



PRESIDENT'S MESSAGE

Happy Spring! The flowers are in bloom the grass is green and the sun is shining, at least most days. Spring is a time for new growth and after attending the ASPAN national conference in New Orleans with the theme for this year's conference being "Roots of Knowledge, Seeds of Transformation". It expanded our knowledge and strengthened our expertise to better care for our perianesthesia patients. We were able to network with our peers from other geographical areas and in many healthcare areas. We found out that we are all in the same position, short staffed, hiring freezes in place, busy units, and being asked to do more with less.

The keynote speaker, Bruce Wilkinson spoke about "Balancing Life, Work, Family and Friends- You've got to have a sense of humor" His humor allowed us to see ourselves in a different light, the day to day stress that we all work in, our family crisis that we deal with everyday. He helped us to realize how important work life balance really is to us our families and our profession. So take time for yourselves and your families, laugh a lot and enjoy life whenever you can.

Our component night was a great success; we had a "go fish" pond where everyone was

a winner. Our table was always busy. We brought back \$161.00 to VSPAN as a reward for our efforts. Thanks to everyone who donated and participated.

Thanks to Emily Mickelwait VSPAN donated a beautiful painted picture of the Virginia Mountains to the silent auction which benefits education through ASPAN. I bid on the picture 3 times and still lost, it was beautiful.

14 Virginia nurses gathered for lunch at the Palace Café on Tuesday we had a great time, the food was wonderful and the networking opportunities were fabulous.

Our own Emily Mickelwait presented at Best Practices on Monday night her presentation was on SCIP data.

Remember the VSPAN conference will be held in Virginia Beach on October 2, 2010 put it on your calendar and plan to attend.

See you there!
Karen Schaeffer, RN, CAPA
VSPAN President

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Nominations for Board of Directors

It is time to start thinking about how you can participate on a higher level in the VSPAN organization. Every year, the Board of Directors changes officers. We would love to have some new members.

We need members from throughout the state of Virginia in order to network our association and acknowledge the educational and professional needs of our members.

For more information, contact our management company at VirginiaSPAN@aol.com.

Inside this Issue:

Advocacy Update	2
Upcoming Education	3
Conference - Raffle	3
Conference - Posters	3
BOD Nominations	3
ABPANC Update	4
New Members	5

Advocacy Update Spring 2010

Previously I have typically used the phrase Governmental Affairs for this update. I am now prompted to ask the question, does “Governmental Affairs” motivate you to take action? Likely, not! So ASPAN & many other nursing organizations are developing grass root efforts to share information regarding public policy & encourage nurses to advocate for our patients, our communities and ourselves.

Advocating for our patients is something we do daily as perianesthesia nurses, right? But are we doing all we can or should be doing? What more can you do? How can you get started?

You have already taken first steps by being a member of your professional organization(s). You can expand your understanding of the legislative process by accessing the ASPAN website and downloading the Legislative Primer. At the state level, legislative information is available via the Virginia Nurses Association website (www.virginiannurses.com). A great amount of info is available here under Government Relations. There is a public policy link that details this year’s Public Policy Agenda and Legislative Priorities for Nursing. An Advocacy toolbox link can be found here to provide guidance/answer questions & help you get started as an advocate. The Legislation Coalition of Virginia Nurses (LCVN) has a link on this

website, including how to become involved.

LCVN meets annually to develop a legislative agenda in collaboration with the VNA lobbyist(s). This serves as a guide for Virginia nurses to support or oppose proposed legislative for access to care, nursing education, public safety and healthcare reform. The year’s agenda setting meeting is scheduled for mid August in Richmond.

Although the General Assembly has closed for this year, the topics that we need to continue to monitor closely include proposed budget cuts that may impact access to care, reduction of services for our communities and potential nursing job loss. Other nursing priorities include increasing the educational capacity of the states nursing schools, continued funding of the Department of Health Professions healthcare workforce data center and a commitment from the Commonwealth to allow Nurse Practitioners to practice to the fullest extent of their education and experience. Public safety concerns include use of wireless communications while driving, guns in bars and education of high school athletic programs regarding brain trauma.

Rest assured that if you missed the opportunity to advocate during the formal session of the General Assembly, there are opportunities all during the year. As one session of the G.A. closes, the planning begins for the 2011 session. The summer months tend to focus on PAC

(Political Action Committee) & fund raising activities. This is the time that your representatives are their home districts, so attend open forums, make appointments to meet with them & share your professional viewpoints, volunteer for candidate campaign, etc. I am certain you have noted that the campaigning is not waiting until fall, the candidates are busy connecting with their voters, so now is a great time to become engaged.

Late summer/early fall is the time to begin focusing on legislation that has been submitted/sponsored, setting priorities for action and continue advocating! Please contact me if you have any questions or want more information.

Donna Goyer RN, BS, CPAN, CAPA
Chair Government Affairs
Dgoyer@carilionclinic.org

Nominations

If you will not be able to attend the board meeting on October 2, 2010 you can still vote! Please send in your vote or write in a nomination to the VSPAN office.

Upcoming Education

BOARD OF DIRECTORS NOMINATIONS

**Perianesthesia Certification
Review**

with Lois Schick, MN, MBA,
RN, CPAN, CAPA

September 11, 2010

Holiday Inn Dumfries-Quantico
Center

**Foundations of
Perianesthesia Practice**

with Linda Ziolkowski, MSN,
RN, CPAN

November 6, 2010

Holiday Inn - Tanglewood,
Roanoke, Virginia

You may register for either of
these seminars at

www.aspan.org

***POSTER PRESENTATIONS
AT STATE CONFERENCE***

Poster presentations are welcome from our members at our State Conference in September. It has been a tradition at ASPAN to have many posters presented and we would like to start this for Virginia too. We plan to have an area for posters to be presented and for all to learn. Please bring your posters and let's start a new tradition.

The following candidates are nominated for the listed positions. A vote will be taken at the Annual Conference during the business meeting on Saturday.

President Elect:

Barbara Meyer - I have been a nurse for over 30 years. I graduated from Hunter College of the City University of New York Bellevue School of Nursing and received my BSN in 1975. While living in Georgia, I held several board positions for the Atlanta District of GAPAN and was the President of GAPAN 2005-2006. I have had my CPAN for about 10 years. I have spent my career working in Surgical Services as a PACU nurse, a Perioperative Manager or a Perioperative Educator. I presently am the Management Coordinator for the PreSurgical Testing, Same Day Surgery and PACU at Inova Alexandria Hospital.

Vice-President:

Lynette Bickley - I graduated from West Virginia Wesleyan College with my BSN in 1995. For the past 15 years I have worked within the INOVA hospital system in a variety of positions ranging from, med surg, critical care, management and PACU. My love for PACU began 9 years ago at INOVA FairOaks hospital. I have never looked back. I obtained my CPAN certification in April 2007, at which time I became a ASPAN/VSPAN member. I have been in my current position at INOVA Alexandria Hospital PACU for the last 8 years, where

I have had the opportunity to attend the last 2 national conferences. With these experiences and my love for perianesthesia nursing I am excited to become involved within VSPAN.

Secretary:

Lisa Stickley - I earned my BSN and MEd from James Madison University. I have been a perianesthesia nurse for a total of 10 years. I obtained my CAPA certification last year. I currently work as Nurse Education Coordinator, Preop/PACU at University of Virginia's outpatient Surgery Center.

***Raffle Baskets for
State Conference***

Each year, raffle baskets are sent from PACU 's from all over the state to be contributed to our state conference. It is a great fundraiser and so easy to participate. We have made a suggestion of placing a basket or even a box in your unit and asking people to donate small items such as toys, or baby items, or food, or personal items. It is fun to see the variety of items that are donated and then decorate the basket with pretty paper and a ribbon. I urge you to consider donating a basket from your PACU and enjoy the fun.

VITAL TIMES

ABPANC Update

CPAN® and CAPA® Certification Examinations

The CPAN® and CAPA® Certification examinations are taken on computer at Prometric testing centers located throughout the country. There are 3 sites available in Virginia but you may use a site in another state if that is closer for you. Please check the Prometric website (prometric.com) to find the testing center nearest you. The online **registration** dates for the fall examination begin on July 12, 2010. See the table below or our website (cpancapa.org) for more information.

Recertification

Recertification is now done online as well. Go to the ABPANC website and create an account now. If you choose to recertify through ABPANC's Continual Learning Program (contact hours), you will be able to keep track of your contact hours using an online electronic file cabinet. Stay abreast on the changes to the recertification program by reviewing the website and reading the Recertification Handbook, available online. By moving to an online system and collecting emails from CPAN® and CAPA® certified

nurses ABPANC will be able to communicate with you much easier.

ABPANC Website

Go on line and notice the updated look to the ABPANC Website (www.cpancapa.org). It is more appealing and easier to navigate. Review the site frequently to stay up-to-date on ABPANC activities. You will find information about volunteer opportunities (item writing, coaching, etc), as well as how to find a Certification Coach and many other details.

Because the *Certification Candidate Handbook* and *Recertification Handbook* are now available online, we can't stress enough the importance of reading the relevant handbook in detail. They are also easily downloadable! ABPANC's policies and procedures related to both the examination and recertification programs are described in each of the handbooks.

ABPANC Awards

ABPANC now has 4 awards: The ABPANC Advocacy Award, The ABPANC Shining Star Award, The ABPANC Leadership Circle and Item Writer of the Year. The awards are given at the CPAN®/CAPA® Celebration Breakfast held each year at the

ASPAN National Convention. Please go on line and review the information for the Advocacy Award. It is a wonderful way to recognize a truly exceptional CPAN® and/or CAPA® certified nurse. In our busy lives, we frequently overlook the opportunity to do this. It only takes a few minutes.

ABPANC's 25th Anniversary

ABPANC celebrated its 25th anniversary at the ASPAN National Conference. If you are one of the nurses who will be reaching your 25th year of CPAN® certification in 2011 (or close to it), please email me so that we can get "your story".

I am honored to represent you, the certified and not yet certified perianesthesia nurse, on the ABPANC Board of Directors. Please feel free to contact me at any time. I am available by e m a i l a t tonypridemore@hotmail.com.

Sincerely,
Tony Pridemore

Registration Window - Online	July 12 - September 6
Registration Deadline - Online	September 6 by 11:59 p.m. ET
Time Period for Scheduling Examination Appt. with Prometric	Upon receipt of your ATT letter through November 11
Examination Administration Window	October 4 - November 13

Welcome New Members

Mary Rose Adams
Christiansburg, VA

Anita Gooding
Roanoke, VA

Megan Hoffman
Lansing, IL

Ben Julian
Waldorf, MD

Heather Nicole Lewis
Richmond, VA

Christine Marks
Arlington, VA

Donna Miller
Suffolk, VA

Marina Santo Ramos
Vinton, VA

Stephine Ruen
Portsmouth, VA

Lucille Gorman
Chesapeake, VA

Wynne Graves-Moody
Lee, NH

Denese Rakestraw
Gainesville, VA

Anne Stadelmaier
Charlottesville, VA

Paula Renee Stiefel
Woodstock, VA

Ann Stutts
Powhatan, VA

Reta Buchanan
Wytheville, VA

LaKeysha Jenkins
Newport News, VA

Ellen Robinson
Hampton, VA

Ann Shoemaker
Sterling, VA

Sue Stefonowich
Virginia Beach, VA

Leslie Ann Turpin,
Virginia Beach, VA

2009—2010

VSPAN Executive Committee

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Newsletter Articles

Newsletter Articles Due by October 31, 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.

Virginia Society of Perianesthesia Nurses
Post Office Box 334
Daleville, Virginia 24083

Registration Form Enclosed for 2010 State Conference!

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.