Spring Fling was a great time of networking and learning for nearly 120 nurses! Thank you to all who joined us!

Over $700 was raised for the Rypien Foundation, helping support children and their families battling cancer!

Congratulations! The new Inland NW District President Officer was inducted:

Tracie Wilson, President

Thank you to the past president, Lori Erni, and the Conference Committee members for their time and dedication to make this a successful event!

We are still recruiting for a Secretary/Treasurer and Vice President! Step-Up today!

ASPAN 37th National Convention in Anaheim, CA!
April 29-May 3rd
Look for our table at Component Night and come say hello!

2018 Registration Brochure

Click here to register for ASPAN Convention

NPANA Complimentary Component luncheon: May 1, 2018 12 noon
Buca di Beppo 11757 Harbor Blvd, Garden Grove, CA 92840
This is open to all current members and/or those interested in learning more about NPANA! Come join us! Pre-registration requested to ensure adequate banquet space: Component Lunch Registration
NPANA 2018 Fall Conference:
PeriAnesthesia Pearls in Portlandia  September 29-30, 2018
Holiday Inn Portland Airport    More details coming soon!

We need you!

NPANA is seeking 2 new officers to join us!
Positions transition at the Fall Conference.
Vice-President/President-Elect & Treasurer
Submit your Willingness to Serve forms today! Elections are in June!

Perks:
Awesome board member team & networking
Attendance at ASPAN Leadership Development Institute
Scholarship awards for transportation, hotel, & registration expenses at ASPAN National and NPANA Fall Conferences

Willingness to Serve Form

An NPANA Member Benefit: Scholarships!
Congratulations!
The following people have received scholarships to ASPAN National Conference to support their professional growth & development:
    Tracy Wolter (Alaska), Kim Beckman (Idaho), Nereyda Leder (Oregon) & Solange Trigg (Oregon).

We are excited to have them join us at the conference and ASPAN General Assembly as observers. We applaud their enthusiasm and desire to become more involved in NPANA and PeriAnesthesia nursing practice!

Education Corner:
• April 21st: New Horizons PeriAnesthesia Conference (Portland, OR)
• April 29-May 3: ASPAN National Conference (Anaheim, CA)
• June 28: Dinner & Learn ASPAN Select Offering: (Spokane, WA)
  - Ultra Rapid Metabolizers: What PACU Nurses need to know about Drug Metabolism
• September 29-30: NPANA Fall Conference (Portland, OR)

Do you want to host an ASPAN select offering, or have a speaker in mind to present for an hour over a lunch/dinner and offer contact hours? We can help you with that! Contact us today!

**ASPN Select Seminars**
Go to [www.npana.org](http://www.npana.org) for more info about the above education offerings!

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**Fall Certification Testing Registration opens July 9th!**
Set a goal for yourself, use study resources and peer support, and accomplish this in 2018!

**Fall testing dates are September 24- November 20**

NPANA has 3 certification coaches who are happy to mentor you:
  - William Leary (Oregon)
  - Jamie Conant (Alaska)
  - Tracy Wolter (Alaska)
[www.cpancapa.org](http://www.cpancapa.org)

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**Membership & District Updates:**
Membership Update March/April 2018:

- Total Members as of March 2018:
  - Alaska = 65, Montana = 72, Idaho = 102
  - Oregon = 258, & Washington = 433

Why the hold with intrathecal Morphine?

Submitted by Shannon Kline, RN BSN CPAN

Something we've been seeing frequently in my PACU is intrathecal Morphine injected pre-operatively. Intrathecal (also known as spinal or subarachnoid) Morphine is used for long-lasting peri-operative pain control, especially as part of Enhanced Recovery Programs (ERPs). Intrathecal Morphine buys the patient a 24 hour (from time of injection) stay in the hospital, whereas intrathecal Fentanyl doesn't even require a prolonged PACU stay. I've wondered why such a large difference in the timing of the two drugs as their IV length of action is not as drastically different as intrathecal. At this year's Spring Fling, Amanda Affleck, CRNA, gave a great lecture on pharmacology and adjunct pain management therapies. She taught us that Fentanyl is lipophilic and passes through cell barriers in the central nervous system quickly with respiratory depression showing up within 30 minutes of injection, whereas Morphine, being less lipophilic, takes longer to pass through cell barriers, causing the height of respiratory depression to be between 6-18 hours post-injection! Thanks for answering that for us Amanda!

ASPN Region 1 Director's Corner, Shay Gleavy

While I am writing this the Olympics just happened, and I can't help but think of individuals. In my last update I spoke of coaches and how important it is to have them to keep us on track, give us direction and help us focus. While watching the Olympics I was reminded that we do need a team and a coach, but it is up to the individual to make it happen. This takes accountability to one's self.

"Accountability is a key ingredient in any success, but it seems to be the one that we have the most difficulty with. When we accept
accountability we put ourselves in a position where we can make the necessary changes to be successful, whereas when we look to blame, it dis-empowers us. The more accountable we can be, the more accountable our team will become and the more success we can achieve."

The athletes in the Olympics have accountability to themselves and look towards the goal. This is what got them there. When we have accountability we get it done. Our components are successful when we have accountability to see what the goal is. I have seen that accountability as your component board works to put together amazing educational offerings. Please feel free to email me at sglevy@aspan.org.

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 npanacommunication@gmail.com

NPANA Officers:
President: Nan Wecker, BSN, RN, CPAN
Vice President/President Elect - Anita Thies, BSN, RN, CPAN
Past-President - Maria Heinje, MSN, PEDS-BC, CPAN
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Off the Cuff © Co-Editor - Shannon Kline, BSN, RN, CPAN

Editor's Note:
Off the Cuff © article & event submissions are welcome!
Submissions are due: Mar 15, June 15, and Oct 15.
Send info to: npananewsletter@gmail.com

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