



PRESIDENT'S MESSAGE

KEITH SCHUMACHER, BSN, RN

Happy New Year!

As I write this message during the holiday season, I am reminded of some of the things I have been blessed with. There are the obvious things, a great family, good friends, good health, and a job that allows me to help people every day. Then there is the not so obvious thing, the chance to be a part of the ILSPAN Board of Directors. This great group of people does a lot to help the nurses of Illinois and eastern Missouri with nursing issues. We do this through our spring and fall conferences, hosting ASPAN seminars, the Peri-scope newsletter (which won the newsletter competition at the 2009 National Convention), the new E-mail blast (sent between Peri-scope issues), and the development of a research committee that will help nurses fund research projects. Board members encourage careers in perianesthesia nursing by speaking at schools; grade, secondary and nursing. I joined the BOD after receiving an e-mail asking if I would be interested in a position. Before that time, I had very little knowledge of ILSPAN or ASPAN. Fortunately, I accepted and have had a wonderful time attending the conferences, my first ASPAN National Convention, and meeting fellow nurses from all over the state and country.



Become involved

As I have been asking all of you since I started as Vice-President, do not wait for someone to send you an e-mail. Take the initiative and fill out a Willingness to Serve form on page 15 and send it to Sylvia Baker. Believe me, it does not take a lot of your time, it does not take you away from your family, and it does not take away from your job. It **does** give you a chance to know what is happening with ASPAN and ILSPAN, a chance to get involved, a chance to meet and correspond with nurses from all over and, most importantly, a chance to be involved with nursing issues. Another way to be involved is to become a member of an ASPAN committee. ASPAN Committee assignments for the 2010-2011 year are being made now. Check the ASPAN website (www.aspan.org) to find out about the different committees. The ASPAN Willingness To Serve forms for 2011-2012 need to be sent to ASPAN by October 31, 2010.

National Conference Closing Breakfast

At the 2010 ASPAN National Conference, ILSPAN member Kim Kraft, BSN, CPAN, will be installed as

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Treasurer's Report

January 9, 2010

Wanda Ellenburg, MSN, RN, CPAN

Checking account balance: \$18,544.85

Certificate of Deposit \$ 10,000.00

Income: \$4080.29

Expenses: \$5093.06

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NEW ADDRESS

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President's Message

(Continued from page 1)

the ASPAN President. ILSPAN will be decorating for this breakfast. If you are going to conference and would like to help decorate, please e-mail me at kschumacher56@yahoo.com. ILSPAN is honored to have Kim as a member.

You should have gotten your National Conference registration brochure in the mail by now. Encourage those who are not members to go to ASPAN's web site www.aspan.org and check out the information about National Conference. It is a great time and the opportunities for networking are unlimited. See page 13 for more National Conference information and page 12 for information about the ASPAN Development Dream Walk.

Seminars and Conferences

I hope many of you took advantage of the ASPAN seminar that was held in Oak Brook in January. Next up will be the ILSPAN Spring Conference in Winfield at Central DuPage Hospital on March 20, 2010. There are two more ASPAN seminars sched-

Keith Schumacher, BSN, RN

uled, a CPAN-CAPA review in Collinsville, IL on March 27, 2010, and a Pediatric Patients: Small Bodies, Big Differences seminar in Springfield, IL on May 22, 2010. I hope you can attend one or all of these. Information can be found on the ASPAN and ILSPAN web sites. Those of you who have gone to conferences/seminars in the past have found these to be informative and a good review of information.

The Future

As I mentioned in the beginning of this message, I have been blessed with the opportunity to serve on the BOD as President this past year. As this term ends in March and I move into the position as Past-President, I want to again thank all of the BOD members, both past and present, for helping me through the past year. I could not have done it without all of the expertise and knowledge of these members. I look forward to the coming year and getting more involved with government affairs and with ASPAN. I wish all of you a healthy, happy, and rewarding 2010.

Governmental Affairs

Nurses spent the Holidays rejoicing that our voice has been heard. On December 24, 2009, the Senate passed H.R. 3590, "The Patient Protection and Affordable Care Act." According to the ANA website (www.nursingworld.org), the ANA had urged senate leaders to pass this bill. H.R. 3590 will create a system that is responsive to the needs of consumers, provides access to safe, high-quality cost-effective care for all, and recognizes the vital role played by nurses.

Many health systems in Illinois, Missouri, and around the nation are dealing with the extra expense of the uninsured and underinsured using the emergency rooms for conditions that could be treated in the primary care setting. This behavior affects us all each and everyday; using vital resources that could be spent elsewhere in a health system. Although this bill is not perfect, nothing is, it is a step in the right direction of providing cost-effective care for all.

Helpful web sites to look at are www.illinoisnurses.com and www.missourinurses.com.

Kelly Logli, MS, RN



District I Report

Can you believe the holidays are over? It is amazing that 2009 has flown by so fast. ILSPAN is working diligently to provide you with great educational opportunities.



The ILSPAN Spring Conference and General Meeting is being held this year in Winfield, IL located near Central DuPage Hospital on March 20, 2010. Be sure to check your email for the brochure and Save the Date e-blasts.

The application for 7 contact hours is being reviewed by National Office.

Alexis Nicpon, BSN, RN, CPAN

Talks on starting the Chapter in the Chicago land area were put on hold due to the holidays. District I will resume planning when the initial meeting will be. If you would like to be involved with the pioneering of this chapter, please email me your ideas. (Contact information on page 2)

I would like to send a WOW! Wide Open Welcome to the 18 new members to District I. We would love to have your voice and your ideas to help ILSPAN provide new opportunities for your future. Thank you for making that commitment to expanding your career in joining a national organization.

District II Report

Greetings!

On November 14, 2009, I hosted the ASPAN seminar Complexities and Challenges of Perianesthesia Nursing with Denise O'Brien, MSN, RN, ACNS-BC, CPAN, CAPA, FAAN, in Moline IL. Thirty-two nurses attended with one nurse all the way from South Carolina. Those of you who have heard Denise speak know that it was a good seminar.

The local chapter had a joint meeting with AORN on January 7th. Dr. Hass spoke about breast cancer. I wish everyone a Happy New Year!

Debbie Walker, BS, RN, CPAN

Denise
And
Debbie
at the seminar



D. Walker Photo

District III Report

The Winter/Spring ASPAN Seminar in District III will be Perianesthesia Certification Review with Wanda Rodriguez, MA, RN, CCRN, CPAN, as the speaker. This will be held at the Doubletree Hotel in Collinsville, IL. For information, go to www.aspan.org and click on the education link. I am excited to be able to host this seminar in the Metro St. Louis/Southern Illinois area. This is a great chance to brush up for the CAPA or CPAN certification exam.

As always, I look forward to meeting you at educational offerings and at the National Conference this year. If you have never attended one, a

Boni Hart, BSN, RN, MA

National Conference is a great opportunity to network with nurses from all over the country. There are many wonderful educational offerings and you make friends for life!



The ILSPAN Fall Conference, "Perianesthesia Updates", will be held at DePaul Hospital in St. Louis, MO on October 2, 2010. There will be more information posted on www.ilpsan.org as the planning continues.

VICE-PRESIDENT'S REPORT SYLVIA BAKER, MSN, RN, CPAN

I have had quite a time these past couple of months! Fall Conference offered a great opportunity for ILSPAN members (and nonmembers) to experience education at its finest! The Fall Conference Committee did a great job planning, preparing, and presenting great speakers and topics with something being offered for every member.

I have received several applications for National Conference Scholarships. Thank you to each member who took the time to contact me so that I could send you the point sheet, and thank you for taking the time to submit the information needed to get the scholarship. See page 13 for the names of the winners.

Only three applications were received for recertification. When your time comes to recertify, remember that ILSPAN has money to reimburse recipients the amount of their recertification fees. Membership in ILSPAN/ASPAN has many benefits and the Recertification Scholarship is easy to apply for! Your Board of Directors love to return money to our members; take advantage of these opportunities. Scholarship information is printed in the newsletter and found on the ILSPAN web site www.ilspan.org. Keep your eyes peeled for information for future scholarships.



National Conference is quickly approaching and if you have not begun making plans... NOW IS THE TIME! Great educational and networking opportunities abound. Our very own Kim Kraft will begin her reign as ASPAN's President. We would love to have you join in the celebration. Come and take part in Component night and the fun of the entire conference. See page 13 for more information about the conference.

As of November 2009, I completed my course work for my MSN. My goal is being realized to help people join the most trusted profession in the country.

Finally, if you have EVER had the thought or inclination to be part of something bigger than yourself, why not give ILSPAN that consideration? We still have several board positions open. I'd love to talk with you to help you explore your interests and desires. ILSPAN has many opportunities to become involved professionally. Board meetings are open to membership and I invite you to come and see what and how business is done. Involvement with ILSPAN/ASPAN is fun and stimulating. Let us show you what ILSPAN is about. Won't you join us on this journey?

Editorial Comment Marigrace Clarke, RN, CAPA

2010
ASPAN Election
ILSPAN wants your
input for these
elections. Be sure
to read the Jan/Feb
issue of "Breathline"
for instructions on
submitting your
choices.
Submission deadline
is February 28, 2010

2010 the start of a new decade and a new look for *Peri-Scope*. There are templates available, which allowed me to change the design. Since most of the members receive a copy in a PDF format I wanted to make it easy to read on the computer screen and yet still look good when printed. I hope you like the new design. Remember when reading on the computer you can use the zoom at the top of Adobe Reader to make it bigger and easier to read. If you are reading the printed copy that you received in the mail and have an e-mail address, please send it to me at mcrncapa@aol.com.

E-mail is a wonderful communication tool. I hope everyone who has the availability of e-mail looks at their mailbox at least one a week. ILSPAN and ASPAN use e-mail to keep you up-to-date on what is happening. It is a wonderful networking

tool. Remember when using e-mail:

- Always sign your name to your e-mail--I may not recognize your e-mail address
- Always put a subject in the subject line---if I don't see a subject I may delete the e-mail
- Try to use an away message if you are going to be away from your e-mail

There are numerous e-mail etiquette sites to find out more about this subject. Just use a search engine for "e-mail etiquette". At the next ILSPAN Board meeting, I am going to ask about sending the e-mail "blast" newsletters to members without e-mail who contact me. If you are interested in receiving these, please contact me. (Contact information is on the back page of this newsletter.)

2010 ILSPAN Candidates for Office

Complete Bios and photos of candidates at www.ilspan.org Elections will be held at the ILSPAN Spring General Meeting on March 20, 2010. If you cannot attend, vote on line at www.ilspan.org Deadline for online voting is March 10, 2010

Vice President/President Elect—D. Jane Reinschmidt, BS, RN, CAPA works in the Day Surgery Center at Northwest Community Hospital in Arlington Heights, IL, in pre-op, Phase I and Phase II PACU. She looks forward to serving ILSPAN. Her vision for ILSPAN includes expanded membership with representation and involvement throughout Illinois and eastern Missouri. Her passion is education and she believes membership in ILSPAN provides an opportunity for education, networking and meeting nurses with the same interests.

Treasurer—Wanda Ellenburg, MSN, RN, CPAN is manager of a 25 bed Phase I & Phase II PACU at Memorial Medical Center in Springfield IL. As current treasurer, Wanda has converted the paper & pen booking to electronic format using accounting software. This allows quicker and more accurate record keeping. Her goal is to keep ILSPAN in good financial status will supporting educational opportunities for our members.

District II Director—Debbie Walker, BS, RN, CPAN works in the PACU at Trinity Medical Center in Rock Island IL. She serves on the ASPAN Membership and Marketing Committee. As current District II Director, she has started an ILSPAN Chapter in the Quad City area. A future goal as District II Director, Debbie will strive to promote ASPAN membership and certification and to have combined meetings with AORN.

CPAN®/CAPA® News

Congratulations

These ILSPAN members certified in Fall 2009

CAPA®

Judith Ranallo

CPAN®

Barbara Aliod

Julie Dearing

Lonna Hodge

Izabela Kazana

Justine Lutz

Mary Ann Padolina-Ramirez

Laura Pamey

Kim Serrano

Jacqueline Sirbas

Important 2010 Deadlines

Spring Exam registration window is open January 25, 2010 to March 8, 2010. Exam administration window is April 5, 2010 to May 15, 2010

Exams will not be given at the ASPAN National Conference.

Fall Exam registration window is July 26, 2010 to September 6, 2010. Exam administration window is October 4, 2010 to November 13, 2010.

Log on to the ABPANC web site for more information including the CPAN® & CAPA® Certification Candidate Handbook.

ABPANC has a new look on the web site—cpancapa.org Visit the ABPANC Booth in the Exhibit Hall at ASPAN National Conference for CPAN/CAPA ribbons.

CLINICAL PRACTICE CORNER

BY DENISE ALBSMEYER, RN, MSN, CAPA

We all want to do what is best for our patients. While we often think of high body temperature as a danger to our patients, research shows that hypothermia is a more common threat to perioperative patients. A simple nursing skill like assessing body temperature can make a difference in preventing complications, even significant ones like infection or death.

Are we taking these important temperatures accurately? Many of us use tympanic membrane thermometers. However, a new study shows tympanic membrane temperatures do not correlate very well with temperatures taken by other methods (Albsmeyer, 2009).

Did you know the American Society of Perianesthesia Nurses (ASPAN) recently released a new guideline on just this topic? Tympanic membrane thermometers are not recommended for use in the Evidence-Based Clinical Practice Guideline for the Promotion of Perioperative Normothermia (Hooper et al., 2009). Unless you can obtain an invasive core temperature like one taken by a pulmonary artery thermometer, research supports using an oral thermometer to measure temperature (Hooper et al.). Some of the old fear about inaccuracy has been proven wrong—intubation does not affect oral temperatures as long as the thermometer is placed in the sublingual pocket

(Hooper & Andrews, 2006). Eating or drinking is still a limitation, though, so if postoperative patients are eating or drinking, you need to wait to take a temperature, though there is no established standard for how long.

Taking temperature measurements orally follows the best evidence-based practice. To do what is best for your patients, or if your facility just needs some new equipment, look to the guideline from ASPAN and consider oral thermometers.

References:

- Albsmeyer, D. (2009). *Temperature comparison in the perioperative period*. (Master's thesis), Blessing-Rieman College of Nursing, Quincy, IL.0
- Hooper, V. D., & Andrews, J. O. (2006). Accuracy of noninvasive core temperature measurement in acutely ill adults: The state of the science. *Biological Research for Nursing*, 8(1), 24-34.
- Hooper, V. D., Chard, R., Clifford, T., Fetzter, S., Fossum, S., Godden, B., Martinez, E., et al. (2009). ASPAN's evidence-based clinical practice guideline for the promotion of perioperative normothermia. *Journal of Perianesthesia Nursing*, 24(5), 271-287.

ILSPAN Research Grant

The ILSPAN Board of Directors is excited to announce the establishment of a Research Grant for the members of ILSPAN. The Research Grant was developed to promote evidence-based practice within our component and recognize member's efforts toward research.

The application can be found on the ILSPAN website under the Research Corner. Applications must be submitted prior to June 1st to qualify for this year's monies. Only electronically submitted applications will be reviewed.



At the July BOD meeting, the research committee will present application(s) to the Board. Recipients are notified in August and publically announced at the Fall Conference 2010 General Meeting.

Questions should be directed to Linda Beagley or Boni Hart. Contact information on page 2.

ASPAN Component Conferences around the country

October 8-10, 2010 FLASPAN's 41st Annual Conference "Humanity & Technology in Harmony....The Future of Perianesthesia Nursing" Regal Sun Resort, Lake Buena Vista, Florida
Contact Emma Pontenila at cordeliacr@aol.com for more information

September 17-19, 2010 34th Annual TAPAN State Conference "Seeds for Growth, Harvesting Knowledge" Hilton DFW Lakes Executive Conference Center, Grapevine, Texas
Contact Cyndi Mocek at mocek.rn@sbcblglogal.net for more information.

Education Article

Sylvia Baker, MSN RN, CPAN

Clinical Education Options

Learners come to us from virtually an infinite numbers of backgrounds and experiences. Many times it can be a challenge to promote the PACU novice nurse to the practicing expert. The preceptor or educator for the orient must assess the learner for readiness and potential. The information in this article will provide the reader with several potential teaching/learning strategies to aid the learner in achieving safe practice in the PACU setting.

Challenging or unsatisfactory clinical learning experience:

As an educator, one of the most challenging clinical experiences I have entertained was a number of years ago when I was precepting a new orient to the Post Anesthesia Care Unit (PACU). The new orient to the unit had been in the unit for approximately 6 weeks and had been having some difficulty with the frequent assessments that are part of the work of patient care in the PACU. This orient exhibited an inability to properly prioritize patient care and make appropriate changes in her plan. The specific learning goal was to help this orient be a productive team member. As time progressed, I had to change this general goal to be very specific and time related. The specific learning goal became one of having the orient demonstrate appropriate admission process within 5 minutes of the patient arriving in the PACU. A secondary objective was: The orient will verbalize specific actions taken and rationale for those actions.

Explanation of what was challenging or unsatisfactory about this experience:

I believe that what was most challenging or unsatisfactory for this orient was the fact that she was not being successful in her new practice environment. For me, the educator, what made this particularly unsatisfactory for me was my inability to find the right tools to make this orient successful; concern for patient safety when this orient would not take appropriate action to avert potential patient complications. Management found this experience challenging for a couple of reasons: 1. this orient's apparent lack of being self-directed to take the suggestions offered by me and management to change her behaviors; and 2. the time and money involved in orienting someone who is not demonstrating competence.

In terms of its design and implementation, I believe that the learning plan was appropriate since modifications were in place to help promote this candidate's success. Classes were presented at the onset of orientation to provide a solid base from which to learn and grow. Clinical application was provided to aid the orient in applying theory to practice. Feedback was given on a virtually continual basis to this orient. I, as the educator felt exhausted at the end of every shift with this orient as I worked very hard to role model, instruct, and give feedback on appropriate prioritization and rationales. In addition, I worked very hard to not demonstrate my degree of frustration with the apparent lack of progress with this orient. The problems encountered with this particular orientation experience were basically due to personal issues with the orient. In an attempt to provide another perspective to the orient's experience another preceptor was engaged to assist with this process; the same observations and concerns were raised by the second preceptor.

Different approach to this learning situation as an educator now:

If this situation were to be brought to me now, I would propose a very detailed assessment class with immediate return demonstration in a skills laboratory. Bradshaw and Lowenstein state, "Questions about new procedures or concepts can be answered and discussed promptly without the constraints of a fast-paced patient care area" (pg. 316). This process would have allowed the orient to process information in a more appropriately timed manner for her. In addition, by using a skills lab, instruction is directed to a wide variety of student learning styles (Bradshaw and Lowenstein, pg. 317) and that just may have been the learning tool that would have offered this orient a degree of success. Stokes & Kost note that, "Effective clinical teachers are able to plan, facilitate, and evaluate experiences using instructive, evaluative, and interpersonal strategies" (pg. 296). As the educator in this situation, I feel that I truly attempted to provide this orient with many tools to promote success. I would still assign this orient with a preceptor to guide and mentor her transition into a PACU nurse.

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Education Article

(Continued from page 8)

Another strategy that I would implement at this time would be presentation of an event card as described by Michele Deck in the video *Teaching Strategies for Nurse Educators* (Laureate Education, Inc., 2005). This strategy would allow the orient to read a brief scenario and think through appropriate nursing actions and rationale, which would promote critical thinking (something that seemed to be lacking in this orient's "tool box"). In actuality, I did present this orient with the opportunity to read some brief scenarios and then write her priority care activities with rationale. We reviewed her answers at the end of several days of working. Thinking retrospectively, perhaps we would have been better off to begin our day with this type of activity in an effort to prepare her to think more proactively in the expectations of her care delivery.

In conjunction with the event cards, providing this orient with the opportunity to make use of a human patient simulator (if one was available) would be a method that could be used to teach psychomotor skills and critical thinking (Stokes and Kost, pg. 293). This would have promoted learning in a safe environment without exposing real patients to potential dangers.

Using reflective thinking as a strategy in this learning experience:

Reflective thinking holds many advantages for the learner as well as the educator. To take full advantage of this strategy, the development of a safe environment must be provided for disclosure. "In addition, reflective practice is an effective method of staff development. ... This method would provide the novice with a safe environment within which to develop his or her own tacit knowledge" (Bradshaw and Lowenstein, pg. 143). By providing a safe venue, the orient would feel comfortable expressing securities and insecurities in care delivery, thoughts, and processes. The orient would feel safe asking questions, and receiving, and giving constructive feedback.

While this practice is very essential for students, it also holds major significance for the educator. The educator (or facilitator) "encourages students to move beyond superficial examination of interactions toward a level of critical reflection in order to de-

velop their own tacit knowledge" (Bradshaw and Lowenstein, pg. 143). In an honest effort to promote student participation in reflective thinking, the educator should be well versed and comfortable in this strategy, demonstrating authenticity to the orient.

Reflective thinking may well have been beneficial to the orient in this situation. To implement this strategy with this orient, I would establish private meetings at regular intervals, perhaps once weekly. I would also incorporate the manager in an effort to promote complete communication with the orient and management. Everyone involved would be seated at the same level in an effort to promote equality of everyone involved; ground rules, including confidentiality would be established and enforced. The orient would understand that this process is in place to help him/her succeed. Bradshaw and Lowenstein discuss several potential problems in utilizing this strategy and in this case; the problem that this orient had was difficulty expressing herself. Reflective thinking allows students to evaluate situations without assuming blame. Roles and Russo note that reflection "provides a feedback loop between teacher and student so teaching emphasis can be modified to enhance student learning (pg. 254).

References:

- Bradshaw, M. J. & Lowenstein, A. J. (2007). *Innovative Teaching strategies in nursing and related health professions*. Sudbury, MA: Jones and Bartlett.
- Laureate Education, Inc. (Executive Producer). (2005). *Teaching strategies for nurse educators* [Video recording]. (Available from Laureate Education, Inc. 12975 Coral Tree Place Los Angeles, CA 90066-7020).
- Rowles, C. J. & Russo, B. L. (2009). Strategies to promote critical thinking and active learning. In Billings, D. M. & Halstead, J. A. (Ed.), *Teaching in nursing: A guide for faculty* (3rd ed.). St. Louis, MO: Elsevier Saunders .
- Stokes, L. G. & Kost, G. C. (2009). *Teaching in the Clinical Setting*. In Billings, D. M. & Halstead, J. A. (Ed.), *Teaching in nursing: A guide for faculty* (3rd ed.). St. Louis, MO: Elsevier Saunders .

Board of Directors Meeting Minutes (Synopsis)

(Complete Text on the web at www.ilspan.org)

10/02/2009

Rock Island IL

ATTENDANCE: Keith Schumacher, Debbie Walker, Boni Hart, Wanda Ellenburg, Kim Kraft, Marigrace Clarke, Linda Beagley, Alexis Nicpon, Kelly Logli, Sylvia Baker
Absent: Kathy Harris
Guest: Judi Werkema

UNFINISHED BUSINESS

Initiate planning for next Fall Conference—Boni has some ideas for the conference. She will work with Darlene Meyer to hold the conference DePaul Medical Center in Saint Louis, MO.

Spring Conference Plans-- Alexis is finalizing the outlines, evaluations, and brochure. Discussion was held concerning speaker contract. The policy and contract were reviewed. Sylvia encouraged Alexis to work out a budget using the form in the policy section.

Audit report/per Diem expense—Completed August 22, 2009 by Marigrace Clarke, Kathy Harris and Wanda Ellenburg. The audit reviewed the books from July 1, 2008 thru June 30, 2009. A report with recommendations was given. A copy of the audit will be attached to the minutes.

Officers/Directors nominations—Open positions for next year are Vice-President/ President-Elect, Treasurer and District Director II. Sylvia encouraged board members to recruit potential nominees. Wanda agreed to run again for a second term.

General membership meeting agenda—An agenda for tomorrow's general meeting was developed.

PANAW plans/activities—Linda will request a proclamation from the governor. Sylvia will draft an article on perianesthesia nursing for the board to submit to local papers. Other board members are planning activities.

Gold Leaf Award review—Keith reported on the review of ILSPAN's Gold Leaf submission. ILSPAN was awarded 111.3 points. We did not receive any points for research committee, research education, ASPAN co-host program, and community programs. Many of the deficiencies are being addressed in our strategic plan.

Evaluate strategic plan—the plan was reviewed and updated.

Research grant—Linda has been in contact with Kathy Deleskey to see how ASPAN will grade grant applications and returning money if the researcher is not able to complete the requirements. Linda and Boni will use the ASPAN form as a resource for a grading system for the ILSPAN application. It was determined that two job descriptions are needed, one for the chairperson and the committee. Linda and Boni will complete the job descriptions prior to the next board meeting.

NEW BUSINESS

Community service—Keith would like to see ILSPAN to increase the organization's participation in community service. He discussed some possible ideas like a blood drive. No decisions were made.

CDI—Sylvia reported that the CDI was very interesting. A couple of things that she brought back home were:

Hold BOD meetings via conference call or use a service such as Freeteleconference.com or Go-to-meeting. This is an intriguing idea as it would be a great way to make better use of time and save ILSPAN money. Sylvia thinks this format would also prove more time efficient for us since we would have to follow a tightly controlled means of communication.

Technology can be your friend when it works, but can also cause some major obstacles when it does not work the way you had envisioned or expected.

The ASPAN website has a wonder of helps and supports. Go in and explore its capabilities. Sylvia encourages all to explore all the tabs, the Forum is a great to ask and answer questions.

When delivering a presentation, the learners gain a great deal more if there is a variety of learning strategies. Presentations that have many slides and/or many objectives overwhelm the learner, then they lose interest, and everyone's time is wasted.

Include mentoring in succession planning.

Respectfully Submitted Linda Beagley, MS, RN, CPAN ILSPAN Secretary

ASPAN REGIONAL DIRECTOR ARTICLE

MARTHA CLARK, MS, RN, CPAN

Reflections on a Successful Life

It is difficult for me to believe that another year has passed, but even more difficult to realize that another **DECADE** has passed! Do you remember when everyone was worried about Y2K? It seems like yesterday. I began planning this article in mid-November and thought advocacy would be an excellent topic, since the ABPANC Advocacy Award deadline is February 1, 2010 however, an event on December 14, 2009 changed my mind.

On December 14, I attended the funeral of my next-door neighbor, Carl. As I left the service, a card bearing Carl's photo was placed in my hand. My first thought was, "Oh that's nice". I flipped the card and was surprised to find a poem. As I read the poem, it touched my heart and I felt it should be shared.

A few things need to be said about Carl before sharing the poem. Carl received a diagnosis of esophageal cancer in April 2008. He was determined to fight the cancer and survive. In his quest for survival, Carl was steadfast in his desire to find the best hospital and surgeon to remove the diseased esophagus. Carl searched the intranet and chose a highly rated surgeon experienced in procedure he required, esophagogastrectomy. The chosen hospital was highly regarded even though the surgeon and hospital were 250 miles from his home and family. Carl's attitude was positive as he moved toward his surgical date. Carl expected that he would only be away from home "a few weeks". I knew then that even though Carl had searched the intranet, he was not educationally prepared for post op care. I attempted to prepare him without success. However, I was able to prepare Carl's ex-wife for the overall surgical and post surgical experience. She remained at his side and supported him throughout the weeks of rehabilitation.

Carl returned home two months after his surgery. He was so happy to have the surgery behind him and was radiant, even though he had lost a tremendous amount of weight. Over the next 15 months, I gave Carl his monthly Vitamin B-12 shots, observed his figure shrinking, encouraged different diets/supplements, and advocated for him to convince his surgeon that he was unable to swallow. After CT scans, Barium swallows, and EGDs, physicians told Carl they could not find any sign of cancer

and that he should "find another way to eat". He eventually resorted to tube feedings via a J-tube and did gain weight.

On a Saturday morning in early December, I received a call from Carl. He asked if I could come over with my stethoscope and listen to his lungs. I replied that I did not need a stethoscope that I could hear his breathing through the phone. After arriving, I insisted that Carl call his ex-wife and she in turn sent their son to check on him. It took all three of us to convince Carl to go to a local hospital emergency room. A thoracentesis was performed and esophageal cancer cells were identified in the fluid. Carl never returned home. Carl did leave me with a beautiful poem, which reflects on how to lead a successful life. Please read and enjoy the poem as I have.

A SUCCESSFUL LIFE

By Ralph Waldo Emerson

To laugh often and much:

To win the respect of intelligent people and the affection of children:

To earn the appreciation of honest critics and endure the betrayal of false friends:

To appreciate beauty:

To find the best in others:

To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition:

To know even one life has breathed easier because you have lived:

This is to have succeeded.

As another year passes and another year begins, I encourage each Region 3 member to adopt some of the passages in this poem by Ralph Waldo Emerson. Look around, recognize the best in fellow staff members, and serve as advocates to those who are in need.

Welcome New ILSPAN Members who joined September through December 2009

District I

Barbara Alliod-North Riverside
Cynthia Anderson-Arlington Heights
Jeane Balauskas-Oak Forest
Dena Boehm-Elizabeth
Shirley Easley-Sugar Grove
Fatima Garcia-Chicago
Nancy Gerretse-Palos Park
Elizabeth Hain-Buffalo Grove
Karen Halfen-Glenview

District I

Lisa Kordas-Wadsworth
Justine Lutz-Grayslake
Mary Ann Padolina-Ramirez– Chicago
Deb Paulin-DeKalb
Vicky Real-Elgin
Lisa Ricklefs-Niles
Yvonne Terry-Winfield
Steven Thill-Chicago

District II

Laurel Hauman-Rock Island
Cindy Humes-Galesburg
Colette Kissling-Coal Valley
Heidi Phillips-Petersburg
Noreen White-Atkinson

District III

Michelle Bujnak-St. Louis MO
Paula Hallam-St. Peters MO
Charlene McCracken-O'Fallon
Kim-Chi Vo—APO

February 1-7 2010 Proclaimed PANAW Week by IL Governor Quinn

To download a copy of the proclamation go to the ILSPAN web site www.ilspan.org



ILSPAN PANAW Award

Criteria include education, professionalism of the unit, and team spirit. If you celebrated at your workplace submit your itinerary and events. You could win a monetary award for your unit. Postmark deadline for submission is February 28, 2010. Send entry to: Kathy Harris, RN, CAPA, ILSPAN Membership Chair, 4114 Ninety First Ave, Florissant, MO 63034 E-mail: kharris429@yahoo.com

15th Annual ASPAN Development Dream Walk Sunday, April 18, 2010

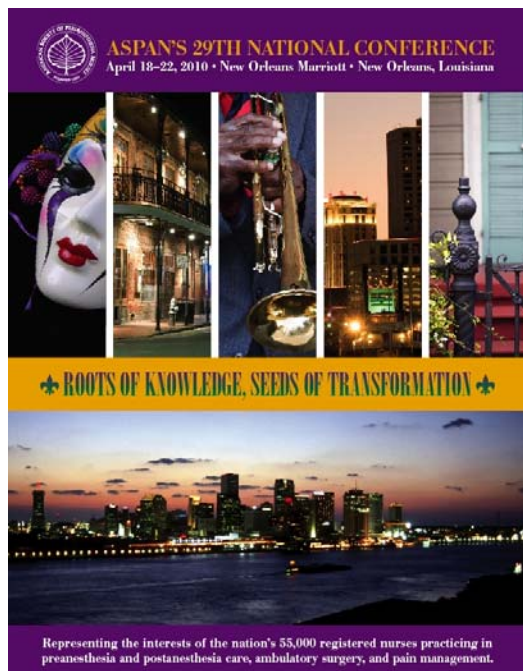
ASPAN Development provides funds for Scholarships, Public Awareness and Education and Awards for ASPAN members. Each year the monies raised at the Dream Walk supports these purposes. This year you can join in raising funds even if you cannot attend the walk.

Start now to obtain sponsorship from family, friends and colleagues. Dream Walk awards will be given to the individual raising the most money, the component raising the highest monetary amount and the component with the largest number of walkers. See what you can do to help.

More information and the pledge form can be found on pages 22 and 23 of the ASPAN National Conference Brochure. The sponsorship form can also be downloaded from the ASPAN web site at www.aspan.org.



ASPAN NATIONAL CONFERENCE 2010



On line registration at www.aspan.org

New Orleans Marriott Hotel
555 Canal Street
New Orleans, LA
504-581-1000
Reservation Cut-off Date March 9, 2010

ILSPAN National Conference
 Scholarship Winners

Mary Cochran Amy Matthews

Alexis Nicpon Debbie Walker

Jan Ridder Excellence in Clinical
 Practice Award Winner

Kathy Harris

Important ILSPAN Events at National Conference

Sunday, April 18, 2010 Component Night "Laissez Les Bon Temps Rouler" Let the good times roll. Interested in coming in costume with ILSPAN or creating a "Float" for the Mardi Gras Parade—Contact Linda Beagley, ILSPAN Secretary at beagley@ameritech.net

Tuesday, April 20, 2010 ILSPAN Social Get-together Watch the bulletin board near registration to sign up for this evening event with ILSPAN members.

Thursday, April 22, 2010 Closing Ceremonies: Presentation of Awards

Kim Kraft, BSN, RN, CPAN, ILSPAN member, will be installed as ASPAN President and give her Presidential Address. ILSPAN is in charge of decorating for the breakfast this morning. We need your help for this. If you are attending conference please contact Boni Hart at bhart59533@aol.com and offer to help. You can contact any Board member on page 2 with questions.

Volunteer Opportunity at National Conference

To be an ASPAN Shoppe worker contact Marigrace Clarke at mcrncapa@aol.com

For Host/Hostess assignments contact Clara Bourdeaux at 337-984-2665 or cboud60@aol.com

For information about being a moderator contact

Myrna Mamaril at 443-904-7360 or memamar@aol.com

Spotlight on ILSPAN Members

District I



Judi Werkema, BAN, RN, CAPA is currently a RN I at Central DuPage Hospital in West Perioperative Services. In May 2009, she received

this recognition of her achievements in attaining the RN I level of the RNs in search of excellence career advancement program at CDH. The RISE program recognizes her desire to grow both personally and professionally. She is the chairman of the Perioperative Clinical Practice committee and an active member of the Housewide Clinical Practice committee and Nursing Peer Review Committee. She is involved with several research projects at CDH including the MRSA screening process for pre op patients.

Judi has been a nurse for 30 plus years. Her career includes critical care and management. She worked part time in preop holding while raising her children. With her children now grown she has transitioned from part time to full time and into the PACU/SDS arena.

Judi said, "I guess I do show how as a RN you can go from part time while raising kids and then do more as they get older — even at 50 you can get certified! The profession of nursing is incredible for its flexibility and options. There are always opportunities to grow in some way!"

Judi is married with three children. She is an avid quilter and on the Board of Directors for her church in Wheaton.

District II



Becki Maxson received her Diploma in Nursing in 1973 from Moline Public Hospital. In 1978, Becki obtained her BSN from Marycrest

College, and in 1983, she received a M.S. from Northern Illinois University.

Becki started her nursing career as a float R.N. and has worked PRN in PACU for twenty-one years. Becki is a Professor of Nursing, having worked six years part time and full time for the last ten years at Black Hawk College.

Becki has two sons and a significant other. This year she has had two foreign exchange students living with her from Finland and Germany. Some of her hobbies include reading books from favorite authors Anne Rice and Stephen King and traveling anywhere warm. She is also a swimming, water exercise instructor, and lifeguard. Becki is active in the Relay for Life, teaches CPR and ACLS classes. Her favorite quote is Live Well, Laugh Often, and Love Much.

**See page 15 for the
"Spotlight"
on a new ILSPAN Member**



District III



Beth Hankamer BSN, RN, Clinical Educator at Children's Hospital in St. Louis MO graduated from the diploma-nursing program

at Deaconess School of Nursing in 1981. She earned a Bachelor's in Health Care Management in 2002 and a Bachelor of Nursing in 2006 from Webster University. She expects to complete her Masters in Nursing Education in May 2010. Beth's obvious love for educating her co-workers in healthcare is apparent when you talk with her.

Beth worked in Children's Operating Room for 20 years before becoming the Clinical Educator for Same Day Surgery and the PACU. She has served on numerous committees, including the house-wide Quality Improvement (QI) Committee, co-chairing her unit's QI and Education Committee. She is a member of the Nursing Research Committee at Children's. Beth is working on a research project of her own related to finding the best teaching strategies for the perioperative nurse.

Beth joined ASPAN/ILSPAN because she felt it was important to belong to the organization, to understand the standards of care and to incorporate them into her care. She feels it is important for ILSPAN to continue providing quality education and enjoys the networking opportunities provided by her membership.

New Member



Karen Halfen, RN has worked 15 years in ICU, 3 years in CCU, 2 years in ER and 11 years in PACU. She is currently a staff PACU nurse at Evanston Hospital, which is a branch of the Northshore University Healthcare System. Karen serves on the Liaison Committee between ASU and PACU. Karen says, "I joined ASPAN to gain more knowledge in what other hospitals throughout the US are doing in their units. I am looking forward to ILSPAN newsletters in order to keep current with events happening in Illinois hospitals."



**ILSPAN
Willingness to Serve Form**

Name _____

Address _____

City, State, Zip _____

Home Phone _____

E:mail _____

ASPAN Membership # _____

Place of Employment _____

Please circle position of interest:

- BOD position _____
- Editor/publication committee
- PR/Marketing
- Computer networking

Previous experience that will help me:

My goals for this position:

Questions I have:

Submit form on line at www.ilspan.org or mail to:

Sylvia Baker, MSN, RN, CPAN

2424 N Keith Road

Winnebago IL 61088-8600

E-mail: rekab4@hotmail.com

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mcrncapa@aol.com

ILSPAN Mission Statement

ILSPAN exists to promote quality and
cost effective care for patients, their
families, and the community, through
public and professional education, re-
search and standards of practice.

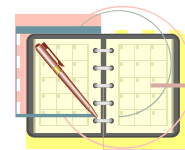
ILSPAN Web Page

www.ilspan.org

Web Editor: Kim Kraft, BSN, RN, CPAN

E-mail: kmkcpan@swbell.net

Looking Ahead.....



ILSPAN Spring Board Meeting, Winfield, IL.....March 19, 2010

ILSPAN Spring Membership Meeting & Conference, Winfield Town Center

(part of Central DuPage Hospital) Winfield, IL.....March 20, 2010

ASPAN Seminar, Perianesthesia Certification Review, Collinsville, IL.....March 27, 2010

ASPAN 29th National Conference, New Orleans, LA.....April 18-22, 2010

ASPAN Seminar, Pediatrics: Little Bodies, Big Differences, Springfield, IL.....May 22, 2010

ILSPAN Summer Board Meeting, Springfield, IL.....July 17-18, 2010

ILSPAN Fall Board Meeting, St. Louis, MO.....October 1, 2010

ILSPAN Fall Conference, St. Louis, MO.....October 2, 2010

Check the ILSPAN and ASPAN websites for additional details, dates and activities.

www.ilspan.org or www.aspan.org

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