



Minnesota - Dakota
Society Of PeriAnesthesia Nurses

PAR EXCELLENCE

AFTER
“THE CONFERENCE”
EDITION

MNDKSPAN's
Quarterly Newsletter

MNDKSPAN

STRONG

Peggy Forstner BSN, RN
MNDKSPAN President
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I was fortunate enough to attend the 38th annual ASPAN National Conference this year in Nashville, TN. As part of the closing ceremonies for the conference, the newly elected officers are installed onto the ASPAN Board and the newly elected President gives his/her first official speech. This year's President is Amy Dooley, a peri-anesthesia nurse from New Hampshire. Every President of ASPAN chooses a theme for their presidency that directs the activities of the National Board and gives direction for the year. This year, President Dooley has chosen the theme of **STRENGTH**. As I was reflecting on the events of the National Conference and the issues facing nursing, I was struck by the strengths of our component and I want to share some of them with you.

Did you know that a nurse from Minnesota was nominated for the ASPAN Outstanding Achievement Award and was one of the top 3 from all the applicants across the country? It was Tammy Bergan from Rochester, MN, which speaks to her strength as a nurse.

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Did you know that two of the former MNDKSPAN Presidents were running for a position on the ASPAN National Board? Ruth Novak, MNDKSPAN President from 2014 to 2016 and Deb Moengen, MNDKSPAN President from 2016 to 2018 both ran for the position of ASPAN Region 3 Director. Deb won after a two-way tie with Ruth which speaks to the strength of both of these incredible, strong nursing leaders.

Did you know that two groups of nurses from Minnesota had research poster presentations? A group of nurses from U of M presented on "Providing comprehensive care to patients with epidermolysis bullosa in the perioperative environment" and a second group of nurses from the U of M presented on "Standardized handoff report using an EMR". This speaks to the strength of commitment to research in our area.

Did you know that MNDKSPAN received the Shining Star award from APBANC for the sixth year in a row? This speaks to the strength of certification in our area.

PRESIDENT'S MESSAGE (CONT.)

BOARD OF DIRECTORS 2019-2020

President

Peggy Forstner BSN, RN

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Secretary

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ASPAN Region 3 Director

Deb Moengen BSN, RN, CPAN

Fairhaven, MN

Email: dmoengen@aspan.com

Did you know that we give away the following scholarships/ awards every year?

~Certification/Recertification Scholarship...Strength in Certification

~National Conference Representation ... Strength in Education

~MNDKSPAN Conference Voucher (2 per year) ... Strength in Education

~MNDKSPAN Membership Voucher (2 per year) ... Strength in our Organization

~Component Excellence Award (every other year) ... Strength in Supporting our Component

Did you know that we have 346 members from across MN, ND and SD? These are nurses who have taken the extra step to support our component and society. ASPAN and MNDKSPAN is then able to support peri-anesthesia nurses across the region and the country through education, practice standards, research grants, resources, and more. This speaks to the strength of commitment to peri-anesthesia nursing.

I encourage you to think about what strengths you bring to your patient's bedside... to your unit...what strengths do you want to build on for the next year in your professional life? In your personal life?

If you are interested in strengthening your leadership skills, please consider running for a position on the MNDKSPAN Board or being part of a conference planning committee.

If you are interested in strengthening the knowledge base of our profession, please consider doing a research project (hint: ASPAN and MNDKSPAN offer research grants).

If you are interested in becoming certified, please consider one of the online review courses offered by ASPAN or seek out a certification coach from our area (hint: there are four of them in our component willing to help you).

Finally, if you are interested in strengthening your peri-anesthesia knowledge, please consider attending the fall conference in beautiful St. Cloud, MN on October 5th at the CentraCare Plaza.

Hope to see you there!

PRESIDENT'S MESSAGE (CONT.)



Kristen C and Peggy F.
representing
MNDKSPAN at
Representative Assembly



MNDKSPAN members at
Component Night



Sightseeing in Nashville



Gaylord Opryland Resort and
Convention Center



Sightseeing in Nashville

SAVE THE DATE

Minnesota-Dakotas Society of PeriAnesthesia Nurses Fall Conference

Perianesthesia Nurses:
Champions in Service and Compassion

Saturday, October 5, 2019

CentraCare Health Plaza
1900 CentraCare Circle
St. Cloud, MN 56303



Deb Moengen BSN, RN, CPAN
ASPAN Region 3 Director 2019-2021
dmoengen@aspan.com

ASPAN REGION 3 DIRECTOR Deb Moengen BSN, RN CPAN

Deb is the Director of Perioperative Clinical Practice at CentraCare Health in Central Minnesota. Her duties include oversight of clinical practice for seven hospital based and three ambulatory surgical centers. She has been involved in ASPAN for the past 15 years and on the MNDKSPAN Board of Directors for the past 9 years. She recently was elected in Nashville to the ASPAN Board of Directors as the Region 3 Director. She currently also serves on the Clinical Practice committee for ASPAN.

National conference is over, and Nashville treated us well. It was a record setting year with attendance at 2,100 and approximately 200 first timers. Now it is time for me to put my boots on, pull up my suspenders, put on my cowboy hat and saddle up my horse as your new regional director!

I am honored to now serve as your representative on the ASPAN board of directors and MNDKSPAN past president. I have been a part of ASPAN for the past 15 years. I never would have imagined when I volunteered many years ago to plan a conference for MNDKSPAN that I would someday serve at the national level. Serving as your regional director fits, just like a well-worn cowboy boot.

On a personal note my cowboy hat is hung in a town called South Haven, Minnesota. My husband and I own a century old 50-acre farm where we have a large garden and raise grass fed beef and chickens. Our 4 children are all grown and flown the coop, but we enjoy their visits to the farm especially when they bring along the grandchildren of which there are 9. Sitting deep in my saddle I enjoy many hobbies and have taken up a new one recently called mounted shooting.

I have pulled up my suspenders and have been thinking about our goals as a region. I think that structuring them around the Gold Leaf will make us stronger. As stated in ASPAN strategic plan "ASPAN's core purpose is to advance and promote the unique specialty of perianesthesia nursing." My vision for our region is to focus on strengthening our specialty of perianesthesia nursing through growth of our membership and developing leaders. Are you ready to go on a ride? I am looking forward to the riding along with you in the saddle and work towards this goal.

The board is currently working on our presentations for the ASPAN's Component Development Institute which will be held September 13 – 15, 2019 in Cincinnati, OH. The theme is "Going for Gold" where we will explore important portions of the Gold Leaf program and their relevance to components. This is a wonderful opportunity if you are considering being a part of leadership within our component or on a national level. The weekend provides many networking opportunities and the excitement and energy that is generated and is worth the trip.

Please give me a holler if there is anything you need.

CONGRATULATIONS DEB! WE ARE PROUD OF YOU!
-MNDKSPAN Board of Directors

ASPAN NATIONAL CONFERENCE 2019

Krystal Gottsman BSN, RN, CPAN, CAPA, CCRN
MNDAKSPAN Director of Education
mndakspan.education@gmail.com

This year, I had the privilege of attending ASPAN's 38th National Conference: **Leading with Knowledge, Serving the Heart**, which was held in Nashville, TN on May 5th – 9th, 2019. What made this experience even better was the fact that friends and colleagues of mine, all of whom have attended national conference before, also attended, so they were able to provide me with tips and suggestions to help me make the most of my experience.

The conference was held at the beautiful Gaylord Opryland Resort Hotel, which is definitely something to see! While it might sound strange to recommend visiting a hotel if you ever visit Nashville, I would absolutely recommend stopping by. The atrium areas were filled with beautiful trees and flowers and had a little river flowing through it. We even took a boat ride on the river in the hotel, which was a nice way to learn some fun facts about the hotel!

The conference started out with an opening keynote address for all attendees to enjoy a funny and inspiring message from Matt Jones, who has beat cancer 3 times and has since completed marathons on every continent!

I appreciated the great variety of presentation topics that we were able to choose from. Some of the session topics I attended were about preventing respiratory complications, opioid stewardship, nurse educator sessions, regulatory and accreditation sessions, ERAS, perianesthesia handoffs, and improved patient discharge education for better retention. I was able to walk away with lots of great information to utilize in my own career!

One session I was surprised at was the CPAN/CAPA Luncheon. ASPAN put together such a nice presentation! The food was delicious, and our keynote speaker was Charles Esten, who started his career on the show "Whose Line is it Anyway?" and currently stars in the show "Nashville". He shared some inspirational

personal stories while weaving in his great sense of humor. He also sang a few songs with his guitar, including doing a classic "Whose Line is it Anyway?" skit using one of the nurses from the audience! We laughed SO HARD! This luncheon was a fantastic way to celebrate certified nurses!

On the last day of the conference, we enjoyed a lovely breakfast while laughing with Jan McInnis, a comedian, while she shared with us all how to use humor to help navigate through difficult situations.

The MNDAKSPAN board members also put together a "Meet and Greet" and invited all other MNDAKSPAN guests who were at the conference to join us at the Wild Horse Saloon downtown. We enjoyed meeting everyone over some great food and line dancing lessons!

I was blown away by how great this conference was! This conference lit my heart on fire to get more involved in research and inspire positive change within my own career. I would highly encourage you to attend a national conference and get fired up as well! I'm already looking forward to attending ASPAN's national conference next year in Denver, Colorado!

Sincerely,

Krystal Gottsman



Gaylord Opryland Resort
and Convention Center



Gaylord Opryland Resort
and Convention Center



Krystal G., Peggy F., Traci G.,
and Kristen C.



Downtown Nashville

ASPAN's 38th NATIONAL CONFERENCE

A MEMBER'S INSIGHT

Tammy S. Bergan RN
Nurse Manager, MAN, MSM

I am excited to share with you my insights from the recent National ASPAN Conference. My attendance came about through being the lucky winner of the drawing for a free National Conference for those who voted during the annual MNDKSPAN board of directors election. What a gift to have received! Thank you MNDKSPAN!

Now I'd like to share an overview of the conference, highlights from the conference theme, and conclude with takeaways. To begin, this was ASPAN's 38th National Conference. It was held in Nashville, Tennessee at the Gaylord Opryland and Convention Center from Sunday, May 5th, through Thursday, May 9th, 2019.

Sunday, May 5th, was a day of checking in, gathering materials, noting the message boards and Component Night in the hotel's ballroom. It was fun to connect with fellow MNDKSPAN members, old and new alike. On Monday, May 6th was the official start of the conference with opening ceremonies, a welcome from our outgoing ASPAN President, Regina Hoefner-Notz, followed by various award presentations, a delightful key note speaker, Matt Jones, and various educational sessions. Tuesday, May 7th and Wednesday, May 8th were filled with a rich selection of 24 educational sessions per day. The best part of those sessions was networking with fellow Perianesthesia Nurses. There are many great practices out there and knowledge to share across the spectrum. To further enhance one's learning, there were 178 posters to preview as well as 45 exhibitors to visit. Each morning a conference newsletter, "National PartiCulArs" was available with

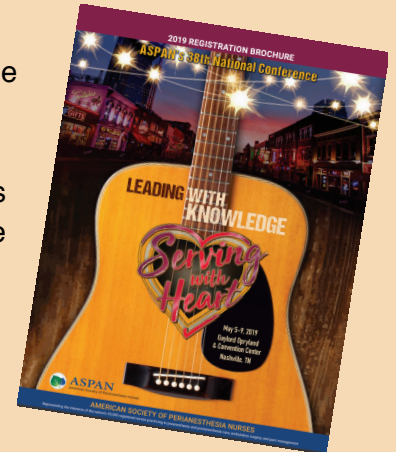
conference updates as well highlighted Nashville attractions. At the close of the day there were many sights and sounds to take in throughout the Opryland Hotel or the city of Nashville itself.

A couple of highlights I feel compelled to share include Tuesday evening's Component Night. Peggy Forstner, MNDKSPAN President, did a great job coordinating a gathering for 23 of us at the Wild Horse Saloon. We enjoyed great conversation, dining, and took in a few line dance lessons—MNDKSPAN Perianesthesia Nurses are some mighty fine line dancers I might say!

Wednesday evening was the Presidents Reception for all components. Here was another time to celebrate our specialty, work of the ASPAN's outgoing President, and sharing of more talent by fellow Perianesthesia Nurses. Karaoke was the talent of the evening by a variety of components with voting for your favorite. There is something about the multi-talented, creative and innovative Perianesthesia Nurses expressing their specialty through a popular song with a "little twist". What fun was had by all!

Thursday was the official close of the conference with a delightful breakfast and key note speaker. Experiencing a national conference changes you, enriches you, and inspires you through the sessions, interactions, and exchanges. There is something about being in the company of 2,000 plus fellow Perianesthesia colleagues.

Let's move on to the highlights of the conference theme. One branch of the conference theme was "Leading with Knowledge". It left me in thoughtful reflection after two particular sessions. The first of those was a session led by Myrna Mamaril, DNP, RN CPAN, CAPA, FAAN, FLSPAN. Myrna spoke on



“Creating a Culture of Safety: Where the Greatest Malpractice Risks Can Occur.” She reminded us of several facts to remember: Post Anesthesia Care Units are one of the units with the greatest risks; know and utilize the ASPAN Standards to guide your practice; and practice due diligence in caring for patients. What a tremendous responsibility we have as we care for our patients.

Another powerful second session was led by speaker Matt Jones who addressed the topic, “Perianesthesia is a Marathon: How to Stay Motivated”. Here are some key concepts he shared that resonated with me and my hope may do the same for you in your practice:

“Too blessed to be stressed”, “Be in the moment”, “Where you place your focus is where you’ll end up—are you looking at the positive or the negative”, “Check your attitude”.

These may be sound cliché, however they challenge me to reflect upon where I’m at in these times of tumultuous change throughout healthcare. Now more than ever, is where I believe we all have the opportunity for empowerment by embracing and being responsive to change so we may seek best practices for our patients plus our Nursing specialty team members.

The other branch of the conference theme was “Serving with Heart”. This branch touched in three ways. First, it is so impressive to be in the presence of so many Perianesthesia Nursing professionals in one setting! It’s hard to put into words. There was so much expertise, so many who are certified as CAPA and CPAN’s, so many are serving in so many different roles in so many unique settings across ASPAN. I felt proud and honored to be a part of the greater whole of Perianesthesia Nursing!

Second, my very first attendance at a national conference was also here in Nashville. I was new in my career as a Perianesthesia Nurse and here I was again back in Nashville as I near the end of my

career. It was a bitter sweet moment to reflect on where the practice has developed plus how it serves and guides us our care delivery.

Third, this was a conference filled with a few surprises for me personally. In January of this year I received an email from ASPAN notifying me I had been nominated for the 2019 Outstanding Achievement Award. I thought this was odd, sent it to my hospitals IT Department only to find out it was not some sort of hacking going on. I inquired of a few of my team members about this and learned it to be for real. This was a very humbling moment and thanked them for their thoughtfulness. I also assured them there will be many a candidate much more qualified and deserving than I. It was with their support and encouragement that I submitted my documents to ASPAN and heard nothing after January.

I arrived at the conference, was checked in when I noticed a poster with 3 candidates who were the nominees for the 2019 Outstanding Achievement Award. I was one of those faces—oh my, I was not expecting this! At Monday’s opening ceremonies, a very deserving, certified Perianesthesia Nurse from Florida was the award winner. I was very happy for her. The morning session ended, I stood up and was met by 4 of my colleagues with a beautiful bouquet of flowers! They had flown to Nashville the day before from Mayo Clinic Rochester, Saint Mary’s Campus to be present for the award ceremonies not knowing whether I would be selected or not. They were busy texting my husband, who was in on this, as to our location so they could surprise me. And surprise me they did! Even though I was not selected, I was humbled and blessed by their presence that day and each day we work together! They truly “Serve with Heart”. I personally want to recognize them: Dr. Timothy Curry, PACU Medical Director, Heather Douglas and Jennifer Krueger, Day Charge Nurse, and Maura McCabe, Nursing Education Specialist. I will treasure this moment and our friendships for years to come!

EDUCATOR'S REPORT (CONT.)

In closing, I left the conference with three lessons. As we are “Leading with Knowledge” let us engage in our state chapter of MNDKSPAN as well as our national organization of ASPAN. There is so much available to us and we’re stronger together! Let us continue to grow and advance our specialty of Nursing through serving, certification, volunteering, and sharing practices with each other. As we are “Serving with Heart”, let us cherish our professional relationships with those in our care, with our fellow colleagues, and those in our local and national specialty organizations at large. We belong to the most sacred and trusted profession of Nursing! What an honor and privilege!

Finally, Thank you MNDKSPAN for the opportunity you provided to me in attending the national conference!

Warmly and Sincerely,

Tammy S. Bergan



Dr. Timothy Curry, Heather Douglas, Maura McCabe,
Jennifer Krueger, and Tammy Bergan



MNDKSPAN members at
ASPAN National Conference

CPAN/CAPA CERTIFICATION

Kristin Christensen, BSN, RN, CAPA, CPAN
MNDAKSPAN Director of Certification
kristin.christensen@cuyunamed.org



Kristin Christensen with
MNDAKSPAN's
Shining Star Award

I had the honor of receiving the American Board of Perianesthesia Nursing Certification (ABPANC)'s prestigious Shining Star Award on behalf of MNDAKSPAN at this year's National Conference in Nashville, Tennessee. This is the sixth consecutive year that MNDAKSPAN has achieved this award. ABPANC offers the Shining Star award to all the components who demonstrate their commitment to certification. MNDAKSPAN supports certification for its member in providing quality educational opportunities, offering scholarships for certification and recertification fees and recognizing all the newly certified at conferences and with personal congratulatory letters. We also offer four certification coaches to help support you through your journey. MNDAKSPAN currently has nearly 75% of its members who are certified! If you're not yet one of them, what are you waiting for?!

If you are already certified and want to be more involved, let me know! We are always looking for certification coaches, or you may want to consider writing test questions or volunteer within MNDAKSPAN. These are not only great opportunities to give back, but also ways to earn CEUs towards your recertification. Recertification is required every 3 years. In order to recertify through the Continuing Education Programs, all your contact hours and activities must be logged online at the Learning Builder cpancapa.learningbuilder.com. You can also recertify through re-examination. There are a few changes to the recertification process: the minimum number of required hours working as a perianesthesia nurse reduced to 900 in the three-year period. You must have 90 contact hours within that time. Every applicant is also required to submit the names and contact information of two verifiers. See the [Recertification Handbook](#) for details. If you have any questions, I would be happy to help you or you can call the ABPANC National Office at 1-800-622-7262, option 2, or email at abpnc@proexam.org.

Have you been considering certification and ready to make the leap? There's something new for you too! By popular request, ABPANC now offers the Test Assured program. For an additional \$50 with your registration, you can have the ability to test a second time in a 12-month period. While most nurses do pass their exam the first time, this program offers peace of mind that you can retake if you are unsuccessful on your first attempt. "Now you can rest assured with test assured!" Registration for Fall testing is now open until September 15th. Fall Administration Exam window is September 15th until November 15th. For complete details, go to APBANC's website cpancapa.org and download the [Certification Candidate Handbook](#).

As always, if you have any questions or concerns regarding certification or recertification or if you are ready to get certified and would like a Certification Coach, reach out to me! I would love to hear from you!



Component representatives with Shining Star awards

CALENDAR OF EVENTS

NEWLY CERTIFIED SPRING 2019

CPAN

Heather Sledge MN
Christine Mazanec MN **
Lei Wang MN **
Katie Grossell MN
Maria Reed MN
Emily Theis MN
Sharon Michalski-Lukach MN
Tiffany Kadau MN **
Marjourie Quingco Llorente MN
Laura Jaramillo MN **
Lorraine Gustafson ND
Jill Kohl SD **

CAPA

Lei Wang MN **
Dana Schoppe MN
Laura Jaramillo MN **
Dorothy Garvin MN
Nicole Cox MN
Abbie Kjellman MN
Kari Scholz MN
Melissa Olmscheid MN
Tiffany Kadau MN **
Aubrey Brown MN
Janet Boerger ND
Jill Kohl SD **

** Dual-certified

Calendar of Events

July 1st - Sept. 15th, 2019

Fall Registration Window
CPAN /CAPA Certification

Sept. 15th - Nov. 15th, 2019

Fall Exam Administration Window
CPAN /CAPA Certification

October 5th, 2019

MNDAKSPAN Fall Conference
St. Cloud, MN

April 26th - April 30th, 2020

ASPAN 39th National Conference
Denver, CO

April 25th - April 29th, 2021

ASPAN 40th National Conference
Orlando, FL



Publication dates for PAR Excellence

Edition	Publication Dates
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 MNDAKSPAN conferences, ASPAN events and Board meeting minutes. Notification of the newsletter's publication will come

Contributions and Feedback to PAR Excellence

The key aspect of better representing MNDAKSPAN 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, 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. MNDAKSPAN 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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