

# Palmetto Pulse

South Carolina Association of Perianesthesia Nurses



December, 2013

Volume 23, Issue 3

## Shocks, Food, Gangs, Auctions, and even Elvis appear at SCAPAN's Fall Conference

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Dianne Jackson (President) introduces a speaker at SCAPAN's annual fall conference.



Kristie Alvey poses with "Elvis" at SCAPAN's annual fall conference.

# MESSAGE FROM SCAPAN'S PRESIDENT

by: Dianne Jackson, RN, CAPA, President 2014

At the November SCAPAN BOD meeting the presidential responsibilities were passed on to me as I moved from President elect to President. I am excited as I ponder the year ahead in this position. Having been involved in SCAPAN leadership roles since 2010 I feel prepared, yet a bit apprehensive. I follow some very formidable leaders in South Carolina Perianesthesia nursing, among whom are; Karen Thames, Nancy Zarczynski, Faye Baker, and Donna West. I know you would like to join me in thanking them for their hours of volunteer leadership service improving our South Carolina Component of ASPAN.

Moving forward, 2014 will be a year of change in the Perianesthesia setting as national change occurs in the field of healthcare. Are you prepared for change? It is part of the responsibility of your national and state organization to educate, support and encourage you as you ease into these changes. And it is your responsibility as a Perianesthesia nurse to become involved in your organization by becoming a member, supporting your local district as attending local meetings, attending state conferences and the annual national conference. It is by becoming an active member that you will then be best prepared to administer the highest quality of care possible, something that each patient who enters into the Perianesthesia arena of care deserves.

My goal as leader of SCAPAN this year is to keep you informed of SCAPAN and ASPAN activities. I am always impressed by the accomplishments attained at the national level as they make improvements for you and me as we practice in South Carolina. For example, this past year the Safety SWT completely revamped and updated the [Safety Tool Kit](#). As an ASPAN/SCAPAN member you have access to this tool kit described as “a valuable tool for your practice, guiding you in the safe delivery of care.”<sup>1</sup> I am certain you will not be disappointed as you take time to review this document. And this is just one of the many outcomes of busy ASPAN volunteers working diligently for its members.

January 11, 2014 is the next SCAPAN BOD meeting at Lexington Medical Center. Members are invited to attend. If you are interested in becoming involved in the leadership of SCAPAN I would suggest that you take advantage of attending a BOD meeting. Among other agenda items we will be reviewing our Strategic Plan for 2014. Please contact one of the board members if you would like to attend. And of course, feel free to contact me at any time this year with questions, comments and/or ideas you might have. I am looking forward to serving you in 2014!

Sincerely,

Dianne Jackson RN CAPA, SCAPAN President 2014

## REFERENCES

1. The ASPAN Safety Tool Kit. Available at: <http://www.aspan.org/Clinical-Practice/Sfety-in-Practice/Safety-Tool-Kit>. Accessed November 16, 2013.

# THOUGHTS ON HOW TO PREPARE NURSING STUDENT PRECEPTORS

By: Donna West, Immediate Past President, 2014

Today's nursing staff (Perioperative as well) are expected to deal with high patient - nurse ratios, ever changing economic and regulatory requirements, as well as the continuous flow of nursing students streaming into our units for their clinical / practicum training. Nurses have acted as preceptors throughout the history of nursing education, but recently, many hospital based educators have felt the need to relook at the current preceptorship process (McCarthy & Murphy, 2010, p. 234). Nursing students' clinical experiences have dramatically changed over the years. Our nurses are being called upon to act as preceptor to the students while dealing with their usual hectic workload and daily stresses. With healthcare budgets being reduced and our experienced baby boomer nurses are looking to retire, the supply of appropriately prepared preceptors has slowly dwindled. Some nursing units, especially those with high turnovers, may find recent orientees being asked to show the newest arrivals the ropes, and many of the replacement preceptors are struggling with their new roles (McCarthy & Murphy, 2010, p. 234).

In trying to train new preceptors, one has to wonder how can we as hospital educators better prepare our nursing staff to be able to facilitate, support, and provide an accurate assessment of their students' learning and clinical performances. Routinely, students work side by side with their preceptors for a set period of time, and at the end of the experience, each preceptor provides feedback on their preceptees' appearance, punctuality, ability to follow directives, learning, and professionalism. Many hospital educators have questioned the validity and reliability of the current evaluation process, since it does not ask about specific clinical practice performance (Karayurt, Mert, & Beser, 2008, p. 1123). There is clearly a need for additional research on how to prepare less experienced nursing staff as preceptors and how to objectively assess today's diverse nursing students' competencies and learning outcomes during their clinical rotations (Seldomridge & Walsh, 2006, p. 171). And to be truly effective, it will require a partnership between the hospital learning and development team and the nursing student programs' faculties. The hospital educators will provide their staff the evidence based knowledge that they will need to help facilitate the training of the nursing students. The hospital educators could take the nursing student faculty members through the same competency process that the nursing staff undergo, which would enable the faculty to support and help evaluate the preceptors' effectiveness in preparing the students for their post training assessments. Another suggestion would be to have nursing programs' share the assessment results (students and preceptors) with the preceptor's unit leadership to ensure the effectiveness of the training methods. As our need for additional nurses continues to grow, there are tremendous research opportunities that are just waiting on someone to take the lead. "Hint – Hint – Wink – Wink"

Merry Christmas to SC's PeriAnesthesia Nurses. Donna R West, MSN RN

## References:

- Karayurt, O., Mert, H., & Beser, A. (2008). A study on development of a scale to assess nursing students' performance in clinical settings. *Journal of Clinical Nursing*, 18, 1123-1130. Retrieved from doi:10.1111/j.1365-2702.2008.02417.x
- McCarthy, B., & Murphy, S. (2010). Preceptors' experiences of clinically educating and assessing undergraduate nursing students: An Irish context. *Journal of Nursing Management*, 18, 234-244. Retrieved from doi: 10.1111/j.1365-2834.2010.01050.x
- Seldomridge, L. A., & Walsh, C. M. (2006). Evaluating student performance in undergraduate preceptorships. *Journal of Nursing Education*, 45(5), 169-176.

## **Board of Directors**

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## **AROUND THE STATE**

### **Meet the new SCAPAN board members**



#### **Rhonda Brugh, District Director**

Hi, I would like to introduce myself. I am Rhonda Brugh. I was elected as one of your new board members this year. I have been in nursing for 28 1/2 years. Of that time I was in PACU for 10 years and in outpatient surgery for 9 years. I have enjoyed every minute of my nursing

career!

I have been married for 23 years. I have one son, who is 19 years old. I have 2 stepchildren and 3 beautiful grandchildren.

I hope to be an asset to your board. I looks like it will be a very busy year this year. We are already working on some great changes to hopefully make South Carolina an even better, and more active chapter for ASPAN.

I look forward to working with each and every one of you!

In conclusion, I would like to share with you one of my Nanny's Christmas recipes:

#### **Sweet Potato Pie**

1 cup mashed sweet potatoes (I bake mine)  
 1 1/2 cup sugar                      1 small can evaporated milk  
 3 eggs 1 stick butter            1/4 tsp cinnamon  
 1 tsp vanilla

Blend all together. Pour into 9 inch pie shell. Bake at 350 degrees for 40-45 minutes. Enjoy!

## AROUND THE STATE CONT.



### **Leigh Howe, District Director**

I have been a nurse since 2003. I graduated from Midlands Technical College in December 2002 with a Associates Degree in Nursing. I went to work at Lexington Medical Center in the PACU department.

While there, I returned to school and earned my Bachelors Degree of Nursing from the University of South Carolina Upstate. After the birth of my first child, I went to work for an outpatient endoscopy center while maintaining PRN work in PACU. I returned to Lexington Medical Center in a full time capacity in April of 2012 as the Coordinator of Preop. I earned CAPA certification in April of 2013. I am married with one daughter (7) and one son (3).

### SCAPAN MISSION STATEMENT

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.

### Board of Directors Cont.

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## CEU OFFERING



**Nursing continuing education activity:**

***Innovative Options for Managing Postsurgical Pain***  
***2.0 contact hours***

*This continuing education activity is intended for perioperative nurses and other healthcare professionals who are interested in learning more about a novel local anesthetic and delivery system as a component of a multimodal analgesia regimen for effective management of postsurgical pain.*

*Presented at*  
 Ruth's Chris Steakhouse

**On Thursday, January 16<sup>th</sup> at 6:30PM**

*Pacira Pharmaceuticals, Inc. sponsors event.*

Please contact David Smith via phone 864-918-9632 or email [david.smith@pacira.com](mailto:david.smith@pacira.com) to make your reservation

Original artwork by noted artist and surgeon Joe Wilder. For more information, please contact Madeline Wilder at [mad3110@aol.com](mailto:mad3110@aol.com)

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# FALL CONFERENCE 2013

By: Dianne Jackson, President 2014

## SCAPAN Fall Conference 2013

On October 11<sup>th</sup> over seventy five PeriAnesthesia nurses met at Lexington Medical Center for the annual SCAPAN fall Conference. The purpose of this conference was to provide the most current, evidence based information relating to the care of PeriAnesthesia patients. This was certainly accomplished!

Dr. Huggins began the morning with a “shocking” lecture. As a USC Clinical Professor and Neuropsychiatric Consultant with Palmetto Health, the experience of Dr. Huggins in the field of Electroconvulsive Therapy, lead to a very educational and entertaining lecture. After also learning about the importance of patient positioning in the OR, how to look for research evidence, and new trends in blood management, the conference education was concluded with Sargent Gerald Walls’ informative “Gangs and their impact on Health Care in S.C.” lecture.

Another highlight of the conference was our “Silent Auction”. The various silent auction items raised over \$1200 for SCAPAN to assist our organization as we provide more educational opportunities, scholarships for South Carolina PeriAnesthesia nurses to attend National Conference and for development for current leaders and those who desire to be leaders in our state component. Donnalea Shearer won the raffle for registration fees for the National Conference in Las Vegas in 2014.

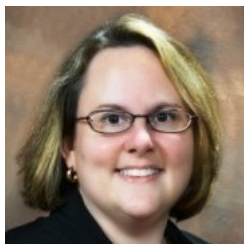
Thanks to all for the collection of 444 pounds of non-perishable food for Harvest Hope Food Bank!



## WINTER'S REPORT- ASPAN Region 5

By: Sarah Cartwright, Region 5 Director

Proudly serving: ALAPAN, CBSPAN, FLASPAN, GAPAN, NCAPAN,  
SCAPAN, TSPAN, VSPAN



Winter is upon us, and it seems to have come with a flurry or two, even down South. At home we are enjoying the unseasonably cool weather- it has made for seasonal baking a more enjoyable activity. The since September there has been a flurry of activity within the components that make Region 5, and at ASPAN as well. Hard to believe that 2<sup>nd</sup> quarter of this leadership year has already drawn to a close and 3<sup>rd</sup> quarter is moving along, full speed ahead. As the hustle and bustle of the season draws to a peak remember to take a few moments to rest and relax. It

will help you in all endeavors- at work, at home, and within your own health.

2<sup>nd</sup> Quarter sees ASPAN with strong membership of 15,458 members as of October, 2013. President Shrout has had a very busy agenda traveling to member components and was able to speak at the FLASPAN annual conference this year. For the events that she was not able to attend, she had more than qualified ambassadors representing our organization. 7 of the 8 Region 5 components had member meetings this past Fall with good attendance.

The mid-year board of director's meeting was held in New York City over Veteran's day weekend. This jam-packed 2 day meeting covered large amounts of organizational business in a rapid fashion. The board of directors spent a lot of time prior to the meeting preparing for the agenda items and coming prepared for discussion and voting. Topics of discussion include JBI training, travel policies for BOD members, and board member reports. The Regional Directors also had a break-away meeting to discuss the role of the regional directors and the best utilization of our position for assisting the member components, utilizing the survey information that was obtained this fall, as well as preparing for National Conference orientation sessions.

On a final note for this update I want to reach out to each of you who are taking an active role within your components (and I know you are because you are reading this). The organization exists to promote perianesthesia nursing and advocate for our patients via standards. These standards live through your practice; you are the most valuable asset to the organization. As the next session of your component meetings and local district programs begin, I challenge each of you to extend an invitation to someone you work with and bring them along. Share your passion and be the catalyst for our practice. Those that have stepped up into a more "formal" leadership role are only there through the support and actions of you, the member. No one is more vital to the life of the organization. I have been a member of ASPAN since 1998. I became a member because I was invited to come and see what it was all about. *Never under estimate the power of an invitation.*

Best wishes for a happy, healthy, and active New Year!





## Editor's Column

By: Rebecca Wilkin, Editor, 2014

I hope everyone is enjoying their holidays. As the year comes to a close, I just wanted to remind all of our members that while articles and recipes are usually submitted by members of the board, everyone is welcome to participate in the newsletter. In addition, the board meetings are open to everyone as well. If you would like to see something in the newsletter, feel free to email me your ideas and articles to [rlwilkin215@gmail.com](mailto:rlwilkin215@gmail.com). Even if you don't think you can write, I still welcome your submissions. My goal is to present a newsletter that has information that's relative to all of our members yet is also enjoyable. I enjoy being the editor and I hope that you are proud of what we produce. Merry Christmas and Happy New Year,  
Rebecca

## 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.

# Here We Grow Again!!

## **New Members for the Months of August, September, October, November and December:**

Paula from Pelzer	Jennifer from Mount Pleasant
Helen from Columbia	Julie from Fort Mill
Gail from Greenville	Debra from Columbia
Milissa from Sumter	Marie from Ridgeway
Kristin from Mount Pleasant	Jacqueline from Sumter
Jennifer from Columbia	Lynn from Charleston
Leigh from Elgin	Michelle from North
Sharon from Columbia	Jackie from Ridgeway

## **Newly Certified CPAN and CAPA Members:**

Kimberly Chastain, CAPA	Kristin Cannon, CPAN
Crela McElrath, CAPA	Sharon Hunter, CPAN
Helen Schroer, CAPA	Monica Putich, CPAN
Julia Burke, CPAN	Kia Smith, CPAN
Randall Wilson, CPAN	Lauren Carter, CPAN
Haleigh Whisnant, CPAN	

## **Members with the Most Recruits:**

Kristie Alvey and Faye Baker are tied with two apiece.



# ABPANC UPDATE

## CERTIFICATION NEWS

### CPAN® / CAPA® Examination Dates

There's never been a better time to get certified. Join more than 11,000 perianesthesia nurses who have become CPAN or CAPA certified. Increase your own personal knowledge and skills for patient care, while enhancing the awareness and respect of perianesthesia nursing.

The Spring 2014 Examination schedule is set with the following dates:

Registration Window – Online	January 13 – March 10
Examination Administration Window	April 7 – May 17
Period for Scheduling Exam Appt. with Prometric	Upon receipt of ATT letter through May 15
Deadline for Rescheduling or Cancelling Appt. with Prometric	31 calendar days before scheduled test date

Register early to get the testing date you want and have time to study.

ASPAN members receive a \$100 discount.

Learn more about CPAN and CAPA Certification at [www.cpancapa.org](http://www.cpancapa.org)

**New Practice Exams** include 50 multiple-choice questions with the correct answer and references included. A great way to study - Buy One, Get One Free!

Additional Study Guides and Reference Materials available at:

[www.cpancapa.org](http://www.cpancapa.org) > **Certification > Exam Preparation**

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# CHRISTMAS TRADITIONS

Submitted by the SCAPAN Board

We would always get together and bake and decorate sugar cookies. We always left a plate for Santa (and a plate of carrots for reindeer). We traditionally opened one present on Christmas Eve and it was always pajamas. This way on Christmas morning the kids would be wearing nice "Jammie's " for pictures. – *Gwen Whitcomb*

Our Christmas tradition is the magic of the elves! Every December Fred and Evie arrive to our home with the reading of their story. Our kids know the elves are watching them daily and fly away every night to report back to Santa! They love getting up every morning to see what mischief Fred has gotten into that Evie is having to rescue him from! We use Fred and Evie as teachable moments of grace, obedience, and forgiveness...as both of them find plenty of naughtiness to get into! – *Leigh Howe*

As a child growing up in central Indiana I was always hopeful for a "White Christmas". We usually had snow on Christmas day, but the fresh falling of snow on Christmas made it very special.

The most memorable Christmas day began on Christmas Eve 1980. The barometer had changed and a snow storm was approaching central Indiana on 12/23/80. My husband and I had just returned home that evening from spending time with my parents and "the labor" began. Without going into details, our first born was born on Christmas Eve 1980 at 6:00 PM! The snow had fallen all that day. So, I had a "White Christmas" and a new born son to celebrate that Christmas day. – *Dianne Jackson*

My family would spend Christmas Eve driving around looking at Christmas lights and then my brother and I were allowed to open one present of our choice. Then on Christmas morning, we would cook breakfast for my parents (once we were old enough to use the stove of course) – *Rebecca Wilkin*

## Apple-Cranberry Bread

2 Eggs  
 ¾ cup Sugar  
 2 Tablespoons Canola or Vegetable Oil  
 1 ½ Cups All Purpose Flour  
 1 ½ Teaspoon Baking Powder  
 1 Teaspoon Ground Cinnamon  
 ½ Teaspoon Baking Soda  
 ½ Teaspoon of Salt  
 2 cups of chopped, peeled Tart Apples  
 1 cup of Fresh or Frozen Cranberries  
 ½ cup of chopped Walnuts

## Directions:

In mixing bowl, beat the eggs, sugar, and oil.  
 Combine the flour, baking powder, cinnamon, baking soda, and salt; add to egg mixture just until combined (batter will be very thick).  
 Stir in the apples, cranberries, and walnuts.  
 Transfer to an 8-in x 4-in x 2-in loaf pan coated with non-stick cooking spray. Bake at 350 degrees F for 60-65 minutes or until a toothpick inserted near the center comes out clean.  
 Cool for 10 minutes before removing from pan to a wire rack to cool completely.

## CALANDER OF EVENTS

### **January, 2014**

10th: Deadline for points award submissions

11th: Board Meeting, Lexington Medical Center

13: Registration begins for Spring Certification Window

### **March, 2014**

TBA: Spring Conference, Lexington Medical Center

### **April, 2014**

27th: ASPAN National Conference in Las Vegas, Nevada

### **October, 2014**

TBA: Fall Conference, Charleston, SC