

CAROLINA BREATHS

Message from the President:

*“It is not how much you do, but how much love you put into doing.”
Mother Teresa*

I hope this newsletter finds all of you enjoying the last warm days of summer and the slight chill in the air at night time. This time of year weekends are all wrapped up in football games, cozy times, sitting in a chair relaxed around a fire, and planning for the holidays. Most nurses are nurturers, always taking care of others, but leaving our needs to the very last. This is what happens when one loves something so very much.

To those of you blessed enough to attend NCAPAN’s State Conference in Carolina Beach, was that not the best ever? The speakers, location, food, fellowship and networking were everything we thought it would be and more. Congratulations and thank you to Robin Davis and her team for making it all possible.

There was discussion related to stepping up and getting more involved on a district, state, and national level. The term, “Suck it up, buttercup”, was used to let the attendees know that we are all busy and always will be. Life does not come with a pause button, but our purpose is about giving back. If we wait until we have time or are not busy to get involved, we never will. A lot will be missed like relationships, learning new things, growing professionally, and reaching goals you never realized were your goals until someone saw potential in you that you never saw. This is your NCAPAN, your ASPAN!

Continued on page 5...

Inside this Edition

- Message from the President.....1
- NCAPAN Mission Statement.....2
- ASPAN Information.....2
- NCAPAN District Presidents.....2
- District Reports.....3-5
- 2016 NCAPAN State Conference.....6-7
- 2016 President’s Award.....8
- 2016 Nurse of the Year.....9
- Upcoming Events.....10
- ASPAN Gold Leaf.....11
- Treasurer’s Report.....11
- NCAPAN Memorial Scholarships.....11
- Governmental Affairs.....12
- Editor’s Desk.....13
- ABPANC.....13
- New CPAN/CAPA Nurses.....14
- 2016 LDI.....15
- Research Corner.....16-17
- 2017 ASPAN National Conference.....18
- Education Update.....18
- Community Service.....18
- Nursing Abroad.....19
- Clinical Practice Update.....20
- Are You Prepared for Disaster?.....21-22
- Member Spotlight.....23
- BOD Contact Information.....24

NCAPAN Mission Statement

To promote high standards of evidenced perianesthesia nursing care, recognize our specialty, provide educational opportunities, and promote nursing research.

ASPAN



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Nurses

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President 2016-2017

Katrina Bickerstaff, BSN, RN, CPAN, CAPA

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District Presidents

- Mountain.....Jennifer White
- Foothills.....vacant
- Piedmont.....Cathy Brown & Karen Baird
- Triad.....Sonia Huff
- Triangle.....Debbie Marshall
- Southeast.....Sabre Thompson
- Coastal.....Ellen Marlowe
- Downeast.....Ashley Whittington



DISTRICT REPORTS



Mountain

Jennifer White, BSN, RN, CPAN

On November 7, 2016, MAPAN is planning a meeting to be hosted by Pardee Hospital in Hendersonville. Annie Jamies Brito, BSN, RN-BC, CCRN, CHPN, will be our guest speaker on pain that evening. She is a nurse educator and the coordinator of the Pain Resources Team at WakeMed Health & Hospitals in Raleigh, NC. Ms. Brito earned her ADN from Surry Community College and her BSN from Winston-Salem State University. She is certified in critical-care nursing by the American Association of Critical Care Nurses (AACN), in pain management nursing by the American Nurse Credentialing Center (ANCC) and the American Society for Pain Management Nursing (ASPMN), and in hospice and palliative care nursing by the National Board of Certification of Hospice and Palliative Care Nurses. Ms. Brito is a member of numerous professional societies including the American Pain Society, the ASPMN, and the Pain Society of the Carolinas. She has served as a content expert with the ANCC and the ASPMN in standard setting for the pain management nurse certification exam. She is a regular speaker at local, regional, and national conferences on multiple topics including pain. Please join us for a fantastic night of learning and fellowship.

Our community service for the meeting will be collecting winter socks, gloves, and shoes for the Veteran’s Restorative Quarters in Asheville, NC.

Mission Hospital will be hosting a PeriAnesthesia Certification Review on February 18, 2017, presented by Denise O’Brien. More information to come.

The next meeting will be November 7, 2016 at 6:00 pm at Pardee Hospital.



Foothills

Vacant

If you are in the Foothills district and are interested in helping to keep the district active, please contact NCAPAN President Susan Knowles at rlknow@charter.net.



Piedmont

Cathy Brown, BSN, RN, CAPA & Karen Baird, BSN, RN, CAPA

The Piedmont District will meet November 14, 2016, at 7:00 PM. CaroMont Regional Medical Center, 2525 Court Drive, Gastonia will host the meeting. There will be a light dinner before the speaker and a short business meeting will end the evening. Kathy Sandel will be introduced as the incoming treasurer for the district. We thank Ellen Crabtree for her decade plus years of service as the Piedmont treasurer. Welcome all to attend and we look forward to seeing everyone.



Triad

Sonia Huff, MSN, RN, NE-BC, CPAN

No report available.



Triangle

Angela McClendon, BSN, RN, CPAN

TAPAN met Monday September 12, 2016 at the Davis Ambulatory Surgical Center in Durham. The Speaker was Dr. Sheila Allison on "What is in Your Cosmetics" I unfortunately missed it due to our workload and limited staff. The speaker did give out an informative hand out and web site; www.healthandhealingonline.com/whats-in-your-cosmetics. We had 40 folks in attendance. Our community service was toiletries for the Durham Rescue Mission. According to her information, there are Minimal Regulations to most products we use. The FDA has banned Bithionol, chlorofluorocarbon propellants, cholorform, Halogenated salicylanilides, methylene chloride, vinyl chloride, zirconium containing complexes, and prohibitbited cattle materials. It is estimated that women typically use twelve personal care products per day and men use six. This includes shampoo, toothpaste and deodorant. Skin is our largest organ and whatever we put on it is absorbed into the blood stream. Dr. Allison does hormone testing and finds very interesting results from the products used by men and women.

Our business meeting consisted of reminders for Leadership conference in the upcoming weekend, State conference Oct 1-2 with request to bring door prizes. We have begun the process to plan a PACU seminar for PACU week at Wake Med Cary.

Our next meeting is November 14 at Ruth’s Chris Steak house sponsored by Tylenol for multimodal pain control.



Southeast

Sabre Thompson, RN, CPAN

Southeast District met September 12, 2016 at the Education Center of Cape Fear Valley Health System. Eight members were in attendance. Minutes were reviewed and approved. Our community service project "coverNup" was discussed and donations of underwear for homeless men, women and children in our area will be collected through the month of October. The 2017 conference planning committee gave a report and after the regular meeting a planning committee meeting was held. Members were reminded that ASPAN and NCAPAN have scholarships available and application forms can be found on both websites. Sabre Thompson and Sandra Lindsey will be attending the NCAPAN State Conference in Carolina Beach on Oct. 1 and will receive a scholarship from our district for registration. We voted to donate a \$25 gift card for a door prize at the conference. Sabre informed members that the Southeast District will be expected to hold the 2021 State Conference. Members were asked to be on the lookout for topics to submit to the NCAPAN newsletter. Guest speakers were Peggy Middleton from Operation Blessing and Sue Byrd from Operation IN AS Much. These are the organizations that our underwear collections are donated to.

Our next meeting will be Nov. 14, 2016 at 6pm in the Magnolia Room of the Cape Fear Valley Health System Education Center on Village Drive, Fayetteville, NC.



Coastal

Ellen Marlowe, RN, CPAN

The Coastal District hosted the recent NCAPAN State Conference. Check out the highlights below! The next district meeting will be November 21, 2016 at Fat Tony’s.



Downeast

Ashley Whittington, BSN, RN, CPAN

DEPAN had 10 members present at the State Conference in Carolina Beach the first weekend in October! It was great to touch base with these members and see interest in reviving our district. It seemed that the members present were interested in a Saturday meeting to help attendance. DEPAN is planning a meeting for the beginning of November on a Saturday morning. Please contact DEPAN President Ashley Whittington at acwhittington722@gmail.com with any questions, ideas, or concerns!



NCAPAN Board of Directors at the 2016 NCAPAN State Conference in Carolina Beach!

President’s Message Continued from page 1...

Not a day since I have had the honor of being a nurse, have I regretted my career decision these past 37 years. When I think of the moments I have had the privilege of hearing a baby’s first cry and the honor to be present when one takes their last breath. I ask myself, “Who else is so blessed to participate in life’s more amazing moments?” You and I are. So relish it, embrace these times, and know that life is your for the taking.

**Fondly,
Susan Knowles, MSN, RN-BC
NCAPAN President**

2016 NCAPAN State Conference

The 2016 NCAPAN State Conference was held in Carolina Beach, NC September 30 thru October 2. The conference hosted almost 200 PeriAnesthesia nurses from across NC and welcomed Kim Godfrey, ASPAN Region 5 Director, and Terri Passig from Florida. It was a great weekend of networking, fellowship and learning. Thank you to Robin Davis and the Coastal District of NCAPAN for hosting a memorable state conference!



Conference attendees enjoyed a night of networking and food at the Meet and Greet!



At right, Ellen Marlowe won 2016 Recruiter of the Year for NCAPAN!



Lisa Cobb received scholarship to the State Conference and shared this...

“I received a scholarship from NCAPAN to attend the State Conference hosted by the Coastal District in Carolina Beach, NC. There were 6 nurses from our facility (we only have 11 total!) that attended the conference. We had all attended the state conference 2 years prior and were super pumped about this one, especially since it was at the beach!

We arrived that Friday afternoon and pretty quickly went to the Meet and Greet. We could hear the music and smell the food when we got off the elevator. The people and energy of the room was palpable. They had a spread of Mexican food that rivals our favorite Mexican restaurants. It was a great, fun atmosphere to connect with other districts and meet nurses from all across the state in a relaxed environment.

One of the first things we noticed when we came into the ballroom was the beautifully decorated tables with different coastal themed centerpieces. At the front, there was a huge table covered in loot. The morning started off early with a great breakfast and a dynamic first speaker. Dr Lydia Labecetta spoke on urological surgical therapies. Her humor and wit made the discussion both fun and informative. She also showed some pretty impressive slides. This particular topic is of great interest to me as my dad was recently diagnosed with Renal Cell Carcinoma. He is having a partial nephrectomy with the daVinci robot at the end of October. It was helpful to hear about the risks and benefits to the procedure, as well as feel connected to a topic and speaker. It was these types of connections that I am sure every person in the room had to one or more of the fabulous speakers throughout the weekend. The day continued with multiple speakers, installation of ASPAN officers/awards and a healthy, filling lunch. We are so proud of Adam Combs, as he was awarded the PeriAnesthesia Nurse of the Year! Karen Baird and Cathy Brown were recognized for their unwavering dedication to the Piedmont district, which continues to thrive because of their determination to keep the district alive. Throughout the day we were able to connect with multiple vendors. In addition, four scholarships were given away to attend the 2017 ASPAN National Conference in Indianapolis, along with tons of door prizes! The weather in the afternoon was beautiful and perfect for a beach stroll, followed by an amazing group dinner at a local restaurant. The best part of the evening was being able to connect with my co-workers in a non-work, casual environment.

Sunday morning started just as Saturday had with a yummy breakfast and wonderful speakers. The hotel facilities, food and organization truly showed the hard work the Coastal district put into this conference. It was so great to connect and network with nurses from all across the state over the weekend. The Coastal district really knocked it out of the park with an amazing conference!!”

Paula Oates also received scholarship to the State Conference and here is what she had to say...

"I enjoyed Dr Lydia Labocetta's talk on Therapies for Urological Patients. I thought she explained the topics well and the pictures put it all into perspective with her explanations. I thought the speakers were all good and the hour time slot is enough to get their point across and still keep interest and attention. I enjoyed the lunch; it was healthy and tasty. The conference was well organized. It would have been nice had the weather cooperated and been nicer, so we could have enjoyed being outside, but that is out of everyone's control. Thank you NCAPAN for assisting me in attending."

2016 President's Award Winners

Karen Baird, BSN, RN, CAPA & Cathy Brown, BSN, RN, CAPA



The 2016 NCAPAN President's Award was awarded to both Karen Baird and Cathy Brown at the State Conference in Carolina Beach on October 1st. The purpose of this award is to honor an individual or in this case, individuals, who were supportive and of great assistance to the president in the past year. Whenever there was a need or something to be done, Cathy and Karen would volunteer and step up.

These two were instrumental in keeping the Piedmont District going. When it was in jeopardy of being dissolved, they came to me and stated they believed in ASPAN and perianesthesia nursing enough to keep it going by working together and being co-presidents. Items for component night at the national meeting in Philadelphia needed to be planned and delivered. Who made posters, decorated, and purchased auction items, and raffle gift? Karen and Cathy did! They would tell me not to worry; they would take care of it! Everyone who has ever led a group and wondered if they were doing the right thing needs people in their corner. They were two of a group that always encouraged me, called to check on my family when my husband had a stroke, and asked what they could do to help, and made me smile.

Our group of perianesthesia nurses in our wonderful state of North Carolina is so amazing with regard to talent, wisdom, compassion, and caring. Let's all take the example of Karen and Cathy and hold each other up, tell them you care, be there when you need to be, and show up! Sometimes, showing up is enough!

Written by NCAPAN President Susan Knowles

2016 PeriAnesthesia Nurse of the Year



Adam Combs, BSN, RN, CPAN

Congratulations to Adam Combs, BSN, RN, CPAN! Adam serves on the NCAPAN Board as the Newsletter Editor. He has also served as the Vice-President of DEPAN. Adam has worked in the PeriAnesthesia arena for 3 years. He is CPAN certified and serves as a Certification Coach with ABPANC. He is pursuing his Masters of Science in Nursing Education at The University of North Carolina at Chapel Hill. Adam is currently employed as a Staff Nurse in PACU West at UNC Rex Healthcare in Raleigh, NC. Adam serves as one of the medical coordinators of the Bridge to Hope Mobile Medical Unit in Princeton, NC.

Applications for the 2017 PeriAnesthesia Nurse of the Year are being accepted now! Check out www.ncapan.org for the criteria and nomination form. Contact NCAPAN Public Relations Director Tamara Barnett at tbarnett8@att.net for questions.

Upcoming Events

February 4, 2017

HOT off the Press! New News for
PeriAnesthesia Nursing

WakeMed Cary

Cary, NC

Hosted by TAPAN

Contact Debbie Marshall for more information.

February 25, 2017

PeriAnesthesia Certification Review

Hilton North Raleigh/Midtown

Raleigh, NC 27609

Hosted by ASPAN

Visit the ASPAN website for more information.

March 11, 2017

New Beginnings: Inspiring
Ourselves and Our Practice

Cape Fear Valley Health System

Fayetteville, NC

Hosted by the Southeast District

Contact Sabre Thompson for more information.

Carolina Breaths is the official
publication of the North Carolina
Association of PeriAnesthesia Nurses.

November 2016 by NCAPAN

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use will further the mission of NCAPAN.

Carolina Breaths is published biannually
at minimum. Deadline for inclusion are:

March 31 for May issue

September 30 for November issue

Comments or Letters to the Editor are
welcome and can be emailed to the
email address below.

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ASPAN Gold Leaf Award

The Gold Leaf Award is the ultimate prize for being the Best Component! It encompasses your District's goals and Strategic Plan, how you orient new members, how active your local groups are with education, community service, and certifications. Communication between local groups and District, State and National levels. How we volunteer for committees to be active with government affairs, patient care, and research, as well as evidence-based practice.

Gold Leaf gives us credit for our communication with our website and our award winning Newsletter, *Carolina Breaths*. This is just skimming the surface of the information that we must present to ASPAN in the application to compete with the other 39 components of ASPAN! The deadline for submission of our Gold Leaf application is January, so make sure if you are having educational events, working on research, or communicating within your district that you let us know!

NCAPAN's Gold Leaf Advisor is Angela McClendon. You can reach at her angela.mcclendon@duke.edu.

Treasurer's Report

08-13-16 thru 09-30-16

Savings balance: \$25,856.14

Checking balance: \$57,233.09

3 CD balance: \$3,799.95

Respectfully submitted by

Chris Ford, NCAPAN Treasurer

NCAPAN Memorial Scholarship

Helps fund:

- CPAN/CAPA certification fee
- CPAN/CAPA recertification fee
- BSN/MSN degrees
- NCAPAN conference
- ASPAN conference/seminars

For more information on scholarships through NCAPAN refer to <http://www.ncapan.org/scholarships> or contact Donna Hutson, Director of Education at dlhutson@frontier.com.

Governmental Affairs Update

NCNA Convention 2016

You may have noticed that this is an exciting election year. You may not have noticed that politicians are courting our votes. The North Carolina Nurses' Association hosted a number of candidates at their annual convention in Winston-Salem, September 28-30. In addition to a full schedule of speakers, sessions, membership forums, and networking opportunities, both gubernatorial candidates and both US Senate candidates addresses our assembly.

Governor Pat McCrory sent a video message; Roy Cooper addresses us in person, as did Senator Richard Burr and former state representative Deborah Ross. NC Representative Gale Adcock, MSN, RN, FNP-BC, FAANP, a long-time member of NCNA, and candidate for NC House District 41, spoke to us about legislative issues of particular interest to nurses, such as seeking full practice authority for advanced practice RN's, Medicaid expansion, and access to care for underserved communities and the mentally ill. She was joined by Donna White, RN, candidate for NC House District 26. NCNA Lobbyist Alex Miller encouraged all nurses to support our Political Action Committee; over \$5,000 was raised for the PAC during the convention.

It wasn't all politics! Hot topics included "Projecting Professionalism", "Creating a Culture of Safety", "Staff Nurse Fatigue and Patient Safety", and breakout sessions on research, transformational leadership, creating dementia-friendly communities, and a tiered approach to orienting nurses. We also heard an update from the Board of Nursing, and had the opportunity to attend training from the Nurses on Boards 2020 Council. Over 400 RNs and nursing students and educators attended, from across the state. Join me at next year's convention September 14-15 in Cary, NC.



At left, NCAPAN Board Members Judy Schneider and Karen Baird attended the NCNA State Conference September 28-30 in Winston Salem, NC.

Judy Schneider, RN, CPAN

Director of Governmental Affairs

Editor's Desk...

What an exciting time to get involved with NCAPAN! As we are coming off the heels of the State Conference in Carolina Beach, there is great buzz throughout the state of districts being revitalized and individuals wanting to become more involved! Nurses are considering becoming CPAN or CAPA certified and educational opportunities are being planned for the Spring! The networking opportunities are going to be numerous in 2017 from day seminars throughout the state to State Conference to National Conference! Make sure that you check out the "Upcoming Events" section of the newsletter, so that you don't miss out on an opportunity for some CEs! Get involved with your district, the state or the national level. Not only do we need more people, but your PATIENTS deserve to have nurses who care and are educated! Make sure to check the website at www.ncapan.org to stay up to date on events happening and to contact any of the board members for NCAPAN. As always, feel free to email me at adamcombsrn@gmail.com with any questions, comments, or concerns!

Adam Combs, BSN, RN, CPAN

American Board of Perianesthesia Nursing Certification, Inc.

475 Riverside Drive, 6th Floor, New York, NY 10115-0089, 1-800-6ABPANC



Spring 2017 CPAN/CAPA Examination Dates:

Registration Window-Online	January 9 - March 6
Examination Administration Window	April 3 - May 30

Check out the ABPANC website at www.cpancapa.org for more information on how to register, pricing and much more!

ABPANC Vision

Recognizing and respecting the unequalled excellence in the mark of the CPAN and CAPA credential, perianesthesia nurses will seek it, managers will require it, employers will support it and the public will demand it.

Spring 2016 CPAN & CAPA Nurses

Congratulations to the newly certified nurses!



- Rosaley Tizon (Timberlake)
- Paul Teelin (Supply)
- Vickie Moore (Liberty)
- Sharron Stewart (Durham)
- Carrie St. Germain (Fayetteville)
- Mary Hancock (Charlotte)
- Karen Armitage (Mebane)
- Misty Burckhalter (Southport)
- Jill Mullins (Charlotte)
- Jenna Newcomb (Hickory)

CAPA Nurses in NC = 167

Dually Certified Nurses in NC = 13

Congratulations to **Vallire Hooper**, PhD, RN, CPAN, FAAN on being named to the GREAT 100 of NC for 2016! Vallire is a member of the Mountain District and NCAPAN. She also serves as co-editor of the *Journal of PeriAnesthesia Nursing*.



- Mary Jane Moseley (Hillsborough)
- Geraldine Young (Durham)
- Aaron Beaver (Wake Forest)
- Pamara Brockway (Franklinton)
- Lazarina Schwartz (Greensboro)
- Pamela O’Shea (Rougemont)
- Teresa McCabe (Willow Spring)
- Debra Areford (Hillsborough)
- Donna Sessoms (Bear Creek)
- Xiuzhi Lu (Chapel Hill)

CPAN Nurses in NC = 254

TOTAL Certified Nurses in NC = 434

Make sure to check out NCAPAN on Facebook! Like the page and share it with your perianesthesia colleagues!



2016 Leadership Development Institute

NCAPAN sent 8 members to the ASPAN LDI event in Cincinnati, OH, September 16-18.



At left, NCAPAN members post with “Sing the Queen City” sign in Cincinnati, OH.

At bottom left, NCAPAN nurses along with a nurse from Alabama enjoy dinner on the river at LDI.

Below, Cathy Brown and Adam Combs show their prizes for being the nurse with the most and fewest years experience at the table.



Marche Tucker, RN, CPAN, CAPA and NCAPAN Board Member shared this from LDI:

“This was my second opportunity to attend LDI. LDI is not only a learning opportunity, which generates growth in the perianesthesia setting, but also an opportunity to network with perianesthesia leaders across the United States. Being able to network with other leaders is very beneficial and provides an avenue to discuss hot topics affecting our practice and growth as an organization. Learning about the complexity of how components and district levels are set up and supported under ASPAN was very interesting. Kevin Dill, ASPAN CEO, spoke and recommended that each component set up a crisis manual. He discussed items that should be included in the manual and who should have a copy. He also discussed items that should be included in the manual and who should have a copy. He also recommended that each component have their own liability insurance as a protection for the component, any component activities and their Board members. Recommendations were also made to have the component treasurers bonded. I was glad to find out that our NCAPAN treasurer is bonded and would like to see NCAPAN investigate the options available for coverage of liability insurance. Thank you for the opportunity to attend LDI!”

Research Corner



PeriAnesthesia Research is happening all across North Carolina! Make sure that you let us know what you are doing to improve patient care for our population! Jennifer White, NCAPAN Director for Research would love to hear from you about your research project. You can contact her at nursewhite@bellsouth.net. Below are two research projects that we are aware of that are happening across NCAPAN!

An Epic Change: OR to PACU SBAR Handoff

Team Leader: Jennifer White BSN, RN, CPAN, TNCC

Pardee Hospital, Hendersonville NC

Data Collection: Debbie Austin, RN, CPAN, CCRN, TNCC; Renee Barnett, BSN, RN, CCRN; Robert Iseman RN; Beth Orłowski RN; Jean Roth BSN, RN; Kate Thomas RN; Marche Tucker RN, CPAN, CAPA; Harry Wilson RN

Introduction/Problem: Upon changing from Meditech to Epic electronic medical record system, the handoff from OR to PACU changed as well. Due to the lack of paper anesthesia record to refer to for pertinent history and medications given in the operating room, report became very cumbersome to give in the PACU at the bedside for anesthesia providers. Pertinent details such as allergies, surgical history, social history, and medical history were often omitted from the verbal report, because of the change in process. There was also an ongoing issue with getting consistent reports from the circulator, due to uncertainty in roles with reporting the events in the operating room.

Objectives/Purpose of Process Improvement:

- To develop a standardized method of communication to help promote more efficient reports, resulting in safe transfer of care in the PACU
- Promote safe and effective communication among providers to minimize risks and optimize safe transfer of care
- Develop a standard report process that will ensure a consistent report from both the circulator, as well as the anesthesia provider, thus limiting or eliminating duplication of information.

Methodology: The nurses in the PACU used a data collection tool for each report they received over a 3 week interval. The circulator and the anesthesia provider were both unaware that the data was being collected to ensure raw data was not skewed. A total of 100 data tools were collected.

Results: The data is currently being analyzed and a recommendation and process improvement will be initiated in the coming weeks, and will be included on the next edition of the newsletter. It is evident from the data that has been collected and reviewed to date, there is no consistent practice in report exchange in the PACU. This will be an ongoing process improvement to provide safer more accurate transfer of information from one stage in the perioperative arena to the next.

Brief Tablet Education before Child Surgery

Lisa Cobb, BSN, RN, CAPA
Carolinas Healthcare Systems
Huntersville Surgery Center

The purpose of this study is to measure if a tablet based pre-op education preparation will decrease post-op distress in children. The goal is to decrease signs of post-operative distress in children having outpatient surgery.

Research evidence was retrieved from a comprehensive search using key words: preoperative, education, pediatrics and anxiety. Evidence indicates surgery is stressful for children and age appropriate pre-operative education does help to decrease post-operative distress. Many forms of education may help the pediatric population post-operatively. More research is needed to determine if brief use of a tablet would be an appropriate and effective tool for pre-school and elementary pre-operative education on the day of surgery.

Cobb states, "We are educating children preoperatively with pictures on an iPad of they can expect the day of surgery. The pictures are paired with a script for preschool and school age children with explanations. We also use physical props such as anesthesia mask with stickers and a mock IV set up to assist in educating and getting the children involved. We are measuring post-op distress, amount of pain medications given, time in PACU, and also parental involvement. Our study size is 25 preschool and 25 school age children, we are about halfway done!"

Improving Patient Safety by Reducing the Doses on Weight-Based PCA Orders

Laura Clark, RN, CPAN
New Hanover Regional Medical Center
Wilmington, NC

The purpose of this study is to phase out weight based PCA orders, because it is not correct to prescribe doses based on weight alone.

I had the surgeons reduce their original orders down based on criteria in PACU, such as narcotic use sensitive, decreased respiratory rate, or vital sign issues. I followed those patients through their post-operative hospital stay. Only 1 patient had to have their PCA orders increased, which occurred on POD 3 and the patient was narcotic tolerant. The goal is to have PCA orders that encourage the prescribers not only to look at the patient's weight, but their overall health status, liver and kidney function, narcotic sensitivity, and history of sleep apnea.

Progress is being made, but it can be difficult to get pathways changed. A spreadsheet with the research statistics was presented to the Director of Pharmacy the day after a rapid response was called on a patient due to inappropriate PCA settings. We will keep you updated on this research project.

2017 ASPAN's 36th National Conference

April 30 - May 4, 2017

Indianapolis, Indiana

“Energizing Generations: the Race to Distinction!”



Make plans to attend the National Conference now! Be on the lookout for a NCAPAN representative at the First Timers Orientation! Make sure you find the NCAPAN table at Component Night so you can find out about the Meet and Greet for the NC nurses! We look forward to seeing you in Indy!

Education Update

From Donna Hutson, NCAPAN Director of Education... “What a wonderful conference the Coastal District hosted for NCAPAN! They had the most registrants ever and fabulous speakers. It was excellent!! Thank you Coastal for your hard work. It was a surprise that NCAPAN was able to give four (4) \$1,000 scholarships for the National Conference. The winners were Nancy Groves, Cassandra Lindsay, Wanda Beal, and Deb Marshall. If any of these are not able to attend, two alternates were randomly selected. Check out the NCAPAN website for district conferences coming up this fall and winter. Also, two CPAN and CAPA review courses will be available in February. More information will be coming about that, so keep a check in your emails and website. This is an exciting time for education and Perianesthesia nurses that would like to become certified. Please let me know if you have any questions! “

NCAPAN Community Service

Several districts in NCAPAN are giving back to their community through community service. The **Mountain District** will be collecting winter socks, gloves, and shoes for the Veteran’s Restorative Quarters in Asheville, NC. The **Southeast District** is continuing with their community service project “coverNup”. They will be collecting donations of underwear for homeless men, women and children in their area through the month of October. At the State Conference, the **Coastal District** held raffles for two different community service projects. The money raised was donated to Victory Junction Camp and to a safe house for those rescued out of human trafficking.

Education Update

Nursing Abroad

Judy Schneider, RN, CPAN

In October, I had the opportunity to travel to Kenya on a medical mission trip. Kenya Relief (www.kenyarelief.org) operates an orphanage, school and clinic in Migori township in southwest Kenya. I met up with 10 other members of our surgical team, assembled from across the US, in Nairobi. From there it was a long day's drive to Migori. Our team consisted of 2 surgeons, 3 CRNAs, an SRNA, a medical doctor, a L&D nurse, a CNA, 1 non-medical staff and myself (a PACU nurse). We spent one day setting up the OR and pre- and post-op areas, and screening patients. We completed 37 surgeries in 3 days. The electrical grid in East Africa is unreliable, so we contended with periodic outages and equipment malfunctions. In general, the clinic was well stocked, and our team worked closely with local care providers to ensure safe delivery of care. The team traveled to a safari lodge in the Maasai Mara for a little R&R before traveling back home.

Mission work in third world countries can be both challenging and rewarding. You become acutely aware of the many things we take for granted, like electricity and clean water. It is humbling to receive the gratitude of our patients and families, no matter the outcome. This was my fourth missions trip to East Africa, each a little different. If you have vacation time to spare, and are up for a little adventure, find a well-established missionary group and sign up!



Clinical Practice Update



Bedside OnQ Connecting

Whitney Molasky, MSN, RN, ACNS-BC, OCN

OnQ pumps are peripheral nerve catheter infusions for home. The benefits of continuing this therapy are that it is part of multimodal pain management, it may lessen opioid consumption and side effects, and it may lessen the incidence of myocardial ischemia events, respiratory depression, and DVT formation. The OnQ pumps are non-narcotic elastomeric pumps that automatically and continuously deliver a regulated flow of local anesthetic to a surgical site or in a close proximity to nerves using a peripheral nerve catheter.

Research shows that with OnQ pumps patients go home an average of 1.1 days sooner, report up to 69% lower pain scores, are 3 times as likely to report high satisfaction scores, and are more likely to experience better pain management with fewer side effects. In order for a patient to be selected for OnQ use they must be alert and oriented, have a caregiver present, be able to understand the use of the pump, and be able to monitor side effects. OnQ pumps are typically attached to upper or lower extremity regional nerve blocks, which include inter scalene, supraclavicular, infraclavicular, femoral, sciatic, saphenous, adductor canal, or popliteal catheters.

Submitted with permission by Donna Hutson, NCAPAN Director for Education.



PeriAnesthesia Nurse Awareness Week February 6-12, 2017

Be sure to take pictures of you and your perianesthesia colleagues celebrating your week! Send pictures to *Carolina Breaths* Editor Adam Combs at adamcombsrn@gmail.com to be included in the next issue of *Carolina Breaths*!!

THANK YOU for all that you do for your patients and their families each and every day! They count on you!

Are You Prepared for a Disaster?

A week after Hurricane Matthew hit North Carolina, many parts of the state remained under flood warnings. Having worked through the week in a large hospital system, I have seen how unprepared a “prepared” system can be when the unexpected happens. No one expected Hurricane Matthew to hit our state as hard or as long as it did. For this reason government, emergency, and healthcare systems may have been caught unprepared.

I was scheduled to work the 12-hour night shift on Saturday and Sunday as Matthew headed our way. Saturday morning, as I emptied the second of five inches of rain from my rain gauge and watched as the ditch in front of my house overflowed while the road disappeared, I began to wonder if I would be able to get to work for my shift. I text my manager to ask what she would like for me to do and was instructed to head in, so I would be sure to be there. It was 11 AM. The twenty minute drive took almost an hour as there were road closures and detours.

When I arrived at the hospital things were running pretty much as normal. There wasn't anything noticeable being done to prepare for any problems. About 3PM, the hospital lost power and the emergency generators kicked in without fail. Little time had passed, when an overhead announcement informed us that the hospital has lost water. The water loss was a city infrastructure issue beyond our control. Losing water at home is one thing, but losing water in a 600 bed hospital is another thing. No water for hand-washing and unable to flush toilets. Other water issues that have to be considered include: instrument cleaning, dialysis, scrubbing for surgery, washing cooking utensils, food prep, and drinking. The limited supply of bottled water was distributed to the units with instructions to use for drinking only. It would be late Sunday before the water main break would be fixed and Monday before there would be sufficient pressure to flush toilets. A boil water order remained in place until Thursday.

During Saturday and Sunday, issues continued to arise. Staff that were in the hospital were told they could not leave because oncoming staff could not get to work safely.

The question came up as to the NCBON position on consecutive hours worked and the answer was this is an emergency and rules go out the window. Nurses worked 36-50 hours with only a few hours break for rest. Food ran short for staff. Prepackaged items were at a premium. No coffee! As flooding continued, nursing home and rest home residents were brought in because there was no other place to take them, especially those oxygen dependent. We were told that in one facility staff left with residents who were able to walk, leaving the others for the fire department, including ventilator dependent patients. Patients who had been discharged could not safely leave, so they stayed. The emergency department was overflowing with patients who had been seen and discharged, but could not leave. Visitors set up camp in waiting rooms.

Water came in from everywhere. You think a building is water tight, but that is not always the case. Ceiling tiles fell, paint peeled from the amount of water running over it and carpets were soaked. Backup generators in a hospital in a neighboring county failed requiring them to transfer ICU and NICU patients to our facility.

What went wrong and what can we do differently next time? I don't want to say we dropped the ball; we simply had faith that the forecast was ironclad and no worries. My facility over the years has been almost comical with the early emails with plans for upcoming weather events. Sometimes it is almost like the boy who cried wolf. This time we just didn't think it was going to hit us. The water loss could not have been foreseen.

So what can we do and can we ever be prepared enough? If a natural disaster type event is remotely expected, we must put the disaster plan in place so that managers and administration are on site. Bring in extra staff as backup in case the worse happens. Bring in additional food and water supplies. As the aftermath of Matthew continues to reek havoc across eastern North Carolina, we must learn from this storm and look forward to the next even and over plan. We must do so in order to protect, patients, staff, and community. They count on us.

Article Written by Sabre Thompson, RN, CPAN

President of Southeast District

NCAPAN Member Spotlight

Mary Beth Cardwell, MRE, RN, CPAN... “I would like to first thank NCAPAN for the scholarship to help me financially maintain my CPAN credentials. I have been certified for 9 years now! I work in a small community hospital and no one in our facility had sat for the certification exam before. My manager was pushing for all of her staff to become certified, but her background is as an operating room nurse. I can scrub and circulate in the OR, so my manager wanted me to sit for my CNOR. She was unaware of ASPAN, our professional organization, and the CPAN exam. After some discussion with my manager, we decided that becoming CPAN certified would be my goal for my evaluation that year. I do not think that she thought I could pass the exam. To say that I was terrified would be an understatement. My husband is a minister and asked a fellow minister to cover for him that day so that he would be able to go with me. Prior to leaving the hotel room, my nerves had gotten the best of me and my husband stood holding my head and I was vomiting. He prayed with me before I went in to take the exam. I found my way into the testing center and found a seat at the back of the room. As we were preparing for the exam, I could hear chatter throughout the room. Nurses were discussing where they worked and some were discussing that it was their 3rd or 4th attempt at the exam. Of course, these comment made me more anxious for the exam, but I did not let the anxiety overtake me. I bowed my head and prayed, ‘God, if it be Your will, I will conquer this exam’. I PASSED!! Once I had my results, I had the CPAN credentials added to my badge. Staff, doctors, and patients began asking me what CPAN stood for and I proudly told them! Some patients even requested that I take care of them when they come back, because they remembered that I was a certified nurse. After obtaining my CPAN, I was one of a few nurses who was able to obtain level 4 status on the clinical ladder. This has opened doors for me to precept and teach colleagues, as well as students from the local colleges. I would encourage anyone to make it a goal to obtain national certification and maintain it. It is not an easy task and sometimes there are sacrifices, but knowing that you passed is so satisfying and you get respect from your peers and patients!”

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