



# PAR EXCELLENCE



## Vol-un-ter-ism

MNDAKSPAN's  
Quarterly Newsletter

LATE SUMMER/EARLY FALL  
EDITION

By Peggy Forstner BSN, RN  
MNDAKSPAN President  
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Greetings from MNDAKSPAN. As summer ends and we begin the fall season, I would like to take some time to talk about volunteer opportunities that are available to you through MNDAKSPAN. I thought I would start first with the definition of volunteerism.

According to Dictionary.com, volunteerism is:

1. **"the policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community".**

~For MNDAKSPAN, I would define "one's community" as all three states: Minnesota, North Dakota, and South Dakota. With such a large territory, it is easy to say, "I live too far away" from the rest of the group to make a difference. Not true! With all the technology available today from Skype, Zoom, FaceTime, email, etc. it has never been easier to stay involved with any group, no matter how many miles separate you.

2. **"the practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities"**

~Keep reading on to learn more about the volunteer activities—Director of Membership/Marketing, Director of Certification and Treasurer—that we are seeking help with, along with the abbreviated duties of each position.

## IN THIS ISSUE

<b>President's Message</b>	<b>I-3</b>
<b>Board of Directors</b>	<b>4</b>
<b>Educator's Report</b>	<b>5-6</b>
<b>CPAN/CAPA Certification</b>	<b>7</b>
<b>MNDAKSPAN Membership</b>	<b>8-9</b>
<b>News From Region 3</b>	<b>10</b>
<b>Health and Happenings</b>	<b>11- 12</b>
<b>From the Editor</b>	<b>13</b>

As a society, we have a goal of supporting community programs and charities in our community. One of the ways we do this is by asking the planning committee for each conference to nominate a charity that we can support during the conference. MNDAKSPAN donates to the charity and we provide an opportunity for members attending the conference to make a donation as well.

We would like to do more for the communities we live and work in as peri-anesthesia nurses. If you have a favorite charity and would like to help organize a MNDAKSPAN event, please let me know. One idea would be to have MNDAKSPAN nurses volunteer at a "Feed My Starving Children" food packing. Other ideas are having MNDAKSPAN nurses volunteer at a blood drive, soup kitchen, or bell ringing event for Salvation Army during the holidays.

## **DUTIES OF OFFICERS AND DIRECTORS**

### **DIRECTOR OF MEMBERSHIP/MARKETING**

- Serve as chairperson of the Membership Committee.
- Promote growth in the Association, while retaining current members.
- Assure new members are welcomed and oriented.
- Write articles for the newsletter as needed.
- Strive to determine that members' needs are being met.
- Keep up to date records of membership information.
- Update and maintain general mailing list.
- Provide the Director of Education with a current membership list and general mailing list prior to conference mailings.
- Provide the Director of Publication with current membership information, minimally on a quarterly basis and more often as needed, to keep membership information current on the website.

### **DIRECTOR OF CERTIFICATION**

- Be a CAPA or CPAN.
- Promote certification as CAPA, or CPAN within the Association.
- Serve as the liaison to ABPANC, assisting them as requested, and disseminating information as needed.
- Write articles for the newsletter as requested.
- Send congratulatory note to new CAPAs or CPANs of the Association.
- Maintain records for one year.
- Provide a current list of certified members to the Director of Membership to maintain accurate and updated certification records
- Provide certification information to the Director of Publication, minimally on a quarterly basis and more frequent as needed, to ensure certification information remains current on the website.

### **TREASURER**

- Receive, disburse, manage, and account for all funds, assets, and securities of the Association as directed by the Board of Directors.
- Serve as chairperson of the Finance Committee as needed.
- Prepare annual budget for approval of Board of Directors.
- Present treasurer's report at meetings, as requested, using the annual budget categories.
- Maintain the Association checking account, and disburse funds as requested according to Policy and Procedures.
- Receive membership lists from ASPAN, and forward to Director of Membership.
- Arrange for financial records of the Association to be audited annually.
- Prepare a year-end report and file with the Secretary.
- The component will maintain a bonding arrangement.
- Will accept budget requests from board members.

# PRESIDENT'S MESSAGE (CONT.)

## BOARD OF DIRECTORS 2019-2020

### President

**Peggy Forstner BSN, RN**

**Crosby, MN**

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

### Secretary

**Elaine Prom BSN, RN-BC, CAPA**

**St. Cloud, MN**

**Email: [mndakspan.secretary@gmail.com](mailto:mndakspan.secretary@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

**Krystal Gottsman BSN, RN, CPAN, CAPA, CCRN**

**Pequot Lakes, MN**

**Email: [mndakspan.education@gmail.com](mailto:mndakspan.education@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

**Deb Moengen BSN, RN, CPAN**

**Fairhaven, MN**

**Email: [dmoengen@aspan.com](mailto:dmoengen@aspan.com)**

If the above has not convinced you to speak up and volunteer, here is an abbreviated list of 5 reasons you should volunteer from Dawn C Carr MGS, Ph.D. posted in Psychology Today on March 12, 2014.

- Volunteers live long
- Volunteering builds strong relationships
- Volunteering is good for your career
- Volunteering is good for society
- Volunteering gives you a sense of purpose

If you are interested in running for any of the Board positions listed above, please complete a "Willingness to Serve" form and return to me no later than December 1<sup>st</sup> to ensure your place on the ballot. If you would like to lead a service project with your favorite charity in MNDKSPAN's name, please send me an email as well.

I look forward to serving with you in the future!



# BOARD OF DIRECTORS

## Call for Nominations

### **MNDAKSPAN Board of Directors** **2-Year terms begin May 2020**

Nominations are now being accepted for the following three positions:

**Director of Membership/Marketing**  
**Director of Certification**  
**Treasurer**

**Deadline for Nominations: December 1st, 2019**

#### **SUBMITTING NOMINATIONS:**

-There is no limit to the number of candidates a member may nominate for each of the three open Board positions.

-Send nominee's full name and email address to Peggy Forstner, MNDAKSPAN President, at [peggy.forstner@cuyunanamed.org](mailto:peggy.forstner@cuyunanamed.org)

-All nominees will be contacted to confirm their willingness to be nominated and to serve if elected.

-All nominees must complete a Willingness to Serve form before their names may be placed on the ballot.

-Members may nominate themselves. Submit a Willingness to Serve form to the email address above.

-Willingness to Serve forms may be found on MNDAKSPAN's website under the Board of Directors tab or by clicking the following link: <https://mndakspan.nursingnetwork.com/page/87121-board-positions-willingness-to-serve>

HAVE YOU EVER  
WONDERED?

## HOW DO WE FIND SPEAKERS FOR OUR CONFERENCES?

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

So, you've attended MNDAKSPAN conferences and have enjoyed the variety of speakers that have shared their knowledge with us all. That's fantastic! We're so happy you've enjoyed your time with us, and we hope you continue to join us at future conferences! But do you know how we find these great speakers for our conferences? I'm glad you asked – we find our speakers using a variety of methods.

First, for every conference, we put together a planning committee. A planning committee can consist of up to 5 members. **Any MNDAKSPAN conference attendee can be a part of the planning committee!** Ask any of the MNDAKSPAN Board Members for more information or fill out a "Willingness to Serve" form, that can be found on our website.

Ideally, it's nice to have a planning committee that's from the area where the next conference will be held. For example, for our Fall Conferences that are planned in various cities (i.e. St. Cloud, Duluth, Rochester, Sioux Falls, Bemidji, Breezy Point, etc.) that we may not be as familiar with, it's helpful to have members who are familiar with the area to help recommend conference venues, "Meet and Greet" restaurant locations, vendors, and of course, possible speakers that won't have to travel far to present! Though it's nice to have members who live close to the area where the conference will be held, this is not a requirement. We've had planning committee members who have helped substantially while working from afar! **Almost all the communication between the planning committee and the MNDAKSPAN board members is done via email, so it's easy to stay connected.**

Committee members also help ensure things run smoothly on the conference date by helping set up, check in, seat people, pass out microphones, collect evaluations, etc. It's a fun opportunity to become more involved, network with other nurses and providers in the area, and have some fun! It's a great resume builder, and counts towards your recertification credits if you have your CPAN or CAPA certification! If you need to hear one more perk about being a member of the planning committee, you get your conference registration FREE!

On our evaluation forms at the end of every conference, we always ask for you to write down any speaker or topic

recommendations, and this is for a reason. **The most successful way we find individuals who are willing to speak at our conferences is through personal recommendation.** Do you work with a nurse practitioner who does a great job and would bring information that would be interesting to MNDAKSPAN members? Do you work with an anesthesia provider that does a lot of research? Has he or she been trying different peripheral nerve blocks and having it result in zero opioid use during otherwise painful surgical procedures? What about your educator on the unit? Is there a topic he or she is particularly passionate about?

Maybe it's not someone you currently work with, but it's someone you used to work with. Maybe it's someone a friend of yours is inspired by at his or her place of work. Maybe it's YOU that wants to present! There are no minimum credentials required to be a speaker for a MNDAKSPAN conference! **When you recommend someone on your evaluation, the more specific you are, the better. Please try and include their name, where they work, a good method of contact, and what topics they might present on.**

**Another method of finding speakers is to start calling around to various hospitals, clinics, and surgery centers to ask if anyone would be willing to speak.** We search online and start making phone calls. If we're trying to find a pediatric specific topic, we would try and call Children's Hospital or the University of Minnesota Masonic Children's Hospital and speak with the anesthesia or child life specialist departments. If we're looking for topics related to free standing ambulatory surgery centers, we search for centers in the area and start reaching out. Maybe we are interested in a surgery that some facilities are doing as same day procedures when many others are still admitting patients for a night or two. We call around and ask if they or a hospital that they know performs that particular procedure as a same day procedure and go from there.

# EDUCATOR'S REPORT (CONT.)

When we call these places, we tell them who we are, who our audience is, and what type of topics we may be interested in from them. We always ask that the topics be catered towards perianesthesia nurses if possible. Many of the speakers you have listened to at our conferences have been found by this method!

Since MNDKASPAN is a nursing conference, we like to try and seek out speakers that are from a nursing background – either nurses, nurse practitioners, or Certified Registered Nurse Anesthetists (CRNAs). However, we know that sometimes the best speaker will be an anesthesiologist, a surgeon, or another type of provider. For example, there's just no substitute for a child life specialist, who always seems to bring amazing ideas on caring for our youngest patients! As an unofficial guideline, we also try to have an anesthesia specific topic and a pediatric related topic; however, this is not a requirement.

Another option for us is to reach out to **ASPAN, who has many national board members who are willing to be speakers at our conferences.** We've even had the President of ASPAN come to speak at a MNDKASPAN conference in the past! What a great experience!

**Finally, we keep track of which speakers are very highly rated and keep them on our records as possible speakers again in the future.** They may have other topics to present in the future, or maybe in a few

years they will present the same topic they presented on years prior; As we all know, there's always new research in medicine and always something new to learn, even if it's about topics we already know a little about! A good refresher session never hurts!

We're always looking ahead at future conferences and who may be good speakers for them. **In fact, if you're in touch with someone who may be a good speaker, ask them if they would be interested in speaking at a future conference if the upcoming one doesn't work in their schedule.** Let me know their contact information, and we will reach out to them again when we are planning another conference!

**We sincerely thank all the members who have been on planning committees or who have recommended speakers in the past! We truly couldn't put on our conferences with out you!** Please let me or other members of the MNDKASPAN board know if you have any questions or if you're interested in planning a conference in the future!

We look forward to seeing you at our conferences!



0700 – 0745	<b>Registration and Breakfast</b>
0745 – 0800	<b>Welcome, Introductions and Announcements</b>
0800 – 0900	<b>Stroke Care in the Peri-Op Setting</b> Nicole Donelson, BSN, RN
0900 – 1000	<b>Have you Protected your License if your Patient has a Negative Outcome?</b> Deborah Greenwell-Plafcan, RN
1000 – 1015	<b>Break</b>
1015 – 1115	<b>Know All Your Pain Treatment Options: These are no Longer Alternative Treatments</b> Janna Vilen, MD
1115 – 1215	<b>Waking up is Hard to Do: PACU Emergencies</b> Kevin Jenner, MD, MBA
1215 – 1300	<b>Lunch</b>
1300 – 1400	<b>Opioids: The Good, The Bad and The Law</b> Michael Massey, DO, MS, MBA
1400 – 1500	<b>New Frontiers in the Evaluation and Treatment of Obstructive Sleep Apnea</b> Oleg Froymovich, MD
1500 – 1515	<b>Break and Recognition of Newly Certified Nurses</b>
1515-1615	<b>Practical Steps to Emergency Preparedness and Readiness</b> Rachel Mockros, MBA
1615 - 1630	<b>Evaluations</b>

# CPAN/CAPA CERTIFICATION

## INVEST IN YOURSELF!

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

Happy fall, y'all! If you're like me, it's hard to believe that another summer has come and gone. I'm looking forward to the fall season and getting back into a regular routine. The beauty of the changing leaves and the cool, crispness of the fresh autumn air are some of the reasons that fall is my favorite season. As you transition into the new season, why not consider getting certified as one of your goals? There is no time like the present! Certification has many benefits, the greatest being the personal investment in yourself. If perianesthesia nursing is your passion, why not take the next step and become certified in your specialty?

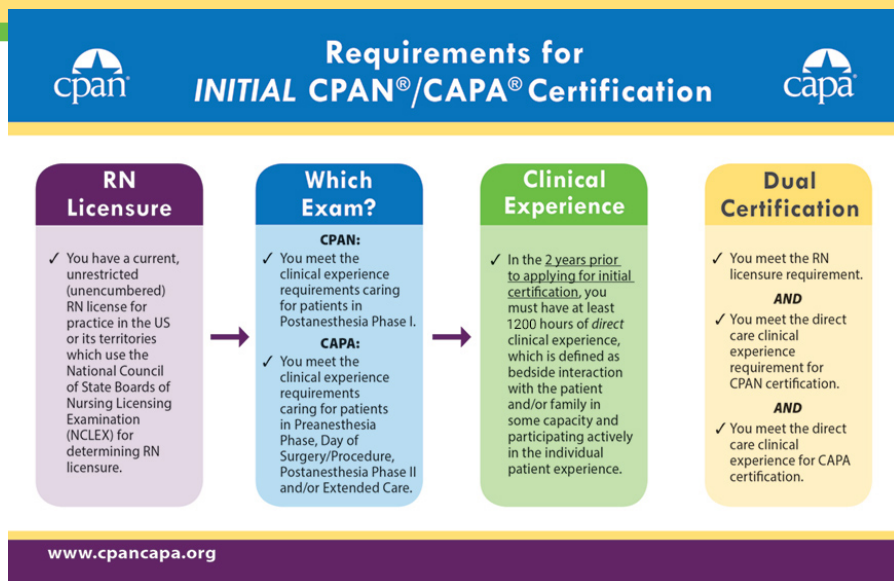
Studies have shown that certification can actually improve patient care. A discussion paper authored by Jack Needleman, Robert S. Dittus, Patricia Pittman, Joanne Spetz and Robin Newhouse in August 2014, entitled "Nurse Credentialing Research Fireworks and Perspectives for Assessing a Research Agenda" concludes that certification has the potential to improve the processes of health care delivery ([Needleman et al., 2014](#)).

Registration for fall exams is now open until September 15<sup>th</sup>. Fall testing will then begin and run through November 15<sup>th</sup>. Missed the deadline or need a little more time to prepare? Spring registration opens on January 1<sup>st</sup> and lasts until March 15<sup>th</sup>. Spring exam administration will be March 15<sup>th</sup> to May 15<sup>th</sup>.

Exam fees are \$314 for ASPAN members and \$424 for non-members. Do not let financial restraints be a barrier! Many employers offer reimbursement for these fees. If not, scholarships are available through [ASPAN](#), [ABPANC](#) and [MNDKSPAN](#).

MNDKSPAN strongly supports certification and we have many options available to help you on your journey. We have Certification Coaches who would LOVE to encourage you and share their experience with becoming certified, offer any tips that they may have, and be your cheerleader through the process. As I mentioned, we have scholarships available for certification and also recertification fees. We LOVE our certified nurses and will recognize all our newly certified members personally and at our biannual conferences. Let us know how we can support you!

As always, I would be happy to answer any questions you have and/or be your personal cheerleader. If you're ready to get certified OR are already certified and want to get more involved, please contact me. What are you waiting for? The time is NOW!



## CURRENT MEMBERSHIP: 354

(as of 8/31/19)

Welcome and thank you to our new and renewing members!

### March

BaileyBrandt  
Jill Castellano  
Linda Charleston  
Allen Jane Donaire  
Pamela Hofmann  
Becky Holtzlider  
Edna Jackson  
Rebecca Johnson  
Sara Kerr  
Stacy Leiviska  
Marjourie Llorente  
Georgine Lowe  
Monica McDonald  
Melissa Olmscheid  
Chastin Ramstad  
Sarah Rasmusson  
Maria Reed  
Bette Schwager  
Tracey Scott  
Cari Sikkink  
Tami Tapani  
Laurie Young

### April

Melissa Bailey  
Dawn Bergquist  
Mary Briggs  
Eileen Buntrock  
John Dereck  
Sherry Fetch  
Deborah Greenwell-Plafcan  
Caren Hardy  
Jacqueline Heir  
Danielle Imberg  
Chris Lippert  
Michelle Malchow  
Marilee Malec  
Susan McGrath  
Erin Mitchell  
Kelli O'Kane  
Monica Pigman  
Maureen Plunkett  
Danielle Quail  
Kimberly Roden  
Wendy Ryan  
Janelle Smith  
Judy Smith  
Virginia Steffl  
Jeanne Tschida

### May

Kim Anderson  
Mary Barnett  
Tammy Bergan  
Jennifer Boich  
Christine Brown-Hakola  
Kay Carlsrud  
Beth Haugen  
Jill Kohl  
Kenda Loch  
Carol Machemer  
Lara Maxfield  
Lori Nelsen  
Margaret O'Sullivan  
Sheri Paulsen  
Jessica Schmitz



WE JUST WANT TO SAY...  
**THANK YOU!**

## June

Corin Boese  
Ashley Buhler  
Marlys Chesney  
Shannon Cummings  
Olga Diner  
Caryl Ewing  
Barbara Forshier  
Dorothy Garvin  
Julie Hampson  
Susan Hanson  
Mary Helmueller  
Andrea Johnson  
Dianne Johnson  
Claudia Mammen  
Marnie McCuen  
Deborah Moengen  
Julie Mueller  
Mindy Nelson  
Caren Nemec  
Judith Paulson  
Darin Prescott  
Peggy Running  
Kari Scholz  
Bonnie Swanoski  
Vicky Wotczak

## July

Jessica Adams  
Katherine Dineen  
Lorraine Gustafson  
Stephanie Halverson  
Jessica Horner  
Michele Maxham-Page  
Tanya Mazzone  
Elizabeth Mead  
Sharon Michalski-Lukach  
Heather Nelson  
Julie Oppold  
Amanda Pope  
Darin Prescott  
Stacy Ringstad  
JoAnn Sauro  
Kristin Siepkes  
Aliza Stout  
Pamela Taulman  
Jamie Vickery

## August

Katherine DeAngelo  
Elaine Ensz  
Connie Ferguson  
Erin Frye  
Joshua Hardin  
Laura Holmes  
Stacy Kopriva  
Julie Lambertz  
Kaitlin Lund  
Sally Lundquist  
Janet Nash  
Brady Nellis  
Andrea Radke  
Kristine Roberts  
Melissa Sergot  
Melinda Willard

## Are you Falling Behind in Your Learning?

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

Staying current in the specialty of perioperative nursing requires each of us to be continually learning. If we are complacent in learning the latest evidence-based practice, our work at the bedside can fall behind in this ever-changing world of healthcare. All of us need to challenge ourselves to make sure we are learning and seeking to find those items we don't know. Staying current in evidence-based practice will provide our patients with the best outcomes.

In the perioperative areas there is a tendency to have many veteran nurses. Having experienced nurses is a very good thing and says a lot about our specialty. However, the longer we practice the more we may rely on muscle memory. Wikipedia defines muscle memory as the memory that has been used to describe the observation that various muscle related tasks seem to be easier to perform after previous practice, even if the task has not been performed for a while. Have you stopped to ask yourself why you perform a task or why a medication is administered? We all need to understand why we practice the way we do and when our training is more and more distant it can be a challenge to keep this information fresh in our minds.

Teaching others is a wonderful way to continually learn and research the latest evidence-based practice. Studies show that teaching others improves our own learning called the Protégé Effect (Chase et.al.) By teaching others, we also learn as we investigate those tough questions that come up. I encourage you, even if it isn't in a formal presentation, start teaching others. Make it fun on your unit and have a question for the day. It is amazing what you can learn from discussing and hearing the answers from others.

Mentoring and precepting is another form of learning. When new nurses come to your unit, they have many questions. Sometimes that causes us to pause and really ask ourselves why we do a certain process. It is not acceptable to answer with, "because that is the way we have always done it or because management says so." Along the way you may even uncover a policy that

is outdated and needs some revision. Take a moment to think about how you would teach a new nurse about why we administer lactated ringers or what happens on the cellular level with glycemic levels in stress?

Another opportunity is being a part of a mentoring program at your facility or through the Emerging Leaders Program through ASPAN. This will open your eyes to see that you can make a difference in someone's life and you will learn along the way. By exploring in a non-threatening climate of explaining or finding the answers to "why questions". By mentoring others, you will help build their confidence and as you both progress.

Challenging ourselves to find those areas that we could increase our knowledge can be delicate. Recently at my facility we are trying a new way to make decisions on what topics to use for education. Each nurse is sent a knowledge assessment questionnaire electronically. By reviewing the results, we can determine the nurse's knowledge base. We can then objectively evaluate and build on that base knowledge or focus on a different topic. If we don't know what we don't know we will never move forward. We are hopeful that this will provide for us a way to build on their knowledge base and grow even more.

I challenge you on your unit or component to dig deep into the bank of resources out there and find topics that are new and challenging to our practice. Read your JOPAN journal that is collecting dust on your nightstand. Attend a conference such as MNDKSPAN's conference. We should never be satisfied to work from our muscle memory and coast through our days. Don't fall behind in your learning this autumn season. Our patients are relying on us to provide them with the best care possible.



## DONATING BLOOD IS GOOD FOR YOUR HEALTH!

By Tricia Sladky BSN, RN, CPAN  
Post-Anesthesia Care Unit  
Certified Group Fitness Instructor

Every two seconds someone in the U.S. needs blood. According to the Red Cross, that equates to about 36,000 units of red blood cells every day. We know that donating blood saves lives, but did you know there are several benefits to being a blood donor?

Donating blood helps improve cardiovascular health by eliminating the iron that can potentially oxidize in your blood causing damage to the cells lining your arteries. A study published in the *Journal of the American Medical Association* found that participants ages 43 to 61 had fewer heart attacks and strokes when they donated blood every six months.

Blood donation can also reduce the risk of cancer. Iron is believed to increase free-radical damage in the body which is linked to an increased risk of cancer and aging. Donating blood is associated with lower risks of cancers including lung, liver, colon, and throat because of the reduction in oxidative stress when iron is pulled from the blood stream.

With each donation of one pint of blood, the donor burns approximately 650 calories. Blood donation should not be thought of a weight loss plan, but it certainly makes it worth taking a day off from the gym!

In addition to keeping you healthy, donating blood provides a free screening. As a donor you are tested for syphilis, HIV, and hepatitis among other diseases providing you with valuable health information without setting foot in a doctor's office or paying for labs.

But of course the very best benefit of all is the feeling you get knowing that your donation has saved a life. Be someone's hero... donate blood today!

<https://www.medicaldaily.com/why-donating-blood-good-your-health-246379>



## 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

MNDKSPAN Fall Conference  
*St. Cloud, MN*

### December 1st, 2019

Nomination Deadline  
*MNDKSPAN Board of Directors*

### January 1st - March 15th, 2020

Spring Registration Window  
*CPAN/CAPA Certification*

### March 15th - May 15th, 2019

Spring Exam Administration Window  
*CPAN/CAPA Certification*

### April 26th - April 30th, 2020

ASPAN 39th National Conference  
*Denver, CO*

### April 25th - April 29th, 2021

ASPAN 40th National Conference  
*Orlando, FL*

# BOARD MEETING MINUTES

## Executive Board Meeting: Summary of Minutes

### MNDAKSPAN EXECUTIVE BOARD MEETING MINUTES SUMMARY

**JULY 31, 2019 AT ST. CLOUD HOSPITAL**

#### REVIEW STRATEGIC GOALS/ACTION PLANS

Peg proposed to have our strategic goals and action plans formatted in a document to include measurable goals with target dates for completion. This would also align with the requirements for the Gold Leaf application. The Gold Leaf will be a focus topic at the upcoming LDI in Sept., and Deb will present at LDI on the importance of strategic goals and action plans.

Additional information will be presented to the full board at the Oct. meeting.

#### REVIEW OF BY LAWS/POLICIES AND PROCEDURES

Peg proposed to have a statement on all conference documents in reference to our cancellation policy. This statement will reference the MNDAKSPAN website policy and give the up to date information.

#### DIRECTOR OF MEMBERSHIP AND MARKETING

Our current Director of Membership and Marketing has resigned. This position will remain open until the Jan 2020 election. If any members are interested in this position, please complete a willingness to serve form. All members are welcome to attend the full board meeting in Oct.

#### FALL CONFERENCE 2019: ST. CLOUD CONFERENCE REVEIW

Fall conference planning was discussed. Conference registration numbers will be closely monitored. Advertising for the conference was reviewed. MNDAKSPAN will also award Drains Perianesthesia Nursing book to St. Cloud State University Nursing Program this year.

#### SPRING CONFERENCE 2020 REVEIW

The spring conference will be held February 7-8, 2020, at the Crowne Plaza in Plymouth. There will be a half day session Friday morning, with the full board meeting Friday afternoon, and a full conference day on Saturday.

#### LDI REVIEW

Peg, Krystal, Andrea and Kristin will attend LDI in Ohio in Sept. Gold Leaf will be a primary focus of the LDI this year.

#### OPEN ITEMS

**Peg:** The ND Nurses Association sends a newsletter to every RN in ND. MNDAKSPAN is considering advertising in this newsletter when we have the 2020 Fall Conference in Fargo.

Proposal to have each board member create an email associated with MNDAKSPAN, as this would provide continuity for each board position.

**Andrea:** A treasurers audit was completed by Deb and Peg with Andrea. No irregularities were noted.

Board members are asked to submit budget items to Andrea, with a goal to approve the 2020 budget at the Oct meeting.

**Deb:** Deb proposed to have some swag at a conference. She will check on items and pricing. Deb also reviewed what should be included in the crisis manual.

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

*Respectfully submitted,  
Elaine Prom, BSN, RN-BC, CAPA  
MNDAKSPAN Secretary*

## July 2019

## 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 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](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. 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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