



PRESIDENT'S MESSAGE

Wow! We are already deep into the summer. It is hard to believe that half the year is over. I wonder if any of us remember the resolutions we made as we rang in 2011! Time just seems to get away from us. Now may be a good time to think about what we need to do to take care of the caregiver.

Nursing is a very demanding profession. We are constantly moving around, spending hours on our feet, lifting, positioning, and bending. That's not to mention the emotional and intellectual hours we spend caring for our patients.

First, let's take care of each other. There are about 2.5 million registered nurses in the United States, 45% of them are over the age of 50. As of the year 2009, there were 135,000 unfilled nursing positions. By the year 2020, there will be 1 million. The US Bureau of Labor Statistics says we will see more job growth in the nursing profession than in any other occupation through 2018. How will we as experienced nurses mentor our new nurse population? As a senior nurse especially in the Perianesthesia areas we need to embrace our new colleagues and help them orient and become comfortable in our environment.

For those of us who are already working in Perianesthesia, we need to make time for ourselves. It is often difficult to take time off

when our areas are short staffed but a reprieve from our everyday responsibilities may be just what we need to refresh ourselves and offer our patients the best we can provide to them. While we are at work, we should take our much needed breaks and lunch time to regroup and rejuvenate our minds and bodies. Be mindful of those around you. Offer a colleague a break if they seem stressed while in the patient care environment. Sometimes it just takes 5 minutes to get back on track.

Taking care of ourselves extends to making sure that we get proper nourishment and rest. Get some extra ZZZ's on you day off. It is very difficult to make up for that call shift that had you working in the middle of the night. Hospitals always have a large variety of "junk" foods hanging around and it is so easy to grab candy or the famous graham crackers when you are busy and haven't had time to get to lunch. That may "hold us over" once in awhile but it is certainly no replacement for a good meal.

Finally, don't forget to fit in some exercise. You may not have the time to get to the gym but try walking at lunchtime or after work. It is a great way to enjoy the sunshine and the summer.

Our State conference is coming in September. I am looking forward to enriching our practice with some good education. Hope to see all of you at the conference.

Barbara Meyer, RN, BSN, CPAN

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.

Congratulations to Deirdre Cronin in her new position as Vice-President, President Elect for ABPANC. Thank you for all of your outstanding work as our past president and the many committees that you have led during your time serving on our Board of Directors.

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Government Affairs Update

During the 2011 General Assembly (GA) several bills with impacts for nursing were voted on, along with budgetary & other regulatory responsibilities. I would like to provide you with a brief summary of those with impacts for nursing.

HB 1466- Garrett- RN circulator- failed in committee. This bill is supported by the VA Council of OR RN's & AORN- would make it law to require an RN circulator in the room at all times. Virginia Hospital Association and others oppose this since most hospitals and free standing ambulatory surgery centers practice in this manner plus concerns of mandated staffing ratios. This bill will likely sit our for upcoming session.

HB 1690-Stolle- Violence in the ED- passed House & Senate. This bill was supported by various healthcare workers, largely led by nurses. With passage of this bill, assault to healthcare worker in the ED may be filed as a misdemeanor with up to 15 days incarceration. Original push was for this to be felony.

HB 2064-Bell- assault on prison employee-left in committee, essentially killing the bill. Since prison nurses are contracted employees, they are not protected against assault leading to felony charge, as is the case for prison employees. Plans are in place to move forward with this bill next year.

The Legislative Coalition of Virginia Nurses (LCVN) met on July 9, 2011 to set the nursing legislative agenda for 2012. This meeting has historically been held near the end of August. It was decided by members of LCVN that holding the meeting that late limited the opportunity to communicate priorities with nursing & legislative representatives prior to fall elections. I was not able to attend this meeting, however will provide information as quickly I receive it.

Speaking of fall elections, this year will be interesting with Virginia having the boundaries of many districts being realigned based upon recent census data. Many incumbents may have their constituency shifted and/or newly defined districts will open opportunities for new candidates. Summer is the time of year our state senators and representatives on in their home districts and an excellent time to attend town hall meetings, campaigns or make an appointment to speak with them. They need to understand the challenges of the nursing shortage-many nurses reaching retirement, inadequate supply of nursing professors/instructors and facilities impacting access to nursing schools. Who better to paint the real life pictures of these challenges than nurses!

We are the advocates for our perianesthesia patients every day. Now is the time to spread your advocacy wings to represent your profession and your community!

Please feel free to email me at (dmgoyer@carilionclinic.org) with questions or if you will be added to my advocacy email list to receive state and national updates related to nursing, healthcare and public safety!

Donna Goyer, BS, RN, CPAN, CAPA

Upcoming Education

Hot Topics for Hot Summer Days

August 6, 2011

Lifestyle Center of Chesapeake Regional, Chesapeake, Virginia
Contact: Carolyn Tucker at CWTucker@sentara.com

Pediatrics: Beyond the Basics
with Linda Martin

October 22, 2011

Charlottesville, Virginia
Contact: ASPAN
Register at www.aspan.org

Surrounding Your Practice with Excellence: Legalities, Standards, and Advocacy

with Dolly Ireland

September 25, 2011

Dulles, Virginia
Contact: ASPAN
Register at www.aspan.org

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*Institute of Medicine
The Future of Nursing:
Leading change, Advancing Health*

In 2008, the Institute of Medicine (IOM) appointed a committee from The Robert Wood Johnson Foundation (RWJF) to conduct a two-year initiative to respond to the need to assess and transform the nursing profession. The purpose of the report was to make recommendations for an actionable blueprint for the future of nursing. In October 2010, the report was released with a focus on four key messages for nursing.

The following is a brief summary of the key messages presented in the report and some of the challenges of today. Also included are some of recommendations of the committee. Nursing has a huge opportunity and responsibility to actively engage in transforming the health care community into one that provides seamless, affordable, quality care.

Key Messages

- Nurses should practice to full scope of education & training
- Nurses should achieve higher levels of education & training via improved system of seamless academic progression
- Nurses should be full partners with physicians & other health professionals in the redesign of healthcare nationally

Effective policy & workforce planning requires improved information infrastructure & data collection.

Nurses practicing to fullest extent of education & training:

BOARD OF DIRECTORS NOMINATIONS

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

Vice-President:

Nancy Bertera - I have been a perioperative nurse for many years, first at Georgetown University and for the past 18 years at INOVA Fair Oaks Hospital in Fairfax, Virginia. I completed my graduate works at George Mason University and hold a Masters in Nursing with Administrative Leadership. I have served on the board as the Publication Chairman for the VITAL TIMES for the past 6 years. I am certified in CPAN and CAPA.

Secretary:

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.

Treasurer:

Brenda Gilliam - I have served on the VSPAN Board of Directors in most capacities for many years. I firmly believe as nurses we need to

have a voice in our own destiny. Education which is a core of VSPAN values keeps us current and better practicing nurses. I have been a Perianesthesia nurse for 25+ years. I worked in PACU, Preop, and managed those areas for 10+ years until changing to the Presurgical Testing world. I will be finishing a 2 year term as treasurer of VSPAN. If elected I will bring my experience and knowledge of the organization to another term as treasurer. I look forward to working with Perianesthesia nurses throughout the state and each member of VSPAN.

***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.

Nominations

If you will not be able to attend the board meeting on September 24, 2011 you can still vote! Please send in your vote or write in a nomination to the VSPAN office.

Institute of Medicine, Continued from Page 3

1. Currently there are regulatory and policy barriers locally and nationally. Virginia is one of 7 states that require Advanced Practice nurses (APRNs) to be regulated by State Boards of Nursing and Medicine and one of 12 states that require that they practice under direct supervision of an MD. Other barriers include economic interests of other healthcare professionals and current restrictions on reimbursements for APRN's by Medicaid & Medicare. Recommendations include Congress to expand the Medicare program to include APRN services within the scope of practice. Amend Medicare regulations to allow APRN to perform admission assessments and certification of patient for Home Health, hospice and skilled nursing facilities. At the state level, recommendations include reform of Scope of Practice regulations. Nursing achieving higher levels of education & training through improved academic progression.

2. Currently there are multiple pathways for entry level licensure, with a shifting focus to community settings, increasing opportunity for newly licensed nurses. Cost of advancing education is another barrier. Approximately 50% of nurses are currently Baccalaureate prepared

currently, IOM recommendation is 80% by 2020. Another recommendation is to double Doctoral degrees by 2020. Health care organizations should encourage AD and diploma nurses to enter BSN program within 5 years. Increased funding needs to be provided and supported either through increased loan and grant opportunities or with increased private and public funds.

3. Nurses as full partners in redesign of health care in the U.S.: Challenges here include development of leadership skills for nurses. Learning & mastering competencies in understanding population trends, networking in the community and integration of team based, intra-professional team models will be essential to success. Recommendations include nurses taking responsibility for their own personal and professional growth. Nursing associations need to provide leadership development, including mentoring programs. Public, private and governmental health care decision makers need to include nurses on teams, committees and boards, with nurses being in leadership positions.

4. Effective workforce planning & policy making, supported by data & improved information infrastructure: Currently there are not core data sets to measure nursing supply and demand, and no national model to benchmark against. Research is needed to

evaluate effectiveness of new models for care delivery. Recommendations include development of minimum data sets across states & professions, inclusive of nursing, medicine, pharmacy, etc. Develop standards for data collection. Increase sample sizes and conduct surveys every two years rather than every four years. Coordination of workforce research efforts to develop regional workforce needs.

The Future of Nursing: Leading Change, Advancing Health
<http://www.iom.edu/reports/2010/The-Future-of-Nursing-Leading-Change-Advancing-Health.aspx>

New Members

- Dawn Barlow, BN*
- Barbara Bristow, BSN, RN*
- Karen Dadaian-Nichols, BSN, RN,*
- Lisa Hunt, ADN*
- Josie McCarty, RN*
- Jean McCormick, RN, ACLS, PALS*
- Susan Miller, BSN, RN*
- Katherine Schuler, BN*
- Linda Sheets, RN*
- Patricia Sturgill, ADN*
- Tamara Thompson, RN*
- Della Winfield, RN*
- Fran English, RN*
- Sandra Fields, RN*
- Deborah Hodges, BN*
- Carmen Miles, RN*
- Deborah Owen, RN*
- Terrie Searles, RN, CPAN*
- Dawn Stainback, RN, ACLS, PALS,*
- Melissa Workman, ASN*

Notes from the 2011 ASPAN Conference

Reinvest In Your Potential was the theme of the 30th National Conference in Seattle, Washington from April 3-7, 2011. I shared the privilege of serving as a representative from the state of Virginia on Sunday at the Representative Assembly with Lisa Stickly, our Vice President. Sitting in the assembly, I was most impressed with the leaders and their strong dedication and commitment to our professional organization. I have often read their articles in JOPAN and BREATHLINE and finally had the privilege to meet some of them.

The BYLAWS of ASPAN were reviewed and approved and they can be read on the webpage. Many awards were presented and all of the past presidents were recognized for their contributions to our organization. Candidates gave short speeches and finally we held an election for the new slate of officers. I was most impressed with their academic qualifications and their contributions they had made in many committee meetings.

Sunday night, we celebrated Component night and the theme was "Follow the Yellow Brick Road". Many people dressed up in costumes for the evening. The Virginia delegates looked marvelous in green hats and President Barbara even wore sparkling green hair. We raffled White House Ornaments and presented the profits to our treasurer.

I hardly know where to begin with the outstanding educational opportunities. I was most impressed with the presentations

on Multi-modal analgesic combinations. Opioids have been our primary drugs for severe pain relief. They suggested we need to move away from the opioids and use a combination of drugs and possibly routes of administration that can attack more than one pain mechanism. The latest is the use of IV Acetaminophen and NSAIDS. Studies show we can reduce the opioid use up to 50% with this type of multimodal use.

There were many poster presentations and VSPAN was proud to have our own Virginia natives presenting also. Our research is growing rapidly and evidenced medicine is being demonstrated with great new ideas.

The CPAN and CAPA certified nurses were honored at a luncheon and a great speaker.

The conference concluded with a great presentation by Ken Larson entitled INSPIRATIONSHIP. This is a leadership tool for both personal and professional use. It will not only put you in position to inspire yourself, it will also contribute to a dynamic communication platform for inspiring yourself and those around you on a daily basis. It utilizes our past experiences and relationships in combinations with our dreams and vision for the future.

Nancy Bertera, RN, MSN, CPAN, CAPA

2010—2011

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Newsletter Articles Due by October 31, 2011

Please e-mail all articles to VirginiaSPAN@aol.com.
Guidelines: (1) Articles must be typed; (2) The author's name, title, institution, and work phone or e-mail address must be included for verification. (3) References should be

listed in the order they appear. (4) 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
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Registration Form Enclosed for 2011 State Conference!



The pictures above were taken at the Annual ASPAN Conference in Seattle, Washington

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.