



News & Updates



We need you! We have openings for an NPANA Secretary and NPANA Vice-President. Learn more (bonus perks, too!) and submit your "Willingness to Serve" form before **July 1st!**

[Open Board Positions](#)

[Willingness to Serve Form](#)

Don't forget... ASPAN Scholarship applications are due July 1st!
[ASPAN member scholarships](#)

ASPAN National Conference Reflections

*Submitted by Lauri Ledbeter, MSN, RN-BC, CNE, CAPA,
Npana Communication Coordinator/Editor*



In keeping with tradition, the ASPAN National Conference was Excellent! This is a "must do," and with it in our own "backyard" in **Anaheim, CA in 2018**, start planning now!

- It is so inspiring to be around other colleagues who are implementing best practices, thinking "outside the box," and often experiencing similar challenges!

The keynote speaker, Marcus Engel, was amazing. Check out his website here: [Marcus Engel](#) I think we were all touched (and shed tears) with his amazing story, highlighting the influence nurses have on patients... for life! Being "present," as simple as holding a hand and saying, "I'm here" have profound impact. As life and work get busy, let us not forget the lives we are entrusted with and the gifts of caring and compassion, far beyond the tasks.

Scholarship recipient, Lori Erni, RN, CPAN, shared the following, "Going to conference has reignited my passion for perianesthesia nursing.... It was invigorating to get all of the different educational offerings and meet so many new people."

Beth Budig, RN, CPAN, also a scholarship recipient, shared, "The content Cardiac Tamponade, Parkinson's Disease, and PeriAnesthesia Stroke were among my favorites. I believe the most helpful thing that I know, but had probably forgotten, was to be present with my patients and the "I'm here" phrase from keynote speaker Marcus Engel.... I have already made a conscious effort to use this in my practice since returning."

The NPANA Component luncheon is always a highlight for some great food and a chance to connect with peers from WA, ID, OR, MT, and AK! Thank you to all of those who joined us!

We hope to see you next year!



President's Message....

Maria Heinje, MSN, RN-BC, CPAN

*Maria reflects on engagement with ASPAN & NPANA...
read more!*

[NPANA President's Letter](#)



Congratulations!

- NPANA National Conference Registration Scholarship winners: Lori Emi & Beth Budig
- Nominee Finalist for ASPAN Clinical Excellence Award: Beth Budig
- ASPAN Above & Beyond Awards: Melissa Schmidt & Lauri Ledbeter
- **CORRECTION:**
 - Judy Evans won the Dream Walker Award for most money raised for the Dream Walk for the 11th time. This was a separate event from the Hail, Honor, Salute! Development Fundraiser held at the National Conference.
- ~~Hail, Honor, Salute Development Fundraising Award: Judy Evans~~
- Clinical Best Practice Posters presented at ASPAN National Conference by NPANA members:
 - Dianne Morgan: Family presence in the PACU
 - Beth Budig: Innovative Patient Education for Peripheral Nerve Blocks: Embracing the iPad©
 - Lauri Ledbeter: Wiping Away SSI



***Do you have someone to recognize? Please submit info to:
npanacommunication@gmail.com***

**Save the Date:
NPANA Fall Conference
Anchorage, Alaska!
September 9-10, 2017**

**Venue: The Lakefront
Anchorage Millennial Hotel**

More information coming soon!

Nan Wecker, Npana Vice President npanavicepresident@gmail.com



Education Corner:

Barb Richardson, Npana Education Coordinator



Sept. 9th: NPANA Fall Conference (Anchorage, AK)

October 28th: Foundations of PeriAnesthesia Practice (Bozeman, MT)

March 24, 2018: Spring Fling (Spokane, WA)

April 29, 2018: ASPAN National Conference (Anaheim, CA)

Are you taking care of YOU? The Montana Nursing Association offers a "Healthy Nurse Webinar" series the first Wednesday of every month! Learn more: [Healthy Nurse Web Series](#)

There is recent interest in hosting an ASPAN CPAN/CAPA Certification Review Course in Seattle in Winter 2018... stay tuned for more info!

District Updates:

Alaska:

Hosting the NPANA Fall Conference in Anchorage Sept. 9 & 10th, 2017!

- A state-wide Alaska District is forming, contact Chris at chrisandnancy2003@gmail.com for more info.

Inland Northwest: 2018 District Planning Meeting (including Spring Fling 2018).
June 8th 5:30 p.m. <http://www.npana.org/npana-spokane-district/>

The following districts are recruiting members & leaders:

- **Willamette Valley:** >[Click here for more info](#)
- **Greater Portland:** Contact Nan Wecker at npanavicepresident@gmail.com
- **Sea-Tac:** Contact Carmen at ocarmen4266@msn.com
- **Snohomish, WA:** Contact Megan at meganmed579@gmail.com.
- **Central Washington:** Contact Maria at npanapresident@gmail.com
- **Bozeman, MT:** Contact Brenda at bdonaldson@bozemanhealth.org
 - Aspan Foundations of PeriAnesthesia Practice held in Bozeman Oct. 28th!
 - [Aspan course brochure](#)
- **Boise, ID:** Contact Conra at hunterco@slhs.org

Contact the NPANA President for more info! npanapresident@gmail.com

Certification News!

Fall Registration Dates:

July 10-Sept 25th

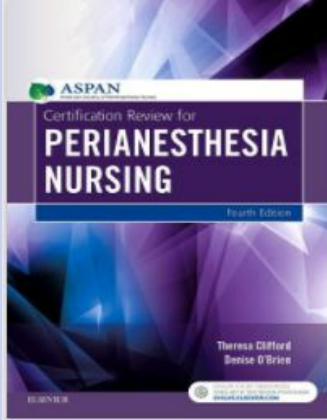
Fall Testing Dates:

Oct 2 - Nov 20th

<http://cpncapa.org/certification/schedules-fees/>



New 4th Edition Review book now available!
ISBN#9780323399456
Ebook or paperback!



Free Study APP available
<http://cpancapa.org/study-app>
[ABPANC APP Info & 2017 Update](#)

Committee Updates:

- Membership- Many new districts trying to form; spread the word!
- Scholarship- **ASPAN Scholarship deadline for 2018 is July 1st!**
- Conference- Anchorage, AK Conference Sept. 9-10th
- Communication- Follow us on Facebook and Twitter! Thank you to Committee new members, Shannon Kline and Alicia Rogers!
- Research- Requesting abstracts for posters for Fall Conference!
- Nominating- **"Willingness to Serve" Form for VP and Secretary due by July 1st!**



All committees are recruiting! Click [HERE](#) for more info!

Clinical Practice/Evidence-Based Practice/Research:

Submitted by Lauri Ledbeter, Npana Communication Coordinator/Editor

In 2015, one in 10 Americans (27 million) ages 12 or older used an illicit drug in the past month, and opioid pain relievers were the second most commonly used drug (3.8 million). Current trends in opiate morbidity and mortality include increased use of heroin and illicit synthetic fentanyl. More than 2 million people with a substance use disorder that included pain relievers (opioids) sought treatment in 2015. Treatment of opioid use disorder (OUD) may include the use of medications such as methadone, buprenorphine, and naltrexone.

Are you familiar with these medications? Check out this article (abstract referenced above)! Broglio, K., & Cooney, M. F. (2017). Medication-Assisted Treatment in the Perianesthesia Setting. *Journal of PeriAnesthesia Nursing*, 32(3), 260-263

Have you seen the new 2017 CDC guidelines for SSI Prevention? How does your practice compare?

Published online May 3, 2017. doi:10.1001/jamasurg.2017.0904

You can download the article here:

[2017 CDC SSI Prevention Guidelines from JAMA](#)

Don't forget... there are many EBP resources available on our website!

Government Affairs:

- **For updates about the American Health Care Act, ANA has some**

resources: [ANA Health Reform](#)

- **Did you know?**

- Nearly 1 in 4 adult women (23%) and approximately 1 in 7 men (14%) in the U.S. report having experienced severe physical violence (e.g., being kicked, beaten, choked, or burned on purpose, having a weapon used against them, etc.) from an intimate partner in their lifetime.
- Learn more about Intimate Partner Violence (IPV) from this new CDC Resource: [CDC IPV](#)

- **Robert Wood Johnson Foundation: Responding to the Opioid Crisis.**

- **CDC estimates that in 2015, 22,000 deaths were attributed to overdose with prescription opioids; equivalent to 62 deaths per day.**
- **Learn more about the opioid crisis here: [RWJF Opioid Crisis](#)**

- **FDA Creates Opioid Committee.** *New FDA Commissioner Scott Gottlieb, MD [announced](#) the creation of an Opioid Policy Steering Committee to combat the epidemic of opioid abuse and overdoses. According to Dr. Gottlieb's blog post, "...it is within the scope of FDA's regulatory tools - and our societal obligations - to take whatever steps we can, under our existing legal authorities, to ensure that exposure to opioids is occurring under only appropriate clinical circumstances, and for appropriate patients."*

[ASPAN Regional Director's Corner: Shay Glevy](#)



Welcome Region 1 New Director, Shay Glevy!
Read her update here:
[Region One Director Update](#)

NPANA Officers:

President: Maria Heinje, MSN, PEDS-BC, CPAN
Vice President/President Elect - Nan Wecker, BSN, RN CPAN
Past-President - Patrice Moffett RN, CPAN/CAPA
Treasurer - Kara Chrispens, RN
Secretary - Carmen Villegas, RN
Education Coordinator- Barb Richardson, BSN, RN-BC
Communication Coordinator and Off the Cuff © Editor- Lauri Ledbeter, MSN, RN-BC, CNE, CAPA

Editor's Note:

Off the Cuff © article and event submissions for publication are welcome!

Article submissions are due: Mar 15, June 15, and Oct 15.

Send info to: npanacommunication@gmail.com

www.npana.org

[Click HERE to join our mailing list!](#)

NPANA Northwest PeriAnesthesia Nurses' Association

The Northwest PeriAnesthesia Nurses' Association exists to promote quality care for patients and their families through professional education, research, and standards of practice for PeriAnesthesia nurses.

[EMAIL US with Comments or Questions](#)

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