

SOUTH CAROLINA ASSOCIATION OF PERIANESTHESIA NURSES

SCAPAN MISSION

The mission of the South Carolina Association of Perianesthesia Nurses is to promote excellence in all aspects of Peri-anesthesia nursing practice through education, specialty certification, nursing research and ASPAN standards in an environment that is respectful of others and adaptive to changes.

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President's Message

To all SCAPAN members,

I am excited about our upcoming year for SCAPAN. During the first few weeks as SCAPAN president, I have been thinking about my personal ASPAN/SCAPAN goals. Our (SCAPAN) **"mission is to promote excellence in all aspects of perianesthesia nursing"** I think SCAPAN is an excellent resource for perianesthesia nurses. We need to get the message out to all of South Carolina's nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management. SCAPAN is an exceptional way to stay up to date in the changes in our nursing practice.

Every year SCAPAN has at least one educational opportunity that offers Contact Hours. The Coastal and Midlands Chapters also have local events that are also open to all of SCAPAN. Education is an area that SCAPAN always exceeds.

There are several areas I want SCAPAN to excel.

- We need to maintain/ increase our membership. As of November SCAPAN has 214 members. I encourage each current member to invite one coworker/friend to attend the next SCAPAN seminar/meeting in your area. Have discussions at work as to why ASPAN/SCAPAN is important to you.
- Increase our certified nurses. SCAPAN currently has 62 CPAN's and 36 CAPA's (Of these 9 are dual CPAN/CAPA) If you are a CAPA or CPAN become a mentor for others on your unit.
- Research is one area SCAPAN needs to improve. If you are interested in nursing research and want to assist SCAPAN with a research project let me know. SCAPAN wants to know what research projects you have accomplished or currently have in progress.

One goal for SCAPAN is to receive the Gold Leaf Component of the Year Award (awarded yearly by ASPAN to one component). The Gold Leaf Award recognizes with distinction and visibility the efforts and results of meaningful activities that build a strong component. Membership, certification and research are all requirements for Gold Leaf Award. Do you have any research projects that you have completed in the past year? Have you published Research/EBP education article(s) in *JOPAN*, other nursing or medical journals, *Breathline*, or component newsletter? Have you as a SCAPAN member accomplished anything that may assist us with our Gold Leaf application? Please let me know ASAP because the deadline for Gold Leaf 2010 application is February 1, 2011. We are a great component but we need documentation to prove to ASPAN how remarkable a Component is SCAPAN

PeriAnesthesia Nurse Awareness Week: February 7-13, 2011

Because of the expertise and dedication of the perianesthesia nurse, each year during the first full week of February, (cont. Page 2)

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use 'letter to the editor'
in the subject line.
We look forward to
hearing from
YOU!

The deadlines for submission
to EyeOpeners are:

February 15
July 15
November 15

President Message continued...

PeriAnesthesia Nurse Awareness Week (PANAW) is celebrated AS A KICK OFF FOR PANAW:

We have Denise O'Brien presenting *Foundations of Perianesthesia Practice in Greenville on January 29, 2011.* (See details later in this newsletter) The SCAPAN BOD voted to use all earnings from this seminar for scholarships to attend ASPAN's 30th National Conference April 3 - 7, 2011 in Seattle, Washington. Applications and information on this scholarship will be available at the seminar.

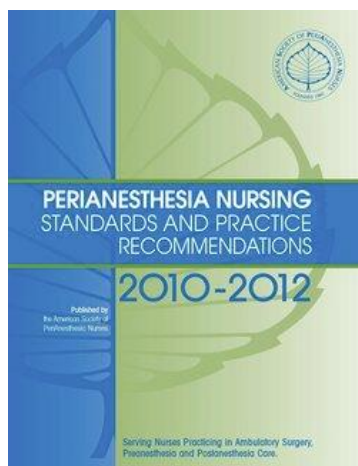
To be eligible for the 30th National ASPAN Conference Scholarship

- You must be a current ASPAN/SCAPAN member
- Attend the seminar in Greenville on January 29, 2011

I hope to see you in Greenville in January.

Nancy ♣

2010-2012 PERIANESTHESIA NURSING STANDARDS AND PRACTICE RECOMMENDATIONS



Since its inception in 1984, the American Society of Perianesthesia Nurses (ASPAN) *Standards of Perianesthesia Nursing Practice* provides a framework for the care of a diverse patient population across all perianesthesia settings. The Standards are reviewed and updated biennially, incorporating current evidence-based practice and regulatory requirements and reflecting changing technology and nursing practice.

The 2010-2012 edition of the ASPAN Standards will reveal a new title: *Perianesthesia Nursing Standards and Practice Recommendations*. This change reflects re-titling traditional elements of the

of perianesthesia nursing practice, practice recommendations, (formerly titled resources), evidenced-based clinical practice guidelines, position statements, and resources from partnering organizations.

New content in this publication includes a practice recommendation for fast tracking the ambulatory surgery patient, a practice recommendation for family visitation in perianesthesia care unit, a position statement on workplace violence in the perianesthesia setting and a position statement on the pediatric patient. We know that you will find this edition of the ASPAN *Standards* to be an invaluable resource to support perianesthesia nursing practice across the care continuum.

The 2010-2012 *Standards* go into effect 90 days after the official publication date. The 2008-2010 *Standards* remain in effect until that date.

Official publication date: September 27, 2010
2010-2012 Standards effective: December 27, 2010
Member Price: \$60.00 / Non-Member Price: \$130.00

Information from www.aspan.org

Immediate Past President Message

Dear Membership,

ASPAN President, Kim Kraft's message in the September/October 2010 Breathline could not have been more timely and meaningful for me. Her message centered on professional accountability and the provisions of the "Nightingale Pledge". It just so happens that I have just finished reading "The Florence Prescription" by Joe Tye (with Dick Schwab). The book's purpose is to bring assist healthcare organizations with finding ways to move from accountability to ownership. It was done in the context of a fictional story that utilized the timeless and still timely wisdom of Florence Nightingale. The book speaks of 8 essential characteristics of culture ownership. They are commitment, engagement, passion, initiative, stewardship, belonging, fellowship and pride.

As I look back on the past year and the accomplishments of SCAPAN, I believe that we have embraced these characteristics to move us closer to ownership.

Commitment - I can say without a doubt that your Board of Directors demonstrated true commitment. They gave many hours of their own time to meet the needs of the membership - be it planning a seminar; balancing the checkbook, updating the website and many other activities to support ASPAN (Big Audacious Goal).

Engagement - We were all engaged - be it the commitment to serve on the board, or a member who wrote an article for the newsletter or willingness to attend one of the many educational offerings at the state or district level.

Passion - All we do is voluntary. You chose to join ASPAN, you choose to become certified; you chose to attend a seminar and you chose to serve. Passion is that makes those things happen and we all have demonstrated it!

Initiative - Seeing a need and doing something about it. That is what your BOD has done all year. We had a few unexpected BOD vacancies during the year and members volunteered and rose to the challenge.

Stewardship - In these hard financial times, our membership has remained constant. You see the advantages of belonging to you professional organization. Your BOD has been very prudent with our money and we remain financially sound.

Belonging - Here if anywhere we could see a little improvement. Our membership is 200 plus strong, but at the State Conference last week, we could only get 3 people to fill the 3 BOD vacancies. Time is precious to us all, but I ask that you please consider serving at the District or State level in whatever capacity you choose. We need you!

Fellowship - Nothing is more evident of this than when you attended one of our seminars this year. At each break, people scurried around the room catching up to old friend or colleagues. I personally have made many new friends, not only at the State level, but National as well.

Pride - I will speak for myself on this. I am so proud of SCAPAN and the fact that I have been given the opportunity to serve as your President this past year. It has been one of the most challenging and rewarding experiences of my entire professional career. Thank you!

With this message, I turn over the leadership of SCAPAN into the capable hands of Nancy Zarczynski and your incoming Board of Directors. I have no doubt that we will continue on our journey to true ownership under their guidance!

Sincerely, Karen

Directors

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Coastal District Report

The conference "Summer School for the Perianesthesia Nurse" was held in Charleston, South Carolina on August 13, 2010, with an attendance of 95 participants. Evaluation results were outstanding. I would like to thank the members of the committee for their hard work in making this conference successful.

As the year and my leadership role as President of the Coastal District is coming to an end, I would like to extend my appreciation for the dedication and the hard work of the Coastal District (CAPAN)-Dianne Jenkins, Past President, Shirley Wetzstein, Vice President, President Elect, Christie Norgart, Secretary, Nina Gissell, Treasurer, and Board of Directors, Sherry Palmer and Jo Driggers. I would also like to thank Karen Diloranzo-Thames for her mentorship, support and computer expertise.

I ask at this time for all members of CAPAN to consider running for the following Board of Director positions: Vice President/President Elect and two- Board of Directors. I can say from my own experience that it is a opportunity for individuals to work with talented, supportive, engaged group of Peri Anesthesia nurses who work cohesively in " promoting excellence in all aspects of PeriAnesthesia Nursing and the mission statement of SCAPAN.

For more information contact: Dianne Maclaughlin, President or by email @ diane.maclaughlin@rsfh.com. ♣

Central Midlands District Report

The President of Central Midlands, Paula Denault has stepped down for personal and health reasons and Suzanne Steele has assumed the role of President. Best of luck to Paula and Thank you Suzanne! The Central Midlands Chapter met in September at Richland Heart Hospital where we had a catered dinner and listened to Michael Storm CRNA, MNA give an excellent presentation on "Pharmacology in the Perianesthesia Setting". We had 38 interested PeriAnesthesia nurses attend, with many new faces from Richland Hospital. Congratulations to Trish Moran for winning a FREE ASPAN membership!



Next meeting December 7, 2010 at 6pm at Lexington Medical Center. We will have a round table discussion about common PeriAnesthesia issues and again, we will have a catered meal and a drawing for one free year of ASPAN dues.

Piedmont District Report

As many may be aware, the Piedmont area has not been an active chapter for quite awhile. Over the past few months, we sent out a call for volunteers to step in as President, President Elect, Treasurer, and Secretary, as well as anyone willing to act as Board Members. We had two members step up as treasurer and secretary. When we were unable to get a volunteer for president, I offered to take it once I verified that I was able to accept while holding the Piedmont District Director position. At the October state conference, the SCAPAN Board approved a motion to allow the volunteers to hold their specific office until the next election period.

Donna West----- President (GMH) donaree@bellsouth.net
Cindy Morgan-----Vice President/President Elect (GMH) cmorgan@ghs.org
Katie Mumbalow----- Treasurer (AM MED) katie.mumbalow@anmedhealth.org
Sherri Steele -----Secretary (GMH)rb_steele@bellsouth.net

Michele Snipes (AnMed Health), **Kay Smith** (Spartanburg Regional) and Cheryl **Tucker** (Greenville Hospital System) have also offered to assist in the reactivation of the Piedmont Chapter but there is room for more. The newly formed PAPAN officers decided to kick off our reactivation with a Meet and Greet in December to get area members reacquainted and to draw in new members. Katie and Michele have offered to host it at AnMed Health on December 6th. Once the details are finalized, a flyer will be sent out to the Upstate members. Please send us any suggestions or requests for upcoming educational sessions.

Also, the Piedmont Chapter will be assisting SCAPAN with the ASPAN sponsored seminar that will be held at Greenville Memorial Hospital January 29, 2011. **Denise O'Brien MSN, RN, ACNS-BC, CPAN, CAPA, FAAN** will be presenting The Complexities and Challenges of Perianesthesia Nursing: Across the Ambulatory and Perianesthesia Continuum. We are seeking some Piedmont members that would be able to assist with planning meals, housekeeping (set and clean up chores) and registration process. You can contact me via my email.

Sincerely, Donna R West, MSN, RN – President / donaree@bellsouth.net

ASPAN Component Development Institute**By Donna West, RN**

Recently, I was given the chance to attend the 11th Annual ASPAN Component Development Institute that was held in Louisville, Kentucky. 2010 President and President Elect (Karen DiLorenzo-Thames and Nancy Zarczynski) had attended before, but this was the first experience for Melissa Postell's (state treasurer) and me. I found it to be real eye-opener, no pun intended, for anyone that is interested in the working and development of their professional nursing organization.

Terrie Clifford, MSN, RN, CPAN- the Immediate Past President of ASPAN gave us a great presentation on succession planning, which hit close to home with the Piedmont Chapter trying to get reactivated. She discussed how important it is to identify pool of potential candidates, map out the key positions that need to be filled. Terri suggests one should seek members that are team players, have a willingness to commit to the organization's mission, and have the ability to commit to the necessary time. She went on to say that once the candidates are identified, the next step will be to provide them the tools and orientation they will need for leadership development. While her discussion was more global, many of her points are valid with our own component.

Additional education was broken up according to the topics, so the four of us divided to ensure that we covered every topic. The information that was shared covered bylaws, policies and procedures; conference planning; web-based newsletters; and how to let membership reports work for you. The conference planning session was timely for Nancy and me, since we were working on plans for the upcoming Winter SCAPAN conference.

It was great getting to know Karen, Nancy and Melissa during the conference, and we made sure to sample some of the local foods and sights. The CDI conference was a very worthwhile educational experience, and if the chance presents itself, anyone that has inspirations of getting involved in leadership roles in either SCAPAN, ASPAN or both should make the effort to attend.

Melissa, Karen, Nancy, and Donna



Reference:

Clifford, T. (nd). Potential in the Making: Future Nursing Leadership. CDI, Louisville, Ky. ♣

Newsletter Update

For the past several years SCAPAN has been fortunate to have Samantha Hanna as the editor of EyeOpeners. She also served as SCAPAN president (2008-2009) as well as being editor. Her devotion to SCAPAN has created an outstanding newsletter. She has gone over and above what is expected with her dedication to SCAPAN. Due to the demands of this position it is time for another SCAPAN member to step up to the plate and volunteer to be our new editor.

The EyeOpeners editor will responsible for:

- Three newsletters per year
- Attend SCAPAN BOD meetings as an Ex-officio, nonvoting member of the BOD
- Be a conduit to support Stan in maintaining the website (i.e. posting save the dates, removing old info; adding newly certified nurse, flyers, minutes, etc)
- Communications (Web Site / Newsletter) committee chairperson

All interested members please contact nanzar@msn.com
 ASPAN.SCAPAN wants to have an editor on board by mid-January. ♣

Congratulations to

**Suzanne Steele,
BSN, RN, CPAN**

Winner of the
 Beverly Zeigler Excellence in
 Clinical Practice Award 2010

SCAPAN -Willingness to Serve

2011- 2012

The following positions are available:

ELECTED POSITION:		Terms
_____ Vice President / President Elect	(Followed by 1 yr as President and Immediate Past President)	1 yr
_____ Treasurer		2 yrs
_____ District Director (3 positions open)		2 yrs

SCAPAN COMMITTEE MEMBER: (1 yr)

- _____ By Laws / Policy and Procedure
- _____ Education / Research
- _____ Government Affairs / Professional Liaisons
- _____ Finance
- _____ Nominating / Elections
- _____ Membership / Marketing/PR 3

Elected Positions will be filled in October 2011!

You should serve!

**Contact ANY SCAPAN board member for
 details or to express interest**

2010 Redi-Ref for Perianesthesia Practices, 4th edition

Now available from the American Society of PeriAnesthesia Nurses (ASPAN) . . . the newly revised and expanded **2010 Redi-Ref for Perianesthesia Practices, 4th edition!**

The **Redi-Ref** is a handy, compact, pocket-sized reference book - or available on flashdrive with .pdf files - serving nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management. The **Redi-Ref** is a quick reference that can be used at the bedside of the patient.

This new edition has been updated by clinically expert ASPAN perianesthesia nurses who have incorporated the latest references enabling the nurse to seek additional information.

The **Redi-Ref** has expanded sections on anesthesia, geriatrics, pediatrics, and culturally diverse care. New to this edition is information for pain assessment and treatment as well as a section on special procedures and interventional radiology. This publication is designed to support perianesthesia nurses across the spectrum of care.

Available formats: Spiral-bound book (5"x7") -or- Flashdrive (.pdf files)

ASPAN member price: \$30.00 / Non-member price: \$55.00

Visit www.aspan.org for details!



Foundations of Perianesthesia Practice

Presented by

Denise O'Brien MSN, RN, ACNS-BC, CPAN, CAPA, FAAN

Date: Saturday, January 29, 2011

Time: 7:30 A.M. Registration /Continental Breakfast

Program Time: 8:00 A.M. – 4:55 P.M

Location: Greenville Memorial Hospital

701 Grove Road – Entrance #1

Auditorium – 1st Floor

Greenville, SC 29605

Program Topics:

- Preanesthesia and Pre op Assessment
- Anesthetic Agents: Parts 1 and 2
- Post Anesthesia Complications and Emergencies
- PACU Assessment and Discharge Criteria
- ASPAN & You! Standards and Resources

Target Audience:

Nurses desiring to enhance their knowledge base and strengthen skills vital to the perianesthesia patient care

Purpose/Goal:

To provide basic information to nurses practicing in the perianesthesia setting in order to provide the most current evidence based care.

Overall Program Objectives:

1. Review foundational topics essential for all levels of perianesthesia nurses.
2. Discuss common potential complications found in perianesthesia patients.

7.25 Contact Hours

The Registration Form is on the back of this page, please photocopy and pass along to other interested colleagues.

American Society of PeriAnesthesia Nurses (ASPAN) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



Accreditation does not imply that ASPAN or ANCC approves or endorses any product included in the activity. Provider numbers: Alabama #ABNP0074, California #CEP5197, Florida #50-114.

ASPAN the Leader in Perianesthesia Education

Foundations of Perianesthesia Practice

January 29, 2011, Greenville, South Carolina

Hosted Seminar Registration Form. Please print or type. Use a separate form for each registrant. Duplicate as needed.

PLEASE PRINT LEGIBLY!!!

Name _____

Address _____

City _____ **State** _____ **Zip Code** _____

EMAIL *REQUIRED ***** _____ **Telephone Number (_____)** _____

Employer: _____

Disclosure Statement:

All faculty at nursing continuing education activities are required to disclose to the audience (1) any significant financial relationship with the manufacturer(s) of any commercial products, goods or services and (2) any unlabeled/unapproved uses of drugs or devices discussed at their presentations. Such disclosures will be made in writing in the course presentation materials

Directions: **Click for [Directions to Greenville Memorial Hospital](http://www.ghs.org/upload/docs/Patients%20and%20Visitor%20Info/GHSgrvMEM1.pdf) or paste below in browser**

<http://www.ghs.org/upload/docs/Patients%20and%20Visitor%20Info/GHSgrvMEM1.pdf>

Cancellation Policy

Full refund if notification postmarked by January 15, 2011. No refund effective January 26, 2011, but substitutions permitted. ASPAN reserves the right to substitute speakers, if necessary. ASPAN reserves the right to cancel a seminar due to insufficient enrollment or any unforeseen circumstances. All fees will be fully refunded. ASPAN cannot be responsible for limited enrollment due to room sizes in some facilities

Fee Schedule - Please check registration fee that applies

ASPAN MEMBER

ASPAN # _____

- ☐ \$99.00 Early bird (if postmarked by December 31, 2010)
☐ \$145.00 Regular Fee

ASPAN MEMBER + CURRENT CPAN OR CAPA CERTIFICATION

ASPAN # _____ **Certification #** _____

☐ **\$89.00**

GROUP RATE (4 OR MORE REGISTERING AT SAME TIME OR GREENVILLE HOSPITAL EMPLOYEE

- ☐ \$99.00 each _____ # participants

NON MEMBER FEE

- ☐ \$165.00 Early Bird (if postmarked by December 31, 2010)
☐ \$200.00 Regular Fee

STUDENT, NON LICENSED

- ☐ \$ 35.00

Hotel Information:

Holiday Inn Express
 407 North Main Street
 Greenville, SC 29601
 864-678-8000

\$99.00 per night double occupancy
Group Name: Greenville Hospital Rate

Register & Pay Online at

SCAPAN

(complete "registering with" section for the 4 or more discount)

OR

Mail registration form to

SCAPAN
 PO Box 13976
 Charleston SC 29422

Questions? Contact

Nancy Zarczynski

nanzar@msn.com

864-908-6299

TOTAL REGISTRATION FEE ENCLOSED

\$ _____

Make check payable to SCAPAN

How to Write Research Findings for Qualitative and Quantitative Research**By Jennifer Wallin, MSN, CPAN**

Composing research findings can be a very challenging and arduous task. Developing a plan and organizing findings is critical as you identify strengths and weaknesses of your results. It's crucial to translate your results to a language that your readers understand (Burns & Grove, 2005). Whether you are writing or speaking about your research, identify your audience. Do they consist of experts in the field, community members, or individuals unrelated to the subject (Byrne, 2001)? Meanwhile, you can make decisions regarding length and substance of your presentation or paper. For example, community members are less interested in detailed results while healthcare professionals can gain additional benefit from statistical data, specifics of the research, and how it impacts our profession.

Review your findings carefully with your research team to have a full understanding of your data. Questions to ask while reviewing (Burns & Grove, 2005):

- What are the significant and insignificant findings?
- Do the findings correlate to the hypothesis and question?
- Are the results clinically significant?
- Any unexpected results?
- What are your limitations?
- Any suggestions for future research?

The researcher presents statistical analysis such as the mean, standard deviation, sample, and other variables including significance level if appropriate. Meanwhile, describe the details of your sample characteristics such as age, sex, and ethnic origin of your research. Placing this information into charts and diagrams will allow you and your audience to keep on track. Refrain from complex statistical data and keep it simple to prevent misunderstanding while maintaining their attention. Healthcare professionals are unaware of the value and impact research can have on the future of our profession (Floyd, J. and Roop, J., 2006). Research findings should be easily comprehended to enhance the reader's engagement and spark an interest in reading or conducting research themselves that could improve the quality of patient care.

Consider previous research studies to compare your results. According to Burns and Grove (2005), "it's important to know whether the results are consistent with past research" (p. 577). Are there any conflicting, inconsistencies with previous studies?

In conclusion, writing research results requires a meticulous examination of data to draw conclusions while disseminating data to your audience. Abstract and concrete thinking skills are utilized in building knowledge of your subject matter as well as identifying other studies to conduct (Burns and Grove, 2005). Dissemination of your findings through oral communication, poster presentation, or a written document is highly recommended. Furthermore, identify journals interested in publishing your work, review the guidelines for submitting a manuscript, and follow the format needed to gain acceptance to publish.

References

1. Byrne M. Disseminating and presenting qualitative research findings. *AORN*: 74(5), 731-732, 2001.
2. Burns N., Grove S. *The practice of nursing research: conduct, critique, and utilization*. St. Louis, MO: Elsevier; 2005.
3. Floyd F., Roop J. Presenting research to clinicians: strategies for writing about research findings. *Issues in Research*: 13 (4), 66-74, 2006.
4. Rudemstam K., Newton R. *Surviving your dissertation, A comprehensive guide to content and process*. Thousand Oaks, CA: Sage; 2001.

Up and Comers: The Path to Goal Fulfillment

By Tanya Spiering

A nurse came to work in our PACU and she enjoyed a challenge. She was well-liked by her co-workers and got along well with everyone, from the environmental service personnel to the anesthesiologists. She was a real go-getter and an integral part of our healthcare team. She was entering that period of her life when her children were entering secondary schools. She pictured herself at a crossroads, with opportunities yet to explore. She thought about the road less traveled and then made the decision to take a risk and pursue her dream of becoming more involved; in seeking to become certified in the perinaesthesia specialty.

When eligible, she and a PACU colleague sat for the CPAN examination and left the test site feeling miserable and deflated. They were thrilled beyond belief when they both received the great news that they had passed! They both agreed that all the hard work and studying had paid off. This was however, only a stepping stone for more professional accomplishments yet to come. The following year, our nurse heard that her director had tapped her as a potential candidate for a Component office. Her friend advised her that perhaps she had enough challenges at the moment with a daughter graduating from college and a son graduating from high school. Did I mention that our nurse enjoys a challenge?

So, our nurse jumped right in and assumed the position of Vice President/President-Elect of her Component (by default). She attended her first Leadership Development Institute (LDI) shortly thereafter, where she was chosen by her component leader to become a member of a new initiative called Up & Comers.

This program enabled our nurse, and many others to grow into leadership roles within ASPAN that remain only dreams in many other organizations. By working with a mentor, Up & Comers allows you to pursue your interests in any direction: public speaking, committee chair, journalism, leadership, and most importantly mentorship.

I experienced firsthand this marvelous opportunity and if you haven't already guessed, I

am "our nurse", Tanya Spiering, BSN, RN, CPAN, current Regional Director for Region 5 for ASPAN. In addition, I can proudly state that I am a Past President of CBSPAN, and an active, participating member of the Clinical Practice Committee. My accomplishments don't stop there. I am also Co-author of ASPAN's Safety Toolkit. Most importantly, I can boast that I am a Charter Member and Graduate of ASPAN's Up & Comer's Mentorship Program. My professional career has progressed beyond my wildest dreams. I am no longer standing at that crossroads, wondering which road to travel. I have proudly chosen to continue to be guided by other ASPAN leaders, as I spread my wings to experience leadership at new heights within ASPAN. My journey has not ended. In many ways, it has just begun. I know that whatever goal I set and whatever position I choose to pursue, there will always be an ASPAN mentor ready to guide me. On the other hand, I have also become a mentor and readily share my knowledge and leadership with others in order to get them started on their own personal journey.

Won't you consider becoming "that" nurse in your practice setting? Won't you challenge yourself to study hard and become certified? Won't you decide to take that road less traveled and pursue a more active and adventurous role within your specialty organization?

If the answer is yes, I invite you to join **the Up and Comer's program. Contact your Regional Director for more information on how you, too can be a part of this exciting journey! You will certainly be glad you did!**

CPAN/CPAP CERTIFICATION INFO

- [Brand new CPAN/CAPA Practice Exams have launched \(Click here for information\)!](#)
- [ABPANC seeks nominations for the Board of Directors - Click here for information.](#)
- [Thinking about Certification?? Next Online Registration Window is January 10 – March 7, 2010](#)
- Visit cpancapa.org for more information

Healthcare Coupons**By Carol Walker BSN, RN-BC**

In this time of economic decline and with unemployment reaching record highs (our country is almost 6 trillion dollars in debt) people are doing what they can to save and spend less money. Many people – including myself—have gone to coupon classes to learn how to save. I have done it only a few times but have actually saved more than I have spent at the grocery store. In our PACU unit we bring in coupons to share with each other.

In searching the Internet looking for coupons, I have found a website where you can download coupons to save on your pharmacy bill. The coupons are legitimate because I have taken them to Wal-Mart pharmacy and they said they will accept them. The coupon will save you up to 75% off your medicine. You can find this coupon on www.coupon.com by scrolling through the many coupons that are offered. On the coupon there is an address where a pharmacy card can be obtained www.CountyRxCard.com. The pharmacy card and discounts are for those who do not have insurance; however you can obtain a card for medicine for your pet on this website.

As nurses, we all know about the \$4.00 medicines sold by various pharmacies. This program makes medicine affordable to those who would most likely do without because they could not afford any of their medicine. Did you know that Publix pharmacy has a diabetic program where you can get oral hypoglycemic medicine free? It is called the Publix Pharmacy Diabetic Management System. Their focus is on Type-Two Diabetes where they provide educational information on diabetes and free immediate – release generic metformin. You can obtain a free thirty day supply of medicine with your prescription for 500 mg, 850 mg or 1000 mg of metformin with unlimited refills.

As healthcare professionals this should be information we pass along to our patients as well as our family and friends. It really does not take a lot of effort on our part. In educating your patient and their family, tell them about the \$4.00 medicines, give them the website address for pharmacy coupons and if they are on metformin tell them about getting their medicine free from Publix. What an easy and great service to provide for your patients.

In taking the coupon craze one step further, would a coupon to save on ASPAN membership entice you or those you know to join? If there was a coupon to save a percentage or a certain dollar amount would you use it and become a member? To keep our organization strong we need members—we need you. Think about it and then go to SCAPAN.com and let us know what you think.

Helping Plan the SCAPAN Fall Conference-My Eye-Opening Experience**By Lori Sutton RN, BSN, CPAN, CCRN**

I've attended many professional conferences during my 20-year nursing career, but until I became involved with ASPAN, I never realized how much work goes into conference planning. I have acquired a new appreciation for those that put together the conferences.

First, a conference date and location must be decided. The main factor in selecting the date for the SCAPAN conference is the Carolina and Clemson home

football schedule! Location factors to be considered include seating capacity, location, and cost of the facility. Most of the Medical Centers will generously allow use of their conference facilities at no cost. However, if an auditorium for more than a hundred people is needed, a hotel or conference center auditorium may need to be rented. Such facilities may cost more than ten thousand dollars per day. When such high costs are involved, conference

planners may need to seek commercial grant support to provide funding so that they can charge affordable tuition. First, a conference date and location must be decided. The main factor in selecting the date for the SCAPAN conference is the Carolina and Clemson home football schedule! Location factors to be considered include seating capacity

...Continued on page 12

Helping Plan the SCAPAN Fall Conference...continued from page 11**By Lori Sutton RN, BSN, CPAN, CCRN**

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Second, speakers must be arranged for the conference. As a conference planner, consideration must be given to current topics of interest and finding speakers that will be interesting to the attendees. Luckily (for planners) most speakers willingly agree to speak when asked. Planners must then work with speakers to get presentations months ahead of time to apply for CEU's (and remember, we are dealing with doctors: it requires lots of reminding).

While on the topic of CEU's, they must be applied for several months ahead of time. Biographical information from all conference planners and speakers is required. There also is a need for each planner and speaker to complete a mandatory disclosure form to ensure that any commercial relationships will be disclosed to conference participants. Planners must develop objectives for each speaker, and an outline of content they will cover is often required. CEU applications entail a mountain of paperwork to say the least.

Save the date flyers must be distributed far in advance so that people can plan to attend the conference. A conference brochure must then be produced and published giving detailed information about the conference. Someone then has to collect the registration, deposit the money, and make a list of registrants that can be used the morning of the conference.

Someone must spend time in advance learning how to operate the audiovisual equipment for the conference. There is usually a computer and a projector, sound equipment, and wireless microphones that must be used. Being that technical support is not available on weekends, it is important for someone at the conference to know how to troubleshoot if the equipment does not work properly.

The day of the conference extra time must be scheduled during the day for the SCAPAN business meeting. Then there is another short amount of time for a formal SCAPAN Board meeting, which has its own agenda. Another "extra" thing required for the SCAPAN Fall conference is setting up SCAPAN's yearly fundraiser- the "silent" auction. Planners must seek out donations and produce forms to go with each donated item for bidders to write their offers. After the end of the silent auction, the SCAPAN treasurer must collect money from the bidders and make sure each gets the item that they won.

Food arrangements must also be made. Breakfast, lunch, and snacks for a hundred or more people is an ordeal. There needs to be plenty of food and a variety of drinks to satisfy many different tastes. Coffee, tea, water, ice, and cold sodas are a must. Conference planners must figure a way to arrange the food so that it can be served quickly and cleanly.

When conference day arrives, the planning committee must arrive early to decorate and make sure the room is set up properly. Planners must arrange for an adequate number of restroom facilities and make sure that the facilities are equipped for use. Trash removal must also be arranged for to avoid trash piling up during the day. First to arrive, last to leave, the planners must stay and clean at the end of the day. All decorations, leftover food, and trash must be removed. Thank goodness SCAPAN has such great members who work together to get it done!

I was unaware of how much behind the scenes activity takes place until I joined the SCAPAN board. It is an experience that has helped me to grow professionally in numerous ways. I have gained a new appreciation for those that put forth the extra effort to provide tremendous educational opportunities for all of us here in South Carolina. Assistance is always needed in conference planning, so contact the board if you want to help. It is a great way to get involved! ♣

Lateral Violence – a “new” term**By**

I recently attended a meeting that included a presentation on the subject of **“Lateral Violence”**. I’ll have to admit, I had no idea what the term “lateral violence” even meant when I went in, but it did sound intriguing. It wasn’t very long into the presentation though, that I realized I actually was very familiar with the topic, but just by a different name. Having been in the nursing profession for over 35 years, I was accustomed to the behavior being described (in an admittedly less-than-delicate way) as “Nurses Eating their Young”.

Consider the descriptions of the terms bullying and lateral violence:

- ◆ **Bullying** is an “offensive abusive, intimidating, malicious or insulting behavior, or abuse of power conducted by an individual or group against others, which makes the recipient feel upset, threatened, humiliated or vulnerable, which undermines their self-confidence and which may cause them to suffer stress.
- ◆ **Lateral Violence** is horizontal violence, and horizontal hostility, often used to describe the physical, verbal or emotional abuse of an employee. Within nursing, lateral violence has been defined as nurse to nurse aggression. This violence can be manifested in verbal or nonverbal behaviors. The ten most common forms of lateral violence in nursing are: “non-verbal innuendo,” “verbal affront,” “undermining activities,” “withholding information,” “sabotage,” “infighting,” “scapegoating,” “backstabbing,” “failure to respect privacy,” and “broken confidences”

After contemplating these definitions I had to ask myself several questions....Have I been a part of this behavior? Do I respond appropriately (as a co-worker or manager) to such behavior when it’s encountered? How can I mitigate such behavior if it does happen? What are the implications in the nursing profession of not managing such behavior? Could these kinds of things taking place in the work place potentially compromise patient safety?

According to the Center for American Nurses, conflict in the workplace results in serious negative outcomes for registered nurses and other healthcare professionals, organizations, and patients. The Joint Commission acknowledges that unresolved conflict and disruptive behavior can adversely affect safety and quality of care.¹

As nurses who are held in high regard for demonstrating an extraordinary degree of compassion and care for others, wouldn’t it seem reasonable that we would show that same kind of extraordinary compassion and care for our fellow nurses? Of course we should. Will you join me then in purposing to make advances in this area, for the good of us all, including our patients?

If so, consider the following suggestions designed to help create an environment of teamwork and compassionate understanding on the nursing unit where you work:

- ◆ Take the initiative to have a zero tolerance policy on your unit. One that addresses such disruptive behavior and indicates such behavior will not be tolerated.
- ◆ Utilize conflict management and conflict resolution to address disruptive behavior
- ◆ Provide support for any individual who has been impacted by such behavior
- ◆ Recognize and control your own emotions – manage verbal and nonverbal communication
- ◆ Be a better listener – deal with the issue not the person
- ◆ Treat others as you would desire to be treated!

It is imperative that we stand firm together and address this issue of bullying and lateral violence. Wouldn’t we all prefer to work where mutual respect and consideration is consistently demonstrated? And remember, the efforts to enhance patient care and develop a culture of patient safety are inextricably linked to the work environment of nurses as well. So let’s make our environment the very best it can be!

SCAPAN Points Award



- ✓ Eligible SCAPAN/ASPAN members can win up to **\$300.**
- ✓ Points are acquired January 1 to December 31, 2010.
- ✓ Applications are submitted by **January 10, 2011** to SCAPAN BOD Member or post marked by **January 10, 2011** SCAPAN PO Box 13976 Charleston, SC 29422 .
- ✓ Details, including eligibility and procedure for distribution of funds, can be found on the SCAPAN website.

Activity	Points	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total	Total poss.
ASPAN/SCAPAN membership	30	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	30	30
Member of Prof. Nsg.Org. (excludes ASPAN) (per org)	10/yr														10
CPAN/CAPA certification (pts per cert./yr)	30														60
BLS/ACLS/PALS certified (pts per cert./yr)	10														30
BLS/ACLS/PALS instructor (pts per cert./yr)	20/yr														60
Certification other than CPAN/CAPA (pts/cert)	5/yr														n/a
Hospital Committee 15 pts/committee	15														
Recognition of Professional Service (per event)	10														
Participate in informal PACU related research	20														
Participate in published PACU related research	40														
Develop PACU related research project	20	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX		20
Attend PACU related inservice/seminar (per event)	10														
Attend SCAPAN workshop (per workshop)	15														
Attend SCAPAN State Conference	30	XX	XX	XX	XX	XX	XX	XX	XX	XX		XX	XX		30
Attend ASPAN National Conference	30	XX	XX	XX			XX	XX	XX	XX	XX	XX	XX		30
Attend ASPAN Sponsored seminar	15														
Present education program in PACU (per present)	25														
Volunteer for community service (per event)	10														100
SCAPANDistrict officer/district committee member	10	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX		10
SCAPAN State officer/State committee member	20	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX		20
ASPAN National Officer/ National Committee member	30	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX		30
Attend local/district SCAPAN meetings (per meeting)	10														
Recruit new members to SCAPAN (per member)	5														
Write article for "Eye Openers" (per article)	20														
Write article for "Breathline" (per article)	30														
Arrange for speakers at SCAPAN district meetings (per mtg)	15														
Help plan SCAPAN conference	20	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX		20
ALL state / district officers / committee members / etc. must be SCAPAN components															

Name: _____ Year: 2010

My First ASPAN National Conference**By Melissa Postell BSN, RN, CPAN**

In the past 12 months, I have experienced three "firsts" that have led to greater professional growth and career satisfaction. First, I passed the CPAN exam. If you have taken the exam or even considered taking a certification exam, you know what efforts and emotions are involved in preparing for the exam. But WOW, what a great sense of accomplishment when successful! Certification gave me written validation and supported my feelings of competency in an area of nursing that I have loved for the past 12 years.

My second professional "first" was becoming involved in SCAPAN and becoming Treasurer. I have a whole new appreciation for professional committee involvement. I am now aware what work is involved in hosting a seminar and the pride that follows with knowing you were a part of something successful that furthered the education of perianesthesia nurses. I also have a greater awareness of scholarships, rewards, recognition and other opportunities available to members. Through my involvement in SCAPAN, I have had the opportunity to meet and be inspired by many motivated nurses that work on a national, state and local level to advance our practice, education, and recognition of perianesthesia nursing.

Thirdly, and maybe my most exciting "first", was attending the ASPAN National Conference! This also led to many other exciting experiences - after all it was in New Orleans, Louisiana. For example, the opening day included a marching band, stilt walkers, singing, dressing like a pirate and enjoying a comedic motivational speaker. But more seriously, the expertise of the speakers was amazing. As if their credentials were not impressive enough, their presentation included stories from years of their personal experience and their knowledge of current research (sometimes their own) on the seminar topic. The biggest experience, which I feel every nurse should experience for themselves, is the exposure to so many passionate, educated and talented professionals. In addition to education and inspiration, the National Conference provided many opportunities to network with nurses from all over the country with diverse backgrounds and to discuss common issues with technology and patient management. My first National Conference was not all business. I was fortunate to have time to tour famous sites, eat delicious food at famous restaurants, experience street musicians, dancers, mimes, and a variety of artistic work. I also toured some of the devastated areas from Katrina and gained a better understanding of the storm's destruction. I must also mention a little culture shock experienced on Bourbon Street - all part of the fun!

Lastly, I encourage everyone to have a "first" in their professional growth. I know everyone is busy and there are budget concerns one way or another in every household, but just one small extra involvement will reap many professional rewards. Attendance to a conference on subjects related to perianesthesia nursing is a great way to become more vested in this field of nursing. If you have never experienced committee involvement, please consider participation within your hospital or on a local, state, or a national level. You will be amazed by the experiences and the people you will meet along the way. A year passes so quickly, so start making plans now to push yourself towards accomplishing some of your own professional "firsts". ♣

Recipe CornerCorn Casserole

1 box jiffy corn muffin mix
 1 can cream style corn
 1 can corn nibblets(draind)
 8oz sour cream
 1 stick butter (melted)
 2 eggs beaten

Mix together and pour into a 9x13 pan
 Bake at 350degrees for 35-40 minutes.



Thanks to
 Faye Baker
 for this yummy recipe. ♣

Have a recipe you want to share? Email it
 to s.hanna123@hotmail.com!!

Fall and Full of Ideas

By Christine Wlodarczyk, RN, BSN, CCRN, CPAN

This year's SCAPAN Fall Conference demonstrated how technology in healthcare is advancing. Nursing must keep up with the latest and greatest, and attending this fall conference was a great way to do so! Those that attended were rewarded with the benefit of learning more about how robotics is improving prostate surgery and gynecologic operations. Updates about the advancements in breast health and organizing a peri-operative malignant hyperthermia mock-code were also topics on the agenda. Finally, we put our thinking caps on to delve into analyzing and understanding the peri-operative EKG for better patient care and outcomes.

As many of us embark on change in nursing care, documentation, and practice, it's important to remember to take advantage of conferences offering education on emerging topics in healthcare. The year 2010 has been an excellent one for growth and development of our SCAPAN members. Early in the year, we listened as Lois Schick spoke about topics affecting perianesthesia nurse practice and legal issues. At the spring conference we learned about awake craniotomies and cortical mapping from Dr. Lozanne, as well as the TIF procedure (Transoral Incisionless Fundoplication) as a new treatment for the management of GERD, discussed by Dr. Antonetti. During Summer School for the Perianesthesia nurse we learned what it's like to walk in the shoes of the OR nurse. Sherrie Mannarino, BSN, CNOR described in fabulous detail how many of our patient safety and quality initiatives are carried out "behind closed doors." We also heard the fascinating story from a runner who had an elective below the knee amputation as an adult, after a childhood injury left him unable to run without excruciating pain. His surgeon spoke about the operation and gave new meaning to the idea of amputation helping to promote quality of life.

As a result of so many engaging topics and speakers, attendance for our SCAPAN conferences has been phenomenal this year. We have also seen a rise in our attendance at component meetings! This is a testament to South Carolina nurses taking advantage of professional growth and development opportunities. Looking ahead, we have many great ideas, exciting topics, and expert speakers for our 2011 conferences. We want to continue to offer exciting discussion to keep you informed and on the cutting edge of healthcare and more specifically, perianesthesia nursing practice. Continuing education is a great way to promote and maintain professional certification and leadership. We, as nurses, are shaping the future of healthcare advocacy and change. Let's continue to lead the way!

Hope to see you at our next conference in January!

EYEOPENERS EDITOR
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