



Newsletter of the American Society
of PeriAnesthesia Nurses

Breathline

Volume 27, Number 1

January/February 2007

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Journey to Perianesthesia Excellence: Partnership and Collaboration

Happy New Year to you! It's that time of the year when we suddenly realize that another year has ended, and we don't really know what we have accomplished... I recently read that about 80% of people tend to break their New Year's resolutions before the end of January. Perhaps what we *should* do is try to have realistic expectations about our resolutions and what we want to achieve in the coming year. That means we need to be persistent, enthusiastic, creative, and feel energized and visionary.

It is often said that we get what we expect out of life. For example, if you expect people to like you, to accept you, and to be interested in you, they generally will. We can vary expectations by raising them or lowering them to best suit our situations and experiences. As perianesthesia nurses, what should we expect in 2007 and how can we resolve to get there?

Future Vision

First, expect that the nursing shortage will remain one of the biggest issues in healthcare. Are there any viable solutions to this problem? Maybe nurses will begin to ask for work in hospitals to be accomplished differently. Or maybe nurses will be given additional freedom, autonomy and resources to reach their desired outcomes while redesigning nursing work to



Pamela E. Windle,
MS, RN, CNA, BC, CPAN, CAPA
ASPAN President 2006-2007

more efficiently and effectively use professional knowledge, skills and decision making.

Patient safety will also remain an issue. Perianesthesia nurses can play a significant role in applying safety strategies for groups of patients in the perianesthesia areas, and for individual patients with very specific needs. Our nursing outcomes will focus on safety through multidisciplinary collaboration that provides safe transitions in patient care.

While focusing on safety, nurses need to look beyond daily routines to find more innovative ways to help patients "feel good" about their healthcare. As professionals, we can expect the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and other regulatory bodies to continually appraise our progress in creating a safe environment for patient care. JCAHO's 2007 National Patient Safety goals are comprehensive and we must revise our work

plans to meet new requirements in order to achieve these goals.

Nurses at the Table

Next, expect nurses to be at the table as new models of care delivery are developed. Many health-care stakeholders are seeking new ways to improve system processes. This exciting opportunity will have a more positive outcome if nurses have a voice during the design phase. This is especially true when hospitals undergo renovation or construction, and when new freestanding facilities open.

Nurses cannot wait for others to decide what the new healthcare delivery environment will be, and then complain later about not having input into that environment. Nurses must stop engaging in a mode of reacting, and instead start acting in a proactive manner. It is not enough to have individual departments working alone toward achieving goals while other integrative parts of the system are left helpless, hopeless, or blaming the other. The need for partnership and collaboration is important in order to influence the future by reaching together to realize desired goals.

Collaboration is Key

During his high school days as the yearbook editor, my son defined collaboration as "the act of

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ASPAN National
Conference

"Soaring on the
Magical Journey
to Excellence"

April 15-19, 2007
Anaheim, CA

www.aspan.org

Serving nurses practicing in ambulatory surgery, preanesthesia, and postanesthesia care.

President's Message

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working together." Collaboration is thought to be an event, but it is actually a process with ongoing interactions that are viewed as a relationship. Essential elements of success include the principles of collaboration and partnership.

Leading an organization is not enough. We need to collaborate among, between, and within our components, as well as with other professional organizations. An excellent example of successful collaboration is the completion of ASPAN's *Guideline for the Prevention and/or Management of Postoperative Nausea and Vomiting (PONV) and Postdischarge Nausea and Vomiting (PDNV)*. True collaboration emerged as a group of experts from various organizations tapped one another's knowledge and expertise to provide an outstanding resource guide for all healthcare providers.

ASPAN is frequently involved in collaboration with other nursing organizations, and is on the leading edge when it comes to generating and sustaining partnerships with other organizations. As a member of the Nursing Organization Alliance, our voice is "at the table" providing professional specialty information. Our long-time partnerships with the American Society of Anesthesiologists, American Association of Nurse Anesthetists, American College of Surgeons, and the Association for periOperative Registered Nurses have produced many valuable projects that enhance patient care and safety. ASPAN is committed to working with consumers, industry representatives, physicians, and other healthcare professions.

Partnerships are cooperative relationships between people or groups who agree to share responsibility for achieving specific goals. The power of partnership begins with the recognition that no organization exists in a vacuum – we can only achieve success and

prosperity by effectively working with others. Working together eliminates or reduces obstacles; therefore, it expands channels of communication to permit access to greater resources, talents and strengths while aligning the interests of our organization with those of a broader community.

Finally, as one partnership tends to beget additional partnerships, our organizational involvement produces a positive and strengthening effect. Partnerships serve to make ASPAN a more positive, ethical, and friendly place for members.

The Future

The future model for healthcare delivery I foresee includes more collaboration and partnership with interdisciplinary departments, internal and external organizations, policy makers, legislators, and most of all, with our patients/families and physicians. As patient advocates we must continue to partner with legal and regulatory agencies instead of fighting against them, while we adopt "We're all One" mindset for the betterment of healthcare services.

Nurses expect to be valued, so let's value ourselves and what we are, who we are, and all that we have. Excellence in nursing will always require attentive participation, partnership, and collaboration. Let's value each other as professionals, combine all of our valuable and varied experience, and put it to good use!

Anything can happen in this rapidly changing world. So, will everything we aim for actually come to pass? One thing is certain in 2007: we can expect ASPAN to continue its resolve to grow stronger, achieve more, excel in services and benefits for our members, and to always advocate for perianesthesia nurses, patients and their families. 🌱

ASPAN Breathline

Published by the American Society of
PeriAnesthesia Nurses

Indexed in the Cumulative Index to Nursing
Allied Health Literature (CINAHL)

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Deadlines for inclusion in *Breathline*:

IssueDeadline

JanuaryNovember 1

MarchJanuary 1

MayMarch 1

JulyMay 1

SeptemberJuly 1

NovemberSeptember 1

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Make plans now to attend ASPAN's 26th National Conference
"Soaring on the Magical Journey to Excellence"

**April 15-19, 2007 • Disneyland Resort
 Anaheim, California**

To view the entire National Conference brochure, please go to the ASPAN Web site (www.aspan.org) and click on the "National Conference" picture.

Register by March 1st to take advantage of the early bird discount!

**Anaheim
 2007**

Maximize your Conference Experience

Sue McDonald, RN, CPAN, CAPA – Member, National Conference Strategic Work Team

You're planning to travel to Anaheim for the ASPAN National Conference – *now what?* Whether it's your first time or twenty-first time attending, we want you to get the most from this experience. Here is some simple advice to guide you through National Conference preparations:

Setting the Schedule

- Review the brochure and note the sessions that interest you most. Enter your preferred schedule on the registration form, complete the required registration information, and send the registration form to ASPAN as soon as possible. Early registration secures the discounted fee offer and enhances your ability to attend first choice sessions
- Limited seating in the conference venue necessitates ticketing for sessions. Although it may be possible to exchange a ticket for another session during Conference week there is no guarantee of availability. Some offerings, such as the pre-conference and post-conference education sessions, require an additional fee. Be sure to mark all selections and include any extra fees with your registration

- When the registration confirmation arrives from ASPAN, compare this with your registration form. Please contact the National Office immediately to resolve any discrepancies

What to Wear

- While packing, be aware that business attire is requested for all education sessions. Consider business outfits that layer since the ambient temperature in meeting rooms rarely agrees with everyone
- Component Night is casual and festive, and components often plan as a group for the evening. This year's theme mirrors nearby Hollywood, so check with your component leaders regarding their plans
- The President's Reception is dressy and fun. Evening party attire is suggested
- Comfortable shoes are a must during and after the education sessions. The theme parks, shops and restaurants in Downtown Disney offer plenty of opportunities to stretch your legs after the business day ends
- Miscellaneous items to consider bringing include dollar bills for Component Night raffle ticket purchases, address labels for identifying

your raffle tickets, and adhesive page tabs for flagging scheduled sessions in the conference syllabus

Budget Planning

- If traveling alone, you can cut costs by sharing a hotel room. For information on room sharing see page 8
- Food is offered at some events, but most meals require additional expense. Downtown Disney offers many alternatives for quick stop meals or leisurely dining
- Volunteering to serve as a host/hostess is a great way to meet people and to receive a small stipend to help offset expenses. For information on the Host/Hostess program see page 9

First Timers Orientation sessions are being offered on Sunday and Monday of Conference week, and are the perfect way to gain valuable information from experienced conference-goers, have an opportunity to ask questions, and maximize your overall experience. Above all, we want you to have fun and to leave Anaheim exhilarated and energized about your nursing specialty. We look forward to seeing you in April. 🌿

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Each year, ASPAN's president appoints liaisons to represent the organization during external partnerships or collaborations. The liaison role supports ASPAN's strategic goal to be the source and voice for perianesthesia information to the public and other professional organizations. It is an honor for me to represent ASPAN on two national level initiatives, the Council on Surgical and Perioperative Safety and the Alliance to Standardize Perioperative Information.

Council on Surgical and Perioperative Safety

The Council on Surgical and Perioperative Safety (CSPS) includes member organizations directly involved in the care of patients experiencing surgical or invasive procedures. Members of CSPS include the American Association of Nurse Anesthetists (AANA), American Society of Anesthesiologists (ASA), American College of Surgeons (ACS), Association for periOperative Registered Nurses (AORN), American Association of Surgical Physician Assistants, Association of Surgical Technologists, and ASPAN.

The Council's purpose is to provide an ongoing process to identify, prioritize and address common issues that impact the quality of care, thereby allowing the member organizations to collectively improve patient care. The Council's goal is to promote a patient safety culture and collaborative workplace environment between the Council members. In July 2006, ASPAN President Pamela Windle, ASPAN CEO Kevin Dill, and I attended the Council meeting in Beaver Creek, Colorado. ASPAN presented an update on transfer of care information, and feedback on the

American Association of Clinical Dictionary time stamping to include ASPAN's time glossary and examples of reasons for delayed patient flow. ASPAN will continue to seek endorsement on relevant perianesthesia topics, such as position statements and safety standards.

Alliance to Standardize Perioperative Information

The Alliance to Standardize Perioperative Information (ASPI) is newly formed. The primary objective of ASPI is to create common standards for minimum electronic perioperative documentation while serving the needs of the perioperative setting as healthcare providers face electronic documentation implementation challenges. Alliance members are AANA, ASA, ACS, AORN, ASPAN, Anesthesia Patient Safety Foundation, Society of Gastroenterology Nurses and Associates, and Snowmed. The ASPI plans to present its objectives and process to the CSPS in February 2007.

Last year, during June and September, Dr. Marisa Wilson (see page 5) and I attended ASPI meetings in Chicago and Florida. Although CSPS and ASPI have different objectives their common goal is patient safety.

Technology Informatics Guiding Educational Reform

Last October, ASPAN received an invitation to attend the Technology Informatics Guiding Education Reform (TIGER) Summit at the National Naval Medical Center in Bethesda, Maryland. ASPAN President Pamela Windle, unable to attend, requested that I be there in her place. This historic summit brought together nursing leaders and stakeholders to create an

action plan to prepare nurses for practice in an increasingly automated healthcare environment.

Representatives at the TIGER Summit included the American Nurses Association, Sigma Theta Tau International, Association of Nurse Executives, American Association of Colleges of Nursing, National League for Nursing, Agency for Healthcare Research and Quality, Department of Defense, Library of Congress, North American Nursing Diagnosis Association, National Library of Medicine, Alliance for Nursing Informatics, industry representatives, and twenty specialty organizations representing over 2,000,000 nurses! TIGER's goal is to create and disseminate local and global action plans that can be duplicated within nursing and multidisciplinary healthcare training and workplace settings.

About TIGER

During the two-day summit, the vision and expected outcomes were shared. TIGER's vision is to "Move the nursing profession forward in bridging the quality chasm via information technology strategies."¹ Participants engaged in the development of a 3-10 year strategic plan using seven key pillars:

- communication and collaboration
- education
- informatic design
- information technology
- culture
- management and leadership
- policy

All pillars are deemed essential for creating an environment that will enable nurses to use informatics to provide safer and high quality care. Participants were asked to

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Perianesthesia Data Elements: A Convergence of Expertise

Marisa L. Wilson, DNSc, MHSc, RN – ASPAN PDE Committee Ex-Officio Member

PDE
Collaboration

Sometimes, events in our lives stir us to make decisions that in turn alter the course of our lives forever ... here is one such event.

In November 2005, I was approached by ASPAN's Immediate Past President, Dina Krenzischek, to help with a "small" database project related to ASPAN. At the time, I was the senior project leader for the selection, development, and implementation of a unified operating room and anesthesia information system for the Johns Hopkins Hospital perianesthesia and procedural areas. I was also a part time informatics faculty member at the University of Maryland School of Nursing.

By this time, I had spent about eight years working with the structures, functions, and databases of OR information systems and had a full understanding of the need for representing professional nursing practice within these systems and the urgency with which nurses need to use these tools to generate information and knowledge related to nursing's contribution to patient outcomes.

The Task at Hand

The task presented was the creation of a database for the Perianesthesia Data Elements (PDE) being developed, collected, and validated by the ASPAN PDE workgroup. After reviewing the PDE assessments, interventions and outcome statements, my questions revolved around the goals and objectives for the PDE. I was informed that the PDE

workgroup ultimately wanted these elements to be incorporated into information systems used by perianesthesia nurses.

I was immediately intrigued and began my personal academic journey to truly understand the components of successful computational languages. I spent the next few months receiving and cataloguing the PDE outcomes and related concepts from ASPAN members across the country, and could see all of the effort, work, and care that went into each set. I knew that in order to deliver on my promise I must develop this wealth of knowledge into the best model of a computational language based on current best practice standards within informatics.

PDE Basics

In January 2006, my presentation to ASPAN's PDE workgroup served to educate them on the fundamentals of a nomenclature, taxonomy, and computational language. This included a pathway of action steps needed to turn the collection of knowledge into a computational language that could be used in clinical information systems.

The PDE workgroup took a decisive step and made the commitment to develop PDE into a computational language, and began the steps to become a formal ASPAN committee. This decision was made so that PDE could become integrated into information systems used by perianesthesia nurses and be used as the pre-eminent tool for knowledge, evidence, and outcomes generation. This language and the evidence

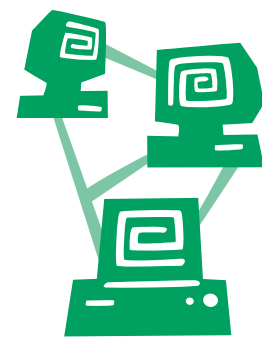
are part of the larger circle that continually evolves in order to improve patient outcomes.

A New Course

That original "small" request nudged into place a remarkable convergence of clinical and informatics expertise. In May 2006, I accepted a full time faculty position and was able to develop an even more extensive and rigorous plan and to connect the developing PDE plan with experts in the field of nursing taxonomy.

In early July 2006, the PDE Committee met. I presented a draft plan of action for turning the raw PDE set into a computational language, and the plan was accepted. By mid July, the draft plan was presented to terminology leaders in attendance at the Summer Institute for Nursing Informatics at University of Maryland for review and comment. By the end of July the revised plan was presented to attendees of the Nursing Terminology Summit, sponsored by the Vanderbilt University School of Nursing in Tennessee, and our plan was determined to be a translational representation of the theoretical model proposed by the experts.

Currently, ASPAN and the PDE Committee are negotiating contractual relationships with external organizations so that our work can move forward in earnest. PDE will be on its way to becoming a model computation language, all precipitated by a simple request and the convergence of expertise. 🌱



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Truly Outstanding

ASPAN member Valerie Boatwright, RN, CPAN, CAPA, was among seven nurses at University of New Mexico Hospitals (UNMH) honored by the New Mexico Center for Nursing Excellence at the second annual Nursing Excellence Awards Banquet. The New Mexico Nursing Excellence Awards recognize outstanding nurses in 22 professional categories. In 2006, more than

255 nominations from around the state were submitted, and a total of 26 nurses from around New Mexico were recognized.

Ms. Boatwright, a nurse for more than 23 years, was honored with the Perioperative Nursing award. She works in the Outpatient Surgery and Imaging Service unit at UNMH and in 2005 was named that unit's Outstanding Nurse. Congratulations, Valerie! 🌿



Valerie Boatwright, RN, CPAN, CAPA (center) surrounded by fellow nominees at the New Mexico Nursing Excellence Awards Banquet

PeriAnesthesia
Nurses

Our Journey
to Excellence

PANAW ~ February 5-11, 2007

Tell us your PANAW Stories

ASPAN invites you to share stories and pictures of this year's component or facility PANAW commemoration. Please send this information to jbrady@aspan.org. Your celebration stories will be shared in the next issue of *Breathline*.



Call for Clinical Articles

Consider writing and submitting a short article related to your perianesthesia practice. Our goal is to offer ASPAN members the opportunity to publish peer reviewed clinical topics in *Breathline*. Please contact *Breathline* Editor Joni Brady, MSN, RN, CAPA, to discuss your ideas or to submit a manuscript.

Editor contact information is located on page 2.

ASPAN at the Table
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examine their current organizational strategic plans and then discussed how TIGER's strategic plan be incorporated and disseminated to best obtain support from nurses.

As a personal experience I found this summit to be unique, extraordinary, and in possession of a dynamic leadership vision that will unite nursing to share one voice leading the safety of all patients. It was awesome to witness the interaction and partnership among students, bedside nurses, organizational leaders, nursing leaders, industry representatives, and government. Outcomes that seemed impossible to accomplish in two days were delivered at the end of the Summit by approximately 120 participants. For more information on the TIGER Initiative, visit their Web site (<http://www.umbc.edu/tiger>).

ASPAN's involvement in external partnerships and collaborations extends far beyond the activities I have discussed in this article. This is indeed an opportune time for ASPAN to be recognized as the voice for perianesthesia nursing practice and standards!

More information about our collaborative partners:

AANA - <http://www.aana.com>
AASPA - <http://www.aaspa.com>
ACS - <http://www.facs.org>
AORN - <http://www.aorn.org>
APSF - <http://www.apsf.org>
ASA - <http://www.asahq.org>
AST - <http://www.ast.org>
SGNA - <http://www.sgna.org>
Snowmed - <http://www.snomed.org>

REFERENCES

1. The TIGER Initiative. Background: Evidence and informatics transforming nursing. Accessed November 18, 2006 at <http://www.umbc.edu/tiger/background.html>. 🌿

Star Power

One must look up in order to see a star in the sky while purely admiring it from afar. Yet we can easily view our immediate surroundings to see the stars that twinkle among us, never demanding our attention but gaining our admiration and respect. There are many nurses with star power who deserve recognition for their dedication and commitment to the profession.

The work of ASPAN members is connected, whether serving on a local district, component, or national level. This constellation of colleagues collaborates to ensure the success of our professional organization, and it is ASPAN's desire to acknowledge nurse members for service excellence through the **Star Recognition Program**.

As a nominee, your Star must be an ASPAN member who meets at least one of three criteria:

- makes a significant impact on ASPAN colleagues as evidenced by collaboration and esprit de corps in a project
- makes a significant contribution to the current work of ASPAN
- makes a positive impact on service excellence through the promotion of ASPAN in the community and/or in the workplace

To nominate a fellow member for an ASPAN Star Recognition Award, go to the ASPAN Web site (www.aspan.org). Select the "Members" tab, then click on the "Awards" link. Click on the "Star

Recognition Award" box in the upper right-hand corner. The completed form must be submitted to the National Office with all necessary information included. The ASPAN National Office, in turn, will send a letter from the ASPAN President to the designated Star personalizing his or her special contribution along with a gold star lapel pin symbolizing this award.

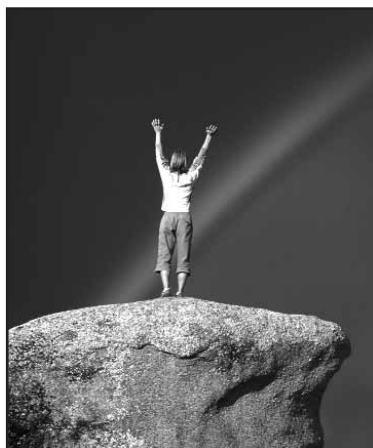
The names of all ASPAN Stars will be recognized at the 26th National Conference in Anaheim. Nominate your Star today! 🌟



Member-Get-A-Member Campaign Update

ASPAN members recruited over 500 new members since the beginning of this year's Member-Get-A-Member Campaign! It's never too late to enlist new members, for the benefits of membership are available year round.

There are also some potential rewards for being a successful recruiter. Recruiter of the Year Awards will be presented at ASPAN's 26th National Conference in Anaheim to the leading



individual recruiter, the component with the highest percentage of recruited members, and in a random drawing of all members who have recruited at least one new member.

To see the current recruitment standings visit the ASPAN Web site (www.apsan.org), click on the "Members" tab, and select "Recruiter Listings and Standings" from the drop down menu. 🌟

Enjoy the Anaheim area while attending Conference

Experience the thrill of an old wooden rollercoaster with modern twists, turns and technology at California Screamin' in the newest Disney theme park, California Adventure. Or perhaps enjoy an invigorating hang glider adventure over California's beautiful and multi-faceted scenery in the Soaring Over California ride.

Soaring on the Magical Journey to Excellence

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ASPAN Foundation *Action in Anaheim*

Dolly Ireland, MSN, RN, CAPA, CPN – Director for the Foundation



There are some exceptional ways to get involved with Foundation activities during this year's National Conference. The Sunday morning Dream Walk offers a friendly competition for components to register the most registered walkers, and we have created an annual "Dream Walker Award." Be the very first recipient of this new award, given to the ASPAN member who submits the highest monetary pledge total.

Get out and recruit your Dream Walk supporters. Then, submit your pledges as directed in the Dream Walk insert included in the National Conference registration brochure. The winner will be announced at Closing Ceremonies on Thursday morning and the award recipient receives:

- basic complimentary registration to the 2008 National Conference in Dallas
- complimentary entry fee to the 2008 Dream Walk in Dallas
- a commemorative plaque
- an announcement in *Breathline* and *JoPAN*

The ASPAN Foundation utilizes its resources to implement initiatives focused on scholarships and awards, public awareness and education, and research.

Disney's "land of magic" will provide a wonderful environment for the walk, while every walker contributes to a lasting legacy.

What's Cooking?

Many members submitted their own special recipe for a new cookbook titled, *ASPAN-Waking Up Your Taste Buds*. This book contains great recipes and special inspirational notes from perianesthesia nurses all across the country. Just imagine the fun you can have meeting and collecting signatures from the many authors, because our special recipe collection will be on sale in Anaheim.

See it all in the Exhibit Hall

The Exhibit Hall will be a busy spot for Foundation supporters. Get ready...aim...shoot. Make that basket and get a prize! Our basketball hoops contest will be fun for everyone! The Silent Auction is back by popular demand. Each year, the number of auction items donated by ASPAN members increase and the bidding wars occurring as the final seconds of the auction tick away are truly something to behold! This auction allows you the chance to bring something home to a colleague or secure your own special Conference memento.

Speaking about something for yourself... how about a caricature of YOU at Conference? An artist will be on hand to draw caricatures for a nominal fee. All monies go to support the work of the Foundation. In 2006, the Foundation gave the highest number of ASPAN Scholarships to date (see page 19 for details), and we want to continue the development activities in order to continue the work of the Foundation in the future. 🍀

Enjoy the Anaheim area while attending Conference

After a day of catching up on the latest in perianesthesia nursing practice, rejuvenate across the street at Downtown Disney. You can head to this high-energy entertainment complex for restaurants such as the House of Blues and Ralph Brennan's Jazz Kitchen, or attractions like the ESPN Zone and Disney souvenir stores galore. It's all an easy walk from your room at the Disneyland Hotel.

Soaring on the Magical
Journey to Excellence

26th National Conference Room Sharing

The last edition of *Breathline* included information on the "Willingness to Share a Room" list. If you missed the application deadline of February 1, 2007, but are interested in pursuing the room sharing option, please include the following information: name, home and work phone numbers, and e-mail address. Indicate a preference for smoking or nonsmoking room. **All late inquiries will be answered by e-mail only.**

Please e-mail your request to:

Linda Trowbridge, MSA, BSN, RN, CPAN
Email: Lkt517@aol.com

The National Conference host hotel room reservation deadline is March 14, 2007. Reservations made beyond this deadline are based on a space and rate availability basis only.

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Your Life is Your Message *ASPAN Foundation Luncheon* *Wednesday, April 18th from 12-2 pm*

National
Conference

OThe Foundation is honored to welcome ASPAN Past President Susan Shelander, RN, CPAN, to present her inspirational declaration, "Your Life is Your Message." Susan's presentation explains that by realizing your uniqueness and applying your talents, values, and skills, YOU will soar on a Journey to Excellence! Susan is a genuine, dynamic and motivating leader. Her message is one that you won't want to miss.



*Susan Shelander, RN, CPAN
ASPAN President 2001-2002*

During the luncheon you will have an opportunity to participate in the "Hail, Honor, and Salute" campaign. Extend a special tribute to someone who has made a difference in your personal journey to excellence by making a donation in his or her name. **Seating is limited, so please register for the luncheon early by purchasing your admission ticket when submitting your conference registration form.** 🌿

Component Night 2007: *A Night with the Stars*

Start the 26th National Conference in sunny Anaheim with lights, camera, action - and *A Night with the Stars*! Come dressed as your favorite Hollywood star, have your component members represent a favorite movie, or be your very own brand of star. Imagine flash bulbs

popping and fans clamoring for your autograph as you walk the red carpet into a Hollywood themed evening of fun and excitement!

Component Night offers a wonderful way to kick off Conference week and is a great opportunity to break the ice and

make new friends, renew old friendships, and enjoy the fun loving festivities. As National Conference attendees continue the tradition by opening the week of conference with a party atmosphere, get ready to let yourself shine and have a great time! 🌿

Volunteer Host/Hostesses Needed

As you complete the National Conference registration form, consider volunteering to serve as a host/hostess. By participating in this vital role, you will have an opportunity to meet new friends and work with other volunteers. Because you will be reimbursed after the conference for the hours worked, this is an ideal way to help fund some of your expenses. Hosts/hostesses are needed to serve during registration and all education sessions, in pre-conference preparation, during the Silent Auction, and in the ASPAN Shoppe. For more information or to volunteer, contact Helen Buss:

hbuss@aol.com
(H) 760 758-2677
5055 Dassia Way
Oceanside, CA 92056-7432

Enjoy the Anaheim area while attending Conference

Orange County has the perfect Southern California beach experience! Blue-green waves breaking on picture perfect sandy beaches await you. Huntington Beach, known as Surf City USA, is just 16 miles from Disneyland. So catch a wave, watch the surfers, swim, drop a line off the pier where fishing is free, build sand castles or leisurely read a book on the beach while sunbathing.

**Soaring on the
Magical Journey
to Excellence**

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2007-2008 Slate of Candidates

VICE PRESIDENT/PRESIDENT-ELECT



Lois Schick,
MN, MBA, RN, CPAN, CAPA

REGIONAL DIRECTOR, REGION 1



Nancy O'Malley,
MA, RN, CPAN, CAPA

REGIONAL DIRECTOR, REGION 3



Kim Kraft,
BSN, RN, CPAN

REGIONAL DIRECTOR, REGION 5



Christine Price,
MSN, RN, CPAN, CAPA

TREASURER



Katrina Bickerstaff,
BSN, RN, CPAN, CAPA



Susan Carter,
BSN, RN, CPAN, CAPA



Sandra Gardner,
MSN, MS, RN, CPAN



Lila Martin,
MSN, RN, CPAN

DIRECTOR FOR EDUCATION



Kathleen DeLeskey,
MSN, RN, CPAN



Linda Ziolkowski,
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DIRECTOR FOR RESEARCH



Ellen Poole,
PhD, RN, CCRN, CPAN



Jacqueline Ross,
MSN, RN, CPAN

NOMINATING COMMITTEE (FIVE VACANCIES)



Holli Brousseau,
BSN, RN



Janet Donoghue,
BSN, RN, CPAN



Amy Dooley,
BSN, RN, CPAN



Brenda Elliott,
RN, CPAN



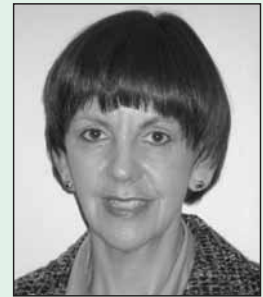
Kate Glatt,
BSN, RN, CPAN



Cynthia Hill,
BSOE, RN, CPAN, CAPA



Michele Joynes,
BSN, RN, CPAN



Cindy Ladner,
BSN, RN, CAPA



2007-2008 Candidate Profiles: Your Input is Requested

ASPAN's slate of candidates for the 2007-2008 year is impressive, and each candidate brings talent and skills to lead ASPAN in the role she is seeking in the coming year(s). ASPAN is excited to once again use Web technology to provide our members with candidate qualifications and background information, including each candidate's vision for immediate and long-term goals and strategic priorities for ASPAN within the next two years.

Your component is asking for members' election input. Please go to ASPAN's home page (www.aspan.org) and select the "Members" button on the top navigation bar.

Click on "Candidate Profiles" to read and/or download the *2007-2008 Candidate Profiles* and submit feedback to your component. Here's what you do:

- Review the *2007-2008 Candidate Profiles*
- Scroll to the bottom of the screen and click the box next to the candidate's name of your choice for each position
- Select your component from the list of component names and click it to submit
- Your input will be forwarded to your component representatives to assist them in casting their votes at the Representative

Assembly meeting in Anaheim, California

- Only one candidate selection submission per member will be accepted

If you are unable to view the *2007-2008 Candidate Profiles* on the Web, you can e-mail (aspan@aspan.org) a request for a Word® document via e-mail, or ask for the information to be sent to you via postal mail. Instructions on how to submit your candidate selection will accompany the information packet.

Your input must be submitted no later than February 28, 2007. Don't delay! 🌿

Breathline

Volume 27, Number 1
January/February 2007

The Directors' Connection *All around Region 2*

Twilla Shrout, BSN, MBA, RN, CAPA – Regional Director, Region 2

Region 2 encompasses the heartland of the United States and includes ASPAN components in Arkansas, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Oklahoma, and Texas. Along our *Journey to Excellence* this year, I have driven 1893 miles and flown 700 miles as the Region 2 Director, while being fortunate to visit with ASPAN members in Arkansas, Iowa, Louisiana, and my home component of Missouri/Kansas. Here are some highlights of activities all around Region 2:

Iowa Society of PeriAnesthesia Nurses (ISPAN) Thank you ISPAN leaders Jenny Goos, Beth Brown, Deb Mueller, Linda Armstrong, Helen Riedesel, Sandy Hostel, and the *Awakening Experience* editor, Sandy Gardner. The annual meeting held in October was well attended, and ISPAN looks forward to welcoming new members in the year ahead.

Louisiana Association of PeriAnesthesia Nurses (LAPAN) A component with an indomitable spirit, LAPAN held an excellent

seminar in October with 93 nurses in attendance. The component is led by Karla LeBlanc-Lucas, Rachael Ballas, Debra Deslatte, Jayne Dominique, Debbie Wadsworth, Theresa Lacombe, Cheryl Cotton, Robin Steele, Jannelle Sallean, and Clara Boudreaux.

Mississippi Society of PeriAnesthesia Nurses (MSPAN) The component had a “brown bag seminar” in October, with the state seminar planned for February 9-11, 2007 in Biloxi, featuring Dolly Ireland as the speaker. Vickie Hixon, Renée Burnsed, Pearl Nelson, Carol Davis, Donna Casey, Dianne Davis, Katie Donald, Pamela Knight, Allison Korsak, and Jancie Everett work hard to make MSPAN a success. Award-winning editor Annette Williams is responsible for producing *The Arouser*, the component newsletter published three times per year.

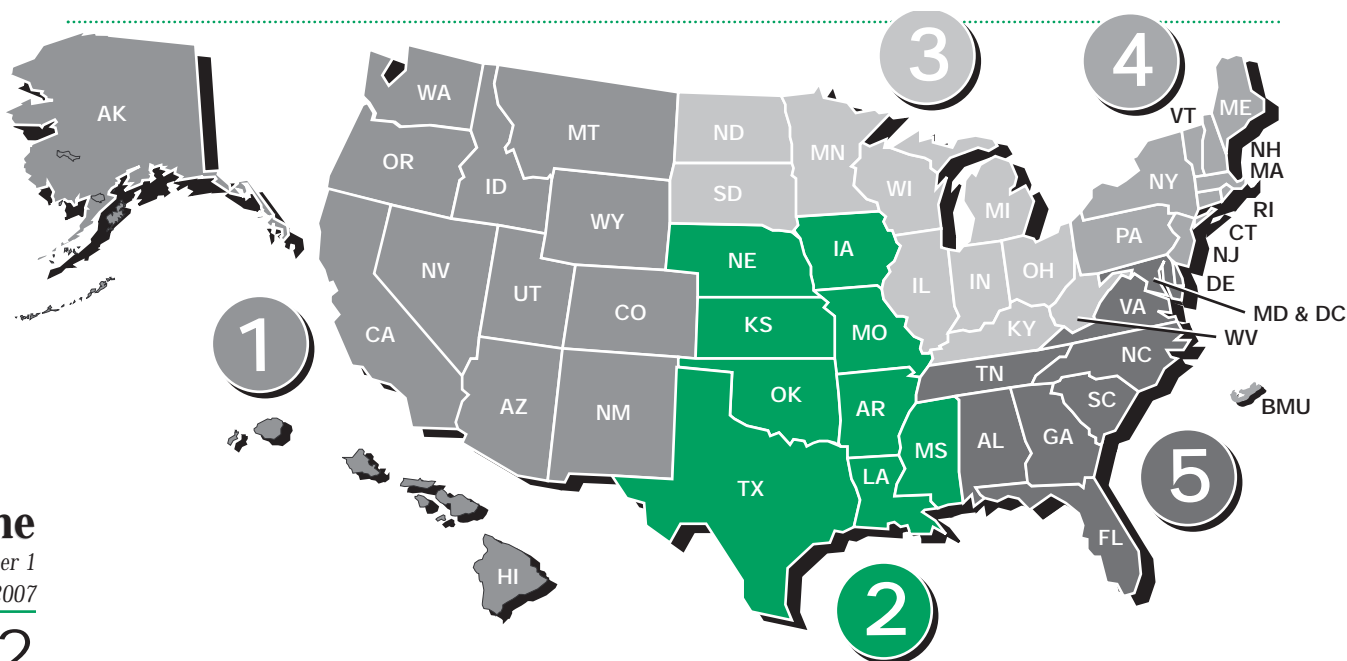
Missouri-Kansas PeriAnesthesia Nurses Association (MO-KANPANA) This busy component is working toward increasing membership, revamping the

newsletter, and offering a CPAN/CAPA seminar in Kansas City. MetroKCPANA and Mid-MOPANA districts are working to serve their members, along with component leaders who include Julie Baker, Jan Lopez, Nancy Martin, Karen Rolfs, Lanette Fleming, Sandy Sheets, Linda Lee, Candace Taylor, and Lila Martin. For more information, check out the Web site (www.mokanpana.org).

Nebraska Association of PeriAnesthesia Nurses (NAPAN) The component members welcomed new president Sue Meier at the annual meeting and seminar held in October, while thanking Christine Craig for her service as outgoing president. Kristy Iwansky is the editor of *Nappin' News*, NAPAN's newsletter.

Oklahoma Society of PeriAnesthesia Nurses (OSPAN) has been busy hosting their fall state seminar in Oklahoma City and an ASPAN “Foundations of PeriAnesthesia Practice” seminar in Tulsa, while gearing up for the

continued on page 19



Clinical Practice Q&A

Terry Clifford, MSN, RN, CPAN – ASPAN Director for Clinical Practice

Clinical Practice

Many practice related questions are sent to ASPAN via the Web site each month. The Clinical Practice Committee fields these questions, and committee members then research the answer and respond to the query. This is one frequently asked question.

Question: What research has been done on temporal artery thermometers, and how accurate are they compared to tympanic thermometers?

Answer: This is definitely a hot topic. The current research is primarily funded and conducted by the device manufacturer and industry. When searching the manufacturer's Web site, one finds that the company has a medical division with several articles listed on the site. Several articles are presented, and one summary article refers to a number of studies.

One pilot study was presented by Steve Baumgart, M.D. and colleagues in May 2001 at the American Pediatric Society and the Society for Pediatric Research.¹ This study compared infrared

thermometry scanned over the temporal artery to digital axillary thermistor in premature neonates, and concluded that infrared temporal artery scanning makes repeated temperature assessment during incubation and rewarming easy to perform and it better reflects premature babies' true core temperature while being less invasive than deep rectal or esophageal temperature monitoring.¹

Another study conducted at Children's Hospital in Boston compared the temporal artery thermometer with the tympanic thermometer, and found the temporal method significantly more accurate.¹ A Massachusetts General Hospital study favorably compared the temporal artery thermometer with temperatures measured using a pulmonary artery catheter in adults.¹


One reason for abnormal readings most frequently cited with the use of temporal artery thermometer is user error. Moving the thermometer too quickly across the patient's forehead or breaking contact with the skin may result in erroneous readings. If your unit is using the temporal artery

thermometer, your biomedical department may need to purchase a calibration kit in order to routinely check temporal artery thermometers for accuracy.

Based on electronic mail exchanged among our ASPAN members writing to the Clinical Practice Committee, it appears that most perianesthesia nurses currently using temporal artery thermometers do not want to give them up. While we acknowledge that more studies on the accuracy of infrared temporal artery thermometry in the perianesthesia patient population are required in order to validate this method as evidence based practice, we nurses do like the relative ease and noninvasive features.

Special recognition to Clinical Practice Committee member Susan Russell, BSN, RN, JD, CPAN, CAPA, for her contribution to this response.

REFERENCE

1. Exergen Corporation. Independent Assessment of Temporal Artery Thermometry: Summary. Accessed November 18, 2006 at <http://www.exergen.com/medical/educctr/clinicallyproven.html>. 

Safety Alert: IV Promethazine

Dina A. Krenzischek, MAS, RN, CPAN – Chair, ASPAN Safety Committee

The Institute for Safe Medication Practice reported events on severe tissue damage related to intravenous (IV) promethazine. Promethazine contains antihistamine, sedative, antimotion sickness and antiemetics effects. It is also known as an extremely caustic vesicant which can damage the intima of blood vessels and surrounding tissue.¹

Although proper administration of IV promethazine is tolerated

well, the dangers associated with improper administration prompted the Food and Drug Administration to recommend that the manufacturer revise the label and remove IV as an approved route, and further careful investigation of adverse events was recommended.¹

Some important considerations for perianesthesia nurses include:

1. Knowledge of common complaints associated with IV

promethazine administration: burning, erythema, pain, swelling, severe spasm of vessels which may lead to thrombophlebitis, nerve damage, paralysis, necrosis, and gangrene

2. Surgical interventions are sometimes required after improper IV administration, such as fasciotomy, skin graft, and amputation

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Breathline

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How Will I Pay? *Funding Opportunities for Nursing Research*

Ellen L. Poole, PhD, RN, CCRN, CPAN – Research Publications Team Leader

Conducting research costs money. One of the major decisions during the planning stages of any research proposal is determining the best funding opportunities to cover the costs of the study. Exploring funding opportunities begins with determining the goal of the study and then matching the goal with specific opportunities. Just like research studies, research funding comes in a variety of sizes. In the next few paragraphs we will review some possibilities, from local to national, and discuss how you might blend your research to fit the various funding entities.

Show Me the Money

Many nursing organizations, including ASPAN, offer small research grants to fund small studies. ASPAN research grant applications available to the members of the organization are due twice a year, in January and July. ASPAN defines the research priorities of the organization within the grant packet, and sets criteria for grant applications according to Benner's Novice to Expert Model. To view the complete ASPAN Research Grants Application Packet, go to the ASPAN Web site (www.aspan.org), click on the Research tab, and select "Research Grants" from the drop down menu.

It is important to research other nursing specialties to examine the possibility of melding your ideas with the organizations. If you are not a member, then join; better yet collaborate with a member of the organization. Collaborative studies have a broader scope of funding opportunity. If national nursing organizations

don't match your research focus, explore local funding sources at large healthcare systems or in local chapters of national organizations such as the American Heart Association or American Cancer Society.

Be Resourceful

Nursing organizations are not the only available funding source. Another option may be your own hospital system. Large hospital systems often have a philanthropic foundation that includes funding research for the organization. With the current hospital focus on attaining Magnet status, which includes an emphasis on nursing research, hospitals are more eager to facilitate nursing research studies.

Perhaps the focus of your research study is the feasibility of using a new piece of equipment or medication in your facility. Check with the vendor to inquire about potential funding opportunities in their research and development department. Corporate funding may pay for associated costs of the research, or may provide the equipment or medications necessary to conduct your study. This assistance furthers the research agenda of both parties.

Federal Funding

Other funding opportunities exist through the U.S. Department of Health and Human Services at the National Institutes of



Health (NIH) and the Health Resources and Services Administration (HRSA). These competitive grants have several levels depending on the expertise of the researcher. For instance, a RO1 grant is the oldest grant available from NIH and it funds research related to NIH Institute/Center program interests. Smaller grants are in the RO3 category, while an R15 provides support for conferences and scientific meetings. HRSA grants are usually geared toward education and health promotion. As of 2006, these grants use an online submission process rather than a hard copy.

The advent of the Internet has provided easy access to the majority of suggested research opportunities. Organizations post requests for applications on their Web sites and send notices to those subscribed to their listservs. With careful planning, a researcher is able to mold a study to further the research agenda of both the researcher and the funding agency. 🌿

Grant information Web sites:

National Institute of Health
(http://grants1.nih.gov/grants/funding/funding_program.htm)

Health Resources and Services Administration
(<http://www.hrsa.gov/grants>)



The Art of Successful Lobbying

Maureen McLaughlin, BSN, RN, CPAN – Chair, Governmental Affairs Committee

Every year, Congress makes crucial decisions that impact the delivery of health care, funding for important programs, and patient welfare. There are few legislators in Congress with a medical background, yet there are many bills pertaining to healthcare under their direction. How do elected officials get the information needed to make an informed decision? Many rely on legislative aides, and most have an aide dedicated to the healthcare issues.

If the nearly three million registered nurses in the United States selected a particular bill, called their respective Congressman, and urged him or her to support nursing interests, imagine the impact this would have! But it does not take the sound of three million nursing voices to be heard. It may only take one. Nurses are experienced patient advocates and experts in the delivery of healthcare. This article offers a few suggestions on how you can become an effective nurse lobbyist.

Register to vote. When you call a congressional official, the first thing they do is to verify that you are a registered voter in their region.

Know your politician. Who are we electing or re-electing? This knowledge is especially important as election time approaches. Read the newspaper, attend a public forum where the politician is speaking, call their office and ask their aides how the Senator or Representative feels about an issue that is important to you.

If you are in favor of the politician and feel he or she will most effectively represent your position in Congress, make a donation. Campaigns are expensive and legislators appreciate the financial support. They also keep a roster of constituents who

assisted them financially, and this may help you to advocate a cause.

All politics is local. Your legislators live in your state or your district, so make a concerted effort to meet with them when they are home from Washington. Most legislators have office staff in the home state as well as in the Capitol, so call ahead and determine when they are available locally.

Nurses have a distinct advantage over professional lobbyists because we live with the work and have honed our skills as patient advocates. When I attended the 2005 Nurse in Washington Internship, a fellow nurse attendee was asked by her Senator to extend her stay in order to testify in front of a Congressional panel. Why? Because the nurse shared a personal story with her Senator who then realized the impact her words would have on his congressional colleagues.

Be informed. It is important to appear credible when speaking with your legislator or their aides. At the federal level, you are one of approximately 500,000 constituents and it is very important that you make a positive impact. Do your homework. Check the ASPAN Web site (<http://www.aspan.org/GovernmentalAffairs.htm>) for a listing of helpful resources to use while researching a particular topic. When speaking with the congressional aide or when writing to your Senator or Representative, address the bill by name and by number, for example S. 320. This ensures clarity in your lobbying efforts.

Use preferred communication techniques. There are countless methods used to communicate. However, when communicating with a member of Congress, good old-fashioned letter writing is

perhaps the best. Keep the letter professional. Typewritten letters with a handwritten signature are best. Tips for addressing the letter properly can be found in ASPAN's *Governmental Affairs: A Primer for Political Action* (<http://www.aspan.org/GovernPrimer.htm>).

Phone calls are another acceptable method. When calling, identify yourself by name and address. Ask to speak with the aide assigned to healthcare affairs. State that you would like a follow-up conversation, either by phone or e-mail, to convey that you are serious about the matter.

Always remember that you are talking to a non-healthcare provider. Articulate clearly, use less technical language, and keep the message short and simple. Get your point across as soon as possible. Share your number of years in nursing and use real life stories to illustrate your point. Make your needs known and begin the dialogue.

Offer solutions. While politicians want to hear your stories, they also want to hear any solutions you have for the problem at hand. Effective lobbyists engage in intelligent dialogue and offer creative solutions. Don't feel that you need to be the expert in politics. Instead, convey your healthcare expertise and outline the solution you are proposing.

The Americans for Nursing Shortage Relief (ANSR) is an example of successful lobbying. ANSR comprises a group of specialty nursing organizations that recognized nurses needed a strong voice to be heard. ASPAN is one member organization in this valuable Alliance, whose strength is in the numbers. Funding for the Nurse Reinvestment Act exists today largely through the collective efforts of this group of nurses. 🌱



ASPAN Board of Directors Midyear Meeting Highlights *November 3-4, 2006*

STRATEGIC WORK TEAM (SWT) & COMMITTEE UPDATES

Component Revitalization Program The ASPAN Board of Directors (BOD) is providing strategic mentoring to leaders in components that are in need. The BOD, continually monitoring the status of each component, reaffirmed its commitment to keeping all components viable and strong.

Evidence Based Practice Committee (EBP) An Online Journal Club has been developed. A joint meeting with the Standards and Guidelines Committee is slated for 2007 to complete the EBP process of the next edition of ASPAN's *Standards of Perianesthesia Nursing Practice*.

Governmental Affairs Committee ASPAN continues as an active member of Americans for Nursing Shortage Relief (ANSR) and has signed two letters to Congress addressing Title VIII and the "Troops to Nurse" pilot program.

Perianesthesia Data Elements (PDE) Committee and Safety Committee Job descriptions for the Committee Chair and Committee Member were approved by the BOD.

Research Committee Development of a Web-based study for conducting a modified Delphi Study will be started soon, and evaluation of research findings will be performed when the studies are completed. A search of the evidence for nurse:patient ratios and patient outcomes for the PACU were completed. The Safe Staffing EBP Team critically evaluated all existing evidence, determined the evidence was limited, and concluded that ASPAN must conduct research on nurse sensitive indicators. A five year Research Strategic Plan for

conducting studies on staffing was developed.

Education Committee ASPAN offers continuing education on DVD. Two current titles include "Perianesthesia Care: Beyond the Basics" and "Ambulatory Perianesthesia Practice: Beyond the Basics". "Legally Speaking: Just the Facts", "Foundations of Perianesthesia Practice" and "Pediatrics: Little Bodies, Big Differences" will be available for use on DVD soon.

Crisis Management SWT A final draft of ASPAN's Crisis Management Manual will be presented at the preconference Board of Directors meeting in April.

Transfer of Care Data Elements The Council on Surgical and Perioperative Safety (CSPS) has agreed to support the principles of transfer of care outlined by ASPAN.

PERIANESTHESIA SAFETY POSITION STATEMENT

The BOD voted to recommend that the *Position Statement on Perianesthesia Safety* be brought to the 2007 Representative Assembly for approval.

ASPAN WEB SITE

Plans are in the beginning stages to mount a 2007 redesign of the ASPAN Web site. ASPAN President Pamela Windle appointed an Ad Hoc group to oversee the design and implementation, led by Joni Brady.

ASPAN NATIONAL CONFERENCE

The First Timers Orientation will be enhanced in 2007. New attendees will be contacted prior to arrival in Anaheim. Information will be shared to help newcomers

get the most out of the conference experience. Newly established "Dream Walker Award" to be bestowed on the individual who achieves the greatest amount of pledge money. New Orleans was approved as the 2010 National Conference site.

PEOPLE TO PEOPLE/CHINA


This program will be held in November-December 2007 and will offer 24 contact hours. Invitations will be mailed to all ASPAN members in February 2007. Cost per delegate is approximately \$4900.

PROFESSIONAL MEETING PARTICIPATION

American College of Surgeons Meeting For the first time in our 26 year history, ASPAN was invited to attend this meeting and was introduced at the opening ceremonies.

American Society of Anesthesiologists Meeting ASPAN President Pamela Windle attended the Anesthesia Care Team meeting and was the only nursing organization representative at this meeting.

Society of Perioperative Medicine Assessment and Quality Improvement ASPAN actively participated at the 2nd Annual Perioperative Medicine Summit. Ellen Sullivan, BSN, RN, CPAN, participated on a review team for poster abstracts. Five ASPAN posters presented at "Celebrate Successful Practices" in Orlando were accepted for presentation at the summit.

Alliance to Standardize Perioperative Information Meeting As discussed on page 4, ASPAN representatives attended this meeting and reported on the status of ASPAN's PDE project. 

Getting Into and Around Anaheim

Ernestine Nunes, RN, CPAN, CNOR – Member, National Conference Strategic Work Team

Anaheim Travel Tips



Whether driving or flying to Anaheim's Disneyland Hotel, the magic begins with well laid plans. The National Conference offers great education sessions while the Disneyland Resort and the Southern California scene provide opportunities for a lot of great things to do, so plan on staying some extra days to experience the regional magic.

Watch out for Peter Pan!

Flying to Anaheim? Four major airports are accessible and offer a large selection of flights. Los Angeles International Airport (LAX) is about 30 miles from Disneyland, while Orange County's John Wayne International Airport in Santa Ana is 15 miles away.

The Long Beach airport is a 20 mile distance away, and Ontario Airport is located 27 miles from Orange County.

The Disneyland express, operated by Gray Line, has hourly direct service from LAX (\$16 one way; \$23 roundtrip) and John Wayne Airport (\$11 one way; \$19 roundtrip). Look for a discount coupon included your Conference registration confirmation packet. During peak hours, the shuttle runs every 30 minutes and is found outside the baggage claim area. Other airport shuttles have comparable prices with one-way fares of \$15 and \$10 with

three or more hotel stops. For information on the Long Beach or Ontario airport shuttle fees and reservations, check the Internet (www.supershuttle.com) or (www.primetimeshuttle.com) because the higher shuttle cost may be offset by savings on the airline ticket.

Driving to the Disneyland Hotel

Disneyland is located off Interstate 5, thirty-three miles south of Los Angeles. Follow the freeway exit signs marked "Disneyland." The I-5 freeway exit feeds directly into the resort drive. Anaheim is 15 minutes north from the intersection of the I-405 and California 55. Simply follow the signs to theme parks. Self-parking at the Disneyland Hotel is free if you're an overnight guest, but charges are assessed for valet parking. Daily attendees will be charged \$10.00/day for parking. Please remember that all fees are subject to change without notice.

Seeing Southern California

It is true that public transportation connects Anaheim with the Los Angeles area, which offers an adventurous alternative to renting a car. While it is reasonably priced, public transportation can be time consuming and at times inconvenient. To visit the beaches, Beverly Hills, Hollywood, Santa Monica or San

Diego, renting a car is a good choice. A car rental service is available in Downtown Disney, a short three to five minute walk from the hotel. A one-day rental runs about \$40 to \$70. Weekly airport car rentals vary from \$200 - \$270, with Ontario Airport's rates the lowest. Again, check online to compare prices and make reservations.

The Orange County Transportation Authority (OCTA) offers information on service in and around Anaheim (www.octa.net). OCTA connects to Amtrak (www.amtrack.com) and the Metrolink to the Los Angeles area from the Anaheim or Fullerton Stations. Traveling south, Amtrak's *Pacific Surfliner* hugs the coast to San Juan Capistrano, San Clemente and San Diego. A one-way ticket to San Diego: about \$20. The fabulous view of the Pacific Ocean: priceless!

Local Shuttles

A local Trolley connects the Anaheim Resort District-Downtown Disney with local venues for shopping dining and entertainment, such as The Block at Orange. Tickets are \$3 per day pass. The conference Hospitality Desk can provide more information regarding local transportation. 🌿

Safety Alert
continued from page 13

3. Safe practice recommendations:

- Administer very slowly via a large vein or central catheter line (preferred)
- Limit unit stock to 25 mg/ml, the highest approved

- concentration for IV route
- Consider 6.25 - 12.5 mg. as the starting IV dose
- Dilute drug in 10 - 20 mls of normal saline prior to administration, or deliver the medication in an IV mini bag dispensed by the pharmacy when needed

- Use with extreme caution in elderly patients¹

REFERENCE

1. The Institute for Safe Medication Practice. Action needed to prevent serious tissue injury with IV promethazine. *Medication Alert!* 11(6), p. 1. August 10, 2006. 🌿

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(<http://www.cpancapa.org>)

Certification

Make the drive toward Certification

Phoebe Conklin, BS, RN, CPAN – ABPANC President-Elect

Nurses as a whole are adept at setting priorities and juggling schedules to meet the competing needs of work, family and friends. Yet nurses often end up in the “back seat” when it comes to realizing personal goals ... If this back seat scenario describes your commitment to becoming certified then stop the car, get out, open the front door, and climb into the driver's seat!

Each of us is responsible for our drive toward certification, and just like a new travel route, one must follow a map and move along at a steady pace to reach the destination. Recognize that some days the road will twist and wind, and progress will seem slow. Then

there will be other days spent traveling down the fast lane, speeding by roadblocks or detours. We sometimes feel tired after many hours behind the wheel, so be sure to fit in some needed rest stops along the way.

Although the price of gas can be high, fueling your dream of becoming CPAN and/or CAPA certified is an investment well worth making. CPAN and CAPA certification is both personally and professionally rewarding, and perhaps most importantly, patients deserve our professional dedication to quality care! Map your route around those potential detours and begin the journey to perianesthesia nursing certification today. 🌱

A Small Price to Pay

Lori Crosby, BSN, RN, CAPA – Member, ABPANC Board of Directors

When dividing the \$260 fee assessed to ASPAN members by the 1,095 days in a three-year certification period, the cost of certification equals 23¢ per day. Just twenty-three pennies a day! That's quite a bargain when considering that 23¢ a day secures:

- personal and professional pride
- validation of knowledge of and experience in perianesthesia nursing
- enhanced quality of nursing care provided to perianesthesia patients
- increased credibility, confidence, and self esteem
- peer recognition
- ability to function as a knowledgeable preceptor
- movement up the career ladder
- increased marketability and earning potential
- a commitment to life-long learning
- achievement of a nationally recognized standard beyond RN licensure 🌱

April 15, 2007 Certification Exam Registration Dates

- Initial application postmark deadline - **2/12/07**
- Late application postmark deadline (must submit a \$50 late fee) - **2/19/07**
- Application withdrawal/roll over postmark deadline - **2/26/07**
- Test site transfer request postmark deadline - **3/5/07**

April 2007 Recertification Postmark Deadline

Recertification application materials are due postmarked no later than April 1, 2007.

Candidate Handbook and Application

The CPAN and CAPA *Candidate Handbook and Application* is available on the ABPANC Web site. Visit www.cpancapa.org to download some or all of the sections. The scannable application form is available for download from the ABPANC Web site. Hard copies are available by contacting ABPANC.

Online Practice Exams

ABPANC has 100 item CPAN and CAPA practice exams available online for each certification examination program. When taken online your score is immediately reported along with feedback regarding performance in each of the four Patient Needs' Domains. *Contact hours are available for completing a practice exam.* To access the Practice Exam Program, visit the ABPANC Web site and click on “Practice Exams”. The hard copy versions of the practice exams are no longer available.

Contact ABPANC for Certification Information

ABPANC
475 Riverside Drive, 6th Floor
New York, NY 10115-0089
Phone: 1-800-6ABPANC
Fax: 212-367-4256
www.cpancapa.org

2006 ASPAN Scholarship Winners

Scholarship Winners

ASPAN awarded a record number of scholarships in 2006. Congratulations to these ASPAN Scholarship winners:

BSN Scholarship (\$1,000 each)

- **Mellaknese Coker, RN,**
CPAN, CAPA
Mitchellville, MD
- **Teresa Dozier, RN, CPAN**
Duluth, GA
- **Ann Marie McLaughlin,**
MA, RN, CPAN, CAPA
Carlisle, MA
- **Mary Sutton, RN, CPAN,**
CAPA
Hollis, NH

MSN Scholarship (\$1,000 each)

- **Lydia Manzini, BSN, RN**
Greensburg, PA
- **Maureen McLaughlin, BSN,**
RN, CPAN
Acton, MA
- **Susan Prestera, RN, CPAN**
Bloomington, NJ
- **Jo Robinson, BSN, RN**
Salt Lake City, UT
- **Susan Teter, BSN, RN, CPAN**
Reading, PA

Doctorate Scholarship (\$1,000)

- **Jan Odom-Forren, MS, RN,**
CPAN, FAAN
Louisville, KY

ASPAN 2007 National Conference Attendance Scholarship (\$500 each)

- **Linda Bond, MSN, RN, CPAN**
Johns Island, SC
- **Catherine Burleson, RN**
Arden, NC
- **Cheryl Cotton, RN, CPAN**
Metairie, LA
- **Michele Gray, RN, CPAN**
Eagle, ID
- **Floriza Griffin, BSN, RN,**
CPAN
Coconut Creek, FL
- **Amy Hanna, RN, CPAN**
Mentor, OH
- **Nancy McGushin, BSN,**
RN, CPAN
Lancaster, OH

- **Hilda Nelson, RN**
Jamestown, NC
- **Gloria Nipper, RN, CAPA**
Rockford, TN
- **Maureen Schnur, MS, RN**
Framingham, MA
- **Mary Wiles, BSN, RN,**
CPAN
Tukwila, WA
- **Judy Yager, RN, CAPA**
Byron, NY
- **Alabelle Zghoul, BSN, RN**
Columbus, OH

Perianesthesia Certification Exam Scholarship (\$260)

- **Annie Hertel, BSN, RN**
Blue Springs, MO
- **Michelle Honeywell, RN**
Sapulpa, OK

NIWI Scholarship (\$1,000)

- **Nancy Meronuck, RN,**
CPAN
Bismarck, ND 🌿

ASPAN Regions
continued from page 12

annual spring seminar and working toward a goal of earning the ASPAN Gold Leaf Award. ASPAN's leaders include Michelle Honeywell, Susan Goodwin, Betty Gibson, Joyce Perdue, Nancy Hatcher, Linda Dobbs, Brenda Smith, Emily Allen, and Beth Miller. Members are encouraged to check out the component Web site (www.ospan.net) for more information and to report any professional activities that meet the Gold Leaf criteria.

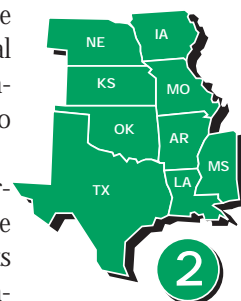
PeriAnesthesia Care Nurses of Arkansas (PACNA) held a component meeting last August with 72 nurses in attendance.

PACNA's volunteer leaders include Stephanie Parson, Jenifer Thornbrugh, Dorothy Byford, Sandy Pannell, Renee Gadberry, Amber Harrison, and Arkansas Airways editor Susan Daughtery. The PACNA districts are actively working to meet the needs of members, and all members are encouraged to become more involved in component activities.

Texas Association of PeriAnesthesia Nurses (TAPAN) hosted their 30th annual seminar last September with 130 registrants attending the anniversary celebration. TSPAN's leaders are President Lori Colvin Sanders, Susan Russell, Susan Norris, Herminia Robles, Linda Allyn, Olga Ramirez-Rodriguez, Sheila Nordyke, Teresa Davis, Eyeopener

editor Cyndi Mocek, Sue McDonald, Cindy Hill, and Liz Martin. President Sanders' component goals for the year are to encourage members to achieve professional certification status, to offer educational opportunities, and to increase membership.

The ASPAN National Conference offers an opportunity for the leaders of Region 2 components to meet and hold our first regional meeting on Monday of Conference week. The meeting agenda will be based on component leaders' feedback, so please contact me (tshrout@aspan.org) to help shape our discussions. It is such an honor to be a part of this great region and organization. See you in Anaheim! 🌿



Breathline


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January/February 2007

Educational Offerings

March 3, 2007 WISPAN Winter Seminar at the Promega Center in Madison, WI. For information go to WISPAN's Web site (www.slingshotrally.com/wispan) or contact Carroll Peeper at carroll_peeker@msn.com or 1-608-837-8212.

March 17, 2007 PACN of Broward's 28th Spring Conference "Zooming in on Trends in Perianesthesia Care" at North Broward Medical Center Conference Center,

Deerfield Beach, Florida. For more information contact Emma Pontenila at CordeliaCr@aol.com or 954-722-6574, or Jennifer Cantwell at cantwell@bellsouth.net or 954-752-5765.

March 24, 2007 Massachusetts Society of Perianesthesia Nurses' (MASPAN) spring conference will be held at the Lawrence Memorial School of Nursing in Medford, Massachusetts. Terry Clifford, MSN, RN, CPAN, will present women's issues as the featured topic. For more information visit the Web site @ www.maspan.org 

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2007 Winter/Spring Seminars

February 3, 2007
Pediatrics: Little Bodies, Big Differences

Albany, NY

Greenville, SC

Ambulatory Perianesthesia Practice: Beyond the Basics
Knoxville, TN

February 10, 2007
Aging: Everybody is Doing It
New York City, NY

Review for Certification: CAPA
Albuquerque, NM

February 24, 2007
Review for Certification: CPAN
Review for Certification: CAPA
Columbus, GA
Legally Speaking: Just the Facts
Charlotte, NC

March 3, 2007
Review for Certification: CPAN
Review for Certification: CAPA
Evansville, IN

Ambulatory Perianesthesia Practice: Beyond the Basics
Johnson City, NY

March 10, 2007
Safety Begins with Us
White Plains, NY

March 17, 2007
Review for Certification: CPAN
Review for Certification: CAPA
Boise, ID

March 24, 2007
Review for Certification: CAPA
Review for Certification: CPAN
Langhorne, PA
Asheville, NC

May 5, 2007
Foundations of Perianesthesia Practice
Navigating the Regulatory Maze
Rosemont, IL

May 19, 2007
Foundations of Perianesthesia Practice
Duluth, MN

August 4, 2007
Review for Certification: CPAN
Harlingen, TX

For more information, contact Carol Hyman at the ASPAN National Office: 877-737-9696 ext. 19 or chyman@aspan.org

Breathline

Volume 27, Number 1
January/February 2007

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