment with the exception of VP/President elect which is a 4 year commitment ( 1 year VP, 2 years President, 1 year Past President). Any member of MNDAKSPAN can run for office. It is a great way to meet new people, advocate for your practice and have fun.

Please visit our website to fill out your Willingness to Serve and send to or email to:

Peggy Forstner, BSN, RN  
MNDAKSPAN President  
[peggy.forstner@cuyunanamed.org](mailto:peggy.forstner@cuyunanamed.org)

# CPAN/CAPA CERTIFICATION



SPRING 2018  
NEWLY CERTIFIED

## CPAN

Vicki Roettger (MN)\*\*  
Janet Olson (MN)\*\*  
Shawna Mueller (MN)  
Karen Ford (MN)  
Katie Donahue (MN)  
Allison Fuchs (ND)  
Remedios Adarna (ND)  
Heidi Johnston (SD)

## CAPA

Jennie Halstensen (MN)  
Terry Good (MN)  
Cinda Foley (MN)  
Krystal Gottsman (MN)\*\*  
Janet Olson (MN)\*\*  
Erica Ackerman (MN)  
Lucille Hansen (MN)  
Lisa Biernat (MN)  
Joyce Anderson (ND)  
Nichole Jaeger (ND)

\*\* indicates nurses who are dually certified

## STATISTICS as of April 2018

12,580 CPAN & CAPA nurses...  
and growing!

MNDAKSPAN TOTAL: 248  
CPAN: 125 CAPA: 92 DUAL: 31

Congratulations to all those who  
certified this Spring... and  
congrats to the many who  
recertified!

Kristin Christensen, RN, BSN, CAPA, CPAN  
MNDAKSPAN Director of Certification  
kristin.christensen@cuyunamed.org  
work: (218) 546-4308  
cell: (218) 851-6101



GET CERTIFIED  
THIS FALL !!

Registration is now open for Fall testing. Register  
now through September 15<sup>th</sup> to then test from September  
15<sup>th</sup> to November 15<sup>th</sup>.

See [cpancapa.org](http://cpancapa.org) for more information.

# CPAN/CAPA CERTIFICATION (CONT.)

## REMINDER:

MNDAKSPAN offers scholarships for CPAN and CAPA certification AND recertification fees! If you newly certified OR recertified this Spring and meet the eligibility requirements, you should apply! The deadline for application is September 15<sup>th</sup>. Applications and additional details are available on our website [mndakspan.nursingnetwork.org](http://mndakspan.nursingnetwork.org).

As always, if you have any questions regarding CPAN/CAPA certification or recertification or if you just need some encouragement in getting started... I would love to talk to you!

by Kristin Christensen  
MNDAKSPAN Director of Certification

Download a free poster from ABPANC to post on your unit:

[https://cpancapa.org/pdf/Certification\\_Poster\\_Fall18.pdf](https://cpancapa.org/pdf/Certification_Poster_Fall18.pdf)



The poster features the CPAN and CAPA logos at the top. Below them, the title "CPAN and CAPA Certification" is prominently displayed. The text explains that the certification exam schedule only comes around twice a year and provides the registration deadline of September 15. It lists "5 Reasons to Do It Now!" and "Don't Procrastinate!" with bullet points. A section titled "Study Tools are Available Online:" lists various resources like the certification app, study app, question of the week, practice exams, handbook, blueprints, references, study plan, coaching, webinars, tips brochure, and study guide. A QR code is also present. At the bottom, the registration deadline is reiterated as September 15, 2018, and the ABPANC logo is shown along with the tagline "CPAN and CAPA Certification: Nursing Passion in Action".

## CERTIFICATION NEWS

Effective July 1, 2018, ABPANC has made significant and exciting changes to both our Certification and Recertification programs! Please be sure to check out the What's New? links on [www.cpancapa.org](http://www.cpancapa.org) to learn more about:

- Clinical Experience Requirements for Certification
- Clinical Practice Hours
- Requirements for Recertification
- Contact Hour Requirements for Recertification
- ABPANC's NEW candidate management system, Learning Builder
- Dates and Deadlines for Certification
- ABPANC's new Voucher System and much more!

## GET INVOLVED

ABPANC is accepting nominations for several RN Director positions for the 2019-2021 term of office. If you share our passion for certification, have a willingness to serve, and are ready for a true challenge, learn more about the opportunities at [www.cpancapa.org/nominations](http://www.cpancapa.org/nominations). Nominations are due no later than October 31, 2018.

## CPAN® / CAPA® CERTIFICATION STORIES

Read the stories of nurses just like you to get their perspective on the benefits of certification and what it is like to prepare for the exam.

[www.cpancapa.org/benefits/my-certification-story](http://www.cpancapa.org/benefits/my-certification-story)



## A CLOSER LOOK AT A NEW BILL

by Deb Moengen BSN, RN, CPAN  
MNDKSPAN Past-President

In my last Par Excellence newsletter article, I wrote about how a bill is introduced and moves through the process of becoming a law. Reviewed the resources available through ASPAN and where you can locate them on the website. This month I thought I would focus on a specific bill that is currently in the process and discuss how this would affect our practice.

**The bill I would like to focus on is H.R. 5718: PRO Act. The bill states, “To convene a technical expert panel to provide recommendations on reducing opioid use in the surgical setting and on best practices for pain management, and for other purposes.” Do you think that this will affect how we care for our patients?**

This bill has specific criteria such as, “Approaches that limit patient exposure to opioids during the perioperative period, including pre-surgical and post-surgical injections.” Did you ever imagine that a bill such as this would be so applicable to our patients and the care we provide? If a bill such as this would pass we would have to consider this when developing pre-operative and post-operative orders. Can you imagine telling your patient, I’m sorry you are at your limit and we are not allowed to administer any additional opioid medication because of the Pro Act law.

Another portion of this bill states, “Prevention of opioid misuse and abuse after discharge.” This would and should be considered in how we send our patients home. We should be looking at how many tablets are on the prescription and if there are any refills. It is not only the physician’s responsibility but ours as the patients advocate. Do you include special education on discharge about the medications the patient will be taking? I am sure you are, however consider taking this a step farther and telling them more on the signs of misuse and abuse.

ASPAN does an excellent job of addressing these topics along with others in Practice Recommendation 11, The Prevention of Unwanted Sedation in the Adult Patient. There are six pages to guide us in our care we provide to patients. This includes pre-operative assessments all the way to discharge. Are you using these as your guide in building your order sets and discharge instructions? It is a brilliant resource for us to help provide the best care to our patients and do our part in this opioid crisis.

I hope that learning a bit about a bill has inspired you to pay a little closer attention to what is happening on the forefront. I would encourage you to look at the website, [www.govtrack.us](http://www.govtrack.us). There is a feature within the website to allow you to get alerts on activity that you are interested in. The bills that are introduced and put into law do affect our practice in how we care for our patients.

The education and resources that MNDKSPAN and ASPAN offer should provide the confidence to become more involved with the government. At the next MNDKSPAN conference the opening session is, The Nurses Role in the Opioid Epidemic. It will be interesting to hear what the speaker Catherine Ewing has to say about our role. Please encourage your colleges to attend this conference and learn more.

Looking forward to seeing you at our next conference!

Blessings.

### References

“H.R. 5718 – 115th Congress: PRO Act.” [www.GovTrack.us](http://www.GovTrack.us). 2018. August 17, 2018  
Par Excellence Spring edition 2018, Governmental Affairs 101

# MATURATION, REPLENISHMENT AND SEARCHING

**REGION 3 REPORT**  
*Summer 2018*

by Sylvia Baker, MSN, RN, CPAN, FASPAN  
ASPAN Region 3 Director

Are you welcoming the warmth of summer days relieved with the coolness of the nights? Many things can get done during the summer days: gardens mature, Vitamin D gets absorbed, play takes place as we search for a respite from the summer's heat. The cool evenings serve as a means for replenishment and regeneration.

Summer is a time for your ASPAN Board to be busy with maturation, absorption and searching. The RDs have been busy planning and preparing for the Component Development Institute (CDI) coming up in September. This is a wonderful opportunity for Component Leaders to network and gain some insights into some different leadership options which should help build and replenish your Components. Don't be afraid to contact your Component Leadership to offer your regeneration. We have many opportunities and mechanisms to support you.

I have plans on visiting several of my Components this Fall. This will be a busy time for me as I am winding down my second term as your RD: a fun and rewarding experience for me.

While I'm talking about completing my second term, I'd like to invite you to consider serving (and running) for a position on the ASPAN Board, as we search for innovative ideas and interest. The Call for Nominations went out July 11th. You are never expected to do a function for this fantastic organization without orientation and mentoring to assist you in your maturation on this professional level. Access the ASPAN website, review the positions and complete the documentation for you to begin one of the most rewarding challenges you may ever experience.

Maturation, replenishment and searching are verbs that are very busy during the summer months. I am here to serve you. Please feel free to contact me with any questions or concerns so I may assist you in your professional maturation, rejuvenation and searching!

## CALL FOR POSTERS

Show case your evidence based practice/research project with a poster presentation at our Spring and/or Fall MNDKSPAN Conferences.

Contact: Peggy Forsnter [Peggy.Forstner@cuyunamed.org](mailto:Peggy.Forstner@cuyunamed.org)  
if interested!

## 7 Ways to Boost Your Metabolism

by Tricia Sladky BSN, RN, CPAN  
Certified Group Fitness Instructor

Metabolism is largely hereditary and can slow as you age. Boosting your metabolism with these minor dietary/lifestyle changes can help you maintain your weight and maybe even shed a few pounds in the process.

- Lift weights! A pound of muscle burns roughly 10 calories an hour compared to body fat which burns 2-3. By lifting weights, you increase your lean muscle mass which in turn increases your metabolism.
- Eat Watermelon. Watermelon contains a large amount of the amino acid, arginine. A recent study suggests that arginine improves your body's fat oxidation and increases lean muscle.
- Get your caffeine fix. Your daily cup of joe can increase your metabolism by 5-8%.
- Eat your fiber. Research shows that fiber can increase your fat burn by as much as 30%. Fibrous foods require extra energy to chew and digest. They also keep you feeling full longer.
- Drink cold water. Drinking cold water forces your body to expend extra energy to heat the water to body temperature.
- Turn down the thermostat. Research shows that sleeping in a 66 degree room increases metabolism by 7% over sleeping in room set at 75 degrees.

- Take care of your thyroid. Eating foods that contain iodine (found in table salt) and zinc (found in meat, shellfish, and poultry) promote thyroid health which is the gland responsible for driving your metabolism.



## Calendar of Events

### July 1st-Sept. 15th, 2018

Fall Registration Window—Online  
*CAPA/CPAN Certification*

### September 14th-16th, 2018

ASPAN Component Development Institute  
*St. Louis, MO*

### Sept. 15th-Nov. 15th, 2018

Fall Examination Administration Window  
*CAPA/CPAN Certification*

### September 29th, 2018

MNDAKSPAN Fall Conference  
*Rochester, MN*

### February 2019

PeriAnesthesia Nurse Awareness Week  
(PANAW)

### Feb. 8th-9th, 2019

MNDAKSPAN Winter Conference  
*Plymouth, MN*

### Jan. 1st-March 15th, 2019

Spring Registration Window—Online  
*CAPA/CPAN Certification*

### May 5th-9th, 2019

ASPAN 38th National Conference  
*Nashville, TN*

# BOARD MEETING MINUTES

## Executive Board Meeting: Summary of Minutes

**July 25, 2018  
St. Cloud Hospital**

### **BYLAWS REVIEW**

The board reviewed the MNDKSPAN Bylaws. There is duplicate verbiage in Section 9.1 that will be deleted.

### **Section 9.1 Executive Committee.**

*The Executive Committee shall be composed of the President, ~~Vice-The Executive Committee shall be composed of the President~~, Vice-President/President Elect, Treasurer, Secretary, and Immediate Past President. Between meetings of the Board of Directors, this committee, to the powers permitted by law, shall have and may exercise all the powers and authority of the Board of Directors in the management of the Association. The Board of Directors shall retain the right to modify or otherwise alter action taken by the Executive Committee unless precluded by law.*

### **POLICIES/PROCEDURES**

MNDKSPAN policy states that the Director of Membership shall update and maintain general mailing list. MNDKSPAN does not have a current mailing list. Peg will verify with the Membership Director that a mailing list is maintained.

### **FALL CONFERENCE 2018 IN ROCHESTER UPDATES**

The fall conference moved from the Holiday Inn to the Double Tree.

There are 3 vendors planning to be at the conference.

Breakfast and lunch will be included.

Angela is finalizing the speakers.

Expenses were reviewed, and after discussion, the conference fee will be increased by \$10.

Cancellations were discussed. At the Feb 2018 Board meeting, the board amended and approved changes to Section 11.4 MNDKSPAN Conference Cancellation Policy.

These changes were not sent out to the full membership, so it is not posted as current policy. Peg will send out to membership for vote and update posting.

### **Section 11.4 MNDKSPAN Conference Cancellation Policy.**

*Refunds for MNDKSPAN conferences will be determined by date. A full refund, minus processing fees, will be given 15 days ~~two weeks~~ preceding the conference date. An administration fee of 20% will be charged 14-2 days preceding the conference and no refund will be given the date immediately preceding the conference. Due to the expenses that are incurred during the planning of this event, there will no refunds issued if the event is cancelled for any reason including, but not limited to, bad weather, natural disaster, or acts of terrorism. **This policy applies to all conference registrants and vendors.***

### **CRISIS PLAN**

Peg initiated discussion about having a Crisis Plan. One potential threat to the viability of the organization would be the sudden loss of a board member. Peg shared an example of a crisis plan outline she obtained from an online source.

Peg and Robert will investigate options.

### **FINANCIAL REPORT**

Andrea gave the financial report. Assets exceed liabilities.

### **STRATEGIC PLAS AND GOALS**

Application has been submitted for a certification review course for Jan 2019.

Robert continues to welcome articles for the newsletter.

Complete minutes are available for those who are interested. Please contact me at [prome@centracare.com](mailto:prome@centracare.com)

Respectfully submitted,

Elaine Prom, BSN, RN-BC, CAPA  
MNDKSPAN Secretary

## July 2018

## Publication dates for PAR Excellence

<b>Edition</b>	<b>Publication Dates</b>
Winter	February or March
Spring	May or June
Summer	July or August
Fall	October or November

**Note:** Par Excellence's publication dates may vary so that we can continue to offer component members updates on the most recent MNDKSPAN conferences, ASPAN events and Board meeting minutes. Notification of the newsletter's publication will come via email/Constant Contact.



## Contributions and Feedback to PAR Excellence

The key aspect of better representing MNDKSPAN activities throughout the year is through member submissions to the newsletter. Even if it is just a short paragraph, an entire article, or a single photo, we warmly welcome all contributed submissions to the newsletter.

Ideas to consider:

- submitting an article or editorial
- sharing photos from conferences or other member activities
- debuting an excerpt from your research or evidence based practice project
- sharing a successful program, strategy, or initiative

Please feel free to contact the Director of Publication, at [mndakspan.newsletter@gmail.com](mailto:mndakspan.newsletter@gmail.com), with submissions, questions, comments or suggestions. Submission deadlines are the two weeks preceding the earliest publication date.

At times, PAR Excellence will feature themes and submissions may be held for publication in those issues. MNDKSPAN does not guarantee that articles submitted will be used in the publication. Authors will be contacted regarding whether the article will or will not be used. Thank you!

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