

## CALENDAR OF EVENTS

August 11, 2012: CPAN/CAPA Review featuring Linda Wilson

Greenville Memorial Hospital, Greenville, SC

\$69 pre-registration

\$59 with 4 or more concurrent registrations

\$79 at the door

PayPal available on SCAPAN website

August 11, 2012: Summer School for the PeriAnesthesia Nurse

St. Francis Hospital Mall Classroom 1,2,3

2095 Henry Tecklenburg Drive

Charleston, SC 29414

Fall Conference

SCAPAN Fall Conference

Friday & Saturday Oct 12-13

Greenville Memorial Hospital (Greenville, SC)

*More information coming soon*

[SCAPAN Calendar](#)

ASPAN's CDI

*Create Building Blocks for the Future*

September 7-9, 2012

Crowne Plaza

St. Louis-Clayton

Clayton, Missouri

≈ **Click here for [ONLINE REGISTRATION](#)** ≈

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# Palmetto Pulse

South Carolina Association of Perianesthesia Nurses



July 2012

Volume 22, Issue 2

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## NATIONAL CONFERENCE: A "WONDER"FUL AFFAIR

Donna West (VP) and Faye Baker (Pres.) represent the SCAPAN delegation at Representative Assembly.



The theme "Alice in Wonderland" dominates component night.



The entire SCAPAN delegation gathers for some poolside fun.

## RA News from the 31<sup>st</sup> National Conference

By: Faye Baker, RN, BSN, CPAN

The Representative Assembly met on Sunday, April 15<sup>th</sup> in Orlando, Florida.

It was a very exciting year with 6 new resolutions to consider! The discussion on the floor was passionate and lengthy, but the RA was able to come to a consensus. We voted in the best interest of the members and if you have not already experienced some of the changes, they will be coming soon!

The following resolutions were brought before the Assembly:

*Position Statement on Substance Abuse in the PeriAnesthesia Setting*

*PeriAnesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements 2012-2014*

*ASPAN Active Category Membership Dues Increase*

*Joanna Briggs Institute Membership Proposal*

*Transparency in the ASPAN Election Process*

*Practice Recommendation: Obstructive Sleep Apnea in the Adult Patient*

**Position Statement on Substance Abuse in the PeriAnesthesia Setting** was approved by the RA and will replace the current position statement.

The ASPAN Standards and Guidelines were re-named **PeriAnesthesia Nursing Standards, Practice recommendations, and Interpretive Statements 2012-2014**. Minor changes were made and several position statements were retired. Look for the new standards in the Fall!

**ASPAN Active Category Membership Dues Increase** by \$5 was voted down after much debate and discussion. A counter proposal to increase dues by \$2 passed.

**Joanna Briggs Institute Membership Proposal** for an added cost of \$3 per member was passed after much discussion. This JBI membership will allow members to have full access to evidence based literature and best practice guidelines. Just log on as a member and go under the research tab and it will take you to the JBI site.

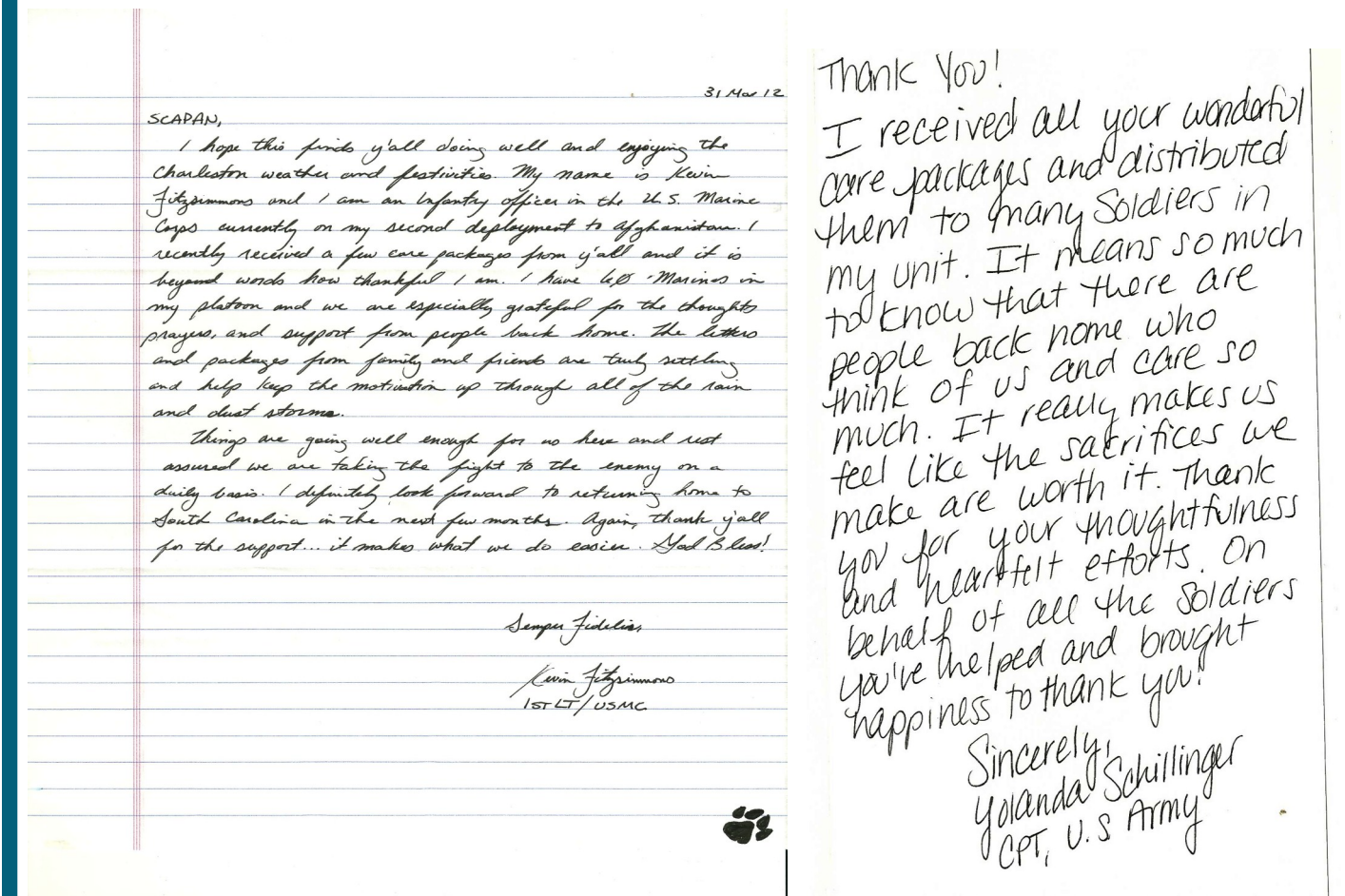
**Transparency in the ASPAN Election Process** was passed.

And finally, the **Practice Recommendation: Obstructive Sleep Apnea in the Adult Patient** passed. You will see this recommendation in the Fall publication of the newly titled standards.

### WHAT DOES ALL THIS MEAN TO YOU?

1. Your ASPAN dues will increase by \$5.
2. You now have access to JBI for the most current evidence and best practice guidelines.
3. You will have the long-awaited OSA recommendations when the standards come out in the fall.

## SOLDIERS GRATEFUL FOR CARE PACKAGES COLLECTED BY SCAPAN



Several care packages were collected at SCAPAN Spring conference and were shipped overseas to some of our military personnel. Kevin Fitzsimmons is the eldest son of Kay Fitzsimmons, a SCAPAN member and shortly after this letter was received, he was promoted to Captain. If anyone wants to donate, please follow the links provided to view the needs list and donation letter.

[Military Care packages](#)

[Download Letter \(to include in care package\)](#)

## BEV ZEIGLER AWARD

The Bev Zeigler award is also called the Excellence in Clinical Practice Award. It is awarded each year to a member of SCAPAN who demonstrates the commitment to excellent care that former SCAPAN President Bev Zeigler demonstrated. This award is named in her memory. Nominations are being taken for this award through Sept. 30th.

[Bev Zeigler Award](#)

## UPCOMING VACANCIES ON THE SCAPAN BOARD

Part of Fall conference this year will involve the election of five members to the SCAPAN board.

VP/President elect

Secretary

3 District directors

Follow the links below to read the eligibility requirements and responsibilities for each position.

[Vice President](#)  
[Secretary](#)  
[District Director](#)

For more information or if interested please contact:  
Nancy Zarczynski RN,CPAN  
Chairperson of the Nominating Committee  
[nanzar@msn.com](mailto:nanzar@msn.com)

## National Conference Through the Eyes of a First Time Attendee

By: Rebecca Wilkin, RN, BSN

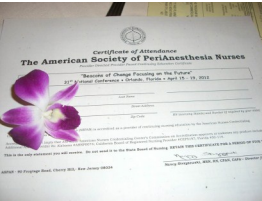
I’ve always said that I never do anything halfway and attending National Conference was no exception. Having joined ASPAN less than a year ago and then being quickly nominated as the Palmetto Pulse editor, I arrived in Orlando with no small amount of nerves. After all, I had no idea what National Conference was like, let alone how I was supposed to navigate everything. On my itinerary? Representative Assembly, Component night, seminars and lectures galore, the development luncheon and the specialty practice group (SPG): publications that I had recently joined. All in all, a daunting prospect for the girl from Greenville, SC who had never seen a hotel so tall that you needed a set of elevators just for the upper set of floors.

Sunday morning, I slipped into the gallery at Representative Assembly, fully prepared to be bored out of my mind. However, I was pleasantly surprised to discover that despite the formality, it was a very interesting discussion. In fact, I even got to speak with several of the people around me, including Maureen Iacono who is a past president of ASPAN. She was gracious and even offered to email me one of her lectures as I was attending a different session.

Sunday night was Component night with the theme of “Alice in Wonderland” and what a party it was. Costumes and characters filled the room along with music and laughter of nurses and PeriAnesthesia professionals mingling and having a great time. Raffles and food were everywhere creating an atmosphere of fun and “wonder.”

The next three days were non-stop lectures, seminars and meetings on topics that ranged from pain control to the newest advances in surgical processes. Vendor and reps displayed their products and entered attendees in raffles and giveaways. The statement was made at the beginning of the conference by the outgoing president Chris Price that “if you are exhausted at the end of the week then it has been a successful conference.” That was certainly true for me.

When it was all said and done, I had a great time and I learned a lot. I made some new friends and got to know old ones better. And you know what the best part was? Even though I was a new member of ASPAN, I was welcomed just like I was part of the board of directors. I got to talk to several members of the current board, past presidents and every one in between. I highly encourage everyone to consider going to National Conference next year. You will have a blast and you might even make some new friends.



Rebecca Wilkin, Pam  
Hart, and Cindy Morgan  
(r)



Donna West, Mitzi Daw-  
kins, Rebecca Wilkin, Pam  
Hart, and Cindy Morgan (r)



Board of Directors

- Faye S. Baker, BSN, RN, CPAN  
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- Nancy Zarczynski, RN, CPAN  
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AROUND THE STATE

The Piedmont District Report

It has been a long time coming, but the Piedmont district is back in business. The Board Members have met a few times to get some action going, such as the upcoming review course. We were able to arrange for Linda Wilson RN, PhD, CPAN, CAPA, BC, CNE and a Past President of ASPAN to present her PeriAnesthesia Review course on August 11<sup>th</sup> at Greenville Memorial Hospital. Nancy Zarczynski shared the Review Course flyer to our neighbors in NC and GA, and several nurses from North Carolina and Tennessee have already registered to attend. We are hoping for a great turnout.

Also, we have an official PAPAN meeting scheduled for July 25<sup>th</sup> at 6:30pm at Greenville Memorial Hospital. Along with networking and light food / refreshments, Karen Irby, RN BSN, a Walden University Graduate Nursing student, will be sharing her Master’s senior project “Empowerment through Professionalism” and a packet of helpful information for attendees. For part of her research, Karen developed a short Survey Monkey questionnaire that was sent to PAPAN members concerning certification and professionalism, which she will be referencing in her discussion.

Planning for the Annual SCAPAN Conference (October 12<sup>th</sup> /13<sup>th</sup>) is in progress; speakers and location have been finalized. Our next step is ironing out the Friday Night’s Meet and Greet and menu plans for conference day. Additional information will be forthcoming on the Website in August. Please remember that the annual conference is also when we fill open positions, and we will need to elect a District Director for the Piedmont chapter. It is time for the current District Director to rotate off of the board, so if anyone is interested in applying for the role, please contact Nancy Zarczynski, [nanzar@msn.com](mailto:nanzar@msn.com). There will be ballots available as an opportunity for a write in candidate.

Anyone interested in helping the board plan with the conference, please contact any of the PAPAN Board Members:  
Helena Williams: Pres. – [nsugar@bellsouth.net](mailto:nsugar@bellsouth.net)  
Michele Snipes: Board Mem. [michelesnipes@charter.net](mailto:michelesnipes@charter.net)  
Paige Wilson: Vice Pres. – [pwilson@ghs.org](mailto:pwilson@ghs.org)  
Nancy Zarczynski: Board Mem. [Nanzar@msn.com](mailto:Nanzar@msn.com)  
Cindy Morgan: Sec. - [cmorgan89@hotmail.com](mailto:cmorgan89@hotmail.com)  
Katie MumbLOW: Treas. - [katie.mumbLOW@anmedhealth.org](mailto:katie.mumbLOW@anmedhealth.org)

Donna West, MSN RN: Past Pres. of PAPAN/ District Director

POINT SYSTEM AWARD  
CRITERIA REVAMPED FOR 2013

NAME: \_\_\_\_\_ YEAR: \_\_\_\_\_

Must be an ASPAN and SCAPAN member for the entire twelve months of points earned.

Activity	Points	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total	Total poss.
Member of Prof. Nsg. Org. (excludes ASPAN) (per org)	10/yr														No max
CPAN/CAPA certification (pts per cert./yr)	30														60
ACLS/PALS/NRP certified (pts per cert./yr)	10														30
BLS/ACLS/PALS/NRP instructor (pts per cert./yr)	20/yr														80
Certification other than CPAN/CAPA (pts/cert)	10/yr														No max
Hospital Committee 10 pts/committee/year	10														No max
Chair of hospital committee 15pts/committee/year	15														No max
Professional Service Award (per award)	20														No max
Develop PeriAnesthesia related research (per project)	30														No max
Participate in PeriAnesthesia related research (per project)	20														No max
Publish PeriAnesthesia related research (year of publication)	50														No max
Implement Process Improvement Project based on new evidence (per project)	15														No max
Attend local/district SCAPAN meetings (per meeting)	10														No max
Attend PeriAnesthesia related inservice (min 1 contact hour)	5														60
Attend SCAPAN Annual State Conference	30														30
Attend other SCAPAN sponsored conferences	15														30
Attend ASPAN National Conference	35														35
Attend ASPAN Sponsored seminar	15														No max
Presents PeriAnesthesia education program without contact hour (per program)	10														No max
Presents PeriAnesthesia education program with contact hour (15 points per contact hour)	15														No max
Volunteer for community service as a SCAPAN representative (per event)	10														100
SCAPAN District officer/district committee member	10														10
SCAPAN State board member /State committee member	20														20
ASPAN National Officer/ National Committee member (per committee)	25														30
Recruit new members to SCAPAN (per member)	10														No max
Write article for "Palmetto Pulse" (per article)	20														No max
Write article for "Breathline" (per article)	30														No max
Arrange for speakers at SCAPAN district meetings (per mtg)	15														No max
Help plan SCAPAN conference	30														30

The point system award is a monetary award of three hundred dollars that is awarded based on the number of points a member of SCAPAN accrues throughout the year. The submitting member with the most points is allotted the award and may use it to further their nursing career or professional practice. The window for the award is from Jan. 2012 until Jan 2013.

[Point System Award](#)

# OUT AND ABOUT WITH SCAPAN

By: Donna West, MSN,RN

## Sharing Our PeriAnesthesia Nurses Professional Organization Information

R. Douglas Hanisch, ASPAN Marketing and Communications Manager, forwarded a note to the SCAPAN board regarding a request from a nursing administrator from Bon Secours St. Francis Hospital System in Greenville, SC. The hospital system began their journey towards Magnet designation and has been encouraging their nurses to join professional organizations. For “Nurses Week”, the system was hosting Professional Fairs on Tuesday, May 8th (Eastside Campus) and Thursday May 10th (Downtown Campus) for the staff. The administrator was seeking someone to represent SCAPAN/ ASPAN and share information / benefits about getting involved with our professional organization.

Even though members Midland Districts offered to assist, Rebecca Wilkin and I live in the Greenville area, so we volunteered to represent ASPAN at the professional fair. Rebecca, an employee of St. Francis, and I were provided a table, so we were readily available to meet staff as they visited the area. Rebecca developed a CD comprised of photos from our state as well as ASPAN National Conferences that demonstrated networking and learning occasions, and the ASPAN marketing department supplied brochures and membership applications. At each campus, we had several opportunities to discuss how our district, state as well as national organization workings. The employees seemed receptive to our information, and we handed out brochures and applications to several attendees. It was a very gratifying experience acting as representatives for ASPAN even without the thoughtful appreciation note from the nursing administrator thanking us for our efforts.

# ASPAN DEVELOPMENT

ASPAN Development encourages giving from individuals and organizations to advance the practice of perianesthesia nursing. ASPAN uses such gifts for programs that focus on scholarships and awards, professional education, national advocacy, and evidence-based research. When you support ASPAN, you help bring about many good things. Your contribution:

- ✦ Demonstrates that our constituents care
- ✦ Supports nurses in perianesthesia practice
- ✦ Helps optimize patient care
- ✦ Encourages philanthropy among other prospective donors
- ✦ Ensures ASPAN programs continue at the lowest possible costs

Contributions can be made on your membership application/renewal form, through the [Hail](#), [Honor](#), [Salute!](#) program, or by contacting Doug Hanisch, Marketing and Communications Manager at: [ghanisch@aspan.org](mailto:ghanisch@aspan.org) or toll-free: [877.737.9696](tel:877.737.9696), x. 15.

# AROUND THE STATE CONT.

## Central Midlands District Report

The Central Midlands District met June 19<sup>th</sup> at Palmetto Health Richland. The 21 nurses participating represented Lexington Medical Center, Palmetto Health Baptist Palmetto Health Richland and Providence Hospitals. The meeting began with a catered meal from Jason’s Deli. The CEU offering was Sepsis and Procalcitonin: Early Detection and Improving Standard of Care presented by Stephen Barnes, BSN, RN, Thermo Fisher Scientific. The winner of the ASPAN membership was Janet Woodyard RN from Palmetto Health Richland Hospital.

The Central Midlands District Board was introduced: Dianne Jackson President, Suzanne Steele Immediate Past President, Penny Bradley Vice President, Pam Spires Secretary, and Lori Sutton Treasurer. Anne Lauten, a newly CAPA certified nurse, who was present at the meeting was acknowledged. The September meeting will be held at Providence Hospital, date to be determined.

M. Dianne Jackson, President, Midlands District

Baked Parmesan Tomatoes: a "simple and quick side dish"

A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat country bread.

Ingredients  
4 tomatoes, halved horizontally  
1/4 cup freshly grated Parmesan cheese  
1 teaspoon chopped fresh oregano  
1/4 teaspoon salt  
Freshly ground pepper, to taste  
4 teaspoons extra-virgin olive oil

Preparation  
1. Preheat oven to 450° F.  
2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

4 servings  
Active Time: 5 minutes  
Total Time: 20 minutes

## Board of Directors Cont.

- Lori Sutton, BSN, RN, CCRN, CPAN  
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- Katie Collins, RN, CPAN  
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- Helena B. Williams BSN, RN  
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- Alisa Shackelford, BSN, MBA, MA, BSS, RN, CCRN, CAPA  
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## ADMINISTERING KETAMINE IN SC

By: Kristie Alvey, MSN, RN, CCRN, CPAN, ACNS-BA

### Administering Ketamine in SC?

In the past 10 years a plethora of research has been published on the effectiveness of ketamine as an analgesic. Research on ketamine concludes that it can be indicated for postoperative pain in combination with other analgesics while reducing opioid requirement. Other indications include refractory neuropathic pain, prevention of persistent neuropathic post surgical pain and procedural sedation and analgesia. Due to the growing knowledge of other indications for ketamine, there are many practitioners in our state who are ordering the nursing staff to administer this medication to our patients. **Have you been asked to administer ketamine? Is it within the role and scope of a registered nurse to administer ketamine?**

That is the very question the South Carolina Board of Nursing has been asked. The answer is in the Advisory opinion # 27 located at the following link for your review: <http://www.llr.state.sc.us/pol/nursing/index.asp?file=Forms/news/0102insert.htm>

In a nutshell, it states only qualified anesthesia providers may administer agents that are primarily used as anesthetics including ketamine. It goes on to state that an "RN with specialized education and training, in settings where critical care nursing can be provided, may initiate, titrate and bolus intravenous agents with the understanding that the airway is secured and mechanically assisted." (Advisory Opinion # 27) Ketamine is approved by the FDA as a rapid acting general anesthetic agent. As long as the FDA only approves ketamine as a general anesthetic agent, and not an analgesic, registered nurses are not permitted to administer it to a patient who is not mechanically ventilated.

For information regarding the research done, please contact me @ [Kristie.alvey@palmettohealth.org](mailto:Kristie.alvey@palmettohealth.org) I'd be happy to answer any of your questions, or send you the research.

#### SCAPAN CORE PURPOSE

The core purpose of the South Carolina Association of PeriAnesthesia Nurses is to promote excellence in all aspects of PeriAnesthesia Nursing practice through education, specialty certification, nursing research, support for specialty certification, and ASPAN Standards in an environment that is respectful of others and adaptive to change.

## Research and Evidence-based Practice: It's not as hard as you think.

By: Rebecca Wilkin, BSN, RN

Nursing Research and Evidence-based Practice are the current buzz words in nursing practice. Even ASPAN is getting onboard by creating a partnership with the Joanna Briggs Institute. But what does it really mean for me as a staff nurse and is it something that I need to be concerned about?

Simply put, nursing research lays the foundation for evidence based practice. Evidence based practice in turn allows us to provide our patients with the best possible care ("Nursing Research: Open Access Nursing Research And Review Articles", 2012 ). It also explains the "why" of our daily practice. With new regulations and reimbursement guidelines being put into place, nurses cannot afford to do something "simply because it's always been done that way". Does research take some extra work? Of course, but think for a moment. Isn't it the right thing to do? Besides, it's not as hard you might believe. With the new access to the Joanna Briggs Institute, ASPAN members have access to one of the largest databases of best practice and evidence based guidelines in the world. Another site is the National Institute of Nursing Research. Here, you can find systematic reviews that look at large quantities of research, current studies and research projects in progress. Even JOPAN has research articles in each edition and in their online database. These tools can take the scary out of research and make it concrete as opposed to a nebulous concept.

Research is all around us and with a little bit of time and effort, it can be a useful tool in our nursing care. The concepts put forth in Evidence based practice will also allow us to provide comprehensive nursing care which leads to optimal patient outcomes.

Reference:

Nursing Research: open access nursing research and review articles. (2012). Retrieved from [http://nursingplanet.com/research/evidence\\_based\\_nursing.html](http://nursingplanet.com/research/evidence_based_nursing.html)

[JBI link](#)

[NINR link](#)



THE JOANNA BRIGGS INSTITUTE



# Bedside Hand-off Report - Meeting a National Patient Safety Goal

By: Melissa Postell, BSN, RN, CPAN

Bedside hand-off report is a nurse to nurse report given at the patient’s bedside which provides an opportunity for the patient to be more involved in his or her own care. Along with the JCAHO recommendation of a standard communication tool (such as SBAR), research on bedside reporting is showing great benefits in patient safety and patient satisfaction. JCAHO goal 13 instructs organizations to “encourage the active involvement of patients and their families in the patient’s own care as a patient safety strategy. (JCAHO 2005).

There are many articles and research on how to implement this process by facilities who have implemented this process for change of shift report. I also found many videos on Youtube that exemplify the process. To my knowledge, this process for hand-off report is not commonly used by most PACU nurses in giving report to inpatient nursing units. In reviewing the evidenced based research, there are many benefits of bedside hand-off report that would also apply to surgical patients during all peri-op phases of care.

Benefits from Evidence Based Research on Bedside Report:

- 1. Builds employee teamwork, ownership, and accountability.
- 2. More time with the patient. Instead of giving report at the desk away from the patient, nurses were with the patient 3-5 minutes more while they physically monitor the patient and ensure their physical safety.
- 3. Transfer of trust. It allows the nurse to say goodbye and the patient to say thank you. The patient sees and hears from the professionals providing their care and they feel reassured that everyone is receiving the necessary information.. This makes the patient less anxious and more compliant with the plan of care.
- 4. Higher HCAHPS scores. By putting the emphasis on a patient’s care experience — including respect, partnership, shared decision making, well-coordinated transitions, and efficiency — hospitals see improvements in their patient satisfaction survey data and HCAHPS. These scores are publicly available and hospitals scoring high on them can attract more patients, providers, and payers. *Institute for Healthcare Improvement*

Lastly, in the research articles reviewed, it was a common thought that in order to implement this change in the hand-off process, there had to be staff education, staff involvement with clear goals, monitoring and evaluation of the process. Monitoring and evaluation included sharing positive experiences and learning experiences with all staff.

Anderson, C, Mangino R. Nurse Shift Report Who Says You Can’t Talk in Front of the Patient? *Nursing Administration Quarterly/April-June2006*.

Baker, S, Bedside Shift Report Improves Patient Safety and Nurse Accountability. *Evidence-Based Practice July 2010 Vol 36*.

## CPAN/CAPA CERTIFICATIONS

CPAN

- Kenneth White III
- Deanna Valdes
- Meghan Burgess
- Suzanne Carroll
- Kristen Duncan
- Christy Hess
- Betty Jean Medlock-Darby
- David Morgan
- Elsa Sampang

CAPA

- Angela Gwinn
- Jennifer Harris
- Rebecca Kears
- Anne Lauten

***Congratulations to Melody Heffline, MSN, RN, ACNS, ACNP who has just been published in Perianesthesia Nursing: A Critical Care Approach 6th Ed. You will find her work in Chapter 36: Care of the Vascular Surgical Patient.***

## SCAPAN WINS ABPANC’S SHINING STAR AWARD

June 8, 2012 – The American Board of PeriAnesthesia Nursing Certification, Inc. (ABPANC) has announced the recipients of its annual Shining Star Award. A record 17 ASPAN components from across the country were recognized for their role in supporting and encouraging CPAN® and CAPA® certification.

2012 Shining Star Award recipients are:

- Arizona – AzPANA
- Chesapeake Bay – CBSPAN
- Florida – FLASpan
- Illinois – ILSPAN
- Indiana – INSPAN
- Louisiana – LAPAN
- Maine – MESpan
- Massachusetts – MASpan
- Missouri-Kansas – MOKANPANA
- North Carolina – NCAPAN

- Northwest – NPANA
- Nebraska – NAPAN
- New Mexico – PANANM
- New York – NYSPAN
- Pennsylvania – PAPAN
- South Carolina – SCAPAN
- Texas– TAPAN
- [ABPANC Shining Star](#)