

# OFF THE CUFF

A publication of the Northwest PeriAnesthesia Nurses' Association



Northwest PeriAnesthesia Nurses' Association

## The President's Letter Patrice Moffett, RN, President NPANA

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NPANA had a great fall conference Sept. 26 and 27 in Missoula, MT. I feel fortunate to be able to participate and be active in our great component, NPANA as component President. I served two years as Treasurer (from 2006-2008) and gained invaluable insight and experience from previous Board Members.

We had great speakers from the Missoula area and thank them for their time and effort with their presentations. Special thanks to Nancy O'Malley, our Region One Regional Director for her expert help concerning our component business and goals. Nancy also gave three excellent presentations Sunday morning.

As a profession in the medical field, there are many challenges ahead in the health care field. Our nation faces critical choices. It is important that we remember what our Founding Fathers fought for and the sacrifices our ancestors gave for our great country.

We can make a difference as individuals in standing up for what we know is right. We must be vocal and let our representatives in our government know what we want and what we believe our country needs at this time.

The next twelve months will serve

as a turning point in our national history. Please participate and let your voice be heard. Each individual is important and we are blessed to live in this country.

Thank you for this great opportunity you have given me to serve you and strengthen our Component.

Patrice Moffett  
NPANA President



"The Association exists to promote quality and cost effective care for patients, their families, and the community through public and professional education, research, and standards of practice". (NPANA Mission Statement)

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**Save the Date**

Complexities and Challenges of Perianesthesia Nursing Across the Ambulatory and Perianesthesia Continuum  
 February 20, 2010  
 Anchorage, AK  
 Hilton Garden Inn

Safety Begins with Us  
 February 21, 2010  
 Anchorage, AK  
 Hilton Garden Inn

Complexities and Challenges of Perianesthesia Nursing Across the Ambulatory and Perianesthesia Continuum  
 March 7, 2010  
 Seattle, WA  
 Tukwilla Embassy Suites

Pediatrics-Little Bodies, Big Differences  
 March 28, 2010  
 Missoula, MT

Complexities and Challenges of Perianesthesia Nursing Across the Ambulatory and Perianesthesia Continuum  
 May 2, 2010  
 Federal Way, WA  
 St. Francis Hospital

Complexities and Challenges of Perianesthesia Nursing Across the Ambulatory and Perianesthesia Continuum  
 May 16, 2010  
 Post Falls, ID

**Future National Conferences**

New Orleans, Louisiana  
 April 18-22, 2010  
 Marriott Hotel

Seattle, Washington  
 April 3-7, 2011  
 Seattle Convention Center

Orlando, Florida  
 April 15-19, 2012



We encourage members to submit articles of interest for publication in this newsletter. Please e-mail or call any board member.

Please remember that the deadlines for “Off the Cuff” submissions are February 10, June 10 and October 10. “Off the Cuff” is published three times a year on the NPANA web site. Publication dates are March 10, July 10 and November 10.



## REGION I DIRECTOR'S CORNER

Fall/Winter, 2009

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

Life is so precious! You will have to forgive me for being so philosophical right now, but it really is so very precious! We have lost several family members and friends in the past few months, and I become even more aware of how fragile life is from the perspective of the family and friends as well as our profession. And I treasure the dear friends I am making through ASPAN! It is so much fun to meet with you, encourage you, and be a part of your lives, too.

Have you heard? The ASPAN Board of Directors approved the purchase of our own building! When I visited the National Office (NO) in January for the first time, I was absolutely appalled at the boxes, crowded offices, and lack of space for our staff to perform their many activities. Our financial and legal advisors agree that it is a great move at this time, and we have the funds to pay cash for it so it will not have interest tied to the cost! It is close to a hotel where members can stay for meetings at the NO, and there is room for expansion within the building. We will be able to bring all our files that are stored in other locations to this new place.

I can't wait to see it next year! It is a beautiful location close to our current offices.

In 1994, I attended the first Leadership Development Institute in Virginia. I still have the tee-shirt as a reminder of how impressed I was with the professionalism of my colleagues who were as dedicated to perianesthesia nursing as I was. Soon after that conference, the president of our management company absconded with our funds, and this opportunity to strengthen our leaders was put on hold. After regaining financial independence and strength, ASPAN once again offered leadership development through the Component Development Institute (CDI). It is a forum for education and networking for our component leaders. The 2009 CDI was held in Portland, Maine, the home of our President, Terry Clifford. It is a rustic place with lots of "lobstah," beautiful lighthouses, and coastal ambiance.

The content of the CDI varies from year to year. Clearly, it is an excellent way for your component leaders to learn more about the financial responsibilities, ideas for websites and newsletters, perianesthesia research initiatives, ways to raise money for scholarships and other initiatives, how to obtain contact hour approvals through ASPAN, leadership skills, communication methods such as Go-To-Meeting to reduce time and expenses related to board meetings, and many other topics. Each component is invited to send two leaders to the CDI but all leaders are welcome. It is so exciting to see the ideas and information sharing that goes on among the attendees! And it is wonderful to see that our components want to support each other with information and collaborate on some of the educational opportunities over the next year. We all have similar challenges such as finding new leaders ("recycling" is common in all parts of the country) and finding ways to communicate with our members. If we link arms, we will be so much stronger as an organization.

As we move into the fall and winter months, many of you have or will be attending the educational opportunities offered by your component. I hope you will not only attend but also consider helping your component leaders. There are so many little things you can do to help your leaders, like bringing food to a meeting or writing a short newsletter article or coordinating a fund-raising activity at a meeting. Your assistance will be greatly appreciated, I assure you—and you will have fun!

Have a wonderful fall and winter and keep in touch~~NancyO

**NPANA General Body Meeting Minutes**

September 26, 2009

Doubletree Edgewater Hotel Conference Room  
Missoula, Montana

Present September 26, 2009: Jim Lehn, *Past President*, Cheryl Gettelfinger, *President*; Patrice Moffett, *Vice President*; Virginia Longo, *Treasurer*; Rebecca Ettien, *Secretary*; Holly Hunt, *Education Coordinator* and registered conference attendees.

1245: Meeting called to order by Cheryl Gettelfinger.

**Board of Directors Reports**

Secretary (Rebecca Ettien)

- NPANA membership is 650. A decrease of 50 members since last reported at the March 2009 BOD meeting. NPANA generally maintains a membership between 650 and 700. Our component has the second largest membership in Region 1 after California.

Treasurer (Virginia Longo)

March 21, 2009	September 26, 2009
Checking 28,075.44	Checking 31,331.22
Savings 5,674.98	Savings 5,680.80
CD A 8,453.97	CD A 8,295.39
CD D 11,386.01	CD D 11,606.35
Total 53,590.40	Total 56,916.76

Education Coordinator (Holly Hunt)

- Fall Conference 2010 is tentatively being planned to be held in Idaho, possibly Boise. Brochure to be available on NPANA web site.
- 2011 ASPAN National Conference is being held in Seattle, Washington.
- Alaska is planning a two day ASPAN seminar. Information to be posted on the NPANA web site.
- Informed conference attendees anyone can host an ASPAN seminar in their area.
- Reminded members there are scholarship monies available to assist with education and certification.

Vice President (Patrice Moffett)

- Application forms can be downloaded and requirements for NPANA scholarship money can be reviewed on the NPANA web site.

Past-President (Jim Lehn)

- Regarding certification, there is a link to ABPANC from the ASPAN web site.
- A written survey was taken at last year's Fall Conference in Bend, Oregon, and an overwhelming majority of members present would be open to online voting for Board of Director's positions. A room survey of members present at this year's conference showed the majority of members present would be open to online voting as well. Information as to the Boards progress in planning and implementation of online voting will be posted on NPANA's web site. A vote to change the bylaws governing procedure for voting on Board positions will be put to the members present at the Fall Conference 2010.

ASPAN National Conference Coordinator for 2011 (Sheri Bowell)

- ASPAN National Conference for 2011 is to be held in Seattle, Washington at the Seattle Convention Center.
- ASPAN and NPANA Conference scholarship money is available for those wanting to attend. Applications can be downloaded from their respective web sites.
- Members willing to volunteer at National Conference should contact Ms. Bowell at sheri.rn.capa@comcast.net.

ABPANC President (Phoebe Conklin)

- ABPANC's testing and renewal for certification is now online. There is contact information on the web page if having problems renewing.

President (Cheryl Gettelfinger)

- Congratulations to Gloria Weston-Smart for being drawn for the Ruth Foster Award. The Ruth Foster Award is a random drawing from the NPANA members who have maintained a consecutive membership for five years or greater. She receives a certificate for reimbursement of a year's dues paid to ASPAN and NPANA.
- A random drawing from all CAPA and CPAN certified members present at this years Fall Conference resulted in a \$500.00 education scholarship being awarded to Rene Fredette of Bozeman, Montana.
- Swearing in of Officers.  
Rebecca Ettien RN, CAPA, as Secretary for two year term.  
Maria Bell RN, CAPA, as Vice-President, President elect.  
Patrice Moffett RN, CAPA, CPAN, as President, Past-President elect. Presentation of gavel from Ms. Gettelfinger to Ms. Moffett.
- Presentation of gift to outgoing Past-President, James Lehn, RN, CAPA. Mr. Lehn received two wine glasses engraved with the component logo for his exemplary service to NPANA.

1304: Meeting adjourned by Cheryl Gettelfinger.

Respectfully submitted,  
Rebecca Ettien, BSN, CAPA  
NPANA Secretary

**Attention NPANA Members**

ASPAN wants to be sure they have all members' valid e-mail addresses. Online activities will require this valid e-mail address to proceed with transactions such as registration, memberships, renewals, etc.

**CERTIFICATION**

The window for application for the Fall 2009 CPAN® and CAPA® certification examinations has closed. Good luck to all who are going to sit for the certification exam. The Winter Issue of *Off the Cuff* will included the times for the next opportunity to register for the Spring 2010 CPAN® and CAPA® examinations.

### ***NPANA OUTREACH OPPORTUNITY***

Cascade Medical Teams (CMT) in Eugene, Oregon continue with their medical missions to Guatemala. CMT has been providing free medical care to the Mayan people of the highlands of Guatemala. They are asking for donations of vitamins (see below) or cash to buy vitamins for the indigenous people they serve.

Hello current, past and future team members,

We are going to continue our **Vitamin Drive** until January. We received about 10% of what we need so far but it's still a huge savings since it's worth over \$600 in vitamins.

We are going to stick with one brand to simplify the inventory process.

If you'd like to participate, here are the items needed:

- ◆ **Costco Kirkland Brand Adult Multi-Vitamins 500 tablets \$14.99 each and/or**
- ◆ **Children's Chewable 300 tablets \$15.99 each**

You can shop and we can arrange for a drop off location or send the money and we'll do the shopping. Feel free to stage your own vitamin drive in your community.

Our goal is to have 125,000 adult vitamins and 100,000 children's vitamins by January.

Thank you!

Robert and Tamra and our pharmacists: Marie, Tara and Heather

Robert and Tamara Orlando <btinspringfield@yahoo.com>

The multidisciplinary team provides reconstruction and health care. CMT has been providing free medical care to the people of the highlands of Guatemala.

### ***Progress Notes from the Editors Desk***

Judy Evans BSN, RN-C, CPAN

Lately I have been thinking a lot about apathy. Apathy is defined as an absence of emotion or enthusiasm. I think it can also be described as lacking a path, as in arrhythmia or absence of a heart rhythm. If one doesn't have a goal to achieve and a path to go down, one becomes apathetic. An organization cannot exist if its membership is apathetic and doesn't want to become involved. The cure to apathy is to take a step down a path. With each step you learn and grow and the world becomes more interesting. Sometimes the challenges seem so big, but taken one step at a time they soon become manageable. I would like to encourage every member of NPANA to take a small step to becoming more involved in our organization.

I have been able to go to meetings on the health care legislation being considered by Congress and have heard many concerns by people in the community. It was interesting to learn how easy it is for a physician to commit fraud according to Medicare Laws and how little they get paid by the government for their services to those on Medicare and Medicaid. Many physicians have stated that they are glad they are at the end of their careers. Health care reform is a very complex issue and I hope that members have been able to learn more about the issue than what is being presented in the national news. I was able to also speak with Senator Lisa Murkowski (R-Alaska) on the health care reform issue. We had a very lively discussion and I learned a lot from her. She said that we have unhealthy insurance because health insurance doesn't pay for preventative treatment.



Congratulations to Our New Certified Nurses  
April 2009

CPAN

CAPA

Alaska Arica Jayne Carpenter  
Ranee K Preboski  
Deborah Jean Van Skiver

Idaho Diane Eslinger  
Natalie Yvette Henry

Montana Catherine Ann Fredrickson  
Susan Nielson

Oregon Jean Ellison  
Brian David Manning  
Mary Ann Page  
Anthony Adrian Tietyen

Washington Paivi I Cherkas  
Joanne M Hair  
Joan L Goodman  
Kimberly Hayes  
Beth Ann Rishor  
Suzann Rothermel  
Erin Elizabeth Schmidt  
Susan E Sorth  
Cynthia Tucker

Leanna Hanson  
Kelli Hunsaker  
Shelly Ann Jensen

Linda L. Cole  
Lynnett Colleen Gobel

Rachel Ann Kennedy  
Kristine C Oleen  
Melissa Taylor

Cheryl Bartell  
Melanie Lynn Ferraro  
Laura Libby Rootvik  
Lauren J Skinner  
Mary Yperman



## Government Affairs

By Judy Evans BSN, RN-C, CPAN

As the Alaska State Legislature gears up for its second session starting in January, 2010, more public hearings have been held on the legislation limiting mandatory overtime for RNs. The local television stations have even been covering the hearings on the evening news. Unfortunately it is difficult for nurses to testify on week days when we are required to be taking care of our patients.

I read an article on "Nursing Staffing for Safety" written by Laura A Stokowski, RN, MS that dealt with mandatory staffing ratios. In this article Ms. Stokowski said that the California Law passed in 1999 mandated the ratio of nurses to patients and had no flexibility and there was no improvement in patient outcomes. She went on further to address the types of legislation that have been passed in

7 other states that did not mandate staffing ratio but established either hospital-wide nurse staffing plans, patient acuity systems, or staffing committee to develop a staffing plan. The other plans gave the hospitals more flexibility in solving staffing plans.

Senator Daniel Inouye (D-Hawaii) has reintroduced Senate Bill 54 the Registered Nurse Safe Staffing Act of 2009 that would amend title XVIII of the Social Security Act. This bill doesn't prescribe minimum nurse-to-patient ratios but each hospital would be accountable for establishing their own unit-by-unit ratios based on the needs of the unit and the input of the direct care nurses.

The five state legislatures that comprise NPANA are currently not in session so am unable to report on any new legislation by these bodies.



### Region One Component Leaders at 2009 Component Development Institute

Pictured above are the component leaders in Region 1 who attended CDI in Portland, Maine this year. NPANA sent Cheryl Gettelfinger and Patrice Moffett to the 2009 Component Development Institute (CDI) in Portland, Maine this fall. Leadership skills, communication skills, perianesthesia research initiatives, ideas for websites and much more were presented. Nancy O'Malley, ASPAN Region 1 director second from left front row and behind her are Cheryl Gettelfinger and Patrice Moffett.

## Research in Urinary Incontinence in Women

Donna Zeznock, RN-C, AAS, BSN, MSN, FNP-BC

In completing a Master's degree as Family Nurse Practitioner, it was required to complete a thesis to graduate. Working for 30 years in the Medical-Surgical specialty, including a few years in a PACU, my expertise is as a Certified Wound Ostomy Continence nurse. My day is spent between both surgical and urology clinics, and this is where my research opportunity began. Urinary Incontinence. Women of all ages seemed to have this very embarrassing problem. After an extensive literature search, this population or problem had not been addressed in Alaska.

Urinary incontinence is very distressing to women of all ages. Women would share their stories of living with this problem and how it affected their quality of life during health exams. The purpose of this qualitative study was to explore women's experiences of living with urinary incontinence and to gain a better understanding of the experience from their perspective and story.

Women were allowed to choose the site that they wished their interview to take place. Several women called from a fly-in or ferry accessible site, and it was arranged to meet them in their rural communities. Each interview was audio-taped and transcribed verbatim by a transcriptionist. Seventeen women participated in the interviews and most lasted from 30 to 60 minutes. Women's personal experiences with urinary incontinence were explored based on the question: "What is your experience of living with urinary incontinence?"

After completing the task of writing up and typing over 80 pages to complete my thesis, it was then defended in a public manner at the university. There was not an empty chair in the room the day of my thesis defense. The room was filled with female nursing professors and they wanted to know what had been learned through this research study. A defense is a 20 minute Power Point presentation to engage the audience in your research study which took over a year to complete.

Six themes and 20 subthemes that stayed close to the participants descriptions emerged. The six themes were *Sharing the Secret*, *Trying to Fit It into the Day*, *Worrying about Leaking*, *Searching for a Solution*, *Encounters with Healthcare Providers*, and *Getting the Problem Solved*. The women's voices are reflected throughout their stories. They voluntarily and openly described experiences in living with urinary incontinence.

Findings were presented to several healthcare groups and to nursing students at the local university. Last

year and several years after completing my research, it was suggested that I consider publishing this study. Not knowing how much work this would entail, or ever having the opportunity to do this, I agreed with the assistance of a wonderful professor who was encouraging and helped to guide me through the process. A literature search had to be updated and the writing arranged to fit the format of the journal to consider for publication. This meant taking those 80 pages of prior typing and taking the essence of the information down to 21 pages. This was quite the project and took almost a year to complete.

My research has recently been published in *UROLOGIC NURSING*/ May-June 2009/Volume 29 Number 3. Nurses can make a difference in the lives of women who experience this condition by asking, listening, and expanding their knowledge of available treatment options.

Sharing the secret was most often the first topic described. At the start of the interview women revealed the researcher was the first person to know about their urinary incontinence. Some noted that healthcare providers did not ask about this problem during office visits or annual exams. Participants referred to various strategies of daily coping and management needed to try and fit it in to their day and how it altered their life. Results of this study suggest that women expressed worrying about potential leaking and embarrassment through the day.

Most women attempted to search for a solution to improve their urinary incontinence. They noted that information was not always accessible and self-help resources were limited. Results of this study showed that most women can achieve marked improvement or solve the problem with the many emerging technologies. Further research could address what women want to learn, how they like to learn, and where they want to learn about preventing or managing urinary incontinence.

### Important Web Sites

Please visit these web sites

[www.npana.org](http://www.npana.org)

[www.aspan.org](http://www.aspan.org)

[www.cpancapa.org](http://www.cpancapa.org)

Links at these web sites can be used to find other web sites that may be of use to members of NPANA.