We had a great time at the NPANA 2018 Fall Conference!!!

PeriAnesthesia Pearls in Portlandia  September 29-30, 2018

Special thanks to our conference planning committee members for all your hard work and for lining up such fantastic speakers for us!!
Anita Thies BSN, RN, CPAN
Denise Ziak, BSN, RN, CPAN
Nereyda Leder, BSN, RN, CPAN
Lindsey Jackman, BSN RN CPAN
Solange Trigg RN, CAPA
Doris Patten RN, CAPA
Connie Simons RN, CAPA

Next year's Fall Conference will be held in Idaho. Contact your new vice-president Marcie Doyle npanavicepresident@gmail.com if you're interested in helping out!
Save the date! May 5-9, 2019
ASPAN's 38th Annual Conference in Nashville, Tennessee!
For more details, visit:
ASPAN National Conference

NPANA officially appointed new board members in Portland!

Congratulations to:

President Anita Thies
Vice President Marcie Doyle
Communication Coordinator Tracy Wolter
Treasurer Whitney Zajicek

Dear Fellow Component Members,

I am honored to serve as this year's President of the Northwest Perianesthesia Nurses Association. I would like to mirror our current ASPAN president, Regina Hoefner-Notz, drive towards servant leadership and "serving with a heart". I am very thankful to be able to serve you.

The theme of this year's component development institute was "Leading with knowledge: Serving with heart". We had the opportunity to send 6 current/future/and incoming members of the NPANA board to the CDI in Saint Louis, MO. The focus was realizing that our future starts now: Where we've been leads to tomorrow. We gained the knowledge and tools to continue to shape our component, build our budget, and communicate with our members. The information was invaluable as we came together as a team and networked with other components within our region.

For the entirety of NPANA President Anita Thies' letter: President's letter 10/5

A word from your new NPANA treasurer:

Hello! My name is Whitney Zajicek. I work as a nurse in the preoperative and PACU setting at Kootenai Outpatient Surgery, in Coeur d' Alene, Idaho. I have the honor and pleasure to serve as the NPANA Treasurer for the next two years. I value and have a passion for education and evidence based nursing practice, which I feel align well with NPANA's mission. I am always looking for ways in
which I can grow in my nursing practice. Three weeks ago NPANA generously sent me to St. Louis Missouri where I had the opportunity to attend ASPAN’s Component Development Institute (CDI). At CDI I was able to listen to a variety of very talented speakers on various topics such as effective communication, financial/budget care and strategies, and servant leadership, just to name a few. During my time at CDI I not only grew in my knowledge about what makes a component healthy and stable, but I also left feeling very inspired and moved by many of the speakers I listened to. I am eager to carry this knowledge and inspiration into my new role as NPANA Treasurer.

Education Corner:
Barb Richardson,
NPANA Education Coordinator
npanaeducation@gmail.com

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!

ASPAN Select Seminars
Go to www.npana.org for more info about the above education offerings!

What can we do about the opioid epidemic?
Shannon Kline, BSN, RN, CPAN

If you’re like me, you’ve heard many times about the opioid crisis that our country is in, but not a lot of ideas of what to do about it. At the NPANA Fall Conference, Dr. Maisie Shindo spoke with us about her research into opioid use and misuse. Dr. Shindo shared some startling information:

- In 2017, there were an average of 115 opioid related deaths daily
- 55% of those addicted to opioids started by using pills from a family member
- 80% of heroin users started with the misuse of prescription opioids
- Correlations were found between the amount of opioid prescribed (both dose and duration of Rx) with opioid misuse and adverse effects
- A Meta-analysis in 2017 found that 90% of patients didn’t need their entire opioid prescription and in fact only used ~10% of their discharge Rx!

These are staggering statistics! So what can we do? First, start with good pre-op teaching, setting the expectation that there will be some discomfort that we will manage in a multi-modal fashion. Then, unless contraindicated: encourage and advocate for pre-op Acetaminophen, NSAIDs such as Celebrex and Toradol, local and regional anesthetics, post op ice packs and throat lozenges. In PACU we can really explore the character of the pain -
Dr. Shindo shared something else that I found profoundly interesting. A concept called 'Opioid Induced Hyperalgesia' - discussed in Dr. Hayhurst and Dr. Durieux's article in *Anesthesiology* vol. 124- where the patient's pronociception (perception of pain) increased after they had received large quantities of opioids, even over a short period of time (like the peri-operative period). The result of this being that patients who were given larger opioid doses peri-operatively were actually more sensitive to pain and continued to require higher opioid doses to achieve analgesia post op.

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Spring Certification Testing Registration opens January 1!  
Spring testing dates are March 15 - May 15!

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

Certification study app available: cpam/capa study app

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*Membership & District Updates:*
Submitted by Jaime Conant, npanasecretary@gmail.com

*Membership Update October 2018:*
  - Total Members as of October 2018: 966

Are you interested in effecting the nursing profession through advocacy? Check out The National League for Nursing and see how you can speak up for our profession: [NLN Advocacy](https://www.nln.org/advocacy)

**NPANA has scholarships available!!!**

*Thoughts from Keelin Hines, working on her bachelor's*
degree:
"School is training me to think more critically, communicate more clearly, and
practice safety more effectively. I would like to align myself with NPANA's mission
and exist to promote quality care for patients and their families through
professional education, research, and standards of practice for perianesthesia
nurses."

**Shannon Kline, Fall Conference Scholarship recipient:**
"One topic I intend to continue following and researching is decreasing use of post
op narcotics through adequate pre-op education and aggressive use of adjuncts.
One piece of information shared by Dr. Maisie Shindo that I found very interesting
was the idea of opioid induced hyperalgesia - research showing that
pronociception (the perception of pain) actually increases with the use of large
quantities of opioids. In other words, the more opioid you use, the more your body
requires for adequate pain control, even in an opioid naïve patient."

**Elizabeth Miller, Fall Conference Scholarship recipient:**
"I learned that Haldol can be used for post operative nausea and vomiting in
conjunction with dexamethasone. A few of the Anesthesiologists here at my
facility have used this and had good results. I will advocate to do this more in the
future if the patient does not have contraindications."

**If you're interested in an educational scholarship, please visit NPANA scholarships**

**ASPAN Region 1 Director's Corner, Shay Gleavy**

My term as Regional Director for Region One has made me marvel at the teamwork it
takes to make our organization great!! It has made me think of all the intricacies it takes
to be a great team and how much is involved. What makes a team great? What is
happening behind the scenes of a team's structure? Looking through different articles on
this subject I found many things that a team does that we don't see. Besides the
practice, teams may meet to work on mind-set, having different individuals come to
focus on one sub-set of drills to make there overall play better. On my last update I
spoke of how I marveled at all the details of others working together to bring our
national conference in to fruition, and there is more! The ASPAN board meets
throughout the year, via teleconference, emails, and sub-sets of committees to truly
make sure you are getting the most not only from your membership, but wanting to
make sure you have opportunities for other ways to meet your needs. We also want to
make sure you have available to you the most up to date information in your area of
expertise! Please go to www.aspan.org and see what educational opportunities are there
for you to further dig in and get behind the scenes education far beyond one time a year
at national conference!

Upcoming opportunities this fall:
There are over 20 educational opportunities this fall through ASPAN's Webcasts &
Seminars arranging in topics from Perianesthesia Certification Reviews, Pediatrics,
Legal Issues, Perianesthesia Fundamentals to Essentials.
CDI(Component Development Institute): Education focused on helping leadership at the
component level
Don't forget your own component and all they have to offer!
Thank you for having a passion for your profession!
Please feel free to email me at sglevy@aspan.org.

Your teammate, Shay
Shay Glevy RN BSN CPAN CAPA

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: Anita Thies, BSN, RN, CPAN
Vice President/President Elect - Marcie Doyle, MSN, RN, CAPA
Past-President - Nan Wecker, BSN, RN, CPAN
Treasurer - Whitney Zajicek, BSN, RN, CAPA
Secretary - Jaime Conant, BSN, RN, CPAN, CAPA
Education Coordinator - Barb Richardson, BSN, RN-BC
Communication Coordinator - Tracy Wolter, BSN, RN, CPAN, CAPA
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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