

# OFF THE CUFF

A publication of the Northwest PeriAnesthesia Nurses' Association



Northwest PeriAnesthesia Nurses' Association

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

This year, 2010, marks a new beginning for all of us. We all have hopes and dreams for the new year.

One of my goals for NPANA is to be awarded the Gold Leaf Component of the Year Award. We did submit an entry for the year 2009.

Our Component is strong in many areas. We do have areas that we can improve in and strengthen our Component.

The purpose of the award is to recognize leadership and member development, communication, education services and community relations. The award also encourages quality management and recognizes the efforts and results of meaningful activities that build a strong component. The award helps us to set our standards high and work toward these goals.

The winner of the Gold Leaf Component of the Year is determined by the cumulative total of points earned in many areas.

We have strength in the educational area and we will continue to build upon this goal. I encourage members to submit educational articles to JoPan, other nursing or medical journals, Breathline, or our component, Off the Cuff.

Judy Evans is our new Government Affairs representative and will be

participating on the ASPAN Government Affairs Committee. This is a great asset for our Component.

We need Component members to participate in statewide nursing functions ( at the state capital, etc.) as Component representatives.

Our component needs an active research committee with at least one active project, or a project completed during 2010.

We need to participate in community programs or education projects ( blood drives, BP screenings, health fairs, etc.).

We have a great opportunity this year to strengthen and improve our Component. Please contact me if you have any questions or ideas. I look forward to serving you as President of NPANA.

Patrice Moffett



"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**

2010 Fall NPANA Conference  
October 2-3, 2010  
Hampton Inn and Suites  
Coeur d'Alene, 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

Chicago, Illinois  
April 14-18, 2013

**CERTIFICATION**

**ABPANC NEWS FLASH!** The new online application process for registering for the Spring 2010 CPAN® and CAPA® certification examination began January 25, 2010 and ran through March 8, 2010. Examinations will be administered by computer April 5, 2010 through May 15, 2010 at Prometric Test Centers.

For complete information visit the ABPANC website at [www.cpancapa.org](http://www.cpancapa.org) and click the *Certification* link on the home page. Follow the instructions for viewing/downloading the *Candidate Handbook and Appendices* as well as registering for an examination online.

All examination registrations must be done on line-paper applications are no longer accepted.

*ABPANC's Vision statement: Recognizing and respecting the unequalled excellence in the mark of the CPAN® and CAPA® credential, perianesthesia nurses will seek it, managers will require it, employers will support it, and the public will demand it!*

More ABPANC news on page 12 and 13.



## DIRECTOR'S CORNER

Winter/Spring, 2009-10

Nancy O'Malley MA RN CPAN CAPA

What an exciting 2009 and a great start to 2010!! By now, most of you know that ASPAN has purchased our own "home" only a short distance from our previous office. This place is really both functional and has room for growth. When I visited our previous place, I was appalled to see how really crowded and difficult that environment was to work in! Our staff had never complained about it, but it was apparent that we either had to rent more space or buy our own place. Then this building appeared on the scene and it was a "no-brainer"! If you are in the Cherry Hills, New Jersey area, stop by and see it as it belongs to YOU! We will be going there the end of February for the open house and are very excited to see it in person.

The mid-year ASPAN Board of Directors meeting was held in mid-November. We had a full agenda, as always, and are looking at new ways to organize our work-loads and our board to be more effective. This entails a thorough examination of our mission and vision for ASPAN's future in order to form the framework for our future. In some cases, we may need to re-align or even eliminate roles or projects while we focus on expanding others. We know that our clinical practice must be based on evidence and research, for example. As there is not a lot of research related to our practice, we must initiate some studies in order to determine what is "best practice." Finding the finances to support these studies, and developing internal resources to participate in these initiatives is clearly a primary focus to strengthen our credibility as a professional organization.

We also reaffirmed our commitment to developing stronger components and supporting you through continuing education and being available to you. We want to move us deeper into the 21<sup>st</sup> Century by encouraging and promoting the appropriate use of technology and meeting tools to reduce your costs, too. We are "going green" so that people can access information through our website, and yours, rather than wasting paper, time, and money on items that neither you nor I will ever use again! I even have a Blackberry now—not that I have totally figured out how to use the thing! Most of the time, I can even access my e-mail through it, but not always.

I just returned from Cambodia again. We are so blessed, folks! We worked at a very poor hospital and had to provide our own sheets, instruments, medications, dressings, anesthesia supplies, and everything else. We were only able to do 12 surgeries this time as we had a much smaller team. Two days before we left, one of our last patients developed a bleed-of course, during the night! We had taken all of our equipment back to our clinic—instruments, supplies, anesthesia equipment—everything! And there was no O+ or O- blood in the Phnom Penh Blood Bank. By the time we could round up everything, sterilize the instruments, and get the patient to the OR, the patient's hematocrit was 14! But God was good, we awakened our Cambodian nurses, medical students, people from the patient's church and managed to get 6 units of blood for her. She had a retroperitoneal bleed of about 1100 ml (and she was tiny!). She is alive today and doing well, I hear. It is always an adventure with God when you participate in missions in a third-world country. I challenge you to try it or support someone who wants to go!

I hope to see you all in New Orleans for ASPAN's National Conference!! NancyO

## Government Affairs

### Who am I to Lobby Congress? You Are a Nurse! Speak up!

*David Kay, MSN, RN, CAPA – ASPAN Governmental Affairs Committee Chair*

The ASPAN Governmental Affairs Committee's mission is to give ASPAN members the tools to advocate for nursing, patients, and other health-related issues for both local and national levels. As the largest group of health care providers in the nation, we need to speak up for our patients and profession. The Constitution grants you the right "to petition the government for a redress of grievances." If you don't speak up, then who will? Congress members are not health care professionals; you are the one they need for your expertise. Our profession is trusted and respected. If you speak up and identify yourself as a nurse, your opinion will carry some weight. Remember that Congress works for us.

#### How do I get involved?

Join the ASPAN Governmental Affairs Committee by filling out a "Willingness-to-Serve" form on the ASPAN website. The deadline for 2010 has passed, but you can plan to apply prior to October 31<sup>st</sup> for 2011. If you missed the deadline, don't let it stop you from getting involved as an individual citizen or joining your local perianesthesia component's governmental affairs committee if one exists.

#### Role of ASPAN Governmental Affairs Committee

- The Governmental Affairs Chair will electronically forward information to help you form opinions and share them with your elected officials.
- The Governmental Affairs Chair will pass along action requests by e-mail for you to contact your Congressmen about upcoming legislation.

#### What is your role and how can I make a difference?

1. Speak up as a citizen of your country and a nurse advocate for your patients. Share your voice and opinions with your elected leaders on a personal basis.
2. You may be asked to represent your local perianesthesia component as the liaison to the ASPAN Governmental Affairs Committee.
  - a. Those who represent a local perianesthesia component will electronically forward information or requests to their state/

component representatives as coordinated by the component president.

- b. The goal is to inform as many nurses as possible to contact their legislators and ask them to vote for or against upcoming laws.
3. Read information passed along to you by e-mail from the ASPAN Governmental Affairs Chair, or do your own search for healthcare-related political issues through the web, newspapers, television, or radio.
  4. If you find great information that may benefit the committee, send that information back to the Governmental Affairs Chair to forward to the committee.
  5. Contact your elected leaders by e-mail, phone calls, fax, snail mail, or writing letters to the editor. The most effective method to contact them is electronically. If you don't know who your elected leaders are, you may identify them by using the following website: <http://www.congress.org>. Once you learn who your elected officials are, go to their web sites to learn about their opinions, their positions, their past voting record, and how to contact them.

#### 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.

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#### 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.

NPANA Board of Directors Meeting Minutes  
 September 25, 2009  
 Doubletree Edgewater Hotel Conference Room  
 Missoula, Montana

Present September 25, 2009: Cheryl Gettelfinger, *President*; Patrice Moffett, *Vice President*; James Lehn, *Immediate Past-president*; Virginia Longo, *Treasurer*; Rebecca Ettien, *Secretary*; Holly Hunt, *Education Coordinator*; Nancy O'Malley, *Director, ASPAN Region I*; Maria Bell, *Vice-president elect*, from 1330 – 1703. 0840: Meeting called to order by Cheryl Gettelfinger. Minutes of BOD meeting March 21, 2009 Teleconference, were reviewed and approved as written.

**Board of Directors Reports**

Secretary (Rebecca Ettien)

- ☐ NPANA membership is 650. A decrease of 50 members since last reported at the March 21, 2009 BOD meeting.
- ☐ ASPAN is no longer including “memberships that have expired” on the web site for downloading. Nancy O'Malley will contact ASPAN and inquire whether it can be made available as a report.

Treasurer (Virginia Longo)

September  
26, 2009

Checking	31,331.22
Savings	5,680.80
CD A	8,295.39
CD D	11,606.35
Total	56,916.76

March 21,  
2009

Checking	28,075.44
Savings	5,674.98
CD A	8,453.97
CD D	11,386.01
Total	53,590.40

- ☐ These balances do not reflect expenses incurred for this board meeting or the fall conference.
- ☐ Mileage will be paid at a rate of \$.50 per mile for

board members.

- ☐ Taxes were properly prepared and submitted by the NPANA treasurer.
- ☐ NPANA’s portable printer is in need of repair and was still under warranty so was returned to the place of purchase for either repair or replacement.
- ☐ How to handle conference registrants that cancel without proper notice was discussed. This year’s brochure did not state the date or penalty for late withdrawals. NPANA’s finance rules state: Full refunds will be issued for cancellations postmarked up 14 days prior to the conference; a \$20.00 administrative fee will be charged for cancellations postmarked less than 14 days prior to the conference; no refunds will be issued for cancellations postmarked less than 24 hours prior to the conference; refund processing is not available at seminars.

Education Coordinator (Holly Hunt)

- ☐ A brochure template has been created to facilitate getting the brochure out in a timely manner and with accurate information.
- ☐ The idea of every board member having access to download monthly reports from ASPAN was discussed. Nancy O'Malley clarified that for security and privacy reasons only the secretary and president from each component was given access to the reports by ASPAN.
- ☐ Nancy O'Malley informed the board that it is customary to give complementary registration to component conferences, to conference speakers and organization officers, i.e. the president of ABPANC.

Vice President (Patrice Moffett)

- ☐ \$500.00 in scholarship paid out. Two requests denied secondary to not meeting requirements.
- ☐ It was announced Sheri Bowell, RN, CAPA, from the South Sound District, is to be the Chairwoman for the 2011 ASPAN National Conference in Seattle Washington.

Immediate Past-president (James Lehn)

☐ The verification of the web site domain will take place.

☐ Webmaster, Ashley Bowell, advised us that there should be a way to develop a platform for online voting in the future.

☐ The ABPANC information on the NPANA website is out of date. The past-president is responsible for informing the webmaster to keep the web site current.

President (Cheryl Gettelfinger)

☐ A quorum of the NPANA membership was received with 22% of members returning their ballots for 2010 secretary and vice-president board of director positions.

☐ Requested a motion be made to destroy the ballots received for the board of directors' positions. Motion made by Holly Hunt and seconded by James Lehn, motioned passed unanimously.

☐ Patrice Moffett has been working to find a company to provide liability insurance and bonding for NPANA. She contacted Kevin Dill from ASPAN to find out who ASPAN uses.

☐ Clarification as to who is eligible for the Ruth Foster award was discussed. A consensus was made among the Board that the drawing would include those members from the entire current NPANA membership roster who have had five or more years of continuous membership in NPANA/ASPAN.

### **New Business**

☐ Treasurer, Virginia Longo, reminded the Board that the money Spokane received over a year ago to start a Spokane District should be returned secondary to the fact that members there were never able to organize enough to form a district. The original contact person, Linda Ziegler, will be notified by Ms. Moffett or her delegate to return the money.

☐ A potential host for the NPANA fall conference in

2010 was discussed. A tentative location of Boise, Idaho was decided and vice-president elect, Maria Bell will contact her connections in Boise for potential sponsors and location.

☐ Component members are reminded that anyone can host an ASPAN sponsored seminar in order to bring education offerings to your location. Inquire with ASPAN to see what is available.

☐ A beginning review of NPANA's Strategic Plan was facilitated by Nancy O'Malley. She made several recommendations that the Plan should be revised to be more up to date, reflect our best practice and that the goals in the Plan should be specific and measurable. It was decided that each board member review the Plan and bring suggestions to the next teleconference board meeting to facilitate the Plan being achieved.

☐ President-elect, Patrice Moffett, reiterated her goal for NPANA to achieve the Gold Leaf component award from ASPAN.

☐ Nancy O'Malley strongly recommends that someone from the NPANA membership volunteer to be the component liaison on the ASPAN Government Affairs Committee. For more information log on to: [kff.org/healthreform/sidebyside.cfn](http://kff.org/healthreform/sidebyside.cfn)

☐ The BOD conducted a line item review of the budget for 2010. The budget was reviewed and revised. The board will review and discuss the budget at a future teleconference meeting. Approval will then be made and submitted for the budget beginning January 1, 2010.

☐ Cheryl Gettelfinger passed on her president binder to president-elect, Patrice Moffett. Patrice Moffett met with vice-president elect, Maria Bell to hand off her binder and review any necessary information needed by Ms. Bell to begin her vice-presidency.

1703: Meeting adjourned by Cheryl Gettelfinger.

Respectfully submitted,

Rebecca Ettien

NPANA Secretary

NPANA Board of Directors Meeting Minutes  
November 21, 2009  
Phone Teleconference

Present: Patrice Moffett, *President*; Maria Bell, *Vice President*; Virginia Longo, *Treasurer*; Rebecca Ettien, *Secretary*; Absent: Cheryl Gettelfinger, *Immediate past-President*; Holly Hunt, *Education Coordinator*.

1008 Mountain Time: Meeting called to order by Patrice Moffett.

Ms. Moffett asked for approval of the minutes from the September 2009 Board of Directors meeting. There was no discussion. Minutes were approved.

**Board of Directors Report**

Vice President (Maria Bell)

- ☐ Currently Washington State has no named Scholarship Chairman. Contact will be made with an e-mail address listed for the scholarship chairman. Other State Chairman are as follows:
  - Idaho: Virginia Miller
  - Alaska: Pat Mylander
  - Montana: Kathy Stenke
  - Oregon: Maria Bell

Treasurer (Virginia Longo)

September  
25, 2009

Checking	31,331.22
Savings	5,680.80
CD A	8,295.35
CD D	11,606.35
Total	56,916.76

November  
21, 09

Checking	32,537.96
Savings	5,682.70
CD A	8,295.39
CD D	11,606.35
Total	53,590.40

- ☐ An accountant in Coeur d’Alene will be presenting NPANA with a quote to audit our finances.
- ☐ There are still several outstanding checks from the NPANA checking account. Ms. Longo will verify the Bank of America’s policy for check validity time frames.

Secretary (Rebecca Ettien)

- ☐ There are currently 654 members. Four more than reported at the fall conference in September.

Motion to approve the 2010 budget was made by Ms. Bell and seconded by Ms. Moffett, motion passed.

New Business

- ☐ Ms. Moffett will contact Ms. Gettelfinger re: updating the NPANA website with pictures and links.
- ☐ A discussion was held about where to have the 2010 fall conference in Idaho as per the schedule. Ms. Bell will contact members in the Boise, ID area about their ability to sponsor the fall conference. Ms. Ettien will e-mail her a list of members in the Boise and surrounding areas. If Boise is unable to sponsor the conference, then changing the conference to another state may be necessary.
- ☐ A discussion was held about educational offerings for the spring of 2010. Ms. Ettien will look into offerings for Montana, Ms. Moffett will contact James Lehn in Washington state and Judy Evans in Alaska about what they can offer or are offering.
- ☐ Ms. Moffett discussed applying for the ASPAN Gold Leaf award and what has been done and could be done to meet the criteria. Each of the board members discussed several charitable causes that NPANA members have assisted in the past. Silent auctions held at fall conferences donated funds to Hospice of Missoula, MT and The Children’s House in Bend, OR to name two.
- ☐ Ms. Bell stated she is missing the “Willingness to Serve” form and the scholarship application form from her syllabus. Ms. Ettien will e-mail these to her.

Next scheduled teleconference Board of Directors Meeting scheduled for January 23, 2010 at 9:00 a.m. Pacific time and 10:00 a.m. Mountain time. Continued Page

NPANA Board of Directors Meeting Minutes  
 January 23, 2010  
 Phone Teleconference

Present: Patrice Moffett, *President*; Maria Bell, *Vice President*; Virginia Longo, *Treasurer*; Rebecca Ettien, *Secretary*; Cheryl Gettelfinger, *Immediate past-President*;  
 Absent: Holly Hunt, *Education Coordinator*.

1202 Mountain Time: Meeting called to order by Patrice Moffett.

Ms. Moffett asked for approval of the minutes from the November 21, 2009 teleconference Board of Directors meeting. There was no discussion. Minutes were approved.

**Board of Directors Report**

Vice President (Maria Bell)

- Contact with Boise, ID, NPANA member Leslie Thomason and other Boise area members indicated that Boise would not be able to host the 2010 Fall NPANA conference. Further discussion re: Idaho's turn to host the conference revealed that Virginia Longo had researched hotel and conference availability in Coeur d'Alene, Idaho. She found a very suitable facility and other members at her place of employment were very interested in hosting the fall conference in Coeur d'Alene. Tentative dates would be October 2 and 3, 2010 at the Hampton Inn. Maria Bell made a motion to go forward with having the fall conference in Coeur d'Alene, Idaho and Cheryl Gettelfinger seconded. Motion passed. Ms. Longo will obtain the location and contract for the conference.

November 21, 2009

Checking	32,537.96
Savings	5,682.70
CD A	8,295.39
CD D	11,606.35
Total	58,122.40

Treasurer (Virginia Longo)

Bank of America's policy on check cashing is that they must be cashed within six (6) months of being issued. Therefore the outstanding checks described in the November 2009 minutes will be credited by Ms. Longo back to NPANA's bank account.

January 23, 2010

Checking	32,581.14
Savings	5,684.85
CD A	8,453.97
CD D	11,606.35
Total	58,326.31

Ms. Longo received a quote of \$2000.00 from the accountant she contacted to perform

the necessary audit of NPANA's finances. This will be a compilation audit. The accountant also recommended that because tax rules for non-profits have changed and become more involved that we also have an accountant prepare our 2009 tax report. Her fee for this is \$300.00. A motion was made by Ms. Bell to have the above accountant proceed with the preparation of the audit and the 2009 tax report. Ms. Gettelfinger seconded the motion. Motion passed.

Past-president (Cheryl Gettelfinger)

- ☐ Updated BOD pictures for the website will be sent to Webmaster, Ashlee Bowell.
- ☐ Pictures from the fall conference will be sent to Newsletter editor, Judy Evans.
- ☐ Candidates for upcoming BOD positions of vice president and of treasurer need to be assessed and anyone interested be encouraged to submit the "Willingness to Serve" form found on the NPANA website to Ms. Gettelfinger.

Secretary (Rebecca Ettien)

- ☐ There are currently 658 members. Four more than reported at the November teleconference.

President (Patrice Moffett)

- ☐ An application to ASPAN for the component Gold Leaf award will be submitted at the end of this month. The application is essentially a practice for re-applying in January 2011 for the 2011 Gold Leaf award. Our strengths and weaknesses will be identified so that NPANA can strive this year to meet the criteria required to receive the prestigious award.
  - District Director, Nancy O'Malley made some recommendations for events to meet the award criteria, including: NPANA sponsored blood drives, food drives, or any other charitable event sponsored by nurses representing NPANA.
  - A donation in NPANA's name to a nursing school with a text book or ASPAN membership or representing NPANA at a nursing career fair is suitable.
  - The NPANA's strategic plan needs to be up-

event sponsored by nurses representing NPANA.

- A donation in NPANA’s name to a nursing school with a text book or ASPAN membership or representing NPANA at a nursing career fair is suitable.
- The NPANA’s strategic plan needs to be updated to a more current format.
- Representing published papers and research projects by NPANA members.
- The website needs to be kept current to encourage NPANA members to access the site regularly.

☑ National Conference Business

- The theme for Sunday’s component night is “Laissez les bon temps rouler!” – “Let the good times roll!” In celebration of New Orleans’ most famous tradition – Mardi Gras. Ms. Longo will supply boas and obtain the \$100.00 dollar bill for the raffle. Ms. Ettien will bring the NPANA table cloth, supply beads for decoration and adornment of BOD members, and the frame for the \$100.00 dollar bill. Ms. Gettelfinger will bring NPANA labeled hand sanitizer for giveaway. Candy to give away will be purchased after arrival at the conference.
- After some discussion that BOD members are bringing items to be used at the conference, a motion was made by Ms. Moffett that NPANA pay for airline luggage fees. Ms. Longo seconded the motion. Motion passed.
- The donation to the ASPAN silent auction will be jewelry that Ms. Bell will obtain.
- A tentative date and time for NPANA members to gather together will be Tuesday, April 20, 2010 for lunch. Location and exact time to be posted at National conference.
- As a contribution to the ASPAN Development Fund, NPANA will pay board members fee for the ASPAN Development Luncheon,

Wednesday, April 21, 2010.

- In the event that Ms. Moffett or Ms. Bell cannot attend Sunday’s Representative Assembly, Ms. Longo and Ms. Gettelfinger will be the alternates.

New Business

- ☑ NPANA will proceed with the purchasing of a new computer with appropriate software as approved in the budget for 2010.
- ☑ Let it be known to the entire NPANA membership that a vote to amend the NPANA by-laws will be held at fall conference 2010.
  - By-law 5.4.5.6 that currently reads: the treasurer “Obtains a professional audit/examination of the financial records at least every two (2) years or as directed by the Board of Directors” will be amended to read: “Obtains a professional compilation of the financial records at least every two (2) years or as directed by the Board of Directors.
  - New by-law 5.4.5.8 will be added to read: “Submits necessary tax records in a timely manner to an Accountant approved by the Board of Directors for the preparing and submission of NPANA’s annual tax report to the IRS by May 15.”
- ☑ To assist the “Off the Cuff” editor, Judy Evans, in publishing a quality newsletter, the Board of Directors approved a reimbursement for half the cost of installing Windows Office 2007 on the personal computer that Ms. Evans recently purchased.

Next teleconference Board of Directors Meeting to be announced. We encourage members to submit articles of interest for publication in this newsletter. Please e-mail or call any board member. 1322 Mountain Time: Meeting adjourned by Patrice Moffett.

Respectfully submitted,

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.

NPANA Secretary

### Progress Notes from the Editors Desk

Judy Evans, BSN, RN-C, CPAN

Hope everyone had a good PeriAnesthesia Nurses Awareness Week. There are several articles in the newsletter describing what various members of NPANA did to celebrate our nursing specialty.

This year I entered the newsletter in the ASPAN Newsletter Contest. I took a step outside of my comfort zone and submitted the newsletter in the 8 page category. If you are at National Conference this year be sure to vote for "Off the Cuff" for People's Choice as well.

On February 20-21, I was the hostess of an ASPAN seminar here in Anchorage and was amazed when one of the attendees was from Connecticut. I asked her why she came all the way to Alaska to attend this seminar. She stated that she had a friend at Elmendorff Air Force Base and had wanted to visit them and this gave her the excuse to come to Alaska and see them. She added a great deal to our seminar as she had a different perspective coming from the east coast than we did here in Alaska.

Linda Wilson put on a great seminar for us and if you ever have the opportunity to have her present a seminar in your area, be sure to go; she does a great job.

National Conference is in New Orleans this year and I am looking forward to attending again this year. National Conference always charges my batteries up. It is

inspiring to be with people who are leaders in your professional organization and to realize the great work they do to keep the organization current and in touch with its membership. I know several of the past presidents of ASPAN personally and they are a very inspiring group of men and women who are always willing to mentor members in our organization to achieve their very best.

Pat Moffett, President of NPANA, has asked that I become the Government Affairs representative of NPANA. I told her that I would accept this additional assignment for our organization. It will help me to write the Government Affairs article for the newsletter and to keep the members of NPANA informed of issues that affect their chosen profession.

Okay, now I am going to beat on the same old drum. If any members are doing any research on any topics related to perianesthesia nursing, please send an article to the newsletter about what you are doing and the results of your research. Also, if you would like to contribute to the newsletter, please send the articles to me for publication. Members can write about anything from a difficult patient and how you handled the situation to a funny incident that occurred in the PACU or about a problem that the member had and how it was resolved.

From the calendar my friend gave me for Christmas. *Bet you didn't learn this in nursing School: Plaster cast: The drunk stars at the Academy Awards after party.*



### Invitation From Canada's PeriAnesthesia Nurses

I am contacting you on behalf of the PeriAnesthesia Nurses of Alberta (PANAsac) who are hosting the 9<sup>th</sup> Annual National Association of PeriAnesthesia Nurses of Canada (NAPANc) conference May 28-30, 2010 in Calgary, Alberta, Canada (Eh!).

I would like to extend an invitation to the Northwest PeriAnesthesia Nurses' Association to attend our conference entitled "2010: Living the Life We Have Imagined". I have attached our conference brochure and would greatly appreciate it if you would forward it onto your members. For further information about our national association and to register on-line for the conference please go to our national website [www.napanc.org](http://www.napanc.org).

We are planning for over 200 nurses from Alberta and across Canada to be in attendance. Without a doubt it

would be marvelous to have international representation from your association.'

Please don't hesitate to contact me if you have any questions or would like to learn more about the conference.

Warm regards (although it is very cold in Calgary),

Tracy Boivin-Oldale

Planning Committee for the 2010 NAPANc conference

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1151 Mountain Time: Meeting adjourned by Patrice Moffett.

Respectfully submitted,

Rebecca Ettien BSN, CAPA

NPANA Secretary

Congratulations to Our New Certified Nurses  
November, 2009

CPAN

CAPA

Idaho      Shawna Marie Birkeland  
              Lillie Daniell Brown

Stephanie D Wright

Oregon     Narda Colette Brown  
              Elizabeth Delaney  
              Milton Bryan Green

Washington   Michael Carpio Alto  
                    Billie Atwood  
                    Kay Erickson  
                    Joanne Marie McKay  
                    Billy Joe Rice  
                    Peggy Sue Sohnly

Kelly Michele Banner  
Louanne A Drever  
Linda Jean Hook  
Heidi A Moore  
Sarah Patton



Certification Coaches for NPANA

Julie Carnahan, CAPA (WA)

Bill Swarens, CPAN (WA)

Dixie Wyckoff-Raney, CAPA (WA)

Member of the ABPANC Leader Resource Team

Maria Bell, CAPA (OR)



ABPANC News to Share  
Winter 2010

**In General:**

- ABPANC has redesigned its website-[www.cpancapa.org](http://www.cpancapa.org)! ABPANC encourages people to check it frequently for the most recent and updated information about ABPANC and our programs.
- As of this newsletter, there are a total of 8,847 CPAN® and CAPA® certified nurses; 5,485 CPAN® certified nurses; and 3,362 CAPA® certified nurses; and 346 dually certified nurses.
- If someone is interested in the ABPANC Coach Program or becoming a Coach, they may contact Zelda Williams at [zelda@proexam.org](mailto:zelda@proexam.org) for information.
- ABPANC is committed to preserving the environment-being green! All documents are online, although limited quantities of the *Certification Candidate Handbook* and the *Q&A Brochure* are available by emailing [abpanc@proexam.org](mailto:abpanc@proexam.org).
- If a CPAN® and/or CAPA® certified nurse is interested in Item Writing, refer them to ABPANC's website and the Get Involved section.
- Thank you to all of our ALRT members who helped support ABPANC by exhibiting at components and other meetings in the Fall, 2009. The result of everyone's efforts allowed us to visit 29 component meetings and provide certification information to approximately 2600 attendees nationwide.
- National Certified Nurse's Day is coming on March 19th and ABPANC will be celebrating this day along with other nursing specialties. Encourage people to visit the ABPANC web site under the News and Events section for ways to celebrate. Beginning March 1, an ABPANC Certified Nurses Day poster may be downloaded for free!
- ABPANC offers many CPAN® and CAPA® related products-we encourage people to visit the ABPANC Store, found under the Resources section of the website.
- Due to the recent resignation of Patrick Jones, PhD, ABPANC's Consumer Representative and President-Elect, due to illness, the Board of Directors elected board member, Kathy Paskewitz, RN, CPAN to fill this vacancy as of the January 23, 2010. Kathy will assume the office of President on July 1, 2010. Congratulations Kathy!

**Certification-Related Activities at the 2010 ASPAN National Conference in New Orleans**

- ABPANC will be celebrating its 25th Anniversary while at the 2010 ASPAN National Conference in New Orleans. If you plan to attend, please stop by the ABPANC table at Component Night for a piece of cake and also by the ABPANC booth in the exhibit hall. We will be celebrating our many strides over the years!
- If you are certified, make sure you register for the CPAN®/CAPA® Celebration breakfast to be held on April 19th at the Conference. "Wake Up and Smell the Accomplishments! Songs, Stories and Humor Celebrating You!" presented by Deb Gauldin, RN.
- Encourage CPAN® and/or CAPA® certified nurses who are perianesthesia content experts to consider attending the Item Writing Workshop, being held Sunday, April 18, 2010. To register they should contact Philip Godlewski at the ABPANC National office by calling 1-800-622-7262 and pressing Option 2, or emailing [Philip@proexam.org](mailto:Philip@proexam.org).
- Lectures related to CPAN®/CAPA® certification are found in the ASPAN Conference Brochure ([www.aspan.org](http://www.aspan.org)) -Test-taking Strategies: Practice Make Perfect; Recertifying? Here's a Tip; Perianesthesia Nursing Certification-Where Patient Needs to Come First; and Coaching the Coaches.
- ABPANC needs photos for use in its annual music video! We need photos of CPAN® and/or CAPA® certified nurses doing what they do best! Caring for patients! Photos should be sent to Bonnie Niebuhr, ABPANC CEO at [bonnie@proexam.org](mailto:bonnie@proexam.org). Don't forget to include the Photo Release Form, found under the Resources section of the website. Pictures **must be received** by March 1, 2010.

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### Examination-Related Information

- For information about the study groups refer people to Zelda Williams at [zelda@proexam.org](mailto:zelda@proexam.org).
- Promote the Online Practice Exams (access on ABPANC's website) for people studying for CPAN® and/or CAPA® certification.
- A most recent update of Prometric testing centers is located at [www.Prometric.com/abpanc](http://www.Prometric.com/abpanc).
- Reminder - In order for an examination candidate to receive a reduced examination fee of \$285 he/she must already be a member of ASPAN when applying online. Whatever name is entered on the online examination application **MUST exactly** match the name in the ASPAN member database. Also, the name entered on the examination application **MUST exactly** match the name of the candidate's government issued photo ID that will be presented at the Prometric testing center. If the candidate's name will not match their name in the ASPAN database, the candidate must contact ASPAN (877-737-9696) to change the name prior to applying online.
- All examination registrations **must** be done on line - paper applications are no longer accepted.
- The registration window for the Spring exams, being administered April 5, 2010 through May 15, 2010, **began January 25, 2010 and runs through March 8, 2010 at 11:59pm**. Refer to the *Certification Candidate Handbook* for Deadlines and Dates 2010-2011.
- FAQ's, found under the Certification section of ABPANC website, answer all questions concerning the exams. For example, candidates may sit for both CPAN® and CAPA® exams on the same day but need to submit two separate applications and fees.

### Recertification - Related Information

- The process for recertifying has changed and is now completed online. Those individuals due for recertification should be encouraged to read the *Recertification Handbook* (available on ABPANC's website) under the Recertification section. Instructions will be provided in the first renewal notice, sent to certificants in July (for the Fall certification cycle) and December (for the Spring recertification cycle).
- Key points about the changes in the Recertification program include:
  - To accommodate the change from paper/pencil to computer-based testing which began in Spring 2009, the beginning and ending dates for the certification periods have been changed slightly. This change does not penalize certificants who were initially certified prior to Spring 2009.
  - For all certificants who initially certified in the Spring (April or May) the certification period is now April 1 through 11:59 pm April 30 (3 years later). Contact hours must be accrued during this timeframe. Certification status will expire at 12 midnight on May 1.
  - For all certificants who initially certified in the Fall (October or November), the certification period is from October 1 through 11:59 pm October 31 (3 years later). Contact hours must be accrued during this timeframe. Certification status will expire at 12 midnight on November 1.
  - Unless certificants successfully recertify, credentials expire at the end of three years, at midnight May 1 or November 1.
  - The Online Application Window for the Spring Recertification Cycle began **January 4, 2010 and runs through April 30, 2010 at 11:59 pm**.
  - ABPANC has created a new Online Recertification System. Certificants can log in and track their contact hours in the new electronic filing cabinet, update their contact information, receive emails from ABPANC, and complete the recertification process.
  - Certificants can create a user account anytime by visiting the ABPANC website and clicking the Create User Account link found on the Home Page under Get Recertified.
  - Certificants can enter their contact hours as they earn them by visiting the ABPANC website and clicking the Electronic Filing Cabinet link found on the Home Page under Get Recertified.

***We're Jazzed! Are You?****Michael D. Guillory, BSN, RN, CPAN, CAPA – ASPAN 2010 National Conference Strategic Work Team Member*

ASpan celebrates its 29<sup>th</sup> National Conference in historical New Orleans, Louisiana April 18-22, 2010 at the Marriott Hotel. "Roots of Knowledge, Seeds of Transformation" is this year's theme. New Orleans is the birthplace of Jazz. Stroll Bourbon, Frenchmen and Fulton streets at night when live music pours out into the streets, where Jazz streams out into the moonlight, French doors open to the night breezes and sweet olive scents the air.

Indulge in traditional Louisiana cuisine such as beignets. This is a little square donut, sprinkled with powdered sugar and enjoyed with café au lait in the French Market. How about a large round Italian sandwich invented in New Orleans known as muffulettas? Have you ever had a po-boy? A po-boy is fried seafood or roast beef served on French bread. Try a cup of gumbo - guaranteed to be the best-tasting soup you ever had and available all over New Orleans. Like to shop? The Riverwalk Marketplace has 140 unique shops where you will find national shops as well as local favorites and is walking distance from the Marriott Hotel.

*Vice President's Letter**Maria Bell, RN, CAPA*

1. PANAW Week celebrations at Legacy Health's Good Samaritan Medical Center in Portland, Oregon, included gifts to all Pre-Admission, Short Stay Unit, and PACU nurses, of Water bottles, and tape measures, and daily food for all five days. On Tuesday, luncheon was provide by Drs Patterson and Takla, and on Thursday by the Oregon Anesthesiology Group, OAG. Saving the best for last, Legacy Health just announced that all RN's with a Certification in their Specialty, would start receiving an annual bonus of up to \$2000. That means CPAN's and CAPA's .....!

I am not a big football fan, but felt compelled to watch some Super Bowl programming to get primed for my New Orleans visit in April. I'm thinking it's going to be a fun place to be. But in the meantime, let's get back to NPANA business.

2. As Vice President I get to oversee Educational and Scholarship programs. The Board's goal for Fall Conferences is Idaho 2010, Washington 2011, Alaska 2012 and Oregon 2013. It would make my day if YOU would offer to Chair any one of those conferences. You and your 3 best nurse friends, along with the current V.P that year, and Holly, our Education Coordinator, could get an early start and take the pressure off. Notice the Annual conference, as in the past is no longer twice a year. Let's not slide any lower! Scholarship Committee is looking forward to receiving your applications for funds soon. For questions, email me at [mariabell1@juno.com](mailto:mariabell1@juno.com) or call me at 503-524-4845. The Forms are on the website, [npna.org](http://npna.org). You can email the completed form to me as well. Remember that funds can be applied to conference fees, Certification Exam fees (when you pass), or tuition costs for advanced degrees. See you online, or in New Orleans.

ASPAN National Conference 2011  
 “Reinvest in Your Potential”  
 Sheri Bowell, RN, CAPA  
 2010 ASPAN National Conference Chair

Are you as excited as I am? ASPAN is bringing the Conference to NPANA. Let's get together and show the rest of the country how to put on a conference. At this point, the theme will be built around the Emerald City, and Kim Kraft will be our new ASPAN President.

Plans are underway, thanks to members of the South Sound District of NPANA in Washington, and definitely to the National Office. As time gets closer to the actual Conference, we will be looking for help from YOU! Please sign up to be a Moderator, a Hostess, or Volunteer at the Registration Booth. You will be receiving further information about this in future editions of Breathline and Off the Cuff. Don't be afraid to volunteer. It's a lot of fun and a great way to meet people and network.

If you know of any fascinating, knowledgeable, and entertaining speakers.....we need their names now! Contact me, Sheri Bowell, at [sheri.m.capa@comcast.net](mailto:sheri.m.capa@comcast.net) for any input or suggestions.

There is much to do and see around the Pacific Northwest and Seattle. Plan to come early and stay for several days after the conference. Early April brings springtime with sunshine, flowers (The Tulip Festival) fish, and yes, a little rain. Bring your walking shoes. Seattle is hilly, but near the Convention Center are theaters, restaurants, shopping, tours, and the famous Pike Place Market. Buses are convenient, as well.

Within 2 hours of Seattle, you will find the ocean or the mountains, with much in between to enjoy. Mount St. Helens- a volcano that erupted just 30 years ago, outlet malls galore, wineries, hiking, biking, kayaking, sailing, Leavenworth- a small Bavarian style town with snow capped mountains as a backdrop, and other quaint small towns along the many beaches. These are just a few of the many things to do and see in our beautiful part of the country.

We welcome you to come to the 2011 ASPAN National Conference in Seattle, WA! Come to help with the conference or to just have fun with your colleagues and fellow PeriAnesthesia Nurses.



PANAW Week Celebration in Anchorage, AK.

February 1-7, 2010

Judy Evans, BSN, RN-C, CPAN

We put up our PeriAnesthesia Nurses Awareness Week banner in the PACU. I also bought pens and gave them to every PAT, Pre-op and PACU nurse during the week. A flyer was distributed to every hospital and day surgery facility in Anchorage to invite them to a no host meet and greet brunch at a local hotel. Nurses from Anchorage's other hospitals and day surgery facilities who attended the brunch were also given pens.

Back row

Merisue Bowerfind, Pam Reuter, Teresita Miller, Tammy Singletary, and Marta Twomey,

Front row

Judy Evans, and Nicole James

## ASPAN Development News

By Dolly Ireland

It's almost time to celebrate New Orleans style as we travel to ASPAN's 29<sup>th</sup> National Conference at the New Orleans Marriott Hotel. Do you have your bags packed? Are you ready? The French Quarter... beignets... the Café Du Monde... mask and beads... jazz.

The Development team wanted to take this opportunity to let every Component, and every individual know about all of the Development activities at National Conference. ASPAN Development supports educational scholarships, research projects, and many other ASPAN activities throughout the year.

### NATIONAL CONFERENCE SUPPORT -

First of all, as a Component, you are more than welcome to participate in the sponsorship of the National Conference through the donation of any amount of money. You may designate monies to a specific project (i.e. highlighters, pocket planner, etc.) or just indicate in your letter or on your check that it's a donation for National Conference support. All Components will be acknowledged for Conference support regardless of the amount donated. **Send Conference donations to the attention of Rob Spina, Marketing & Exhibits Manager. (Your donation needs to arrive by March 1, 2010 to be listed in the Conference Syllabus.)**

### 15th ANNUAL DREAM WALK -

Please join us, bright and early, on Sunday, April 18<sup>th</sup> at 6:30am for a walk around the New Orleans Marriott and the Mississippi River front! Take in the early morning sights and sounds of New Orleans and raise money for future ASPAN projects.

I challenge each and every registrant to take the Dream Walk sponsorship form and start searching for sponsors! Let's really *DREAM*... plant "seeds of transformation" and raise money for future "roots of knowledge."

### EXHIBIT GRAND OPENING / SILENT AUCTION -

The exhibits open on Monday, April 19<sup>th</sup> at 5:00pm as does the *SILENT AUCTION!* For those of you new to the National Conference, the Silent Auction is where you can find the unusual, the bling, or that piece of memorabilia that you simply **MUST** take home with you. Bids are taken up until the close of exhibits on Wednesday, April 21<sup>st</sup> at 9:00am, when everyone tries to make sure their bid **WINS!** Don't miss out. Come and bid often. Also, you may donate, as a Component or individual, an item for the Silent Auction. **Contact Rob Spina, Marketing & Exhibits Manager on how to send your items ahead of time, or give to Evelyn Medycki when arriving in New Orleans**

### Hail Honor Salute "MARDI GRAS" LUNCHEON

Come and be a part of the Development Luncheon celebration and this year's Hail, Honor Salute program, "**NEW ORLEANS STYLE!**" Fantastic food, New Orleans jazz, beads, dancing, and a lot of hand clapping. You don't want to miss being a part of this great luncheon and Mardi Gras celebration. See YOU there!!

### ASPAN's New Address

ASPAN  
90 Frontage Road  
Cherry Hill, NJ

08034-1424

