



# Peri-Scope

ILSPAN Illinois Society of PeriAnesthesia Nurses

2006 ASPAN Component Newsletter Award Winner (9-14 page category)

## President's Message

Spring/Summer 2008

Kelly Logli, BSN, RN, CPAN

Volume 32 Issue 2

Spring is a time of great revival and transition into new beginnings for ILSPAN nurses. It has been a busy spring. ILSPAN had a successful spring conference in Rockford with a variety of topics pertaining to the perianesthesia nurse. Under our new voting format the new Board of Directors for ILSPAN were voted into office at the general meeting by the ILSPAN members present & Internet absentee votes. Congratulations to Keith Schumacher, VP/President Elect; Wanda Ellenburg, Treasurer and Debbie Walker, District II Director. (See page 2 for an updated BOD)

Winners of the PANAW awards were announced at the general meeting. I would like to congratulate Blessing Hospital of Quincy, IL & Trinity Medical Center-West Campus of Rock Island, IL for all of their efforts in showcasing PANAW & celebrating the work they do. I encourage all to go to our website [www.ilspan.org](http://www.ilspan.org) to look at the PowerPoint presentation that Blessing Hospital designed to celebrate their practice. Great job to all!

I recently returned from ASPAN's 27<sup>th</sup> National Conference in Grapevine Texas. What an energizing experience the national conference is for perianesthesia nurses. I have come back with new ideas for my own nursing practice & for ILSPAN as a whole. This year ASPAN

President Lois Schick has chosen the theme of "Dreams Create Lasting Legacies". This held particular importance to



me, as I believe that it takes passion to make dreams come true. The funny thing about dreams is that no one else can do the work for you to make them come true; you have to do the work yourself. Perianesthesia nurses have the passion that it takes to not only dream big but to work to reach their dreams and keep climbing to create a legacy.

I have a "dream" for PeriAnesthesia nursing in Illinois this year, that I believe it will take all ILSPAN members working towards this dream to make it a reality. This dream is to see the Illinois Department of Public Health change the rules to allow for visitors in Phase I PACU. As we work towards this goal I will keep the membership updated and encourage all to do what they can. Perhaps if all 512 of the ILSPAN members work for this dream we can create a legacy for PeriAnesthesia nursing in Illinois.

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Treasurer's Report December 2007 to April 2008  
Wanda Ellenburg, BAN, RN, CPAN



The checking account balance is \$9,117.90.

Certificate of deposit \$10,000.00.

All the bills are currently paid, including spring seminar expenses.

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## Vice-President's Report

Keith Schumacher, BSN, RN

Spring has sprung and along with it comes changes as we move into the summer. Examples are: 1) We had an excellent spring conference in April with a speaker from the INA who spoke about the changes in the Illinois Nurse Practice Act which will include 20 continuing education hours to renew an IL RN license. 2) We brought change to the ILSPAN Board of Directors by electing new officers. As one of the new officers, I would like to say how much I look forward to serving on the BOD and helping to further the education of Illinois nurses through ILSPAN.

I would like to remind you that your ILSPAN component has

2 conferences a year. Each of these offers around 6 contact hours per conference. This year's fall conference will be on September 27<sup>th</sup> at St. John's Mercy Medical Center in St. Louis MO. ASPAN also has seminars during the year that are worth 7.5 contact hours. We hope to have a few ASPAN seminars in Illinois next year. Look in future issues of Peri-Scope and also on the ILSPAN web site for details. This means not only would you have your 20 hours before May 2010, but you would also have contact hours in your specialty.

It is not too early to be thinking about filling out a willingness to serve form for next year's Board of Director's open-

ings. We will be looking to fill the position of Vice-President/President-Elect, Secretary and District 1 and District 3 Directors positions. You can send the Willingness to Serve form in this issue to me. (see page 13)

I hope everyone had a great time at the ASPAN National Conference. I am looking forward to hearing about all the good ideas members have brought back with them and maybe implementing a few. Remember the fall conference in September and I hope to see and meet a lot of you there!

## Immediate Past President's Report

Beth Rieches, BSN, RN, CPAN

I have recently gotten back from the National Conference in Dallas and what a great way to start off the year. There were so many educational offerings; top that with networking opportunities and you have a great experience. There were over 20 Nurses from Illinois at the NC this year; I had wonderful time meeting all of

you. It is just amazing to me how we are from different parts of the state, but so many of the problems are the same. I will be taking a more active role in our Governmental Affairs so please see the GA update below. I look forward to a very busy year, I hope many of you will join me.

**20 Continuing Education Hours will be needed to renew your Illinois RN License in 2010**

## Governmental Affairs

Beth Rieches, BSN, RN, CPAN

As Immediate Past President I am the chair of the Governmental Affairs committee, it just so happens that I am also the Illinois Governmental Affairs Representative for ASPAN. I receive updates from the ASPAN GAC, which are usually Federal issues. I welcome anyone that is interested to send me your e-mail address & I will pass this information on to you. If you have an interest in governmental affairs or

are just wondering how is a bill introduced or how do I go about contacting my Senator or Representative? Go to the ASPAN website & review or download the Governmental Affairs Primer, it is a great resource.

At our Spring Conference this year we had Susan Swart MS, RN from the Illinois Nurses Association speak. She gave a tremendous amount of information on the

Nurse Practice Act. Now the rules must be written for the specific parts of the Law. If you are interested in giving your input into the rules process (not just for nursing issues, but for anything) you can subscribe to the Flinn Report (<http://www.ilga.gov/commission/jcar/>). You may comment on rules that are being developed to support specific laws.

## Welcome New Members who joined in January, February & March, 2008

**Members live in Illinois  
except for those indicated**

### **DISTRICT I**

Nancy Adamski – Antioch  
Jane Barnes – Freeport  
Julie Chu – Vernon Hills  
Judy Corazza - Elmhurst  
Lucinda Corpuz – Glendale Heights  
Donna Danaher - Naperville  
Laurie Gasca – New Lenox  
Barbara Genge – Morton Grove  
Melissa Gould - Chicago  
Megan Hoffman – Okinawa, Japan  
Yingjie Zhang Kielb – Niles  
Judith Kinnavy – Naperville  
Yvonne Lawrence – Oak Park  
Donielle Lewis – Chicago  
Maryann Muth – Downers Grove  
Patricia Schafer - Elmhurst  
Jane Schmid – Evanston  
Evangeline Vijitchanton – Skokie  
Margie Winfield – Downers Grove  
Debra Woodward – Rockford

### **DISTRICT II**

Lori DeFreese – Roanoke  
Janet Donaldson – Springfield  
Diane Forrest – Le Roy  
Brian Gilley – Springfield  
Melissa Henry – Peoria  
Stacy Oliver – Decatur  
Pamela Weisenborn – Springfield

### **DISTRICT III**

Michelle Bujnak – St. Louis MO  
Don Francescon – Waterloo  
Anne Huckins - Bellville  
Sandra Nations – St. Louis MO  
Judith Stephens – New Athens  
Sue Stephens – Teutopolis  
James Thomas – St. Louis MO  
Judith Tobben – Washington MO  
Lois Womack – U. City MO  
Helen Wood – St. Louis MO  
Pamela Zook – Foristell MO

### **ILSPAN Recruiter Award**

The ILSPAN Recruiter Award is given to the ILSPAN member who recruits the most members during the ASPAN Member-Get-A-Member Campaign. The campaign lasts from April 1, 2008 to March 31, 2009. A minimum of 4 members need to be recruited to be considered for the award which is one year paid dues for ASPAN & ILSPAN. By recruiting you also are entered in the ASPAN Recruiter of the year award.



### **ILSPAN PANAW Award 2008 Winners**

Blessing Hospital of Quincy, IL  
Trinity Medical Center-West Campus  
of Rock Island, IL

### **Congratulations!**

**Each unit received a monetary award from ILSPAN**

### **Editorial Comment**

Every time a *Peri-Scope* gets ready for publication writing this comment has always been a challenge. What do I say to the members? My passion for perianesthesia nurses has been ongoing now for 33 years. Even though the physical structure of my workplace has changed the work is the same. Through my connections with ASPAN & ILSPAN I have learned much & made many friends. Having been fortunate enough to attend many

ASPAN National Conferences my spirit has been renewed each year. Some ask why are you a member? What do you get? The answer is difficult. Do you need to “get” something as a member or should you “give” something as a member? Benefits can be listed but dreams and friendships cannot be recorded on a list. This year the APSAN President’s theme is “Dreams Create Lasting Legacies”. There are many ways you the member can create your legacy. If you are not certified think about

taking the exam. If you know of a speaker with a good presentation let your ILSPAN leaders know. Write an article for your hospital newspaper or for *Peri-Scope*. Recruit a new member. ILSPAN strives to help you give safe excellent patient care.

Create a dream  
and  
legacy for  
yourself.



## District I Report

Karen Wessels, RN, CPAN

District I had a flurry of activity with two conferences just weeks apart. Spring was kicked off on March 28, 2008, with CPAN and CAPA Reviews in Oakbrook. Eighty-five nurses attended with one nurse traveling from Honolulu, Hawaii. Comments from the audiences were very positive regarding the national speakers, & confer-

ence attendees received 7.25 contact hours.

The ILSPAN Spring Conference was held on April 5, 2008, in Rockford. Fifty-four nurses attended this one-day conference. Comments from this audience of nurses were also very positive & conference attendants received 6.5 contact hours.

Hopefully some District I members can travel to St. Louis for the ILSPAN Fall Conference on September 27, 2008. In spring of 2009 there will be educational offerings in District I which no doubt will be just as action packed, I hope to see you there too!

## District II Report

Debbie Walker, BS, RN, CPAN

After a long winter, spring and summer are finally here. As this is my first report for District II, I look forward to serving on the ILSPAN Board of Directors. I enjoyed meeting everyone at the spring conference in Rockford. Thank you Karen Wessels for your hard work on the ILSPAN Spring

Conference. You had great speakers!

I organized a half-day conference for Saturday, April 26 at Trinity Medical Center in Rock Island, IL. We had an awesome turnout of 97. Speakers were an anesthesiologist speaking on; Pre-op work up of the sick patient, a surgeon,

on the paradigm shift in bariatric surgery with the lap band system, and a nurse educator talking on diabetes and the surgical patient.

One of my goals is that I would like to get a local chapter started promoting peri-anesthesia nursing.

**ILSPAN Fall Conference, Saturday, September 27, 2008**

**St. John's Mercy Medical Center, St. Louis MO**

**Brochure and registration form enclosed with this issue of Peri-Scope**

**Scholarship drawing to be held at ILSPAN Membership Meeting during lunch**

## District III Report

Bonita Hart, BSN, RN, MA

One of the most exciting things about being a perianesthesia nurse is the opportunity to continue learning and improving your practice. Professional development begins with the decision to take advantage of workshops, conferences and returning to school to advance your education. Then what? Increased knowledge certainly improves nursing practice. It can also improve your career satisfaction and even make a difference in your work environment. By "raising the bar" of your nursing practice, your coworkers are in turn, affected as well. You return to work and share the

knowledge you obtained at a workshop relevant to your surgical patient's care. Your coworkers benefit from your improved practice and information can be utilized as a valuable resource in your department. If you take the first step to gain certification in your practice specialty, it makes it less "scary" for others to achieve. Certification, in turn, strengthens practice and instills confidence in a department's nursing practice. It defines commitment to quality and pride in what you do.

Start with the decision to "raise the bar"; to keep on learning and be the first ripple in a whole

series of waves that affects everyone around you. ILSPAN provides many great opportunities to learn, grow and make a positive impact. I encourage you continue to take advantage of the gift of learning.

I am happy to report that the 2008 ILSPAN Fall Conference will be held in St. Louis at St John's Mercy Medical Center on September 27<sup>th</sup>. It is a wonderful facility and the conference staff is ready to help in any way they can. We hope to see you there. Save the date NOW!!!

# Board of Directors Meeting Minutes (Synopsis)

(complete text on the web site @ [www.ilspan.org](http://www.ilspan.org))

January 19, 2008  
Bloomington IL

**ATTENDANCE:** Beth Rieches, Kelly Logli, Jeanette McAllister, Karen Wessels, Wanda Ellenburg, Marigrace Clarke, Linda Beagley. Visitors: Keith Shoemaker, Corrine Desmond

**CALL TO ORDER:** President Beth Rieches called the meeting to order at 9:10am.

## **UNFINISHED BUSINESS**

*Budget*—reviewed submitted budget items and how well ILSPAN is maintaining budget. Jeanette reports newsletter is on target of budgeted monies due to decreased number of issues even though membership continues to increase. Mileage reimbursement has increased to \$0.505. Discussed making the adjustment in the Bylaws to make a general statement to follow IRS recommendation and to avoid making changes at each meeting.

*ASPAN Scholarship recipients*—two people submitted applications, Jeanette McAllister and Susan Cramton. Discussion pursued on how many awards can be awarded. The amount of award is \$500 and only eligible every 3 years. Wanda motioned to approve Jeanette McAllister and Susan Cramton the \$500.00 ASPAN Conference Scholarship monies. Seconded by Karen. Motion passed.

*2007 Fall Conference*—Beth reviewed evaluation from the conference. The range of responses went from great to poor but for the most part the conference was well received.

*National Conference Plans*—Theme for this year is rhinestone cowboy and lots of glitter. Cowboy hats are a must! Tabled to spring meeting.

*Spring Conference*—Flyers, save

the date and any marketing must be tabled until the conference has objectives and contact hours approved by ASPAN for ANCC hours. The raffle baskets from Fall Conference were a big hit. Going to repeat again with each District to produce and submit a basket. Questioned about room reservations and place for board meeting on Friday, 04/04/08, to be announced.

*Jan Ridder Nominations*—no responses this year. Last year Kim Kraft received the award. Beth displayed the plaque and had hopes to present to Kim today.

*Newsletter*—May 1<sup>st</sup> is the deadline for next newsletter.

*Nominating Committee*—Keith Shoemaker is nominated for Vice-President/President –Elect; Debbie Walker for District II Director and at this time no one for Treasurer. Kelly has been actively recruiting for the treasurer, emailing CPAN/CAPA members to consider, talked with Vickie Parsons and Sylvia Baker at length about possible candidates. Discussed other people including Jeanette potentially running. Jeanette promised to think about running.

*Outgoing Officer's Gifts*—discussed budget for gifts. A suggestion was to donate \$25.00 to *Hail, Honor & Salute* in the name of each outgoing board member at the Foundation Luncheon during National Conference. Kelly motioned to make a donation to *Hail, Honor and Salute* in recognition of the outgoing board members. Karen seconded. Motion passed.

*Strategic 2008 Plan reviewed*—Beth went over each goal by section. Each goal has been achieved or in progress.

*Gold Leaf Award*—Beth passed out a copy of the Gold Leaf Component Entry. Application reviewed and round tabled to see if anything

missing and that each section is completed. Reviewed #14 Does your component advertise and provide financial assistance for members to attend school, local/state seminars or National Conference; or for Certification fees? Response to include each of the following: PANAW, National Conference, Spring and Fall Conference. Reviewed #30 Does your component have an active research committee with at least one active project or a project completed during 2007? Question if the Website research would count. Beth will check into if the website would count. Reviewed #32 has your Component interacted/collaborated/supported a school of nursing and/or nursing students? Attempted to in 2007. Discussed how to accomplish for 2008. Discussed inviting nursing students to Spring Conference at a discounted rate of \$25.00 to cover physical costs.

*Fourth District*—tabled due to having trouble filling current open 2008 positions. Need to recruit volunteers. Currently, ILSPAN has only 1 volunteer serving from the Chicago area. Jeanette motioned to table developing a District 4 until more active participation from the area. Kelly seconded. Motioned passed.

## **NEW BUSINESS**

*Representative Assemble*—ILSPAN needs to have 2 alternates for Beth and Kelly. No volunteers during meeting. Beth will contact Sylvia Baker and Mary Cochran to be the possible alternates.

*2008 Fall Conference*—discussed switching dates from previous scheduled 09/20 to the 27<sup>th</sup>. Boni was unable to get the conference room for the 20<sup>th</sup>. Everyone in

(Continued on page 7)

### Future Certification Exam Dates

The CPAN® and CAPA® exams are given twice a year, at sites around the country. The first Saturday in November and on the Sunday preceding the opening of the ASPAN National Conference.

**2008 test date:**

**November 1, 2008**

**Application Deadline Postmark  
September 2, 2008**

### Recertification Date

Deadline to submit your recertification application is:  
**November 1, 2008.**

Be sure to have your application postmarked by that date. The application process could take up to 10 weeks. Submit early for the best turn around time. Applications are processed in the order that they are received.

### ILSPAN CPAN/CAPA Certification and Recertification Scholarships for 2007

Those who certified or recertified in 2007 will be eligible for these scholarships. An application form can be requested from the ILSPAN Secretary. (information on page 2) You can download the point sheet from the ILSPAN website at [www.ilspan.org](http://www.ilspan.org). These awards will be presented in September, 2008.

ABPANC Web site is [www.cpancapa.org](http://www.cpancapa.org)

### BOD Minutes Jan 19, 2008

*(Continued from page 6)*

attendance was agreeable for the change of date. Monies need to go through the Treasurer for book-keeping purposes. The group agreed to have to have the special events director from the conference center assemble the packets, printing and use the food service.

*CDI*—is scheduled for September 5-7, 2008.

*2007 Fall Conference*—discussed the amount of donation to donate to the DePaul Conference Center. Wanda motioned to donate \$200.00 to DePaul Medical Center to use toward enrollment fees for nurses attending ILSPAN/ASPAN future conferences. Karen seconded. Motion passed.

*PANAW*—Linda received the proclamation from the Governor's office.

**ADJOURNMENT:** Beth Rieches, ILSPAN President, adjourned the meeting at 11:40am.

Respectfully submitted by Linda Beagley BSN, RN, CPAN Secretary, Illinois Society of Perianesthesia Nurses

### ASPAN Regional Directors Report (continued)

*(Continued from page 11)*

- ASPAN is in talks with Wilmington University (DE) to discuss and pursue development of a perianesthesia nursing certificate education program

**ASPAN Strategic Goal D: *The art and science of perianesthesia nursing will be advanced through ASPAN's evidence-based practice and research activities.***

- A combined meeting with Standards & Guidelines and Evidence Based Practice (EBP) Committees looked at 3 specific EBP questions (On call work hours, Resource 10 – Safe Transfer of Care, Position Statement on Visitation)
- Educational packet on EBP and critiquing research developed (joint project involving Research, EBP and Publications Committee)
- The EBP Committee is reviewing and critiquing evidence for ASPAN Discharge Criteria Guidelines
- Ten Research abstracts were accepted for National Conference Presentation and a record number (60) of “Celebrate Successful Practices” posters were on display at National Conference

ASPAN has met the goals that were put in place four years ago. Because we are a dynamic organization, we cannot rest on our accomplishments but must look ahead – dream – to further our development. Over the next year, ASPAN will be working to define the scope of the organization's future to stay on track with a growing membership and changes in our perianesthesia nursing practice. I want to thank those of you who completed the ASPAN membership survey for you have shared valuable information to begin the transition to the future. The response rate was approximately 80% - WOW! What a voice! So... What is your potential? What is your dream? What will be YOUR legacy for perianesthesia nursing?

# Board of Directors Meeting Minutes (Synopsis)

(complete text on the web site @ [www.ilspan.org](http://www.ilspan.org))

April 4, 2008  
Rockford IL

**ATTENDANCE:** Beth Reiches, Kelly Logli, Jeanette McAllister, Karen Wessels, Wanda Ellenburg, Boni Hart, Marigrace Clarke, Kim Kraft, Linda Beagley Visitors: Keith Shumacher, Debbie Walker, Deb Weiderman

**CALL TO ORDER:** Beth Reiches called the meeting to order at 4:16 pm.

**UNFINISHED BUSINESS**  
*Budget Approval*—The budget was tabled until later in the meeting after other business discussed.

*Installation of officers/ Transition checklist/ Board Transition*—to complete checklist for installation of new officers at the end of conference tomorrow.

*End of the Year Reports*—**President**, Beth Reiches—tomorrow, we install the 2008-2009 ILSPAN Board of Directors. As Beth reflects back over the year, the board has made great strides, especially with financial responsibility to membership. Thank you for all the hard work. Beth has felt the excitement of our new Board members & welcomes them to this challenge. Much of what we do is not seen or recognized by our membership, & that's okay, it means that we are all doing our jobs well, because if we weren't they would definitely notice. Beth appreciates everyone's efforts to make this organization run smoothly.

**Vice-President**, Kelly Logli reports how fast the year has gone. Kelly reflected on all that she has learned & will be able to carry into her new role as President of ILSPAN. She looks back at the wonderful educational opportunities that

has been offered as an organization, the success of Fall Conference in St. Louis & anticipates another great conference tomorrow in Rockford. Kelly is looking forward to the National Conference next month & serving ILSPAN by attending the Representative Assembly.

**District I**—no report

**District II**—Wanda Ellenburg reports District II is planning an ASPAN conference this fall. Springfield will be a special testing site for the CAPA/CPAN exam in May.

**District III**—no report

**Newsletter Editor**—Marigrace reported 1391 of copies of the *Peri-Scope* were mailed in the past year. The fall issue was submitted for the ASPAN People's Choice Award. It will be displayed at the ASPAN National Conference in Texas. In 2009, ILSPAN will be eligible to enter the ASPAN Newsletter contest, which can be entered every 3 years. The number of issues published was decreased to 3 per year as a budget cut. The cost of postage has increased & will continue to increase. The publication committee, Beth Rosenthal & Kathy Harris, has again been a great help in the processing of the newsletter. Marigrace hopes in the coming months to mentor a new editor for 2009.

*PANAW Award Recipients*—Kim reported & presented the 2 entries: Trinity Medical Center, West Campus, Rock Island, IL submitted by Debbie Walker & Blessing Hospital, Quincy, IL submitted by Kathy Bracy. Motion by Kelly to approve each facility to receive the PANAW award. Seconded by Karen. Motion passed.  
*Newsletter Information*—deadline for the newsletter will be extend

due to National Conference. Deb Weiderman's willingness to serve application was read by Kelly. Deb is volunteering to be the newsletter editor.

*General Meeting Agenda*—1. Welcome to members. 2. Synopsis of minutes from the Fall General meeting. 3. Thank you to Board members. 4. First time voting at General Meeting for open Board positions. The nominee will stand & share some important facts themselves. A vote will be taken. 5. Scholarship award winner for attending conference will be chosen. 6. Ask general membership if anyone is planning on attending National Conference & invite them to dinner.

*Component Night*—Beth read theme of Conference. Discussed theme of ILSPAN table & possible raffle prize. Decision to have \$100.00 raffle prize & place in glittery frame.

*ASPAN Offerings*—Kelly encouraged district directors to make a decision tonight for booking an ASPAN conference for the summer and/or fall. District II and III are both interested in booking *Perianesthesia Nursing: A systems Review of Pathophysiology*. District III (Darlene) thinking of October 11 or 25. The group felt both districts could offer the same seminar due to different audiences.

*Outgoing Board Member Gifts*—Beth reported that she used the ILSPAN credit card last year for Hail, Honor & Salute for BOD members who left the Board last year. She never received notification that the request had gone through. Beth will again check with the National Office to verify this request.

*Strategic 2008 Plan*—reviewed by

(Continued on page 10)

## Education/Research Article

Moving Evidence to Practice by Sonia Vercler, RN, CGRN and P. Corinn Desmond, RN, CAPA

Part 1: How to get started?

Part 2: The protocol, method and results of the research. (to be published in Peri-Scope Fall issue)

EBP will remain a consistent theme for ASPAN throughout 2008. Research can be intimidating and most shy away from it. Nurses can improve practice by being actively involved in research. By advancing practice we develop guidelines that raise our standard of care. We all try to keep up with our ever changing nursing practice by reading research articles written by Master or doctorate prepared nurses. How about the staff nurse? How many of us have actually had the opportunity to be a part of a research study?

The opportunity arose for our Journal Club at Bromenn Hospital, Normal IL (half of which are ILSpan members). It started with a question of how we were practicing numbing prior to venipuncture. The journal club decided to start a literature search.

### Background

In 2005, nurses in SDS decided to use intradermal buffered lidocaine exclusively for adult patients undergoing peripheral IV cannulation. Buffered lidocaine is prepared in the pharmacy, and replaced weekly in compliance with FDA regulations. The annual cost to prepare buffered lidocaine is \$193.96 for the SDS department. To reduce costs, the Pharmacy recently suggested bacteriostatic saline (BNS) as an alternative to buffered lidocaine. Staff nurses were unsure if BNS would provide the same level of patient comfort and asked the following question: "Is bacteriostatic saline equally as effective as buffered lidocaine in reducing pain of venipuncture for adults receiving peripheral intravenous cannulation?"

### Search Strategy

National Guidelines Clearinghouse, the Cochrane Database of Systematic Reviews, CINAHAL, and MEDLINE were searched combining the following search terms: local anesthesia, intravenous cannulation, and venipuncture pain. Limiting the search to adults and articles published between 1990 and 2007, we found no systematic reviews and several research articles on the topic.

Although most reports demonstrate the benefit of local anesthesia prior to intravenous cannulation, the literature remains inconclusive regarding the most effective agent for pain reduction. A single study compared buffered lidocaine and BNS and found no differences between the agents, but used a relatively small sample size leading to questions about generalizability.

Current evidence suggests use of local anesthesia prior to peripheral intravenous cannulation, but does not provide explicit guidance about the choice of agents. The perioperative journal club after disseminating the findings decided more research is necessary.

We decided to replicate a study published by Brown in 2004. Our next step was to get our project approved by the Review Board of the hospital and then set up the protocol. With the help of our research expert, we began the journey of a research project. Please tune in to the next edition of periscope for the protocol, method and results of our research project—the comparison of buffered lidocaine versus BNS prior to IV cannulation

### Acknowledgements

This work represents the efforts of the Peri-Operative Journal Club. Members- Sue Berry, RaNet" Bye, Jeanise Frank, Angela Fuller, Bernadine Gsle and Yvonne Rees. Additional thanks goes to the Bromenn Pharmacy, especially Steve Pinneke and Jennifer Woodward, and to Carol Dirks, Director of Peri-Operative Services for their ongoing support and to Sandra Burke, research mentor for her assistance with journal club activities.

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Many questions arise related to fast tracking or bypassing Phase I PACU. To answer this question, I'd refer you to the 2006-2008 Standards of PeriAnesthesia Nursing Practice, page 103. ASPAN has a position statement on Fast Tracking on this page. Along with this position statement is the bibliography with supporting articles on this topic. You may also want to have a discussion with your anesthesia care providers on the pros and cons of this topic. Jeffery Apfelbaum, MD has written several articles regarding this topic; you may want to do a literature

search on this topic, and I'm sure that his name will come up. A third action you may want to take is to contact the ASA to see what they have to say on this issue. ASA's website address is: [www.asahq.org](http://www.asahq.org)

In my organization, we bypass patients if they meet Phase I discharge criteria at the end of the surgical procedure. This is written in a policy specifically related to our Conscious Sedation Policy. Some of our anesthesia care providers routinely bypass Phase I with the more "minor" surgical procedures; others bring all their patients through Phase I, no mat-

ter what. In some cases, Phase I is bypassed if the anesthesia delivery was more of conscious sedation. A number of years ago, an anesthesiologist in a neighboring institution bypassed arthroscopic patients when he used remifentanyl during the case. This proved quite nice during the procedure, however, when the patients got to Phase II and the "remi" quickly wore off, the patients were in excruciating pain and had to be sent to Phase I for pain control issues. This anesthesiologist quickly changed his practice since this certainly was not a cost-saving measure, nor was it a patient satisfier!

*(Continued from page 8)*

Beth. ILSPAN has accomplished or is striving toward completion. Goal B1. Explore options for ILSPAN membership (as an entity) in the state nursing organization (i.e. INA, NOA, etc.). To ask Susan Swart at conference tomorrow. Goal C1. Accomplished with the proclamation from the Governor and Rep. Fox making a proclamation at the House of Representatives during PANAW.

#### **NEW BUSINESS**

*Fall Conference*—Boni passed out a proposed budget & expense sheet using St. John's to handle the registration & behind the scene logistics. She made a request to revisit using St. John's. Boni reviewed topics to be presented at the conference. Proposal is based on 100 attendees. Jeanette pointed out the proposal was missing the honorarium for speakers. Discussion continued; weighing pros and cons.

#### **BOD Minutes April 4, 2008**

Using St. John's decreases the cost of the food, Xeroxing, postage, printing & the headaches of gathering information from the speakers. Vendors & raffles are not included in the projected income. Motion by Boni the Fall Conference will have St. John's be a co-provider with ILSPAN. Seconded by Wanda. Motion passed. Motion by Boni to make the cost of the Fall Conference for members & St. John employees to be \$50.00, students (non-licensed) \$25.00 & non-members \$75.00. Seconded by Karen. Motion passed.

*Budget Approval*—after a great deal of discussion, the following budget amounts were proposed: Total income: \$18,260.00 Total expenses: \$17,715.00 Kelly moved to approve the budget. Linda seconded. Motion passed. (contact the Treasurer for further details contact information on page 2)

*E-mail Marketing*—Marigrace presented information on Email

marketing & "mailing" the newsletter & other information out to ILSPAN members electronically. Postage & printing costs continue to rise. ILSPAN could send out monthly updates & reminders of upcoming events. Cost is dependent on membership. Marigrace is not proposing to eliminate a hard copy completely but to alter between paper & electronic document. Propose to have Marigrace investigate into expenses & what further opportunities this venture would offer ILSPAN.

*Presentations*—Kim Kraft received the plaque acknowledging her Jan Ridder award. Board members were each given a certificate from Beth recognizing their service this last year for being on the Board.

**ADJOURNMENT:** Beth Reiches, ILSPAN President, adjourned the meeting at 6:50 pm.

Respectfully submitted by Linda Beagley BSN, RN, CPAN  
Secretary, Illinois Society of Peri-anesthesia Nurses

When Lois Schick became ASPAN's 28<sup>th</sup> President at the National Conference in Dallas, she shared her vision for ASPAN's future. She reflected on the dreams that have become ASPAN's lasting legacy and the impact of those dreams on ASPAN's future. As our president, she is committed to building on those past dreams and adding to the rich legacy established by earlier leaders. These dreams led to ASPAN's Strategic Plan and Big Audacious Goal – to be recognized by the healthcare community worldwide as the leading organization for perianesthesia nursing education, practice, standards and research. At every board meeting, we review that strategic plan to assure that we are on track to meet ASPAN's four major goals. I would like to share some of the accomplishments from the past year.



**ASPAN Strategic Goal A: ASPAN will be its members' indispensable resource for perianesthesia education and knowledge exchange worldwide**

- The Education Approver Committee approved 81 applications from components for a total of 364 contact hours. Almost 2800 tests for continuing education credit were sent in for a total of 4,204 contact hours.
- The *Education Approver Manual* was revised per ANCC / COA criteria and placed on website
- The ANCC Accreditation site visit occurred in May
- The *Competency Based Manual for Unlicensed Assistive Personnel* was revised and published
- ASPAN Development awarded 17 Scholarships to ASPAN members for BSN completion (1), advanced degrees (7), National Conference (5), Certification (2) and the Nurse in Washington Internship (2)
- The Education Provider Committee updated the ASPAN Seminars including scenarios for certification review. They sponsored 58 seminars and co-sponsored 26 that were attended over 3000 nurses.

**ASPAN Strategic Goal B: ASPAN will be the influential force for perianesthesia patient safety, public policy and practice standards.**

- Clinical Practice Committee responded to a total of 1,637 questions from May 07-April 08.
- The ASPAN *Standards of Perianesthesia Practice* revisions for 2008 - 2010 were approved by the Representative Assembly (RA); they include two new position statements (Geriatrics and Advocacy) also approved at the RA in Dallas.
- During PANAW, US Rep Virginia Foxx (NC) read a proclamation on the floor of Congress honoring all perianesthesia nurses and it is now part of the *U.S. Congressional Record*
- Work continues on the Perianesthesia Data Elements (PDE) to develop a business plan and implementation plan for the product. Education articles about the PDE process will continue to appear in *JoPAN*
- The December 2007 *JoPAN* focused on Perianesthesia Safety. The Safety Committee is developing a Safety Resource Manual and has developed a Safety Seminar
- ASPAN Leadership is actively involved with the Council on Surgical and Perioperative Safety (CSPS)
- The Staffing Strategic Work Team convened a Safe Staffing meeting with National Nurse Leaders (Drs. Newhouse, Trinkoff, Rogers) to critically evaluate evidence/expert opinion on nurse/patient safety related to staffing. A Fatigue Evaluation Checklist was developed and piloted and will be a resource with 2008-2010 Standards

**ASPAN Strategic Goal C: ASPAN will be the recognized voice and source of perianesthesia information to the public.**

- ASPAN has active liaison representation with many key nursing and medical organizations such as the American College of Surgeons (ACS), American Association of Nurse Anesthetists (AANA), American Society of Anesthesiologists (ASA), the Anesthesia Patient Safety Foundation (APSF), British Anaesthetic and Recovery Nurses Association (BARNA), International Academy of Nursing Editors (INANE), Nursing Organizations Alliance (NOA), Association of Perioperative Nurses (AORN), Americans for Nursing Shortage Relief (ANSR)
- All Specialty Practice Groups published newsletters – also available on the web (Advanced Degree, Geriatric, Management, Pain Management, Pediatric, Preop Assessment and Publications). The newest SPG – Perianesthesia Nurse Educators – had their first meeting at National Conference.

*(Continued on page 7)*

ASPAN 27th National Conference  
May 4-8, 2008  
Gaylord Texan Resort & Convention Center  
Grapevine Texas

**Congratulations**  
**Susan Crampton & Jeanette McAllister**  
**Winners of the ILSPAN National Conference Scholarship**

**THANK YOU**

I would like to thank ILSPAN for the scholarship for National Conference. As a result of winning I was able to add a Post-Conference and attend the Certification breakfast. I encourage all ILSPAN members to attend a conference. You come away with a renewed passion for Peri-Anesthesia nursing and a respect for your Certification status. I came home with 30 CEU's towards my next certification and I actually was excited to return to work to share all the wonderful information that I learned.

Susan Crampton, RN, CPAN,  
Sherman Hospital, Elgin IL

Thank you for the National Conference scholarship. I learned some new things, saw old friends, & made new ones. There were a wide variety of topics to choose from for the sessions. I went to everything from Compartment Syndrome to Research. I always take lots of notes & look forward to sharing the information with my coworkers. The Gaylord accommodations were comfortable & conducive to learning. Everything was conveniently located on the same floor of the conference center. The time always goes by fast from Component night to the Closing Breakfast. I hope more ILSPAN members will take the time to fill out an application for next year's scholarship.

Jeanette McAllister, RN, CAPA  
Normal IL



**Beth Rieches & Kelly Logli**  
**Represented ILSPAN at the RA**



**ILSPAN members gathered**  
**for dinner on**  
**Tuesday, May 6, 2008**



**Members enjoyed the**  
**President's Reception**  
**on May 7, 2008**



**The ASPAN Logo was displayed**  
**on the floor of the**  
**Gaylord Texan all week long.**

## 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](http://www.ilspan.org) or mail to:

Keith Schumacher, BSN, RN  
217 W Arch  
Mason City IL 62664

### ILSPAN Awards and Scholarships

ILSPAN Awards include the following:

- ◆ CPAN/CAPA certification
- ◆ CPAN/CAPA recertification
- ◆ Recruiter of the Year
- ◆ ASPAN National Conference Scholarship.
- ◆ Spring Conference Scholarship
- ◆ Fall Conference Scholarship
- ◆ PANAW Award

For more information on these awards visit the Scholarship section of the ILSPAN website at [www.ilspan.org](http://www.ilspan.org).

Many of the awards go unclaimed because no one applies. Contact us through the website if you have questions.

ILSPAN is investigating the possibility of e-mail based news information. If you have an e-mail address please be sure to put it on your ASPAN dues renewal. If you did not put an e-mail address on your renewal or application please e-mail the *Peri-Scope* Editor at [MCRNCAPA@AOL.COM](mailto:MCRNCAPA@AOL.COM)

#### Spring Conference Scholarship Winner

**Vicki Parsons**  
receives a check for  
conference  
registration from  
Treasurer Jeanette  
McAllister.



# ILSPAN Illinois Society of PeriAnesthesia Nurses

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## ILSPAN

### MISSION STATEMENT

ILSPAN EXISTS TO PROMOTE QUALITY & COST  
EFFECTIVE CARE FOR PATIENTS , THEIR FAMI-  
LIES, & THE COMMUNITY, THROUGH PUBLIC  
& PROFESSIONAL EDUCATION, RESEARCH &  
STANDARDS OF PRACTICE

**ILSPAN on the web at [www.ilspan.org](http://www.ilspan.org)**

## Looking Ahead.....

ILSPAN Summer Board Meeting (Two-day) Bloomington, IL..... July 12-13, 2008  
Postmark deadline for CPAN/CAPA Test Application for November.....September 2, 2008  
ILSPAN Fall Board Meeting, St. Louis, MO.....September 26, 2008  
ILSPAN Fall Conference, St. Louis, MO.....September 27, 2008  
CPAN/CAPA Test date.....November 1, 2008

**Check the ILSPAN website for future dates and activities.**

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