President's Message....

NPANA sends you the warmest of greetings! Here in Spokane Washington spring has been evading us as we prepare for our annual Spring Fling on March 25th. Presentations covering the topics of bronchoscopy, DVT, renal transplant and other current practice issues will be offered along with breakfast and lunch. Come join us if you can!

Over these seemingly dormant winter months, our component has been actively supporting new district formation in Montana and Alaska as well as promoting professional development through diverse educational offerings in our five States. There have been gatherings in Portland Oregon, Fairbanks Alaska and the Puget Sound as districts search for passionate local leaders. There are so many ways to be involved in NPANA - especially as local districts are activated. If you want more offerings in your area we can certainly work with you to make this happen. In February, Coeur D'Alene Idaho hosted Lois Schick from the ASPAN national team for a presentation on pain management. This was also the month where perianesthesia nurses are recognized and celebrated. Hopefully your workplace participated and highlighted the sometimes hidden and heroic care we give our patients daily.

On the horizon in May is the ASPAN conference, which is set in...
Indianapolis city renowned for racing - a little reminder for each of us to take a moment to refuel. There is still time to register and apply for scholarships as early bird registration has been extended to March 17th. During the week in Indianapolis we are planning a component luncheon where we would love to connect with you.

Spring really is around the corner.
Maria

There is still time to register for the ASPAN Conference!
Registration extended until March 17th!
April 30- May 4, 2017 Indianapolis, IN.

Scholarships are available to ASPAN/NPANA members!
> Link to ASPAN site for more conference info
> Link to NPANA Scholarship Info

Component Luncheon!
NPANA Members... JOIN US for a complimentary NPANA Component Luncheon on Wed. May 3rd!
Watch your email for more information!

Registration dates have been extended through March 27th!
Test dates: April 3 - May 30th, 2017
Many resources are available to help you succeed!
CPANCAPA.org
NPANA Resources

Good luck! We look forward to honoring your success in the next newsletter!

A note from Education Coordinator, Barb Richardson, BSN, RN-BC:
NPANA aligns with ASPAN as it seeks to promote and offer the latest in perianesthesia education! Come join us!
NPANA Inland Northwest Spring Fling Conference in Spokane
March 25, 2017
Network and earn 7.2 contact hours related to pediatric and adult perianesthesia topics!
> LINK TO Conference Brochure
> Click HERE to Register Online!

Save the date:
May 16th Dinner & Learn: Wound Care Update!
Spokane, WA. Learn more HERE
District Updates:

**Alaska:**
Hosting the NPANA Fall Conference in Anchorage Sept. 9 & 10th, 2017!
District formation is occurring... stay tuned!

**Inland Northwest:**
Next meeting: Spring Fling... see you there!

**Willamette Valley:** [Click here for more info]

**Greater Portland:** Recruiting leaders... please join us!
> [Learn more & join Portland Group, click here!]

**South Puget Sound:** Recruiting members in order to keep this district alive!
> [Click here for more info]

Recruiting for the following areas: Alaska, Montana, & Boise, Idaho!
*Get involved in your district, or help create one near you! Contact the NPANA President for more info! [npanapresident@gmail.com]*

What's new at ASPAN?

New 2017-2018 [PeriAnesthesia Standards](#)
ASPAN [On-Demand Education](#) has NEW pricing!
*Only $15 each for members!
*Contact hours range from 1 - 2.25!

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**An update from Vice President, Nan Wecker, BSN, RN, CPAN:**

**Congratulations!**
*Ginny Longo, RN, won the free "Spring Fling" Registration for submitting an entry into PANAW week contest!*
*We gave out 3 scholarships so far in 2017 for conference attendance! (Winners will be announced after the conferences.)*

**Do you have someone to recognize?**
Please submit info to: [npanacommunication@gmail.com](mailto:npanacommunication@gmail.com)

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**Editor's Column:**

*Lauri Ledbetter, MSN, RN-BC, CNE, CAPA*

One of the highlights about being an NPANA member is the chance to meet and network with some amazing colleagues! It is inspiring to share stories, have fun, and learn from each other.

I encourage you to get involved... **big or small**, we have a way for you to serve! I am seeking helpers to "share our stories" about what is going on in PeriAnesthesia in the 5-state region. We need people to share photos, articles, ideas, tips, and creativity to inspire each of us! **Come join the Communication Committee & help with emails, Off the Cuff ©, and more!**

Email [npanacommunication@gmail.com](mailto:npanacommunication@gmail.com)
TIP! Did you know? You can count committee, leadership service, unit based council participation, and precepting towards contact hours for certification renewal!

"Involvement in a Professional Organization: Three (3) contact hours per year of service are awarded for serving as an officer, committee and/or task force member."

"Service on unit or hospital committees: such as audit, policy and procedure, QA, continuing education, anesthesia review, etc. (3 contact hours per committee, per year)."

Precepting: "Five (5) contact hours are awarded for every 80 hours of precepting any unit staff member or student nurse up to a maximum of 15 contact hours during your three year certification period."


NPANA Committees Recruiting Members:

- Membership- NPANA recruitment
- Scholarship- Evaluate scholarship applicants
- Conference- Help plan NPANA Fall conference
- Communication- Help with emails, Off the Cuff ©
- Research- NEW! Support EBP & posters!
- Nominating- Nominate future NPANA leaders

Contact npanapresident@gmail.com for more info!

Clinical Practice/Evidence-Based Practice:
Submissions courtesy of Editor, Lauri Ledbeter, MSN, RN-BC, CNE, CAPA

Pediatric Regional Anesthesia

Randomized controlled study of 60 ASA I/II children ages 1-4 who had a TAP block for hernia repair or hydrocelectomy were evaluated for pain control when adding dexmedetomidine to the block.

Conclusion:
The addition of 2 mcg/kg of dexmedetomidine reduced the minimum local anesthetic concentration of bupivacaine used for a TAP block and improved postoperative analgesia in children undergoing surgery for inguinal hernia repair or hydrocelectomy. Source: http://dx.doi.org/10.1016/j.jclinane.2016.10.041

Timing of postoperative respiratory emergencies: when do they really occur?
The literature suggests that postoperative opioid-induced respiratory depression is more frequent and severe than previously believed.... Upon review, it was found that patients had the highest risk of adverse respiratory events within the first 24 post surgical hours, with most events occurring within the first 12 hours. Adverse respiratory events often occur shortly after administration of opioid analgesics.

Source: Current Opinion in Anaesthesiology: February 2017 - Volume 30 - Issue 1 - p 156-162
doi: 10.1097/ACO.0000000000000401

Many EBP resources are available on our website! Check them out!

Government Affairs:
Submissions courtesy of NPANA Secretary, Carmen Villegas, RN

On Feb. 16th, Chairman of the House Energy & Commerce
Committee Greg Walden (R-OR) introduced the Pre-Existing Conditions Protection Act of 2017. The bill aims to preserve the popular provision memorialized in the Affordable Care Act (ACA), which protects Americans with pre-existing conditions from discrimination when seeking health insurance coverage. (Source: http://anacapitolbeat.org/)

H.R.993 Opioid Abuse Prevention & Treatment Act of 2017 (in the Congressional House)

A compilation of grant programs, monitoring, education, and reclassification of naloxone to over-the-counter status to fight the opioid epidemic. Learn more here: https://www.congress.gov/bill/115th-congress/house-bill/993/text?q=%7B%22search%22%3A%5B%22nurse%22%5D%7D&r=18

Senate Bill 5593

Authorizes ambulatory surgical facilities to offer post-surgical care services in a post-surgical care center (PCC) for up to 72 hours (previously, Medicare/Medicaid wouldn't reimburse if an overnight stay was required). Exempts post-surgical care centers and ambulatory surgical facilities that are adding a post-surgical care center from certificate of need requirements. PCC's may include up to 4 beds.

Region ONE Aspan Director Update. Click HERE

OTHER FEATURES~ Linked to the website: www.npana.org

- NPANA President's Message
- ASPAN Regional Director's Corner by Regina Hoefner-Notz
- District Updates & Information
- Committee Information
- Upcoming Events
- Certification News
- Government Affairs
- Clinical Practice/EBP Corner

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

ASPN serves its members by continually providing the latest in perianesthesia education, research, clinical practice expertise, standards and advocacy. NPANA shares the same core values of: passion, respect, integrity, diversity, and excellence.