Inside this Pulseline

Ronda’s Remarks .................................. 2
Scholarships up for Grabs ....................... 2
ASPAN Region 1 Director’s Update .......... 3
Overflow Patient Care in the PACU ......... 3
Congratulations Newly Certified Nurses .. 3
Meet PANAC 2017-2018 Board Candidates 4
Humanitarian Work on the Navajo Nation . 5
Sustained Visitation in a Blended PACU .... 5
California Legislation in Capsule ............. 6
Meet Kate Mooney- Education Committee .. 6
Director’s Corner .................................. 6-7
The Power of the Pillowcase .................. 7
Calendar of Events ............................... 8

President’s Message:
Caring for Others; Caring for Ourselves
By Kevin MacVane, BSN, RN, CAPA

Becoming an Urban Zen Integrative Therapist taught me to utilize breath awareness, aromatherapy, yoga restorative poses/movements, body awareness, meditation and Reiki to assist relief of patients’ pain, anxiety, nausea, insomnia, and constipation. One important takeaway is how integral self-care is when caring for others. Leslie K. Lobell said, “you cannot keep giving to others if you do not give to yourself first. It is like pouring water from a vessel: you cannot pour and pour without refilling - it will eventually run dry.”

Nurses tend to have the damaging habit of pushing aside our needs as we provide medical, physical, and emotional care for our patients. The emotional highs and lows and nearly constant decision making can be mentally and physically draining. In 2014, the US Bureau of Labor statistics reported that hospital workers had twice as many musculoskeletal injuries due to over-exhaustion as workers in all categories combined. Burnout continues to increase the critical nursing shortage as nurses leave for less stressful jobs. One study of more than 10,000 nurses from 5 different countries found the incidence of burnout 34%-54%. Stressed or fatigued nurses are more likely to make mistakes being at increased risk of failure to recognize patient distress. Nurses whose emotional reservoirs are low are less equipped to meet the needs of their patients and this may negatively impact patient safety. Roshi Joan Halifax said, “without self-care, there is no healthcare, only sick care.”

Self-care is a critical step to lower burnout, turnover, and the likelihood of adverse events. Take a few moments to identify your self-care deficits and formulate a simple plan to promote relaxation and restore or nurture the wellbeing of mind, body, and spirit. Act on your plan, taking a few moments each day to restore, hydrate, and nurture yourself. Refresh yourself by consciously breathing in and out ten times.

Outside of work, self-care can be different for every person. Whether you like a hike, a picnic, or time at church, take care of your body, mind and spirit so you can continue the amazing work you do caring for others.

References

State Capitol photo by By Andre M., Wikimedia
Ronda’s Remarks

By: Helen C Fong, MSN, RN, PHN

New Customer Service for Certification and Recertification

Recognizing that challenges, questions, and issues may arise, ABPANC has established certification/recertification support lines and pledged response within 24 hours during the work week.

New Initial Certification Clinical Experience Requirement:

In the 2 years prior to applying for initial certification, you must have at least 1,200 hours of direct clinical experience. This is reduced from 1,800 hours, recognizing that there are expert perianesthesia nurses choosing to work part-time.

New Recertification Clinical Practice Hours Requirement:

Individuals seeking recertification must have accrued a minimum of 900 hours of perianesthesia nursing practice as a Registered Nurse during their three year period of certification. Clinical practice hours may be earned as a perianesthesia staff nurse, manager, and educator or researcher roles. This is reduced from 1,200 hours, allowing expert perianesthesia nurses working limited hours to maintain certification.

New Certification or Recertification Learning Builder Systems:

Whether certifying for the first time or recertifying, ABPANC has simplified the process with the launch of Learning Builder Systems which walk users through each step of the process ensuring that all requirements are addressed.

New Customer Service for Certification and Recertification

Recognizing that challenges, questions, and issues may arise, we offer specific points of contact. ABPANC pledges response within 24 hours during the work week and has established certification/recertification support lines.

Application support for new exam candidates (PSI)

Email: abpanccandidatesupport@psionline.com    Phone: 1-866-830-1145

General inquiries, eligibility questions, or questions about recertification (ABPANC)

Email: abpanc@proexam.org    Phone: 1-800-622-7262

Scholarships Up for Grabs!

By: Helen C Fong, MSN, RN, PHN

Are you a lover of life long learning? Do you enjoy attending conferences? Is money keeping you from your desires of attaining certifications, or attending classes? PANAC can help. The Alice Wise Memorial Scholarships are available every year for nurses desiring to pursue an advanced degree or certification/recertification, conduct perianesthesia research, participate in humanitarian missions, or attend PANAC/ASPAN seminars.

You could be one of the AWMS awardees. Simply visit the PANAC website where you can complete and submit the online application between October 1 and December 15.

Are you an active member of PANAC/ASPAN? Do you attend Chapter or District meetings, PANAC or ASPAN conferences? Do you help by getting speakers, or being a speaker? Perhaps you are on a committee, or have created a poster presentation? Maybe you are certified? These are just a few of the options to qualify for scholarships. Take the opportunity to fund your yearning to advance your career and continuing education. Apply now for the Alice Wise Memorial Scholarship!! Please contact Kevin MacVane at President@panac.org for any questions.

Congratulations to previous awardees for the $500.00 ASPAN national Conference last April: Renita Basset, Kate Mooney, Mary Mullins, Amanda Chandler, Patty Crosby. Samson Mouanautaua received the $500.00 RN Student Scholarship.
**ASPN Region 1 Update**

By Shay Glevy, BSN, RN, CPAN, CAPA

ASPN Region 1 Director

My term as Regional Director for Region One has made me marvel at the teamwork it takes to make our organization great! It has made me think of all the intricacies it takes to be a great team and how much is involved. What makes a team great? What is happening behind the scenes of a team’s structure?

Looking through different articles on this subject I found many things that a team does that we don’t see. Besides the practice, teams may meet to work on mind-set, having different individuals come to focus on one sub-set of drills to make there overall play better. On my last update I spoke of how I marveled at all the details of others working together to bring our national conference to fruition, and there is more!

The ASPAN board meets throughout the year, via teleconference, emails, and sub-sets of committees to truly make sure you are getting the most not only from your membership, but wanting to make sure you have opportunities for other ways to meet your needs. We also want to make sure you have available to you the most up to date information in your area of expertise. Please go to www.aspan.org and see what educational opportunities are there for you to further dig in and get behind the scenes education far beyond one time a year at national conference!

Upcoming opportunities this fall:

There are over 20 educational opportunities this fall through ASPAN’s Webcasts & Seminars ranging in topics from Perianesthesia Certification Reviews, Pediatrics, Legal Issues, Perianesthesia Fundamentals to Essentials.

ASPN’s Component Development Institute (CDI) in St. Louis September 14-16 provides education designed to strengthen Component leadership.

Don’t forget your own component and all they have to offer!

Thank you for having a passion for your profession!

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**Overflow Patient Care in the PACU**

By Susan Nunes RN, CAPA, ASPAN Clinical Practice Committee member

As we approach flu and pneumonia season, we anticipate many will be interested in this question frequently posed to ASPAN’s Clinical Practice Committee.

**Question:** I am looking for current practice on the PACU being utilized as a hold area for non-surgical patients with orders for admission to ICU.

**Answer:**

I understand your institution is utilizing the PACU for non-surgical patients during high census. There are some issues with using PACU or ASC for any other purpose. What happens to the patients having surgery the next day? What risk is incurred utilizing an area for a purpose for which it was not designed? Are nurses cross-trained and floating to ICU regularly keeping up-to-date on patient care and documentation competencies? In addition, financial regulations from CMS potentially put facility federal reimbursement dollars (Medicare and Medicaid) at risk for placing patients in a PACU and not a patient room.

It is not unheard of to hold postoperative patients in the Phase I PACU awaiting an ICU bed as PACU is considered a critical care unit. That being said, ASPAN’s Position Statement 3, A Joint Position Statement on ICU Overflow Patients developed by ASPAN, AACN and ASA’s Committee on Surgical Anesthesia recognizes the PACU as a critical care area providing nursing care for patients immediately after operative and invasive procedures prior to discharge to the Phase II ambulatory setting, the inpatient surgical unit, or the Intensive Care Unit. Staffing and the competencies of the nurses caring for the patients should be consistent with institution specific ICU/ICCU/ ICU guidelines. If your department does not have a copy of the 2017-2018 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements, it is available on at www.aspan.org and is an invaluable resource to any perianesthesia care unit.

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**Congratulations Newly Certified Nurses!**

**CPAN**

Julius Anitohin  
Tara Michelle Asami  
Rosa Maria Avila  
Barbora Bajova  
Katrina Bataclan  
Holly Bettencourt  
Lisa Anne Beye  
Roxanne Raldehyde  
Yon Joo Chong  
Perlas Angela Christensen  
Kelly Ann Cordova  
Brigitte Croud  
Dena Derosa  
Rusela M. Desilva  
Teresa Devlin  
Esther Dilgert  
Jamie Durham  
Marlene Rae Farkas  
Kalynda Gibson  
Kristie Gillispe  
Marciel Goyena  
Christina Han  
Bee H. Hill  
Michelle Horn  
Elaine Ignacio  
Andrea Stevenson Lever  
Shirley Mcdade  
Roy Dean Mcginnis  
Hirut Moges  
Chelsea Moghtanei  
Wayne Musgrove  
Stephanie Nguyen  
Vi T. Nguyen  
Cherlynn Dawn O’Brien  
Raquel Palaganas  
Susanne Palmer  
Joanna Marie Pasion  
Lauren Pittman  
Christopher Reyes  
Cheryll Jasmin Reyes  
Cynthia Michelle Rodriguez  
Lucinda Sapikowski  
Anna Schlenker  
Matthew Smith  
Margaret Frances Stockhus  
Dana Stone  
Joy Tossell  
Czarina Villaluna  
Elizabeth Kathleen Woods  
Victoria A Zahn  
Jane Frances Zema

**CAPA**

Linda Zoller Aldera  
Kristen Andersen  
Jay Joseph Beebe  
Sheila E. Carter  
Angela Rose Chessum  
Gabriela Cruz  
Jean Ellen Dallura  
Sharon Louise Davis  
Deborah Deatheragehand  
Mozghan Jalalipour  
Patricia Ann Johnson  
Sily Mary Joseph  
Christine Julie Kanan  
Seolhee Shari Kim  
Mark Mantele  
Lucinda Marie Meloy  
Kim Hoang Orng  
Catherine Joy CuaPangan  
Lynnville Mendoza Pascual  
Catherine M. Rambo  
Ann Marie Setz  
Elizabeth Spranger  
Sachee Surapiboonchai  
Ismael Torres  
Jill C. Tupper  
Lxyander Ulanday  
Lloyd Ventura Villacorta  
Kimberly Viray  
Deanna Wolford  
Carmen Wu  

**Dual:** CPAN and CAPA

Hazel D. Basa  
Eva Myla Chavez  
Kimberly Ann Morrow  
Denise Oxford  
Rocio Milagros Toledo  
Joyce Lance Wright  

**Totals**

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Each newly certified nurse was sent a discount voucher from PANAC. If you did not receive yours, please contact president Kevin MacVane at kevinm@panac.org.
Candidate for President-elect
Karen Woods, RN, CPAN, CAPA
Karen Woods is a Staff Nurse IV at Kaiser Santa Rosa in their PeriAnesthesia Department since the hospital opened in 1990. She has been PANAC Treasurer for the past four years, 2009 - 2012 District 4 Director, and a PANAC/ASPN member for over 22 years. She holds dual certification with both CPAN and CAPA. Karen is a member of the Education Committee, Strategic Planning Committee, and was part of the 2018 National Conference Strategic Work Team as the Host/Hostess Coordinator in Anaheim.

As treasurer and part of the Executive Board, Karen managed and reinvested PANAC's reserve funds in a manner that better supported PANAC's needs, increasing the amount of funds available for scholarships for PANAC members. She provided quarterly treasurer reports to the board, handled all the monthly bills, deposits, processed all the financial expenses and income from state and district seminars, and worked closely with the board, the monthly bookkeeper and tax accountant to assure financial records were complete, timely, accurate, and within budget. As District 4 Director, Karen enjoyed being an active member of the PANAC Board of Directors, started two new Chapters, served as Coordinator for the Santa Rosa/North Bay Area Chapter, and organized and coordinated two District seminars in Sacramento.

Karen has learned to embrace the fact that the one thing that never changes is change. PANAC/ASPN provides the evidence-based education, networking and support needed to navigate the changes in our profession while advocating for our patients and work place safety. “As President-elect/President I want to combat complacency through knowledge, vigilance and professional pride that comes from being a part of our professional organization.”

Karen and her husband Keith have been married for 31 years. They have two adult children, Tyler, who is finishing his Masters Degree at San Jose State University and is daddy to their two darling grandchildren; and Leanne, who just finished her Bachelors and starting her Masters at Chico State this fall.

Candidate for Treasurer
Lori A Silva, RN, CCRN, CPAN
PANAC's Immediate Past President Lori Silva has been an ASPAN/PANAC member since 1997. In addition to serving as President-elect and President, Lori has served as PANAC's Marketing Chair and Education Chair. She is ASPAN’s Membership and Marketing Strategic Work Team Coordinator, serves on the 2019 National Conferences Strategic Work Team, Conference Revitalization SWT, and just completed her role as the 2018 ASPAN National Conference Coordinator. Serving in various roles in PANAC and ASPAN has prepared her to be PANAC Treasurer. She has a good knowledge of PANAC's financial status, policies and procedures surrounding financial expenditures, and experience in balancing the budget. As a member of PANAC Strategic Planning Meetings, Lori participated in budget planning. She prepared and maintained ASPAN’s 2018 National Conference budget and is experienced in preparing reports for boards and membership.

Lori's roles in ASPAN and PANAC have taught her the importance of organization, attention to detail, and good communication. A nurse for 35 years in critical care, emergency, and perianesthesia settings, Lori says perianesthesia nursing is her love. She is a PACU nurse at Doctors Medical Center in Modesto where she started her nursing career in 1983.

Lori and her husband Kevin, a retired paramedic, have been married for 27 years. They have 3 children, two who just completed college this year and the youngest a college senior. Almost there! They enjoy camping, traveling the coast and countryside, and football/baseball games.

The most enjoyable part of being a member of PANAC and ASPAN is meeting amazing colleagues across the state and country. She has a passion for learning and serving. ASPAN President Regina Hoefner-Notz's theme “Leading with Knowledge, Serving with Heart” truly symbolizes Lori's time with PANAC and ASPAN. She would be honored to serve the PANAC membership as your Treasurer.

Candidate for District 1 Director
Linda P. Sparks, BSN, MHA, RN, CPAN
Linda is currently the District I Director of PANAC and has been a member of the Board of Directors for three years. She also served as the Membership Chair for three years and as the Acting San Diego Chapter Coordinator for two years prior to her current position. Through Linda's leadership, support, and mentorship, District I has three active Chapters, San Diego, Orange and Inland Empire.

Linda has been a nurse for 38 years and is currently the Manager of PACU at Rady Children's Hospital, San Diego. She is married to Randy, also a nurse and is a proud mother of two young ladies Bethany and Monica. Linda is dedicated to her professional career and family. As a leader, she serves as a mentor and inspiration to others.

Candidate for Education Chair
Helen Fong, MSN, RN, PHN
Helen Fong’s nursing career and ASPAN membership began in 1995. Her clinical experience in perianesthesia nursing took her to Houston, Perth, Miami, Orlando, Los Angeles, and Sacramento. Helen’s involvement in ASPAN includes Team Leader in the Electronic Documentation SWT in 2013 - 2015, active member of the Evidence Based Practice SWT, Standards and Guidelines SWT, Clinical Practice Committee, Leadership Development Committee, SPG Review & Revitalization SWT. She provided leadership as Coordinator (and previous Vice-Coordinator) of SPG Informatics 2014 - 2018, and CPC Team Leader 2018-2019. On the Component level, Helen served as SACramento Chapter Coordinator from 2010-2013, District 4 Director for 2013 - 2015 as well as PANAC Publications and Education Committee member. She has been the Assistant Pulseline Editor since 2015. Helen is also involved with ICPS, working behind the scenes performing tasks including judging the abstracts for the conference in Sydney.

Helen has stepped up, offering her skills as Education Chair-elect filling an unexpected vacancy this year, and is running for Education Chair for the coming year.

Candidate for Education Chair-elect
Brian Harradine, MSN, RN, CNOR, CAPA
Brian Harradine has been a nurse for twelve years and a clinical nurse educator for four. He received his Master's in Nursing (MSN) with a focus in Nursing Education with highest honors from Capella University in 2016. He received his Associate's Degree in Nursing from Marymount University in Arlington, Virginia in 2005. He also has a Bachelor's Degree in History from the University of California at Davis, received in 1994.

He lives in Palm Springs and works at Valley Presbyterian Hospital in Van Nuys. He is responsible for the educational needs of five surgery and surgery-related departments with 175 staff members and twenty different job descriptions that range from registered nurse and surgical

Meet PANAC 2017-2018 Board Candidates
Humanitarian Work on the Navajo Nation

By Sue Fossum, RN

Dusty, washboard roads, no running water, limited electricity, and healthcare or vet services 50 miles away—is this a foreign country somewhere in the world? No, this is life on the Navajo reservation in Northern Arizona.

I am privileged to travel throughout the world with dedicated teams of plastic surgeons providing free reconstructive surgery to children. I am also honored and privileged to help bring much-needed service to an underserved population here in the United States. For the past 17 years, members of our church (Lutheran Church of the Cross in Sacramento), family, and friends have traveled to Rock Point in Northern Arizona about 40 miles south of Four Corners. It is a harsh, but beautiful, landscape right out of old cowboy movies with vistas of red mesas and formations and wild mustangs roaming the countryside. It is the largest Native American reservation – the Navajo Nation.

Our adventures and experiences within this landscape and culture have included home-building projects, upgrading and rebuilding the church/school mission compound, and serving community dinners. I have helped set up a medical clinic. Unfortunately, the inability to keep medical professionals has led to its closure. Residents cannot call 911, instead, they load the injured in the car and drive, hoping to reach the hospital in time. Each trip I provide life-saving vaccinations and deworming. We learned from locals that this is a hugely valuable service because they have no vet care. The Navajo are a matriarchal society, with the women owning the land, sheep, and goats. These animals are their livelihood, the sheep are prized for wool they provide for rugs, and the goats for milk and meat. The animals live in stark conditions, and are prone to having worms and getting tetanus.

This year our 24-member group worked for a week. I was able to teach CPR to 33 people. We treated 1,140 sheep and goats. This includes wrestling the animals to the ground, giving them injections and oral medications, then, marking them so they aren’t treated a second time! We also provided a huge community meal allowing our group the opportunity to become more familiar with the Navajo culture and a time for community members to sell their wares. The handmade jewelry and rugs allow us the opportunity to take home a small piece of the proud Navajo culture.

Sustained Visitation in a Blended PACU

Team Leader: C. J. Marshak, MN, RN, CPAN
Orange Coast Memorial Medical Center
Fountain Valley, California

Team Members: Terry Bertignoli, BSN, RN, CPAN, CAPA; Karrie Camacho, BSN, RN, CCRN; Viviene Malilay, BSN, RN, CPAN; Ellen Reyes, BSN, RN; Sadeeka Al-Majid, PhD, RN

Background Information: Evidence suggests that visitation in Post Anesthesia Care Unit (PACU) increases nurses’ communication with family, decreases patients’ reported pain, decreases family member anxiety, increases patient, family and nurse satisfaction and provides an opportunity for patient and family education. Families of our patients expressed concerns about not being allowed to see their loved ones while in the PACU. Nurses in our blended PACU implemented a practice change in 2013 that increased visitation from 0% to over 85% of patients by early 2014.

Objectives of Project: To measure sustainability of the practice change 4 years following initiation of the change.

Process of Implementation: PACU visitation literature search was shared with PACU and Pre-Op nurses. Visitation guidelines and scripts were developed; nurses were educated/trained on the new processes. Visitor passes and posters were printed and distributed. The new visitation policy, which allowed one adult visitor per patient, was discussed with individuals accompanying patients for support. Over the past four years, process improvements included clarified verification on the visitor pass, “gentle” scripted messages for transitioning visitors out of the PACU, visitation guidelines to the On the Day of Surgery booklet, visible hall signage directing visitors to the PACU, a hallway telephone to announce visitor arrivals, a PACU entry curtain, a wall mounted status board in the waiting area, and standardized EMR and discharge instructions documentation. Volunteers are present to answer phone calls and to facilitate visitation flow.

Statement of Successful Practice: Current data from ongoing random audits show a sustained visitation practice for 100% of our patients. Contact with the visiting family improves communication and family satisfaction as measured by follow-up phone call results and mailed survey reports.

Implications for Advancing the Practice of PeriAnesthesia Nursing: Sustained visitation practice resulted from supportive leadership, ongoing process improvement, dedicated project nurse champions and gaining PACU nurses’ buy-in. This practice supports the evidence that visitation benefits patients and families.

PANAC Board Candidates (con’t)

Brian is ready to use his educational expertise and clinical experience on behalf of PANAC by running for Education Chair-elect.
California Legislation in Capsule

By Star Yager, RN, PANAC Governmental Affairs Chairperson

As of August 17, 2018, these bills are making their way through the California Legislature Assembly or Senate. The American Nurses Association, California website posts bills with links by bill number to California legislative website, leginfo.legislature.ca.gov.

Updates on Previous Bills

AB 1998 (Rubio-D) Opioids: Safe Prescribing Protocol (mandatory development of protocols and compliance in prescribing opioids) passed in the Assembly 77-0 and sent to the Senate. The bill is in the Senate Appropriation Committee.

SB 1152 (Hernandez-D) Hospital Patient Discharge Process: Homeless Patients passed both houses and is in final review process before going to the Governor.

Healthcare Legislation

SB 1127 (Hill-D) Pupil Health: Administration Of Medicinal Cannabis. Allows school districts or governing bodies for grades K-12 to develop policies to allow parents or guardians, under the Compassionate Care Act of 1196, to possess and administer medicinal cannabis (non-smokable or vapeable forms) at the school site to a qualified patient pupil. The bill passed both houses and ordered to engrossing and enrollment before going to the Governor.

Healthcare Legislation

SB 1288 (Levy-D) Health and Care Facilities: Inspections would call for periodic unannounced state inspections of health facilities to determine compliance with nurse-patient ratios and staff assignment regulations. The bill passed both houses and is in final review process before going to the Governor.

Information a click away

For easy access, to these and more, explore the anacalifornia.org website. You will find a wealth of information regarding upcoming bills as well as pertinent information regarding nursing in general.

Meet the PANAC Education Committee

By Kathy Derecult, MSN, RN, CPAN, Education Chair

Education Committee member, Kate Mooney, BSN, RN, CPAN, began her career in the Emergency Department at UC Davis Medical Center, Sacramento. She loved facing the unknown and wondering, “What’s coming through the doors now?” Working in the ED, Kate enjoyed balancing, prioritizing, and re-prioritizing her assignments, i.e. the belly pain or an active MI. She became an expert at rapid assessments and made lifelong friends while sharing “adrenalin rushes” and tears over senseless trauma.

While working in burn research at Shriner’s Hospitals, Kate made wonderful friends, traveled throughout the US and Mexico, but was still searching for her lifelong “home.” She discovered the recovery room.

“I enjoy working in a fast-paced teaching environment like PACU. I love the challenging patients and feeling excited about, “what’s coming to me next!” She feels extremely lucky to be learning and working with highly intelligent nurses. If I have question about a patient, I can ask, “What do you think of this?” or “What do you recommend next for this patient?” “Everyone in our unit has their strength...EVERYONE! I love them.”

Kate attributes her PANAC involvement to her co-workers. One of the PACU educators kept talking about PANAC. She says, “Becoming involved has really enhanced my nursing career and brought it to another level. I feel more confident asking questions, and sharing knowledge with physicians and my peers. Since becoming more involved I have met some lovely people before going to the Governor.

Meet the PANAC Education Committee (con’t)

that I consider real friends. If not for PANAC, I would never have gotten to meet such great people!”

It is enthusiastic people like Kate Mooney who make PANAC come alive. PANAC is lucky for having energetic and talented members like Kate! Please consider joining the Education Committee of PANAC. Fill out a Willingness to Participate form found at www.PANAC.org.

Director’s Corner

District 1

Linda P. Sparks, BSN, MHA, RN, CPAN
lindas@panac.org
The Counties of Imperial, Orange, Riverside, San Bernardino, and San Diego

I hope that everyone had a wonderful summer! My husband and I took our first European vacation and it was incredible. Traveling abroad is not just fun and exciting; there is ample research to suggest it is highly beneficial for our physical, mental and emotional health. As nurses, we work in a high stress environment and research has shown that taking a vacation can relieve stress, boost happiness and satisfaction. It can also enhance our creativity. I definitely experienced these benefits and I encourage everyone to take some time off and travel if you can.

Our three Chapters in District 1 also took a respite for the summer to focus on family and other obligations. Gearing up for fall activities, Inland Empire’s Chapter met August 30 at Pomona Valley Hospital. Chapter Coordinator Michelle Reed organized a Back to School Night certification open house. They raffled off test preparation books for CAPA, CPAN, and CNOR.

District I Seminar is moved from August 11 to Saturday, September 29 from 9 a.m. to 1 p.m. at Ronald McDonald House in San Diego. Everyone is invited to join this four-hour educational event. Nurses continue to inspire and influence others with their deep commitment to learning by attending educational offerings. Be one of these influential and inspirational nurses!

District 2

Anna Jackson, RN, CPAN, CAPA
amaj@panac.org
The counties of Los Angeles, San Luis Obispo, Santa Barbara, and Ventura

Well we had a hot summer right? Looking forward to fall and perhaps some cooler weather. I have some exciting news! There is an interest in a new Chapter for the South Bay. Christopher Reyes at Providence Little Company of Mary, Torrance has contacted me and soon will be getting a new chapter going! I am also so thankful to Deb Bickford for spending some time with him to promote PANAC and share her knowledge. This will be a great collaboration to get some more seminars out to you! We currently do not have a seminar planned but with teamwork between the LA/Valley, West LA and the new up and coming South Bay chapter I know we will be able to deliver something spectacular soon.

I want to take this opportunity to thank Amber Trudgeon for her support for the LA Valley Chapter along with Trish Crouch and Kevin Macvane. You ladies and gentleman have inspired some of our nurses in Short Stay at Providence Saint Joseph Medical Center to take the CAPA. We wish them good luck as they embark on their professional advancement certification.

I am also looking forward to developing my new found friendships with Gonzales and Evangeline Libatique from National-Alpna at Kaiser Woodland Hills who are showing an interest in helping with seminars.

Watch for our next event! Have a great Halloween!

Meet the PANAC Education Committee (con’t)
I hope everyone had a wonderful summer. With children back in school and most of us back to work, it’s time to refocus on our education again. I will be sending out a survey monkey in the next few weeks and really need your input to ensure the educational offerings meet your needs.

I must say I am amazed by the East Bay Chapter. A big thanks to Ernie Hughes for hosting the August 25 Chapter meeting. Not only did they continue with their meetings but have also put together a wonderful September Symposium. The topics are very relevant to nursing in these times.

I am anticipating Peninsular Chapter meetings to resume, coordinated by Kristy Thompson and the South Bay Chapter coordinated by Judy Moreno. I am looking for someone who would like to start a San Francisco Chapter and a Monterey/Santa Cruz Chapter. If you are interested please contact me at patchp@panac.org. Remember you can stay updated on Chapter meetings and symposiums by checking www.panac.org.

Happy fall! In late July, the Sacramento Chapter and Roberta Goodman from Merck hosted dinner at Zinfandel Grille, Sacramento. Chief of staff Dr. Hal Hupreys, from Sutter Health presented Clinical Considerations with Neuromuscular Blockade Management. Hot weather and serious AV malfunctions didn’t stop the 24 attendees from having a good time and learning. Special thanks to Debra Lopez, Dannika Schauer, and Sue Abraham for supporting PANAC. Ella Guseva and Luba Kalinovskaya were looking beautiful and posed great pictures from the fun evening. Warm welcome to Chamberlain attendees Grace Belasco, Janay Paiva, and Nisha Kalirai. There is some serious dedication in the Sacramento area. Jaime Rench came after a long day’s work and on her birthday! Attendee Nelia Gonzales requested a future meeting on sedation after clinic procedures. We are on it—and we will accommodate!

If you have a topic of interest or speaker suggestions for upcoming meetings in the Sacramento area please email me, I’d love to hear from you. See you at our next meeting. katem@panac.org

We had a great turn out and discussion at the June 28 Santa Rosa Chapter meeting. Participants from Adventist Health Ukiah, Sutter Health Santa Rosa, and Kaiser Permanente, Santa Rosa shared insights and inspiration garnered from the ASPAN National conference in Anaheim. Becky Miller discussed how understanding generational differences and values that exist between PACU nurses could lead to better communication and team work. Cheryl Correa showed a short and humorous video about choosing to have a positive attitude despite challenging circumstance. Nurses are interested in a certification study group. Bekki

District 3
Patch Pattisson, RN, CPAN patchp@panac.org
The counties of Monterey, San Mateo, San Benito, Santa Clara, San Francisco, Santa Cruz, Alameda, and Contra Costa

District 4
Kate Mooney, RN, BN, CCRN katem@panac.org
The Counties of Alpine, Amador, Butte, Calaveras, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Sacramento, San Joaquin, Shasta, Sierra, Siskyou, Solano, Sonoma, Stanislaus, Sutter, Tehama, Trinity, Tuolumne, Yolo, and Yuba

District 5
Kathy Nichols, BSN, RN, CPAN kathyn@panac.org
The Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, and Tulare

Following a District 5 summer hiatus, the Visalia Chapter welcomes a new Coordinator, Susan Metz, BSN, RN, CAPA, a core member of the group, was officially welcomed at the first fall meeting August 11. I know she will do a great job. A very special thanks to Ernie Nunes, for her years of service as a co-founder of both the Fresno and Visalia Chapters. Are those passports ready?? The cruise is still being planned for the spring/summer of 2019. More info coming.

There is still hope that the Bakersfield Chapter can be restarted. If there is any interest, contact PANAC President, Kevin McVane.

The Fresno Chapter’s September 8 fall meeting at Marie Callendar’s included an informative presentation by Bernice Algots. It is with mixed emotions that I announced my resignation as District 5 Director. Retiring in July, within 3 days, I sold my home, retired, and bought a home in Arizona. I have the fondest memories of my time as Coordinator, and District Director representing the Central Valley. I wish everyone continued success in your perianesthesia careers. I am proud to be a member of the greatest Component of ASPAN, PANAC. I will miss you all! If anyone has the desire to step up with PANAC, now is the time. Best wishes, and a fond farewell.

The Power of the Pillowcase
By Michelle Kim, RN, BSN, CCRN
Assistant Nurse Manager UC Davis Medical Center PACU and CSC

The pillowcase is a powerful thing. Six years ago, making pillowcases for the children at the UC Davis Medical surgery center was a community service project for my high school aged daughter. After seeing the benefits, I could not stop. With much help, over 11,000 children have received a special pillowcase when come to our Sacramento surgery center. I have seen angry or anxious parents calm when they see their child’s personal pillowcase. Children have happily gotten ready for surgery, thinking this isn’t half bad when their favorite toy or T-shirt magically matches a pillowcase they get to keep. Nurses enjoy selecting cases the night before, guessing which pillowcase will go with each child. Boy Scout troops made over 200 boy themed pillowcases for their Eagle Scout project and four retired ladies at my church happily accept fabric and expertly sew pillowcases every week. They tell me how much it means to them to make a difference. Parents and patients spread the word and completed pillowcases come in the mail from strangers.

In 2017, I received a Daisy Award, but we all deserve a reward for helping make a child’s day better. Nursing care can expand to serving our community, going that extra step to make a child’s surgical experience a special one. Want to help? Donations are always accepted. It takes a lot of fabric to make 11,000 pillowcases!
PANAC’s Mission:
In collaboration with ASPAN, we promote the specialty of PeriAnesthesia Nursing.

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**C a l e n d a r  o f  E v e n t s**

**Seminars and Conferences**

**October 19 – 20, 2018**
PANACs
39th Annual Meeting and Seminar
Sacramento, CA
www.panac.org

**Certification/Recertification**

**July 1-September 15, 2018**
CPAN/CAPA Exam Registration Window

**September 15-November 15, 2018**
CPAN/CAPA Certification Exam Window

**July 1 – October 31, 2018**
CPAN/CAPA Recertification Cycle
www.cpancapa.org

**Scholarship Deadlines**

**Oct 1-Dec 15, 2018**
Alice Wise Memorial Fund Scholarships
www.panac.org

**Dec 1, 2018-Jan 31, 2019**
ABPANC Scholarships
Spring Certification
www.cpancapa.org

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**For local Chapter and District events, please go to:**

www.panac.org

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**2018 ASPAN Webcasts**
Seminar details and speakers at www.aspan.org

**September 22**
Perianesthesia Pathophysiology and Assessment

**September 23**
Foundations of Pediatric Perianesthesia Care

**September 29**
Perianesthesia Certification Review

**October 3, 10, and 17**
Perianesthesia Certification Review (3 parts)

**October 6**
Perianesthesia Essentials III

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**October 14**
Perianesthesia Foundation

**October 20**
Pain Management in the Perianesthesia and Critical Care

**October 21**
Perianesthesia Essentials IV

**October 27**
Perianesthesia Standards and Implications for Practice

**October 28**
ERAS: What You Need to Know

**November 3**
Pediatrics: Little Bodies, Big Difference

**November 10**
Surrounding Your Practice with Excellence: Legal Issues, Standards, and Advocacy

**November 11**
Prevention of Unwanted Sedation: Putting the Practice Recommendation into Practice