Happy Perianesthesia Week NPANA!!

Prescreening, PAT, admissions, pre-op, recovery room, PACU, phase 2, discharge nurses, SADU...we have so many different names, whichever you identify with, this is your week and I celebrate you!!

Please take a moment and reflect on a few reasons why you have chosen this specialty. Like me, you may have stumbled upon it quite by accident. I had been a registered nurse for 15 years before I even heard about "Perianesthesia nursing." At first, I could barely pronounce the word and I certainly wasn't sure about the spelling of it. But today I proudly have a role as a Perianesthesia nurse leader and gladly tell others about it at every opportunity.
About three years into my career, the clarity improved in my 'nurse crystal ball' when I accepted a float pool position at Sacred Heart Hospital in Eugene, Oregon. During the growth-inducing adventure of floating to many different units, it became evident that I loved taking care of patients after they had surgery. I loved the orderliness and routines of post-surgical nursing care and the fact that some patients would leave the hospital with less pain than they came with or were on the road to an improved quality of life and a sustained ability to be contributing members of society. From that point on, I gravitated towards post-surgical nursing care and even spent a couple years working in an office with a surgeon I admired and respected.

When my family and I moved north, I accepted a position within the Franciscan Health System and was all set to begin working in a surgical nursing unit at Saint Clare Hospital in Lakewood, Washington. During an initial training class, I met Christine, a traveling nurse that was just starting a contract in a day surgery area of Tacoma’s Saint Joseph Medical Center. She raved about this wonderful unit and assured me that if I liked surgical nursing care, I would be crazy about it. That same day, she brought me over to the department, introduced me to the team, and the rest is history...I decided quite quickly that Perianesthesia nursing was my home and I have never considered moving out of it. That was twelve years ago.

I have lost touch with Christine and only worked with her for a few months, but I have never forgotten her. She shared her experience and love of Perianesthesia nursing with me, even gifted me with time out of her day to show me in person. She certainly did not have to do this. It was a turning point in my life as a nurse.

So, if you have a love for Perianesthesia nursing like me, consider a few reasons why, and then share this with others. Celebrate our profession and inspire the next great Perianesthesia nurse!

Sincere regards,

Marcie Doyle, MSN, RN, CAPA
Happy PeriAnesthesia Nurse Awareness Week!

Nurses at Saint Anthony Hospital in Washington celebrated with a snack bar!

How are you celebrating your practice?

Please send us pictures so we can share with our NPANA family!

npananewsletter@gmail.com

Scholarships are available!!!

Are you going to school? Attending a conference? Seeking your certification? You may qualify for a scholarship from NPANA!

If you are interested in scholarships, please visit the website npana scholarships.

Upcoming Events
SpringFling
March 28, 2020 from 7:15am - 3:30pm
Ruby River Hotel
Spokane, WA

Register by visiting the link: SpringFling

Please contact NPANA Education Coordinator for any questions at npanaeducation@gmail.com

ASPAN's 39th Annual National Conference

April 26-30, 2020
Gaylord Rockies Resort & Convention Center (Aurora, CO)
Denver, Colorado

For more details, visit the link: aspan national conference 2020

NPANA 2020
Fall Conference

October 2-4, 2020
Billings, Montana

For more information, please visit the link: npana conference

Upcoming Educational Offerings
**ASPAN's new education platform is up and running!**

This platform will allow you to find the live in-person seminars, live webcasts, on-demand modules, article reviews, PCR (perianesthesia certification review) on-demand bundle, and ASPAN select pre-recorded modules, all in one place.

You will need to log in to purchase any of the above items on ASPAN Learn. User Name and Password for ASPAN Learn is the same as what you use for the ASPAN website.

To learn more click **ASPN Learn**

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**A Letter from our ASPAN Region One Director**

**Cause for Celebration**

2020 has been dedicated to the "Year of the Nurse and Midwife" by the World Health Organization in recognition of Florence Nightingale's 200th birthday anniversary. For the past 18 years, nurses continue to revel in the honor of being the most trusted profession. As perianesthesia nurses, we are counting down the days for ASPAN's national conference in Denver. February alone has 83 observances, including PeriAnesthesia Nurse Awareness Week (PANAW) February 3–9, 2020. This year's theme is "Perianesthesia Nurses Strength in Knowledge." March 19 is designated as National Certification Day. Let's Plan to celebrate our specialty practice and recognize colleagues' outstanding achievements in their commitment to professional
development and patient safety.

Lifelong learning

Find strength in elevation, excellence, and empowerment for your practice. This is achievable through ASPAN. Our national organization has countless options and resources for personal growth and for the advancement of components. As nurses, we are all impactful leaders. If each perianesthesia nurse shares their wealth of knowledge and empowers each other it would be an inspiring gift. ASPAN has a plethora of opportunities to contribute towards advocacy for our specialty, enhanced patient safety, champion leadership, and network across the nation. Participate and serve as an ASPAN volunteer and you will easily connect oneself to perianesthesia experts, mentors, committees, strategic work teams, and specialty practice groups.

ASPN

The fall dates for Component Development Institute (CDI) are pending, more to come as details unfold. ASPAN publishes valuable resources as a benefit for membership, to keep readers abreast of essential information and hot topics. Being an informed perianesthesia nurse requires being a committed life-long learner. Be sure to take the time to open your ASPAN email and read the Breathline newsletter published every two months and review the Journal of Perianesthesia Nurses (JOPAN) available either online or via the mail. ASPAN publications have respected authors and invaluable shareable information to promote patient safety, advocate for practice improvements, and share evidence-based literature. Be sure to scour the ASPAN Learn website tab for educational opportunities including webinars, publications, articles and more.

In closing, together we can strengthen, advocate and embrace the passion we all hold for perianesthesia nursing. Harriet Tubman's inspirational words say it best, “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”
Warm regards,
Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN
ASPAN Region One Director
chardytabet@aspan.org

Spring Certification Testing Registration open from January 1 to March 15!

Spring Testing Dates are March 15 - May 15!
www.cpancapa.org

NPANA has certification coaches who are happy to mentor you:
Solange Trigg (Oregon)
William Leary (Oregon)
Jamie Conant (Alaska)
Tracy Wolter (Alaska)
Michaela Wilde (Alaska)
Melissa Schmidt (Oregon)
Anita Theiss (Montana)

Certification study app available: cpan/capa study app

Need more CEUs?
Don't forget that ASPAN Members have access to FREE articles reviews! Earn contact hours by reading selected continuing education articles from JOPAN, completing the evaluation, and passing the review quiz. FREE for ASPAN members!

Check the following link: JOPAN continuing education articles

Are you interested in improving the nursing profession through advocacy?

The Nursing Community Coalition includes members across sections of education, practice, research, and regulation within the nursing profession. They believe that the healthcare delivery system should be one that promotes wellness, advances research through scientific discovery, and provides timely access to care across the continuum.

Here are some of their core principles that they support:

- Nurses are an integral part of the healthcare team, are involved in every aspect of care, and are committed to the patient, their families, and the community.
- The contributions made by the practice and science of nursing are critical to the delivery of high quality, life-saving, preventive, and palliative health care across all care settings, geographic areas, and social determinants of health.
- Nursing involvement is essential to the development of all aspects of the new healthcare information technology
infrastructure. Nursing data are key to identifying patient outcomes and required improvements in the delivery of patient care.

Check out their website at thenursingcommunity.org

Membership Update, Winter 2020:

- NPANA Active members - 900
  AK - 73
  ID - 100
  MT - 54
  OR - 288
  WA - 381
  Other states - 14

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.

Want to share your success stories? your projects? do you have any questions? comments? Email us at: npanacommunication@gmail.com
NPANA Officers:

President - Marcie Doyle, MSN, RN, CPAN
Vice President/President Elect - Lori Erni, BSN, RN, CPAN, CCRN
Past-President - Anita Thies, BSN, RN, CPAN
Treasurer - Whitney Zajicek, BSN, RN, CAPA
Secretary - Sarah Nicotero Axness, MSN, RN, CPAN
Education Coordinator - Melanie Boharski, RN,
Communication Coordinator - Tracy Wolter, BSN, RN, CPAN, CAPA
Off the Cuff © Editor- Nereyda Leder, BSN, RN, CPAN

Editor's Note:
Off the Cuff © article & event submissions are welcome!
Submissions are due: March 30, June 30, and Oct 30.
Send info to: npananewsletter@gmail.com

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