



PERI-SCOPE

ILSPAN

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Fall 2010

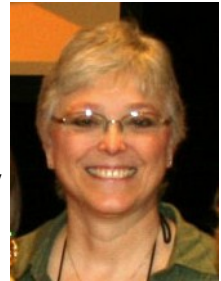
ILLINOIS SOCIETY OF PERIANESTHESIA NURSES

PRESIDENT'S MESSAGE

SYLVIA BAKER, MSN, RN, CPAN

Transformations.....

This past year has been transformational. The country has experienced numerous (if not unnumbered) changes, ASPAN has experienced a change in leadership, and ILSPAN has experience change, working to promote research and community service. As an individual, I have experienced change, not unlike many of you. I write this thinking about the transformation I have undergone since graduating with my MSN in January. It is expected that transformation or change create stress to be dealt with.



Recently, I enjoyed the transformation from expert to novice as I began a new career as an educator of future nurses. There is a great deal of research in moving the novice to expert, but how much has been done to evaluate the feelings and reactions in moving from expert (which I am in the perianesthesia setting) to novice (which I currently am when I lead students in the clinical setting on a medical unit)? What an eye-opening experience this is for me!

Medical/Surgical Nursing I is a far distance from PACU Phase I nursing. After practicing for over 20 years in the PACU, this transition has been challenging. If you have been "practicing" for some time, try to think back to your days as a student and your primary concerns. Were you anxious about documenting the right thing in the right place, making an appropriate and timely assessment, notifying your instructor/core RN about something that you had discovered, caring for a patient whose care needs exceeded your skills and knowledge base? How did you handle those concerns? The "baby nurses" in school right now are feeling those very same concerns...and I am led to wonder: how can we, as experienced nurses, support this mass of knowledge that must be accumulated? It is a monumental thought and one that helps me to see this experience as transformational for me, as well as my students.

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Treasurer's Report

September 29, 2010

Wanda Ellenburg, MSN, RN, CPAN

Checking account balance \$27,642.80

Certificate of Deposit \$10,851.57

An audit of the ILSPAN finances was done on August 14, 2010 by the audit committee. To view a copy of the audit, contact a member of the ILSPAN Board of Directors (contact information below).

**ILSPAN
Web site
www.ilspan.org**

**Minutes from
ILSPAN Board
Meetings can
be found on the
web site.**

NEW ADDRESS

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President's Message

(Continued from page 1)

As the summer comes to a close and fall brings the transformation of growing to harvest, so too, this organization is experiencing transformation. Summer allows time for crops to grow and ILSPAN has grown over the summer, not only in membership numbers, but also in educational offerings. ILSPAN continues to provide exceptional educational conferences and seminars, for you the members. Several ASPAN Seminars were held throughout the state recently. The ILSPAN Fall Conference in St. Louis was attended by 53 nurses. The next ASPAN Seminar will be in Oak Brook in November. Check the ILSPAN web site, www.ilspan.org under education for more information. Next spring the Chicago-land area will have the benefit of hosting the ILSPAN Spring Conference. Please watch your newsletters and e-mails for additional information about this conference. Plans are to offer additional ASPAN Conferences in 2011 throughout the state. I encourage you to seriously consider these opportunities, become a sponge, and absorb the knowledge offered through these venues.

Another transformation occurring is the activity that ILSPAN and ASPAN are placing on the aspect of research. Do you have a research idea or

Sylvia Baker, MSN, RN, CPAN

know of someone interested in performing a study that has the potential to affect perianesthesia nursing? If so, look at ILSPAN's new policy on research, (under the research tab on the web site). ILSPAN has budgeted for a research grant to help interested nurses achieve their dream of making an impact on perianesthesia nursing.

Active involvement is one way for you to experience transformation. Not only will you learn a great deal, you will gain wonderful networking and mentoring experiences. Please take the time to fill out an ASPAN Willingness-to-Serve Form for 2011-2012 (found on the ASPAN web site www.aspan.org under ASPAN Highlights), and join an ASPAN committee for 2011-2012. The deadline is October 31, 2010.

So, as you transition from one experience to another this fall, I encourage you to look at the opportunities offering themselves to you and make the most of those transitions to help you become the nurse you want to be!

Happy Fall, joyful opportunities,
and blissful transitions!



Governmental Affairs

Keith Schumacher, BSN, RN



The Illinois Department of Public Health (IDPH) rule on PACU visitation has gone through legal review and was successfully voted on with changes intact by the Public Health Licensing Board. It was sent back to legal review and should not be there long since there were no changes. It will then be put on the IDPH website for public comment for 45 days. If that time passes with no problems the rule will be voted on to become official. Watch the ILSPAN website and for e-mail blasts to let you know when to comment on the change.

ASPAN and other nursing organizations have been asking the Illinois Congress to support the Title VIII programs that help fund nursing education and the supply and distribution of nurses to rural and underserved areas. This will be important as more Americans have health insurance available to them because of the health reform law.

The Illinois Department of Financial and Profession Regulation has reached agreement with the U.S. Drug Enforcement Agency so that Advanced Practice Nurses and Physician assistants can apply for the right to prescribe limited doses of what is known as Schedule II drugs. Their prescription rights will be limited to any five of these drugs. There are other guidelines that have to be met before privileges are granted. Go to www.IDFPR.com for information on how to get or renew a controlled substance license before a DEA permit can be obtained at <http://www.deadiversion.usdoj.gov/drugreg/index.html>.

District I Report

The ASPAN 2010 Summer/Fall Seminar *Perianesthesia Nursing: A Systems Review of Pathophysiology*, presented by Kim Noble, PhD, RN, CPAN will be held in Oak Brook IL on November 6, 2010 at the OakBrook Hills Marriott Resort. Contact hours for this seminar are 7.25. The application can be found on the ASPAN web site www.aspan.org under the Education tabs-ASPAN provided seminars.

District II Report

Thank you ILSPAN for the opportunity to attend the ASPAN Component Development Institute (CDI), "Turning Potential into Practice" on Sept.10-12, 2010. Attending CDI was like attending a small-scale national conference. I was able to network with other component leaders to discuss topics for professional and component leadership. There were great breakout sessions including budgets, membership reports, web-based newsletters, and conference planning. All of the knowledge will be quite beneficial as your District Director in planning for the 2011 ILSPAN Fall Conference. The CDI was held in Louisville Kentucky, home of the Louisville

District III Report

Summer was busy in District III. In June, members started volunteering at the Peter and Paul Homeless Shelter in St. Louis. From 6 to 9 PM, on the last Wednesday of every month, we assist up to sixty homeless men by handing out blankets, toiletries and serving dinner. It feels good to give back some of the blessings we sometimes take for granted. I hope more members get the chance to participate in this activity. The next day to volunteer is October 27, 2010. If you can help, please contact Marigrace Clarke who found this worthy cause for ILSPAN. Contact her for information and directions at MCRNCAPA@aol.com.

In July, the ILSPAN Board met in Springfield IL, reviewing the bylaws, policies and procedures. It is not too soon to be thinking about stepping up to serve as a chairman or officer for ILSPAN. This is a good way to become involved and learn how you can be an advocate for your perianesthesia patients. I will be happy to discuss this opportunity with you (along with some encouragement).

Alexis Nicpon, BSN, RN, CPAN

The ILSPAN Spring Conference will be held at Swedish Covenant Hospital in Chicago land area tentatively in March 2011. Possible topics will include thoracic imaging, pediatric pain, and airway complications neuro updates, herbal medications and the IDPH PACU visitation changes. Contact me if you know of someone you would like me to contact as a possible speaker for this conference. (Contact information on page 2.)

Debbie Walker, BS, RN, CPAN

Slugger. My flight arrived early on Friday morning allowing time to visit the factory and practice my swing. (See page 9 for my best pose as a slugger!)

The ILSPAN Quad Cities Local Chapter will be volunteering on Oct.7, 2010 at the October Fest. The Quad Cities Chapter will also be joining the critical care group for a combined meeting. I encourage everyone to get involved by attending a conference, journal club, or even better, take the certification test.

Boni Hart, BSN, RN, MA

The summer ended at ASPAN Component Development Institute (CDI) in Louisville, Kentucky September 10-12, 2010. It was an inspiring weekend that I hope will help me serve you better as District Director. I am always available to discuss your involvement with ILSPAN and the opportunities that exist for your practice and education with ASPAN. Please contact me at any time. I mean that! (Contact information on page 2.)

The Fall Conference was a success with Dolly Ireland, MSN, RN, CAPA, CPN as our featured speaker. She provided a full day of perianesthesia wisdom for attendees. If you missed it, I hope you'll get the opportunity to hear Dolly some time. She is a gifted speaker who is passionate about what she does. Thanks to Darlene Meyer, BSN, RN, CPAN for co-chairing the conference with me, as well as committee member, Cynthia Montejo, RN, BSN. Special thanks to Wanda Ellenburg, MSN, RN, CPAN for her help.

Vice-President's Report *Jane Reinschmidt, BS, RN, CAPA*

Summer is ending—autumn is upon us; another transition season is arriving. This transition reflects a time of change. In our nursing practice, as well as in all aspects of healthcare, the phenomenon of change is our norm. The status quo does not exist. We are either moving ahead or falling behind. ASPAN/ILSPAN can be the way for each of us to keep up with change; keep our practice current.

In September, I was privileged to attend ASPAN's three day Component Development Institute (CDI) in Louisville, Kentucky with two other ILSPAN board members. We learned about Strategic Planning, Conference Planning, Team Building, Bylaws, Policies, and Procedures. I believe that we ended the three days with information that will strengthen your state component. ILSPAN exists for you, the membership. The ILSPAN Board meetings are open to all members, why not come to one. Help us to provide what you need. (See page 16 for dates of these meetings.)

A particularly appropriate session at CDI was on the topic of using ASPAN Standards to advocate for our practice. I recently ordered my copy of the *2010-2012 Perianesthesia Nursing*

Standards and Practice Recommendations. What better way can we help to guide the changes with which we are constantly being bombarded? Are we finding ways to be pro-active in keeping our clinical areas the best they can be for our patients? Let the ASPAN Standards be your ally. Be sure to order your own copy of these standards and practice recommendations on the ASPAN web site, www.aspan.org.

Another way to keep our clinical areas the best they can be for our patients is to have the best-prepared staff caring for them. Think seriously about specialty certification. Is there a stronger way to demonstrate commitment to your professional practice? In this time of tight budgets, do not forget to apply for scholarship money to finance your certification or re-certification. Check the ILSPAN website for scholarship information www.ilspan.org.

As Vice President of ILSPAN, I chair the ILSPAN Nominating Committee. Please consider filling out a Willingness-to-Serve form for the 2011 election. See page 15 for both the form and the positions for which we are seeking nominees.

ILSPAN PANAW Award February 3-7, 2011

Celebrate and Win!!

Criteria include education, professionalism of the unit, and team spirit. Plan events and celebrate. Submit your itinerary, events, and photos too. You could win a monetary award for your unit. Deadline for submissions will be February 28, 2011.

Send entry to:

Kathy Harris, RN, CAPA

ILSPAN Membership Chair

4114 91st Ave

Florissant, MO 63034

Questions??? E-mail to:

kharris429@yahoo.com

Editorial Comment

Marigrace Clarke, RN, CAPA

Have you ever looked at the Division of Professional Registration web site for Illinois or Missouri? The Nurse Practice Act is found there in addition to other information. Finding the site is easy by typing in www.il.gov or www.mo.gov and searching for the division of professional registration.

Recently searching around on the sites I found a few interesting facts. For renewal of professional registered nursing license in Illinois in May 2012, each RN will have to have completed 20 hours of approved continuing education.

On the Missouri site is the description of Missouri's Nurse Licensure Compact (NLC) that became effective in June 2010. This compact is mutual recognition by the National Council of State Boards of Nursing allowing a nurse to have one license issued by his or her state of residence and practice in other states participating in the NLC. There are 24 states belonging to the NLC. Illinois is not in the NLC.

It is a good practice to look at the information on these sites to be sure you are practicing within the regulations set up by your state of licensure. Take some time and look around at the sites to keep yourself informed about what is happening in the profession. You will be glad you did.

Have a beautiful fall season!



2010 Fall Conference

SPRING



ILSPAN will be hosting a Spring Conference at Swedish Covenant Hospital in Chicago IL in March of 2011. Watch the ILSPAN web site for more information. The winter issue of Peri-Scope will have complete information.



Conference Committee—Boni Hart, Darlene Meyer, Cynthia Montejo and Wanda Ellenburg



Thanks to all ILSPAN Members for the donations for the Peter and Paul Homeless Shelter.



Ellie Carlburg & Keith Schumacher at the ABPANC table



Treasurer Wanda Ellenburg presents Fall Scholarship check to JoEllen Fowler



Drawing winners
Sue Lombardo Kramer & Sylvia Baker



Martha Clarke & Speaker Dolly Ireland at the ASPAN Table

Photos from M. Clarke

Mission Trip to Naivasha, Kenya by Linda Beagley

There is a saying among missionaries “mission will break your heart and ruin your life forever.” My heart is not broken but it definitely is not the same after completing my fourth mission trip to Kenya. The mission group included medical, pastoral and construction members. The two-week trip was successful. We completed 125 surgeries, 300 clinic visits and built 4 simple homes.

For many, medical care would not be possible without the efforts of our health team. Patients came from great distances with the hopes that we could help them. One woman had urinary incontinence for ten years since the delivery a baby. She will now remain dry after a fistula repair. Another patient came with a draining wound. He had broken his femur nine months earlier developing osteomye-

litis. Unable to obtain cultures of the wound due to lack of equipment, he was started on antibiotics and three days later, he was scheduled for an incision and drainage of the wound. He was sent home with instructions on how to pack his wound and continue antibiotics.

We were short of nurses but nothing compared to the female ward where one evening the ward had one nurse and one nursing assistant for 56 patients. I returned home from my trip thankful for the vast healthcare resources available here in the United States, that I was able to serve the people of Naivasha Regional Hospital and thankful for just being home. I also want to thank ILSPAN for supporting this mission trip

Clinical Practice Corner**Sylvia Baker, MSN, RN, CPAN**

A frequently asked question is: What is the recommended length of time to wait before transferring a patient out of Phase I following a last dose of IV analgesics?

ASPAN does not have any specific standards or practice recommendations to answer this question. In answering, I would first recommend that you keep patient safety foremost in your mind and plan of care. Since each patient metabolizes medications differently, it seems a good plan to monitor the patient closely for pain control as well as sedation, and respiratory rate and rhythm. The next issue to carefully consider is the half-life of the analgesic in use. I considered it appropriate to monitor my patient for the time frame of the half-life of the medica-

tion used. In the 2nd edition of *PeriAnesthesia Nursing Core Curriculum: Preprocedure, Phase I and Phase II PACU Nursing*, pages 534-536, there is a table regarding dosages and plasma levels of various opioids that could be used for reference. Your institution's policy regarding monitoring after opioid administration needs to be followed. In my organization's PACU, the policy states that the "PACU Phase I nurse will monitor the patient for at least 10 minutes after the last dose of opioid prior to discharging." This generally is not a problem because the nurse must also get the patient ready for discharge and call report, providing ample time to still monitor the patient and "tie up loose ends" before discharge.

CPAN®/CAPA® News

**Congratulations to these ILSPAN Members
who certified in April 2010**

CPAN

Insook Chea, Skokie
Jeanine Gray, Oak Lawn
Heidi Phillips, Petersburg
Amy Pusavc, Forest Park
Christine Pyburn, Downers Grove
Sonja Tudor, Frankfort
Antonia Villaneueva, Carol Stream
Christopher Werner, Florissant MO

CAPA

Jean Balauskas, Oak Forest
Mary Cunningham, Westchester
Jill Hoff, Mount Prospect
Susan Johnson, Northbrook
Laura Pamay, Grayslake
Donna Schutte, Quincy
Amy Springstead, Blue Island
Barbara Stine, Wadsworth
Joann Sugg, Carlyle

If you certified or recertified in 2010 you are eligible for the ILSPAN Certification or Recertification Scholarship. Information about these scholarships can be found on the ILSPAN web site www.ilspan.org under the Scholarship tab.

ABPANC has a new look on the web — www.cpancapa.org CPAN's and CAPA's can now register and start an Electronic Filing Cabinet to record contact hours to facilitate logging and tracking the hours that you earn. This makes recertification much easier.

Education Article**Debbie Walker, BS, RN, CPAN****Rapunzel Syndrome**

During my last weekend on call, I had an interesting case. A 6-year-old girl, L. B., came to the hospital with abdominal pain, nausea, and vomiting. The CT showed a possible bezoar. The pediatric gastroenterologist had never seen such a case. A bezoar is a mass found trapped in the gastrointestinal system (usually the stomach), though it can occur in other locations. The little girl was taken to surgery for removal of foreign body. Part of the bezoar could be removed endoscopically, but it was discovered she had "Rapunzel Syndrome".

"Rapunzel Syndrome" is an extremely rare intestinal condition in humans resulting from eating hair (trichophagia). The syndrome is named after the longhaired girl, Rapunzel, in the fairy tale by the Brothers Grimm. Trichophagia is sometime associated with the hair pulling disorder trichotillomania." (Rabie, Arishi, Khan, Ageely, Seif El-Nasr & Fagih, 2008, p. 1141). Surgery needed to be performed because the remaining mass was too large to be removed through the endoscope so the large mass was removed surgically from the stomach.

Trichobezoar is a rare disorder in which swallowed hair accumulates in the stomach. "Being indigestible and slippery...it becomes entrapped within the stomach. Large amounts can accumulate over the years forming a hair ball" (Rabie, et al., 2008, p. 1141). "Extension of hairs beyond the stomach into the small bowel in the form of a tail has been named Rapunzel syndrome" (Rabie, et al., 2008, p. 1142).

The clinical picture of this disorder ranges from abdominal pain, nausea, vomiting, weight loss, bleeding ulcer, intestinal obstruction, and perforation. Psychiatric trouble is usually present. An upper abdominal mass is the presenting sign. Diagnosis includes ultrasound, CT scan, and upper endoscopy. Open surgery is the method of choice for removal of the hairball.

L.B.'s PACU stay was uneventful. She stayed in the hospital a few more days. She was passing gas but did not have a bowel movement. She was treated with Milk of Magnesia and Miralax to stimulate her bowels. The Pediatric Department did a follow-up after she went home, and found that she was a new little girl who was happy, eating, and playing.

References

1. Rabie, M. E., Arishi, A. R., Khan, A., Ageely, H., Seif El-Nasr, G. A., & Fagih, M. (2008). Rapunzel syndrome: The unsuspected culprit. *World Journal of Gastroenterology*, 14(7), 1141-1143.
2. Rapunzel syndrome. (2010). Retrieved from http://en.wikipedia.org/wiki/Rapunzel_syndrome

ILSPAN Scholarships and Awards

Additional information can be found on the ILSPAN web site under the Scholarship tab

www.ilspan.org

ILSPAN National Conference Scholarship

Would you like to "REINVEST in Your Potential" by attending ASPAN's 30th National Conference in Seattle WA. This ILSPAN Scholarship could help you. This scholarship is awarded on a point system. Points are accumulated from January 1 to November 30 of 2010 for the 2011 Scholarship. Contact ILSPAN Vice-President Jane Reinschmidt (information on page 2) for a copy of the scholarship policy and point sheet. Postmark deadline is December 31, 2010.

2011 Jan Ridder Excellence in**Clinical Practice Award**

Named to pay tribute to former ILSPAN President Jan Ridder, this award honors the perianesthesia nurse who exemplifies excellence in clinical practice.

Applications are now being accepted for this award. Download the application packet from the ILSPAN web site, www.ilspan.org.

ILSPAN General Membership Meeting October 2, 2010

Condensed version for complete minutes contact Secretary Linda Beagley (Contact information on page 2)

1. Call to order by President Sylvia Baker at 11:58 am. Sylvia introduced the ILSPAN Board.
2. Secretary, Linda Beagley read the General Membership March 20, 2011 meeting minutes
3. Treasurer, Wanda Ellenburg reported that an audit was completed in August 2010. The balance of the checking/savings account is \$38,494.37 as of September 26, 2010.
4. Immediate Past-President Keith Schumacher explained the history of ILSPAN's efforts in changing the Illinois Department of Public Health ruling on visitation in the PACU. The changes requested have been through legal and are in the process of being posted for public opinion. He shared the website access information for attendees to view the wording of the changes and to make comments.
5. ASPAN Regional Director, Martha Clark was introduced. She gave an update on the state of ASPAN. Membership is at 14,000 plus. ASPAN Willingness-To-Serve forms are due by October 31, 2010. National Conference will be in Seattle WA, April 3-7, 2011. The CPAN/CAPA breakfast is changing to a luncheon. Martha mentioned the benefits of membership. ASPAN has joined with perianesthesia nurses from Canada, Britain, and Ireland to have an international conference in Toronto, Canada, October 2-6, 2011. Changes in ASPAN awards will be presented to the board in November. ASPAN is investigating the possibility of an electronic component.
6. Sylvia asked the members if the proposed changes to the bylaws were reviewed and if there were any questions. No questions voiced. A vote to approve the bylaws by a show of hands was taken. Thirty-three voted to approve the 2010 Bylaws.
7. Sylvia recognized the non-members present and encouraged them to join ILSPAN to receive the reward of membership. She reviewed the open positions to be elected in the spring—Vice-President/President Elect, Secretary and District I and III Directors. She reminded everyone to read the e-mail blasts on upcoming educating opportunities.
8. Meeting adjourned at 12:25 pm.

Submitted by Linda Beagley, MS, RN, CPAN, Secretary

ASPAN Component Development Institute (CDI) Louisville KY "Turning Potential into Practice"

ILSPAN member and ASPAN President Kim Kraft organized very motivating speakers for the 2010 ASPAN CDI. Three ILSPAN Board members attended, Vice-president/ President Elect Jane Reinschmidt, District II Director Debbie Walker and District III Director Boni Hart. Kim Kraft gave lectures on *Letting Membership Work for You* and *Component Business Management*. ILSPAN Editor Mari-grace Clarke spoke on *Web-based Newsletters*. Additional topics included budget development, policies & procedures, certification and using ASPAN standards for advocating.



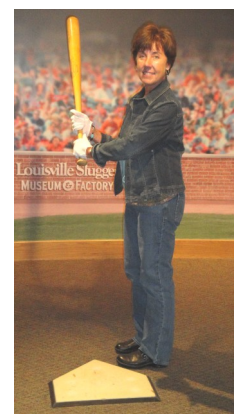
D. Walker Photo

Debbie Walker, Jane Reinschmidt, ASPAN Region 3 Director Martha Clark, Mari-grace Clarke and Boni Hart



T. Clifford Photo

Kim Kraft, Linda Ziolkowski and Courtney Papp worked hard on the conference.



D. Walker Photo

Debbie Walker ready to go to bat for ILSPAN

Spotlight on ILSPAN Members

District I



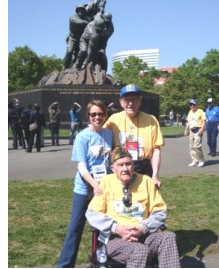
Susan M. Sweeney, BSN, RN, CPAN is currently a staff nurse in the PACU at Evanston Hospital. She graduated from University of Illinois at Chicago the same year her twin daughters graduated

from 8th grade. Her initial nursing experience was on the post-op heart/thoracic/general surgery floor. Projects that she is working on include how to use the electronic medical record to correctly reflect patient care provided in recovery. She is co-chair of the system-wide Epic Clinical Advisory Council, which is a group of Super Users from across the system who are the principal advisors to Clinical Operations on questions related to end user issues.

She believes belonging to a professional organization, like ILSPAN/ASPAN, sends a message of professional appearance to the rest of her staff and patients. One of her professional goals is to "touch the future" which she has done by acting as a preceptor for senior nursing students from Loyola University. She enjoys the fast pace of PACU nursing, the joys and challenges of taking care of the sick and not so sick.

Some of her interests outside of nursing include quilting, gardening, and playing golf with her husband. (Photo from Sue Sweeney)

District II



Vicki Ferguson, RN graduated from Moline Public Hospital School of Nursing in 1979. She worked for almost 12 years for Dr. Joseph Leinfelder, scrubbing for ophthalmology cases and working in the office. In 1990, she went to work in surgery at what was then Franciscan Hospital in Rock Island. Vicki made the transition through the mergers to Trinity Medical Center-Moline Campus and works in Ambulatory Surgery and the Operating Room. She has attained Level III Cap and is chair of the Nursing Work-Life Committee-both unit based and hospital-wide.

In April 2010, she served as a Guardian for a World War II Veteran on the Honor Flight to Washington, D.C. Vicki says this about her experience, "It was an amazing experience! These men and women are in their late 80's and 90's. There were tears, smiles, and stories to tell. Some have never talked about the war, so being with others with the same experiences encouraged them to talk. The utter silence and respect at the Changing of the Guard at the Tomb of the Unknown Soldier brought tears to almost everyone's eyes. It was a day I will never forget!"

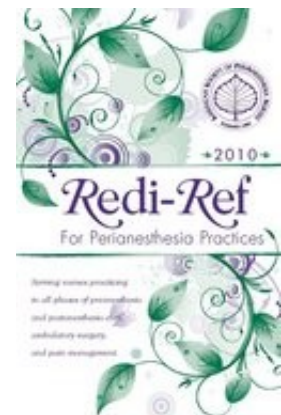
Vicki is married with three children and one grandson. She enjoys gardening, reading, and being with friends and family. (Photo from Vicki Ferguson)



ASPAN Publications

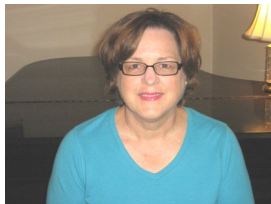
The 2010-2012 *Perianesthesia Nursing Standards and Practice Recommendations* and the *Redi-Ref for Perianesthesia Practices, 4th Edition* are now available on the ASPAN web site, www.aspan.org. The *Redi-Ref* is available in a print or flash drive version. These items are available to ASPAN members at a discounted price.

The 2010-2012 *Perianesthesia Nursing Standards and Practice Recommendations* are effective December 27, 2010, until that time the 2008-2010 Standards are in effect.



Spotlight on ILSPAN members

District III



Barb Phelps, RN started out as a student nurse in the Surgical Intensive Care Unit at St. Mary's hospital, St. Louis MO and continued working there after graduating from nursing school. After working fifteen years in the ICU, she put her

critical care skills to work in the PACU and, in her words, has "never looked back".

She enjoys the PACU environment, getting to see patients quickly progress from an anesthetic state and likes the interaction between the anesthesia and PACU teams. Barb has held the position of clinical support coordinator, interim manager and is currently working as one of her department's clinical support nurses. She has been a PACU nurse for 25 years.

As a member of ASPAN/ILSPAN since 2003, she has always looked forward to the journals and newsletters. She attended the 2008 National Conference in Grapevine, Texas and "appreciated all the energy that came with it". She attends various seminars sponsored by ASPAN/ILSPAN and uses the ASPAN Standards of Care as well as the Competency Orientation Manual for reference and education.

Barb is married to Bob, has three grown daughters Katie, Maggie and Anne, a son-in-law, Matt and one "most wonderful granddaughter, Molly". In her free time, Barb likes to read, volunteer, travel, and sew. She has completed sewing two quilts, but her favorite pastime is babysitting Molly! Barb has volunteered at the Peter and Paul Homeless Men's Shelter for ILSPAN. (Photo from Barb Phelps)

ILSPAN New Member



Taffanina Danell Warren, MSN, RN received her Associate Degree in Nursing in May 1995 at State Community College, East St. Louis IL, her BSN in May 2003 from SIUE, and her MSN in May 2009 from Mc Kendree University, Lebanon IL.

She currently works at Barnes-Jewish Hospital in St. Louis MO, as Clinical Educator of Perioperative Services. Her job includes orientation of new staff, creating competency courses, researching sentinel events and designing courses to prevent them, creating courses to meet JC requirements and collecting data for research purposes. She is also an adjunct clinical instructor for the Goldfarb School of Nursing in St. Louis MO.

She is involved with UPC, Bariatric, Clinical Leadership and Competency Committees. She joined ILSPAN/ASPAN to become more knowledgeable of ASPAN Standards of Care and stay current with perianesthesia nursing practice. She would like to become more involved with ILSPAN and attend ILSPAN conferences. (Photo from Allyson Warren)



Calling all Researchers



ILSPAN Members are you or one of your co-workers doing research in your PACU, Pre-Op Area or Ambulatory Surgery Center? Is your research project short of funds? Consider applying for the ILSPAN Research Grant! Our nursing practice must be supported by research and evidence based practice.

The Research Grant was developed for ILSPAN members working on research in their work setting. The Grant offers members the finances to work on, complete or present their research findings at a conference. Access the application and evaluation on the ILSPAN web site, www.ilspan.org. Applications are being accepted until June 1, 2011. Send your application to ILSPAN's Vice-President, Jane Reinschmidt. Contact information on page 2.

ASPAN Regional Director Article

Martha Clark, MS, RN, CPAN

It seems that with every season, I find myself wondering what the next season will hold weather wise for me. This summer has past so quickly that I wonder where it went and once again I am looking ahead at the fall season. Even though we can't predict the weather, we can be assured that ASPAN has been diligently at work planning conferences, reports, newsletters, and preparing budgets. Let's take a look and see what's happening in ASPAN.

Conferences: ASPAN and ABPANc have been working together to provide information on certification and membership at each conference. I want to thank you, ILSPAN, for the invitation to attend your conference in St. Louis. I was glad to meet those members who attended.

Be sure to take advantage of the ASPAN Seminar in Illinois on November 6, 2010 in Oak Brook.

The big news this summer occurred as ASPAN entered an agreement to sponsor an International Conference in Co-Sponsorship with The British Anaesthetic and Recovery Nurses (BARNA), The Irish Anesthetic and Recovery Nurses Association (IARNA), and the National Association of Perianesthesia Nurses of Canada (NAPANc). The Perianesthesia Nurses International Conference will be held at the Sheraton Centre Toronto Hotel in Toronto, Canada, October 2-6, 2011. ASPAN continues to work on the 30th National Conference in Seattle WA, April 3-7, 2011. Start making plans to attend and see President Kim Kraft's theme "Reinvest in Your Potential" come to life. Seattle offers many, many places of beauty

and wonderful places to eat. Since I am a believer in the "Fish Philosophy", I love to visit Pike Street Market and watch the Fish Mongers engage the shoppers in the tossing of fish. What joy to see the smiles on faces and hear the laughter of the crowd!

Newsletters: ASPAN will now be sending the link for *Breathline* to you by e-mail. You can open *Breathline* and save it to your computer for reading. Remember that *Breathline* is archived on the ASPAN web site. You can find issues from 2004 to 2010.

Budgets: The ASPAN Finance Committee has met and completed a proposed budget for fiscal year 2011. The proposed budget will be presented to the ASPAN Board of Directors at their mid-year meeting in November.

Willingness to Serve Form: One of the benefits of ASPAN membership is committing to serve on a committee and make a difference in your professional practice. ASPAN is the voice of the perianesthesia nurse and can only be as strong as the commitment of its members. Please take time to visit the ASPAN website, look at all opportunities to serve, complete the Willingness to Serve Form, and submit it by **October 31, 2011**. If you have questions about any of the committees feel free to contact me at mclark@aspan.org



ASPAN Committee and Strategic Work Team Appointments

ASPAN Willingness to Serve (WTS) forms for 2011-2012 are available on the ASPAN web site. Log on to the site at www.aspan.org and look under "ASPAN Highlights" you will see 2011-2012 Willingness-To-Serve Forms. Follow the link to WTS form for information, forms and committee descriptions. If you are currently a member of an ASPAN Committee or Strategic Work Team (SWT) you must submit a form each year to be reappointed. **Deadline for submission is October 31, 2010.** Join an ASPAN Committee or SWT and become part of ASPAN's leadership. You won't regret it for the knowledge and friendships you gain.

ASPAN News and Notes



ASPAN 30th National Conference April 3-7 2011

Sheraton Seattle Hotel, Seattle WA

Join ILSPAN member and ASPAN President Kim Kraft, BSN, RN, CPAN to “REINVEST in Your Potential”.

Watch for Conference Brochure in December

ILSPAN National Conference Scholarship Information on page 9

PeriAnesthesia Nurses Awareness Week (PANAW) February 7-13, 2011

Be sure to celebrate this special week with your colleagues. Remember that ASPAN offers free contact hours during this week on the ASPAN web site www.aspan.org. The catalog for ordering items for the celebration will be sent to ASPAN members in December. The ASPAN Membership and Marketing Committee has worked with Jim Coleman, Ltd and designed these logos for 2011 PANAW. See page 5 for information on the ILSPAN PANAW Award.



ASPAN Development Strategic Work Team (SWT)

The Development SWT is the team that promotes public education and requests funds to give scholarships, help members with evidence based research, and education projects. The application deadline for the 2010 scholarships has passed but ILSPAN members should think applying for scholarships in 2011.

The Development SWT accepts “Hail, Honor, and Salute” donations all year. This is a great way to honor a special person and make a charitable gift to ASPAN. Information can be found on the ASPAN web site www.aspan.org under the ‘About US’ tab and go to Development.

If you have not read it yet, read the article on page 4 of the July/ August 2010 *Breathline*, “Change—The Example of Development” by Candace Taylor, BSN, RN, CPAN and Terry Clifford, MSN, RN, CPAN. This article gives more history of this SWT.

ILSPAN Member wins CPAN Scholarship

Yalanda Comeaux BA, RN from Lynwood, IL won a CPAN Scholarship for 2010 from ASPAN. Yalanda shares this information about applying and winning an ASPAN scholarship.

“I applied for the scholarship immediately after returning from National Conference in April, 2010. I took my time in writing the narrative because the application instructions stated ‘narrative statements are heavily considered in the selection process’. It took me two months to finish the narrative because I would put it away from time to time, then read it over and over, writing revisions. My advice is to give yourself enough time when you apply to complete the application process thoroughly, read the instructions carefully, and follow the directions.

I will take the exam in the spring because currently I am back in school studying for my MSN. My plan is to begin studying for the exam in November (because of my other commitments and work schedule). Certification is important to me because certified nurses are recognized more and more by their place of employment and especially at the Magnet hospital where I currently work. I also want to become certified because I want to encourage my colleagues to do the same. I want to be part of taking my hospital's PACU & ambulatory surgery areas on the journey of reaching 100% certification for our units. In addition, becoming certified will be a personal achievement for me.”

Welcome New ILSPAN Members who joined May through August 2010

District I		District II
Ana Jean Dela Cruz	Margaret Lawler	Jennifer Anderson
Jennifer Dieckman	Laura Marovich	Dorinda Jeffers
Kristin Durand	Jac'Lynn Morgan	Katherine Smith
Linda Fisher	Reynaldo Pabellano	District III
Lizabeth Hoffman	Younhee Park	Mary Blake
Kimberly Humgarger	Joy Rodriguez	Crystal Kreger
Jacueline Kaspari	Mary Ann Sedlacek	Kathy Peeler
Paula Kaufman		Taffanina Warren

ILSPAN Recruiter Award

ILSPAN Recruiter of the Year Award for 2010

The ILSPAN Award is payment of your ASPAN and ILSPAN membership fee for one year. You must recruit at least four members to be eligible for the ILSPAN Award. There is still time to recruit members and be eligible for this 2010 Award. Award will be presented at the March 2011 ILSPAN membership meeting.

Reinvest in Your Potential

ASPAN Member-Get-A-Member Campaign 2010

ASPAN President Kim Kraft, BSN, RN, CPAN has a theme this year of "Reinvest in Your Potential." The ASPAN Member-Get-A-Member Campaign runs from April 1, 2010 to December 31, 2010. By recruiting ASPAN members you are entered into the Recruiter of the Year Award for both ASPAN and ILSPAN.



Important Membership Information

Navigating the ASPAN Web Site

When visiting the ASPAN web site you are required to log in to navigate many of the pages. Before you log in you can read the page "Welcome to the ASPAN Web Site!" This page has a lot of useful information about the web site. It is found in the drop down menu under the Home tab. Login and navigate around the web site for a lot of useful information. Once you have registered with the ASPAN web site and created your log in name and password you will continue to use this same name and password each time you log in. Your membership expiration date is noted on your "My ASPAN" link next to the login/logout at the top of the page. This is where you will update your profile to change your e-mail address. Remember your membership expires on the date of the month you originally joined, not at the end of the month you joined. If your membership has expired, you can rejoin on the web site by using the directions on the "Welcome to the ASPAN Web Site!" page.

**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:

D. Jane Reinschmidt, BS, RN, CAPA
2117 Lake Shore Circle
Arlington Heights IL 60004-7201
E-Mail: jane280@sbcglobal.net

**Call for
Nominations**

ILSPAN is now accepting nominations for the 2011 ballot. Board positions to be elected in 2011 are:

- ◇ Vice President/
President-Elect
- ◇ Secretary
- ◇ District I Director
- ◇ District III Director

If you are interested in a great volunteer opportunity contact ILSPAN Vice President/President-Elect Jane Reinschmidt by phone or e-mail and talk to her about the position. You can also call any current Board member to inquire about these offices. This is a wonderful way to enhance your professional career and gain multiple rewards for your service. All contact information can be found on page 2 of this issue of *Peri-Scope*

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Spring/Summer Issue.....May 1

Fall Issue.....September 1

Mail or e-mail copy to:

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St. Louis, MO 63114-1966

314-423-6057

mcrncapa@aol.com

ILSPAN Core Purpose

The Illinois Society of Perianesthesia Nurses advances nursing practice through education, research, and standards of practice.

The Society exists to serve needs of membership at the component level.

ILSPAN Web Page

www.ilspan.org

Web Editor: Kim Kraft, BSN, RN, CPAN

E-mail: kmkcpan@swbell.net

Looking Ahead.....

ASPAN Seminar A Systems Review of Pathophysiology,

Oakbrook, IL.....November 6, 2010

Deadline for 2011 Jan Ridder Award Application.....November 15, 2010

Deadline for National Conference Scholarship Application.....December 31,2010

ILSPAN Winter Board Meeting**January 11, 2010

**This meeting may be by conference call or *Skype*, contact a Board member for more information.

PANAW 2011.....February 7-13, 2011

Deadline for PANAW Award Application.....February 28, 2011

ILSPAN Spring Board Meeting, Chicago area.....March 2010

ILSPAN 2011 Spring Conference at Swedish Covenant Hospital, Chicago.....Date to be announced

ASPAN 30th National Conference, Seattle, WA.....April 3-7, 2011

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

www.ilspan.org or www.aspan.org



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