

OFF THE CUFF

A publication of the Northwest PeriAnesthesia Nurses' Association



Northwest PeriAnesthesia Nurses' Association

The President's Letter Maria Bell, RN, CAPA President NPANA

Greetings NPANA members,

An anonymous person wrote: HARD WORK is 98%, KNOWLEDGE is 96%, but ATTITUDE is 100%. How is that for starting an evening's conversation? It leads us down our yellow brick road, to the Emerald City of Seattle. The hard work by the National Conference Committee of ASPAN, will increase our knowledge and develop our potential as perianesthesia nurses. The attitude we have while there, however, will determine if we come away with the renewed passion and pride in our specialty, which enables us to work to our fullest potential.

This week I had the pleasure of returning a phone call to a NPANA member who, I felt, wanted to be convinced that the trip to Seattle would be cost-effective. She is excited, but no one else at her place of employment thinks being "a CAPA" or spending the money on a conference is important. To make a long story short, she now knows to check npa.org, aspan.org, and cpacapa.org regularly for news and encouragement. Things no longer come in the mail! She WILL be at the conference, being infected by the enthusiasm that will be in the air.

Your NPANA Board of Directors is in the process of taking a serious look at, and rewriting the NPANA STRATEGIC PLAN. Our goal is to have it done at the Board meeting on September 23, 2011, and talk about it at the Fall conference the next day. Input from members is welcome via phone call or email, or see one of us in Seat-

tle. This is YOUR organization, and everyone's suggestions are valued. Silence is not golden, it's just silence. Part of this year's Strategic Plan was to apply for the Gold Leaf Award from ASPAN. That application is in, as well as the application for the AB-PANC Shining Star AWARD. Another Plan was to improve on our "green-ness", which was accomplished largely by your Secretary, Rebecca Ettien, who has become our web-person. Speaking of Attitude....Rebecca's enthusiasm is very catching. YOU GO GIRL!

Succession planning is also hot on our list. At the Fall Conference, in October 2010, we solicited and received questions from several members, about what was involved in being "on the Board", and came away with two "Willingness to Serve" forms. Our hope is to see these potentials again in Seattle and help them decide to run, based on information and enthusiasm. Additional interested people are needed, so don't be shy.

It's PANAW week as I am writing. Our unit has been treated to breakfast, lunch, snacks, new scissors and clamps. The South Sound District held a meeting, with contact hours, for their celebration. The Spokane District held an evening meeting. Please take pictures at your celebrations, and drop me an email, so we can publish it on the website.

Life is Good! See you in Seattle!

Maria Bell RN, CAPA
NPANA President

Inside this Issue

<i>President's Letter</i>	1
<i>Director's Corner</i>	3
<i>Certification</i>	4
<i>Save The Date</i>	2
<i>Government Affairs</i>	7
<i>Editor's Letter</i>	5
<i>NPANA Board of Directors</i>	2
<i>Board of Directors Minutes</i>	6-9
<i>Vice President's Letter</i>	9
<i>Certification Coaches</i>	10
<i>Hosts and Hostess Wanted</i>	4
<i>28th Annual Skagit Valley Tulip Fest.</i>	4
<i>New Certified Nurses</i>	10

"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

4th Annual Perianesthesia Conference
March 12, 2011
Providence St Vincent Medical Center
Portland, Oregon

Certified Nurses Day
March 19, 2011

2011 Fall NPANA Conference
September 24-25, 2011
Vancouver, WA
Red Lion Inn at the Quay

Future National Conferences
Seattle, Washington
April 3-7, 2011
Seattle Convention Center

Orlando, Florida
April 15-19, 2012

Chicago, Illinois
April 14-18, 2013

**The International Conference for
PeriAnesthesia Nursing**
Toronto, Ontario Canada
October 3-5, 2011
Sheraton Centre Hotel



Important Web Sites

Please visit these web sites
www.npana.org
www.aspan.org
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.

DIRECTOR'S CORNER

Winter/Spring, 2010-11
Nancy O'Malley, BSN MA RN CPAN CAPA

It is impossible to believe how fast the past five years have flown by! I was given the opportunity to be the Region I Director “as a trial” to fulfill Sue Fossum’s term should she be elected Vice-President/ President Elect. I never dreamed of the adventure I would be embarking on by saying “yes” and I sincerely hope that you will consider doing the same—but don’t wait to be asked. So many of you have incredible talents and knowledge to share with your ASPAN and component colleagues, and we need you to join us! Get involved—it is fun and rewarding!

I do hope you are attending the 30th ASPAN National Conference April 2-5, 2011!! There will be so many opportunities for you to learn, network, laugh, and just have fun! A terrific conference is planned just for you so do come. Everyone is welcome to attend the Representative Assembly on Sunday to see how ASPAN “works”. As this is the governing body for our professional organization, I hope you will spend at least some time with us. We will also have a Region I meeting on Monday from 5:30-7:00 PM so you can meet your new Regional Director, meet each other, and share ideas. You are welcome if you are a leader or interested meeting your component leaders.

I have always been an advocate for components having a clear strategic plan for the next five years and have encouraged the use of our Gold Leaf Component criteria as basis for those plans. “If you don’t know where you are going, how will you know when you get there?” To that end, the ASPAN Board of Directors spent a lot of time the past year ensuring that our Strategic Plan evaluated current and future goals and programs to ensure that these meet the needs of our organization, are sustainable, and have measurable outcomes. Yes, this process does require time and commitment from your leadership, but it is critical to the ongoing success of ASPAN. And if it is critical for ASPAN, it is critical for your components to do the same.

By now, you have probably heard that we are one of the key supporters for the first International Conference for PeriAnesthesia Nurses in Toronto, Canada. Save the date! October 2-5, 2011. For more information go to: <http://www.facebook.com/reqs.php#!/pages/International-Conference-for-PeriAnesthesia-Nurses/121818707886264> or <http://www.icpan.info/>. This is a really exciting opportunity for us to promote perianesthesia nursing world-wide and network with colleagues in many countries. I hope that many of you will be able to attend—it will be worth the time and money!

I have just returned from Cambodia for the fifth time. We were able to do hysterectomies on women that looked like they had fibroids that weighed more than they did! We are working with our Cambodian nurse colleagues to enhance their education and help them develop critical thinking skills along the way. Teaching the art as well as the science of nursing is so very important, and it is so rewarding to see the progress in these young nurses even over just a two-week trip. They are amazingly intelligent and hungry to learn. I hope that many of you will be able to share your passion and expertise with people who in desperate need around the world and perianesthesia nurses who need you to teach them!

I want to thank, from the bottom of my heart, the many leaders and members that I have met over the years. You have enriched my life immensely and deepened my respect for each of you as you embrace the challenges of perianesthesia nursing and component leadership on a daily basis. Thank you!! See you in Seattle! NancyO

ASPAN's 30th National Conference
April 3-7, 2011
"Reinvest In Your Potential"



CERTIFICATION

ABPANC NEWS FLASH! The new online application process for registration for the Spring 2011 CPAN® and CAPA® certification examinations opened January 3 and goes through March 7, 2011. Examination administration window is April 4 through May 14, 2011 at Prometric Test Centers.

On-line application for Fall 2011, online registration it July 11 through September 5, 2011. The examination administration window is October 3 to November 10, 2011 at Prometric Test Centers.

Not all Prometric test sites are open on Saturdays. Confirm with Prometric if the test site is open on Saturday.

For complete information visit the ABPANC website at www.cpancapa.org and click the *Certification* link on the home page. The hand book can be downloaded from the home page as well as eligibility requirements, deadlines, registration for examination and fees.

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.

Hosts and Hostesses Wanted

By Arlene Kozicki, RN

You are invited to help ASPAN throughout National Conference week at the Seattle Sheraton and the Washington State Convention Center, April 3-7, 2011. Hosts and Hostesses are able to participate at National Conference, earn contact hours, and be paid a small stipend to help reimburse Conference expenses! The duties of a Host/Hostess include collecting event tickets, providing directions within the conference area, staffing the registration booth, facilitating session seating, distributing hand-outs, and assisting with Provider Directed Learner Paced Study sessions.

Please consider this fantastic opportunity to network with peers while supporting your professional organization. ASPAN NEEDS YOU to engage in a role central to making our Conference a success! **To sign up for the Host/Hostess program, or to obtain more information, please email Arlene Kozicki at arlene-kozicki@comcast.net. Your response is needed no later than February 27, 2011.**

28th Annual Skagit Valley Tulip Festival April 01, 2011 through April 30, 2011

Welcome to the 28th Annual Skagit Valley Tulip Festival, April 1-30. We are pleased to share our small corner of the world with you. La Conner is a beautiful area between the mountains, the river, the farmlands and the salt water. La Conner is Tulip Central and home to the Skagit Valley Tulip Festival Parade, the Tulip Pedal, Tulip Art Shows, and Tulip Flightseeing Excursions taking off on the Swinomish Channel. La Conner offers the only waterfront lodging, shopping, and dining in Skagit Valley.



Plan on spending a couple of days to explore La Conner and the Skagit Valley...Washington's Backyard!

If you are planning on attending the ASPAN National Conference in Seattle, WA, you might want to consider spending a few extra days and enjoy the wonderful display of tulips at the 28th Annual Skagit Valley Tulip Festival.

Progress Notes from the Editors Desk

By Judy Evans, BSN, RN-C, CPAN

We are getting closer to the 30th Annual ASPAN National Conference in Seattle, Washington. What an exciting time to be a member of the host component. I hope that many of you especially in the Western Washington area of NPANA are planning on attending this great event. I know that a lot of hard work has been done by Sheri Bowell, RN, CAPA as the Conference Chairperson and member of NPANA. I will be arriving a week early

so that I can help Sheri with the last minute details that must be done before the conference. It is just my small way of contributing to the overall success of the National Conference. I hope that some of you will consider being host/hostess for the conference as well as a session moderator. They are both great ways to enjoy the conference and to show the great hospitality of the Pacific Northwest. I'm looking forward to seeing all of you at conference. Don't forget your walking shoes for the Dream Walk.



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

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.

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ASPAN's New Address

ASPAN
90 Frontage Road
Cherry Hill, NJ
08034-1424



PANAW Celebrations Around NPANA

Maria Bell, RN, CAPA writes that at Legacy Health they received Breakfast and cake from Surgical Services and Lunch from the Anesthesia Group

Rebecca Ettien, RN, CAPA from Missoula, Montana let us know that they received a poster and lunch from Providence Surgery.

Judy Evans, RN, CPAN wrote Happy PeriAnesthesia Nurse Awareness week on the white board in PACU and Peri-Op and hung the PeriAnesthesia Nurse Awareness Banner in the PACU. My supervisor at Alaska Regional bought us lunch and I provided cupcakes on Thursday.

Next year please send us your pictures of how you celebrated PeriAnesthesia Nurse Awareness week so we can include them in "Off the Cuff".



Patricia Mylander and Judy Evans hanging the PeriAnesthesia Nurse Awareness Week banner at Alaska Regional Hospital.

NPANA Board of Directors Meeting Minutes

November 16, 2010

Teleconference

Present: Maria Bell, *President*; Judy Evans, *Vice President*; Patrice Moffett, *Past President*; Virginia Longo, *Treasurer*; Rebecca Ettien, *Secretary*; Holly Hunt, *Education Coordinator*.

2001 Mountain Time: Meeting called to order by Maria Bell.

Board of Directors Reports

President (Maria Bell)

- NPANA Fall 2011 Conference to be held September 24, 25, 2011 in Vancouver, Washington. Currently negotiating with hotels in the region.

Past President (Patrice “Pat” Moffett)

- The 2011 ASPAN Conference Pin is in production and NPANA should receive a profit from sales.
- ASPAN 2011 Conference Component Night decorations purchased by NPANA include full size cardboard stand ups of Dorothy and Toto, the Cowardly Lion, the Tin Man and the Scarecrow.
- It was suggested Ruby Slipper Lip Gloss key chains be handed out at the NPANA table on component night.
- It was suggested that instead of investing in authentic Wizard of Oz character costumes for component night 2011, that a t-shirt with a likeness of the characters be worn by each NPANA board member to represent each Wizard of Oz character. Several designs can be found at www.zazzle.com.

Secretary (Rebecca Ettien)

- Web site training is going well but there are logistical issues with not having full access to changing the site contents secondary to a 3rd party domain and that the registrar for the domain is no longer a member of the board.
- It has become apparent the web site has not been maintained properly since there is much outdated material on the site. The last copyright date was 2006.
- In order to bring the web site up to industry standard, NPANA should secure all rights to the site without any 3rd party vendors.
- There are currently 568 members in NPANA. This is 4 more than reported at Fall Conference 2010 in Coeur d’Alene, Idaho, October 2, 2010.

Education Coordinator (Holly Hunt)

- The Greater Portland District Conference held November 2010, was very successful with 50 attendees.
- Cost of bulk mailing is \$185.00 annually.

Vice President (Judy Evans)

- Monies from a previous attempt to gain a district in Alaska have been discovered in a state held account. Ms. Evans will investigate retrieving these funds to return to the NPANA treasury.

Treasurer (Virginia “Ginny” Longo)

- Proceeds from Fall Conference in Coeur d’Alene, Idaho, resulted in a profit of \$3,952.39.

November 16, 2010		October 2, 2010	
Checking	40,987.63	Checking	49,300.13
Savings	5,689.59	Savings	5,688.64
CD A	8,616.49	CD A	8,616.49
CD D	11,706.80	CD D	11,706.18
Total	66,999.89	Total	75,311.44

- Attempting to obtain bonding insurance for NPANA board members is ongoing. Waiting for ASPAN Region 1 Director, Nancy O'Malley, to provide more information if NPANA Districts Budgets need to be taken into account.
- NPANA received a thank you letter from nursing student, Emily Fowler, for hosting her attendance at fall conference in Coeur d'Alene, Idaho.
- NPANA received a thank you letter from the regional Muscular Sclerosis Society for donating the proceeds from the raffles held at fall conference in Coeur d'Alene, Idaho.

New Business

- The Board discussed reimbursing board member expenses incurred when renting a car to travel to NPANA and ASPAN. No motion was made.
- The Board discussed reimbursement of expenses from the NPANA treasury to members, which may have also been submitted to the member's employer for reimbursement. No motion was made.

2110 Mountain Time: Meeting adjourned by Maria Bell

Respectfully submitted,

Rebecca Ettien

NPANA Secretary

Government Affairs

By Judy Evans BSN, RN-C, CPAN

As every member knows the government is making cuts to the federal budget. One of the areas that is being cut is the amount of federal money available for nursing programs. The Government Affairs Committee is encouraging nurses to write their congressional members to maintain current funding. I am socially progressive but financial conservative. We as Americans must make cuts to the amount of government spending to ensure our security as a nation and to preserve the freedoms we enjoy for future generations. With this said, this is not the first time that nurses have been asked to do more with less. Lets look at the programs for nursing and see what we can do better for less money and also see what the private sector can do without adding to the burdens of the American taxpayers. The last election showed that most Americans want and demand fiscal responsibility and we must pay attention to these demands or we as a profession may become expendable in the future. We in the nursing profession know how important it is to have a nurse at the bedside and the great work we do for our clients. Examine your hearts and write to your congressional representatives and let them know how you want your tax dollars spent.

NPANA Board of Directors Meeting Minutes
January 22, 2011
Teleconference

Present: Maria Bell, *President*; Judy Evans, *Vice President*; Patrice Moffett, *Past President*; Virginia Longo, *Treasurer*; Rebecca Ettien, *Secretary*; Absent: Holly Hunt, *Education Coordinator*.

1100 Mountain Time: Meeting called to order by Maria Bell.

Ms. Bell made a motion to accept the November 16, 2010, Teleconference Board of Directors Meeting Minutes as written. Ms. Moffett seconded. Motion passed without opposition.

Board of Directors Reports

Past President (Patrice "Pat" Moffett)

- Update for Component Night at ASPAN National Conference. April 3, 2011: Prizes will be given to the component with the best in class for the following classes: most creative; most authentic; and most funny; Prizes will consist of three gift baskets with the following themes: Wizard of Oz; Starbucks; and NPANA. Judges for the event are to be named later.
- NPANA will have two tables to decorate and will not be included in the judging for the above prizes. It was suggested that we have a "Toto" stuffed animal and some "Ruby Slippers" displayed on our table as well as "green" decorations.
- Ms. Longo is going to order Wizard of Oz themed t-shirts and character piece accessories to wear with the t-shirt.

President (Maria Bell)

- NPANA Fall Conference will be held September 24, 25, 2011 in Vancouver, Washington, at the Red Lion Inn at the Quay.
- PeriAnesthesia Nurse Association Week is February 7-13, 2011. A request to have a "Happy PANAW Week" e-mail sent to NPANA members was made. The secretary, Ms. Ettien, will be responsible for carrying out the request.
- The President's Binder is in need of updated Policy and Procedures. Ms. Ettien will e-mail these.
- A copy of the "Welcome" and "Time to Renew" e-mails is needed to send with the Gold Leaf Application. Ms. Ettien will e-mail these.

Vice President (Judy Evans)

- The Scholarship Committee has awarded two educational scholarships with an inquiry made from a third person.
- Monies from a previous attempt to gain a district in Alaska have been discovered in a state held account. Ms. Evans will investigate retrieving these funds to return to the NPANA treasury.
- The Fall/Winter 2010 "Off the Cuff" Newsletter was submitted to the ASPAN National Conference Newsletter Competition.
- February 10, 2011 is the deadline for submission of articles and news for the March 10, 2011 newsletter.

Treasurer (Virginia "Ginny" Longo)

- The 2011 budget was reviewed and adjustments made to reflect decreased costs and spending thus bringing the projected balance into the black.
- A review of what NPANA equipment items need to be insured included: Secretary's computer; Treasurer's computer; and Power Point projector.

October 2, 2010

Checking	49,300.13
Savings	5,688.64
CD A	8,616.49
CD D	11,706.18
Total	75,311.44

January 22, 2011

Checking	38,078.65
Savings	5,690.06
CD A	8,616.49
CD D	11,747.20
Total	64,126.40

- Ms. Bell made a motion not to include NPANA Districts in the Bonding Insurance required for the NPANA Board of Directors. Ms. Evans seconded. Motion passed without opposition.
- Ms. Longo made a motion to pass the 2011 Budget with the changes discussed above. Ms. Bell seconded. Motion passed without opposition.

Secretary (Rebecca Ettien)

- The updated web site has been launched. The only page remaining to be completed is the “NPANA Forum” page. After previewing the web site it several Internet browsers it was noted the Mozilla’s Firefox and Google’s Chrome is not publishing the same as Internet Explorer 8. Once a correction to this is found the pages will be repaired and republished. (As these minutes are being prepared a solution to the above problems was found and applied to the affected pages are now loading properly on the above browsers.)
- Current Membership is 579.

1232 Mountain Time: Meeting adjourned by Maria Bell

Respectfully submitted,

Rebecca Ettien

NPANA Secretary

Vice President’s Letter

By Judy Evans BSN, RN-C, CPAN

I would like to let the members of NPANA know how to apply for an Educational Scholarship. Every year the Board of Directors decides how much money to set aside for educational scholarships. Members who apply for scholarships must go to the NPANA web site and download the NPANA Educational Scholarship Application and send the application to the Vice President. To qualify for a scholarship, the applicant must be a member or honorary member of NPANA for a year prior to applying and the application must be received four weeks before the educational program is offered. Scholarship money may be used to finance college credit, CAPA-CPAN nursing certification, seminars, or workshops relating to nursing. The application is then disturbed to the scholarship committee for approval. Upon the decision of the Scholarship Committee the applicant is sent a letter of approval or denial. When the scholarship is approved the applicant must attend the educational offering and send a copy of the letter and Certificate of Attendance to the Treasurer of NPANA for reimbursement. Members can apply for up to \$500 every 24 months. It is hoped that the members who apply for scholarships will also become involved with NPANA by running for an office or becoming a committee member.

Congratulations to Our New Certified Nurses
November, 2010

CPAN

CAPA

Idaho

Jill Sophia Davis
Debra Kathleen Knight
Jacquelyn Moorcraft

Montana

Kelly O'Brien
Sarah Spangler

Sara Louise Martin

Oregon

Rhonda Harpe
Cynthia Marie Johnson
Lindsay Nicole Johnson
Dixie Fowler
Cathy Barbara Schuler
Lee K. Wilson

Kathye Annette Greene
Donna Lea Gould
Patti Jean Megason
Leila M. Varoujean

Washington

Melinda E. Davey
Stacie Marian Fleming-Marler



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)

