

VSPAN Vital Times



Virginia Society of PeriAnesthesia Nurses

Serving the PeriAnesthesia Nurses of Virginia

Volume XXV, Issue I, Spring 2010

Hooray for Certification

National Certified Nurse's Day is coming up on March 19th and ABPANC will be celebrating this day along with other nursing specialties. Currently there are 8,847 CPAN and CAPA certified nurse: 5,485 CPAN certified nurses; 3,362 certified nurses and 346 dually certified nurses. In the state of Virginia we have 122 certified nurses, 74 CPAN certified nurses and 48 CAPA certified nurses and 10 dual certified nurses.

The registration window for the spring exams, being administered April 5, 2010 - May 15, 2010 began January 25, 2010 and runs through March 8, 2010. ABPANC has redesigned its website www.cpancapa.org. You can check it for the most recent and updated information about the program.

The exam has shifted from a paper/pencil exam to a computer based testing with instant results. There have been many positive responses to the exam and the flexibility of time and multiple testing areas.

Also, recertification is now completed online. Certificants can create a user account anytime by visiting the ABPANC website and clicking the Create User Account link found on the Home Page under Get Recertified.

We want to celebrate the 2009 newly certified nurses in Virginia!

Nancy Bertera

VSPAN

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PRESIDENT'S MESSAGE

Happy Snow Trails to everyone... are you as tired of the "white stuff" as I am? I can not remember a time when we had so many snow storms in such a short period of time. If we were a ski chalet we would be happy. Team work and dedication really showed its true colors during the last couple of weeks. Our staff have all worked above and beyond and our hospitals and our patient's thank you. I know how tired you all are and I hope that in the near future you will each take a few minutes for something fun and special just for you. So all so deserve that!

I thought I would share a few of the comments that were made on your VSPAN Education surveys that you completed at the last VSPAN conference.

- Most of you stated that you would be willing to travel between 2 to 4 hours for the state conference.
- The majority would like to see a conference held in the Richmond, Charlottesville or the Virginia Beach areas.
- You would like the board to consider cost friendly facilities
- You would consider a full day (at least 7 CEU's) as an alternative to a 2 day conference.
- Like the new "Going Green"
- Increase regional educational offerings
- Information of conference needs to come out earlier for planning purposes.

Many topics that you would like presented at conference

I will try to give some feed back as our board has been working hard and taking into consideration your comments.

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PANAW Week at INOVA Fair Oaks Hospital

We celebrated by wearing our new T-shirts almost everyday and we especially loved the bright colors this year. We had a pot luck lunch on Wednesday, Chocolate Cake donated by the Anesthesia department on Thursday. On Saturday morning we were planning a 4 hour education seminar on Vascular Surgery and instead the "Biggest Snow Storm in History" arrived and cancelled everything. The seminar will be rescheduled later in the year but it would have been nice to have it during our PANAW week celebration.

The Society exists to promote quality care for patients and their families, by encouraging professional education, development of standards, research, certification, and specialization in all phases of perianesthesia nursing, and by providing a forum for exchange of ideas between health care providers involved in perianesthesia care.

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Certification Coaches

Expectations of nurses are higher than ever before. ABPANC helps perianesthesia nurses meet these expectations by administering a certification process that validates knowledge gained through professional education and experience, ultimately promoting quality patient care. Earning the CPAN® and/or CAPA® credentials enhances job security, demonstrates leadership, promotes excellence in patient care, strengthens professional and personal pride, and achieves a nationally recognized standard beyond licensure. For help with planning to take the certification exam or any questions you may have, please contact a Virginia certification coach. They are:

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Northern Virginia Region Education

On March 6, 2010, the Northern Va. Region presented an excellent topic entitled *Minimally Invasive Thoracic Surgery Patient*. Dr. Sandeep Khandhar and Christy Schatz RN presented the overview of anatomy of the thorax, staging of lung cancers, new minimally invasive surgical techniques and patient care for the perianesthesia nurse.

They emphasized that lung cancer has the highest number of cancer deaths and in fact it is more than colon, breast, brain and blood combined. More and more people are getting lung cancer who have never smoked. There is a stigma with lung cancer because for so long we have assumed that the patient had a long history of smoking and “they did it to themselves”. Therefore there has not been as much research or publicity because of this stigma. Twenty to twenty five percent of the patients diagnosed today have never smoked or they smoked a long time ago. Approximately three times more men are diagnosed than women with the disease.

Thoracotomy has always been the standard surgery for diagnosing and intervention or resection. Today, the minimally invasive surgery has increased and length of recovery is significantly reduced. Most surgeries can be performed through two small puncture sites. Many patients go home the day of surgery or within one or two days. Some patients are even going home with a chest tube and a small collection system.

The goal today for the treatment of lung disease with surgery is to get the patient back to his pre operative state as soon as possible. Early ambulation is the cornerstone to success. Dr. Khandhar stated that he teaches

his patient that they will have pain but they need to focus on early ambulation for optimal success. He uses minimal narcotic pain relief and uses the ON Q pump for the first 5-6 days. He weens the patients off oxygen and stops the IV's as soon as possible. He treats hypotension with Neosnypherine rather than boluses of fluids. He says lungs like to be dry and fluid overload only causes problems. He says that re-intubation decreases the chance of survival by 50 percent.

He said that if the PACU nurse focuses on pain, the patient will focus on pain. Pain medicine makes them dizzy, sleepy and constipated. “You are killing them with kindness when you focus on pain”. Focus your energy on early ambulation and that will be the best thing for your patient. Unhinder your patient by removing the foley, turning off the O2 and discontinue the IV.”

He said, “Why am I so neurotic about early ambulation?” It decreases atelectasis, and mucous plugging. It improves ventilation and perfusion. It decreases the risk of DVT and it decreases pain since the chest wall muscles are more stable in an upright position. Surgeons depend on the PACU nurse. You are the first line and first face they see post operatively. He also said we should not offer just water for the patient to drink. His first choice would be Gatorade because it has sugar and sodium.

This was an excellent education opportunity and it was organized by Sally Schermer, Management Coordinator of the CVOR at the INOVA Fairfax Heart Institute. A small fee of \$10. was charged and it was held in a local restaurant.

Nancy Bertera

President's Message
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• Our next conference will be held at the Sheraton in Virginia Beach on October 2, 2010. We are aware that many hospitals are not paying for staff members to attend so the board decided to try a full one day (7 CEU) conference this year in hopes that more would be able to attend. We are still in the planning stages so nothing is carved in stone. But the date is definite. So put that day on your calendars, with more information to follow.

• We will continue with the "Going Green" with our Vital Times being sent via email.

• Each region is working on an educational offering with more detail in the Vital Times.

The conference committee is currently looking at topics for the conference.

Our membership list according to ASPAN is 387 members with 73 CPAN and 47 CAPA and 9 dual certifications. Kudos to all of those who have taken the step to become certified in your field of specialty. For those of you who are still on the fence go for it... VSPAN has certification coaches ready and waiting to help you. Wouldn't be great if VSPAN had more certified Peri-Anesthesia nurses in their state than any other state!

Enjoy/endure what is left of winter as spring is just around the corner.

Hope you see some of you at the ASPAN national conference in New Orleans in April.

Karen Schaeffer RN CAPA
VSPAN President

CPAN/CAPA Exam

Congratulations to everyone who passed their CPAN and CAPA exams. A list of the newly certified Virginia CPAN and CAPAs are below:

CPAN

Diana Grimmer

Jacqueline A. Tibbetts

Kimberly B. Salama

Barbara Mohay

Debra Staples Hodge

Donna Sue Walker

M. Kate Edwards

Crisanta Tapia DelaRosa

CAPA

Christina Knicely

Clara Winfield

Sally Schermer

Newsletter Articles

Newsletter Articles Due by
May 28, 2010

Please e-mail all articles to VirginiaSPAN@aol.com.

Submission Guidelines:

- Articles must be typed.
- The author's name, title, institution, and work phone or e-mail address must be included for verification.
- References should be listed in the order they appear.
- Topics can range from patient assessment, nursing care, pharmacology reviews, case studies, research, management topics or a review of an educational offering.

2009—2010

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