



WISPAN

# The Awakening

Volume 41 Issue 3

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

## Message from President Brenda Gillingham BSN, RN, CPAN

I have heard from multiple RNs about the turmoil they are facing, not only in their workplace, but within themselves. In fact, nurses are leaving the field they dedicated their lives to because of it. Not only do we have professional responsibilities, many of us are also children, siblings, spouses, and parents.

Nurses are being sent to work in areas they have not worked for years, if ever, due to their perioperative experience. It is difficult for others to understand what is being asked of us; to comprehend the extreme stress it brings. When I moved from ICU to Phase I recovery, my preceptor genuinely believed I did not need an orientation; that I possessed all the necessary skills. We are seeing this now and it is frightening.

Let us gain strength from one another. The WISPAN Board of Directors will be sending you an invitation to join us virtually to discuss our various settings, what is being asked of us, how we are being supported or not, and what others are finding helpful.

During this holiday season, a time when meaningful traditions may have to be altered, I sincerely wish you peace.

-Brenda, WISPAN President

You're Invited to a  
"Lets Talk" Session

Date: Wednesday,  
January 6th, 2020

Time: 1930– 2030

\*WebEx invitation  
will be emailed out

### Inside this issue:

Scholarship & Research Reports [2](#)

Membership/ Marketing, Governmental Affairs & Treasurer [3](#)

Message from President Elect & CPQ Answer [4](#)

Reflection on "Let the Music Play" Pam Schreiner BSN, RN, CAPA [5](#)

Continued: Reflection on "Let the Music Play" Pam Schreiner BSN, RN, CAPA [6](#)

WISPAN Winter Conference Information [7](#)

### CPAN & CAPA Important Dates

Registration Window Spring  
— January 1 – March 15

Recertification Spring —  
January 1– April 30

[\\*https://www.cpancapa.org/](https://www.cpancapa.org/)

### Clinical Practice Question

**Question:** A frequently asked question to CPC is when a transporter can transfer a patient to their room. For example, a patient has met criteria in PACU and has been held for room/bed availability for a longer length of time?



\*see page 4 for the answer

\*Submitted by Marlene Nahavandi

### Treasurer Update Sandy Shotliff RN, CPAN

#### Financial status:

BMO Accounts checking  
\$7643.16

Savings \$6021.99

CD \$21,763.34

Calvert Mutual Fund \$8092.59,  
since last updated statement

## Message from the WISPAN Scholarship Coordinator Cyndi Siebel Mohler BSN, RN, CPAN

On July 27, 2020, the WISPAN Executive Board met to discuss the budget and ways to support membership. It was decided to suspend scholarships and monetary awards until further notice. One exception will be CPAN and CAPA Certification / Recertification scholarships will continue to be awarded to support certification for members. The decisions from this meeting were then discussed at our general board meeting with all board members on October 2, 2020.

WISPAN will honor scholarships already awarded. Members who were awarded a scholarship to ASPAN National Conference 2020 have been given

**Deadline for WISPAN  
2021 Spring  
Certification /  
Recertification  
Scholarship is  
February 15, 2021**

the choice to use their scholarship for National conference 2021 or apply the monies to ASPAN On Demand online modules from 2020 conference.

If you need points for the scholarship application, consider attending one of our WISPAN General

Board of Director's meetings. The meetings have been virtual lasting about an hour and a half. If you have any questions or comments please contact me.

Cyndi Siebel Mohler BSN RN CPAN

[WISPANscholarship@gmail.com](mailto:WISPANscholarship@gmail.com)  
[RnCsm@tds.net](mailto:RnCsm@tds.net)

### WISPAN 2020 Spring Certification / Recertification recipients are:

Valerie Dethloff (CPAN Recertification)

Laurie Delaney (CPAN Recertification)

Pattie Miller (CAPA Recertification)

Tracy Franchuk (CAPA Certification)

### Congratulations to the WISPAN 2020 Fall Certification / Recertification recipients:

Pamela Schreiner (CAPA Recertification)

Joan Smith (CPAN Recertification)

## Research Update Jill Hoffman BSN, RN, CAPA

### Call to Serve

Nurses who are interested in participating and learning more about research please consider volunteering for the ASPAN Evidenced Based Practice SWT. "The EBP SWT works closely with the Research Committee, as well as the Education Provider and Clinical Practice Committees. In the past, the EBP SWT was also very involved in supporting revisions for the Standards and Guidelines SWT. The charge of our group is to help foster and support EBP and to help make it come alive and accessible to ASPAN members! Part of that work happens through reviewing and ranking available evidence, running the ASPAN Journal Club, and assisting with the review and judging of EBP/Research grants and scholarships. This year, we are also adding a new activity for a subset of you who wish to serve and work on the Joanna Briggs Institute (JBI) Surgical Services Node!"

Please reach out to Daphne Stannard Phd. RN CNS NPD-BC FCCM at ASPAN for volunteer information.

[daphnesto@gmail.com](mailto:daphnesto@gmail.com)

Good luck to any members who submitted abstracts for consideration for the poster and/or oral presentations for the 2021 ASPAN National Conference. Deadline for submission was Oct 15<sup>th</sup>.

### Research projects

Although the WISPAN Research scholarships are on hold d/t COVID we certainly would like to showcase any research our members are part of. If you are collaborating on any research projects please contact me at [WISPANresearch@gmail.com](mailto:WISPANresearch@gmail.com)

**Research Article: Mindfulness:** As our nursing reserves are tested during the challenges of the COVID pandemic we need reminders to practice self-care for self-preservation. First steps: acknowledging the stressful reality nurses face during their practice. Second step: finding solutions that may lessen stress and keep us sustained.

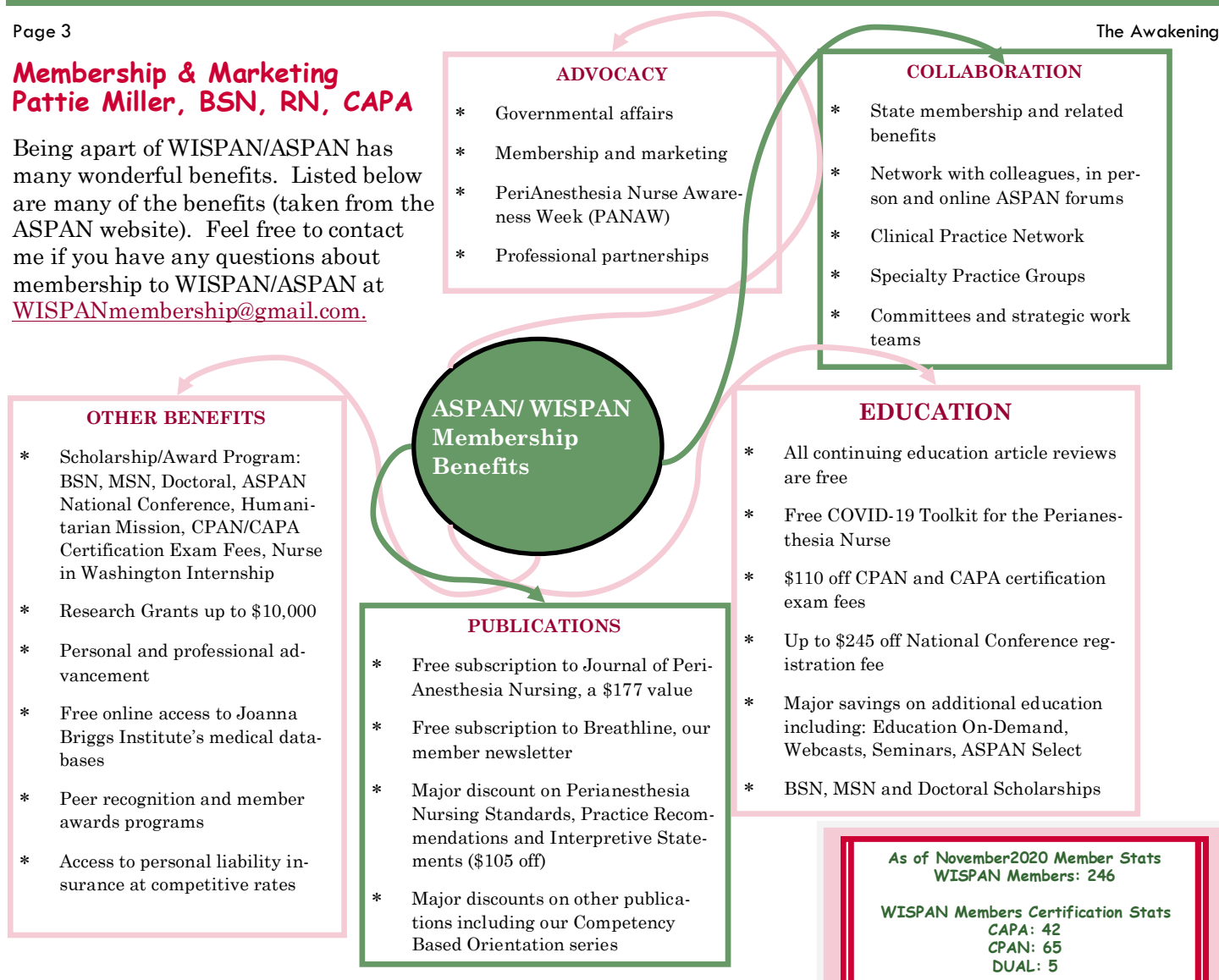
Sandra Berstein MSN RN APRN LMFT article in Nursing 2020 "Being Present: mindfulness and the nursing practice" shares different modalities for stress reduction to nurses. If

you are unfamiliar with some of these techniques consider having an open mind to incorporate them into your work/life balance. To access this free article use the link provided.

[https://journals.lww.com/nursing/Fulltext/2019/06000/Being\\_present\\_Mindfulness\\_and\\_nursing\\_practice.4.aspx](https://journals.lww.com/nursing/Fulltext/2019/06000/Being_present_Mindfulness_and_nursing_practice.4.aspx)

## Membership & Marketing Pattie Miller, BSN, RN, CAPA

Being apart of WISPAN/ASPAN has many wonderful benefits. Listed below are many of the benefits (taken from the ASPAN website). Feel free to contact me if you have any questions about membership to WISPAN/ASPAN at [WISPANmembership@gmail.com](mailto:WISPANmembership@gmail.com).



As of November 2020 Member Stats  
WISPAN Members: 246

WISPAN Members Certification Stats  
CAPA: 42  
CPAN: 65  
DUAL: 5

## Governmental Affairs Message Tracy Franchuk, BSN, RN, BSHCAD

The election is over; or is it? I am not sure how you all feel, but I think it is safe to say that I believe we all just want to move forward. We have many challenges we are currently facing that need to continually be addressed. As Nurses we want the best for our patients, communities and loved ones. Staying involved will offer us collective opportunities to provide effective compassionate solutions. The ANA and ASPAN will continue to provide us with information and direc-



tion as the dust settles over the next few weeks and months. Stay tuned and stay involved!

**THANK YOU TO EVERY NURSE WHO EXERCISED THEIR RIGHT VOTE!**

Please reach out to talk government affairs!  
[wispangovernment@gmail.com](mailto:wispangovernment@gmail.com)

ABPANC's Shining Star Award recognizes ASPAN components for supporting CPAN and CAPA certification at the local level. The star is silver and is engraved with the component's name and year of award. WISPAN had the honor of receiving the Shining Star for the year 2020.



WISPAN's President (Brenda Gillingham) holding WISPAN's 2020 Shining Star Award

## Message from President Elect Marlene Nahavandi BSN, RN, CAPA

I recently had the opportunity to attend the Inaugural ASPMN (American Society of Pain Management Nurses) Annual 3 day virtual conference. It was absolutely amazing. I had trepidation about learning and networking virtually but it was fantastic. The conference was very interactive and made me realize that WISPAN can offer virtual conferences for our members. Our WINTER Conference planning committee has been busy planning and preparing to offer a half day WINTER conference on February 6, 2021. I hope to see you.

*"The society is committed to the promotion of perianesthesia nursing as a specialty and enhancing the professional growth of its members"*

## WISPAN BOARD POSITIONS

Would you like to have the opportunity to assist with setting the direction of your organization? Volunteer to join the WISPAN board! WISPAN is looking for members to become involved with the WISPAN board. In 2021 WISPAN will have the opportunity for members to become involved on the board in the following positions: Membership and Marketing, Government Affairs Liaison, Website Coordinator and President Elect. I would encourage you to read the job descriptions and challenge yourself to become involved on the WISPAN board.



Review job descriptions at <https://wispan.nursingnetwork.com/page/31601-documents>  
Complete the willingness to serve form at <https://nursingnetwork.wufoo.com/forms/wispanwillingness-to-participate-form/>

Here are a few **BENEFITS** of getting involved on the WISPAN board

- Board members we receive \$75 towards a WISPAN conference of your choice
- Hotel & mileage expense paid for while traveling to board meetings
- Meet new perianesthesia nurses from around the state
- Increase opportunity to win WISPAN scholarships
- Opportunity to learn about ASPAN & WISPAN
- Most of all...to have fun and to network with colleagues!



December 2020 WISPAN Board of Directors online meeting

## Clinical Practice Question



**Question:** A frequently asked question to CPC is when a transporter can transfer a patient to their room. For example, a patient has met criteria in PACU and has been held for room/bed availability for a longer length of time?

**\*\*Submitted by Marlene Navahandi**

**Answer:** A good reference is in the 2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements, Practice Recommendation 6: Safe Transfer of Care: Handoff and Transportation (p. 62-64). As the practice recommendation states, the organization/facility should have a policy to ensure safe transportation of patients. The recommendation also states the Perianesthesia nurses determines the mode, number and competency level of accompanying personnel based on patient needs. If a patient is going to a lower level of care than it would be appropriate for an aide/transporter to transport unless the RN deems differently. In essence the RN needs to ensure safe transportation of the patient to the next level of care.



## Reflection on "Let the Music Play"

### Pam Schreiner BSN, RN, CAPA

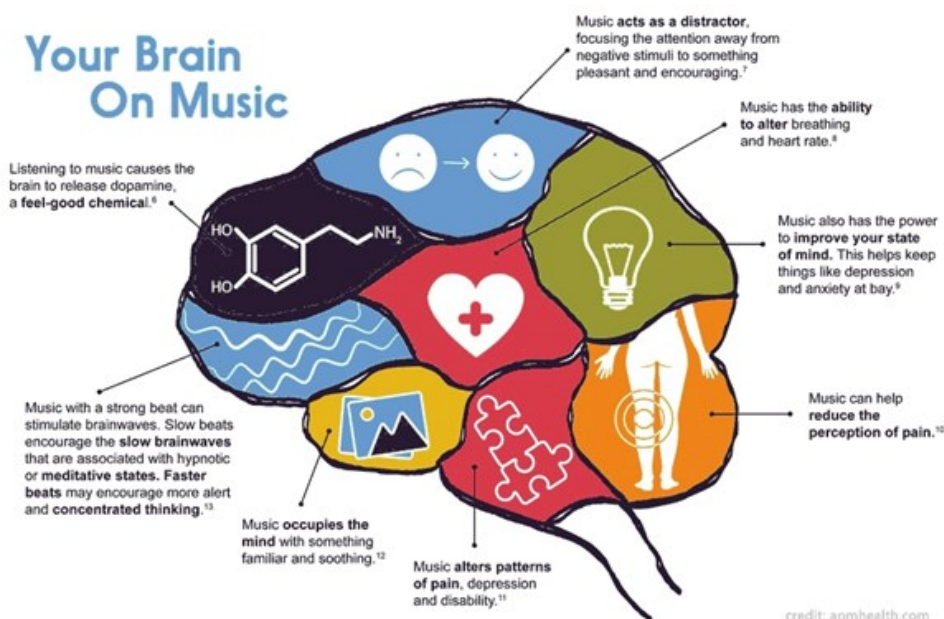
The benefits of listening to music is a "no brainer", or rather an "all brainer". It impacts almost all regions of the brain. Research has supported the benefit of music-listening by decreasing anxiety, reducing the perception of pain, and releasing the "feel-good" chemical dopamine. It requires no medical order, is non-pharmacological, and a relatively cost-effective way to reduce Preop anxiety. With these evidence-based results, we should have it available in every hospital setting where significant anxiety is high!

Our facility has offered music listening via I-pods with headphones both preoperatively and intraoperatively for over two years. I felt it is underutilized and could be offered more frequently to our patients. My curiosity led me to ask what the barriers were and what others have tried in the ASPAN community.

The ASPAN on demand learning module "Let the Music Play" demonstrated how an outpatient preoperative unit at Cleveland Clinic implemented music-listening preoperatively to decrease anxiety. They used the PICOT (population, intervention, comparison, outcome, time) research model to compare two study groups. The first group chose music listening preoperatively and the second group declined. Patients rated their anxiety pre-op using the (VAS) Visual Analog Scale. A score of 0-3 reflected little or no anxiety, 4-6 was moderate anxiety and a score of 7-10 was high anxiety. I-pods (5<sup>th</sup> generation) were purchased with grant funding along with headphones and loaded with pre-selected music genres. Protocols

and queries were developed regarding who to offer the music to (only adults and those without hearing loss), how to access the music on the devices, reason for declining, type of genre listened to, meds given, how long patients listened, and if the patient would use music listening with future procedures. Signs were placed on the door indicating "music listening in progress" to limit interruptions.

### Your Brain On Music



The findings showed that of the 122 patients that listened to music would highly recommend it with future procedures (score of 8/10). Those that did choose the music had a mean anxiety VAS score of 5.02 and only 10.1% received any additional anti-anxiety meds.

Those that declined music had a slightly lower VAS mean anxiety score of 4.21 upon admission. Some patients preferred to listen without headphones to decrease the barrier if any family were present. Patients also desired adding other genres like gospel and soft rock to the preloaded options on the devices. There was no association with gender, age, or procedure type in the level of anxiety reduction among those that listened.

Cleveland made modifications to add more music genres and allowed patients to listen without headphones if family were present. They found music listening beneficial in decreasing preoperative anxiety and used Florence Nightingale's environmental theory as their framework to support how noise can influence comfort and healing.

Continued on page 6



## Continued: Reflection on "Let the Music Play"

### Pam Schreiner BSN, RN, CAPA

Conceptual Framework of Florence Nightingale's Environmental Theory



This module was helpful in exposing potential barriers to implementing an evidence-based practice for music listening in the pre-operative setting. Factors to consider:

**Devices** - Music genres offered, length of charge, durability, secure location for devices, accessible, check out process for each device, and "locked down" to prevent cyber attacks (definitely consult IT on this!)

**Cost** - Consider grant funding, hospital foundations, or patient donations.

**Infection Control**- Develop protocols for cleaning between patients and post near devices. Consult Infection Control before implementation, especially if used in the OR.

**Develop an anxiety rating tool**- Create documentation of pre-op anxiety prior to implementation if not current practice.

**Team Communication**-Include anesthesia, MD's, supervisors, peers in planning process so their concerns are addressed prior to implementation. Post signage on door if patients are using music listening.

**Follow-up**- Discuss at unit meetings and evaluate patient feedback on device use to make improvements in the process.

My experience with the use of our I-pod devices has decreased several patient's anxiety regarding "hearing things" during a spinal anesthetic. They were ok to proceed with this safer option when offered music during their OR experience, avoiding the potential side effects of a general anesthetic. This on-line learning module helped me to identify the barriers we have at our facility for offering music listening to our Preop patients to decrease anxiety. I will be addressing #4 and #6 above to improve our processes for this evidence-based practice.

Pam Schreiner BSN, RN, CAPA



# WISPAN



NOW ACCEPTING PICTURES, ARTICLES, PUZZLES FOR THE NEXT AWAKENING!!!

\* Please submit photos or articles that you would like included in The Awakening to the WISPAN editor at:

[WISPANnewsletter@gmail.com](mailto:WISPANnewsletter@gmail.com)



# WISPAN Virtual Conference

The Awakening

Location: in the comfort of your own home

Saturday, February 6<sup>th</sup> 2021

## Registration begins: 0730

Enjoy breakfast & beverage at leisure while networking with other WISPAN members per chat box

Conference Time: 0800-1200

## TOPICS

- ◇ Surgical Decision Making—supporting patients and families, addressing treatment preference for life sustaining treatments and overall health goals and communication of these goals through the perioperative phases of care
- ◇ Latest trends in GYN Surgery, fetal demise and ethical issues



## More Information

We will draw attendees names for complimentary ASPAN/WISPAN memberships as virtual door prizes

**Outcome:** Nurses will gain general perianesthesia/perioperative knowledge

**Target Audience:** All professional nurses in all care settings

**Accreditation:** UnityPoint Health is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. To earn 3 contact hours, participants must attend the entire session and complete an evaluation.

## Registration

To register visit [www.wispan-aspan.org](http://www.wispan-aspan.org)

We will **ONLY** accept online registration for this event.

Payment can be made by credit card or if choosing to pay by check, registration is pended until received.

Registration Fees: Your member number is required & will be verified

**\$40 Non-member**

**\$30 ASPAN or Other Professional Organization Member**

**\$25 CAPA or CPAN & ASPAN Member**

**\$20 CAPA & CPAN (dual) & ASPAN Member**

**\$15 Non-licensed student or Retiree**

Joint- provided by UnityPoint Health & WISPAN



UnityPoint Health



\*\*\*NO REGISTRATION DAY OF CONFERENCE\*\*\*

If you choose to pay by check, please make check payable to WISPAN and mail to:

WISPAN Winter Conference

C/O Sandy Shotliff

5253 Locust Rd,

Oregon, WI 53575

**Cancellation Policy:** All requests for cancellation must be emailed 24 hours prior to start of the conference to: [sshotliff@charter.net](mailto:sshotliff@charter.net)

All attendees are welcome to join us at the WISPAN Board Of Directors virtual meeting on **Saturday, February 6th, 2021 to follow conference.**

**Please consider donating money to Passages,** Passages is a private, non-profit organization with the mission of supporting those individuals affected by domestic violence and sexual assault <https://www.passagesrc.com/>

