Greetings, fellow perianesthesia nurses! I know it is a strange title for an article, but I hope you gain some knowledge you didn’t have before you read this.

Winter is here and everyone is back in school; children and teens in primary school, and adults are college bound and beyond. Many employers offer tuition assistance. There are seminars and conferences all over the country. ASPAN, our premier professional nurse’s organization, offers several seminars that you can attend in the comfort of your home, on a weekend! See more at www.aspan.org. The districts of our component offer half-day seminars and single contact hours. The Annual CBSPAN Fall Seminar was held on Saturday, October 22 at Children’s National Hospital. There were exceptional lectures and extraordinary speakers. Our annual component PANAW seminar will be held at Frederick Memorial Hospital on February 4th, 2017. Frederick has a wonderful Civil War Hospital Museum. This museum takes you back to the country’s civil war and how we cared for those injured during the war. It is fascinating look at medicine. Information regarding upcoming seminars and conferences are on the CBSPAN website. Do you need a scholarship to assist you in furthering your education? Our component offers several scholarships, and asks for minimal support in return. Ask your district president for more information or look on our website.

ABPANC, the perianesthesia certification organization has CPAN/CAPA question of the week on their website. The website is: www.cpancapa.org. The answer to the past week’s question will be posted the following week. There are certification coaches in our component area. Are you thinking about sitting for certification? Please contact me for more information. There are study guides on the website and more information if you are interested in taking the exam in the spring 2017.

Our component’s strategic plan has goals which include education for our members, promoting certification in our specialty, maintaining the fiscal health of our treasury, participating in community activities, promoting member feedback to National office regarding candidate positions, and submitting a Gold Leaf application annually. The Gold Leaf award is ASPAN’s prestigious award for the component that signifies excellence.

-Chris Skinner, MSN, RN, CAPA

“Education is not the filling of a pail, but the lighting of a fire.” William Yeats
Why be ASPAN Director for Clinical Practice?
Learn why Diane Swintek chose to be the ASPAN Director for Clinical Practice, her steps to become involved in ASPAN, and what she believes is essential for nursing professionals.

Start Now: You can do it!
Penny Rathmanner, current CBSPAN Treasurer, encourages you to become active at the district or component level!

Energize Your Practice!
The CBSPAN Western Maryland District, along with Frederick Memorial Hospital, welcome you to attend their PANAW Week Conference.

Nurse in Washington Internship
Learn about the NIWI Conference and why NIWI is important for nurses.
ASPAH Highlights


2. 2017-2018 Candidate Profiles and Feedback Form are available online. As a member you are able to provide feedback (vote) on your favorite candidates.

3. ASPAN National Conference will be in Indianapolis, IN April 30 to May 4, 2017.

Our Region Five Director, Kim Godfrey, BSN, RN, CPAN

Kim has been supportive of the components she represents, of which, one is our CBSPAN. She has mentored our leaders with suggestions to strengthen the component, maintain vitality and be as successful as possible, while promoting education for our members. She was present at LDI, in Cincinnati, OH, assisting new leaders and seasoned leaders. Kim was able to attend our annual fall conference in Washington DC. She is running for a second term as Region Five Director for ASPAN. She can be reached at kgodfrey@aspan.org.

Take a moment to reach out to her and say “hi”!

Why be ASPAN Director for Clinical Practice?

by Diane Swintek, MSN, RN, CPAN

Just what does it mean to be the ASPAN Director for Clinical Practice? Endeavoring to be the director was a natural progression from the role of team leader, which I held since 2011. For me it means following in the footsteps of CBSPAN members that have participated at the national level in ASPAN. CBSPAN has a long history of members with a passion for perianesthesia nursing practice being active in the leadership of the Society.

Seeking to become the Director for Clinical Practice was not a decision that I reached easily. As a member of the Clinical Practice Committee (CPC) since 2009 I have developed an appreciation for the trends in perianesthesia nursing and healthcare evidenced through the work of this committee. CPC is a window on the impact of healthcare regulations on the viability of healthcare institutions to continue to provide quality, safe nursing care. Reviewing the questions submitted each week to CPC highlights the difference between care delivery in rural, suburban, and urban centers. Each weekly roster is a birds-eye view on the impact of a global economy on individual communities across our country, as nurse’s work to maintain standards within shrinking institutional resources.

The Director for Clinical Practice is a guardian for perianesthesia nursing standards, promoting safe patient care, and encouraging evidence-based practice. Taking on the leadership of this important committee has been an enriching growth experience. In addition to being the leader for CPC, the director participates on the Standards and Guidelines SWT, coordinates the Excellence in Clinical Practice Award, and oversees the poster and oral Celebrate Successful Practice (CSP) submissions for National Conference. All of this fits with the nursing professional that I am. Being an active participant says that I believe in the standards, practice recommendations and commitment to excellence in perianesthesia nursing practice championed by ASPAN.

Continual learning and advocating for ethical patient care are the function of each nursing professional. CPC is an opportunity to assist other perianesthesia nurses to ensure that their practice is evidence-based and above all safe for the patients we care for.
SAVE THE DATE!

8th Annual Pediatric Perianesthesia Nursing Update
Saturday, March 4th 2017
Nemours/ Alfred I duPont Hospital for Children
Third Floor Lecture Hall

COMMUNITY SERVICE OPPORTUNITIES: GIVE BACK!

The Baltimore district participated in community service to come and gave back to the community. Some of the opportunities we had to offer were:

- Baltimore Sickle Cell Picnic: September 17 2016 – Druid Hill Park – Baltimore Maryland
- Baltimore Heart Walk - October 8th 2016 – Camden Yards stadium.
- Maryland Food Bank: At all of our half day events, we will offer non-perishable food collection. To be donated to the Baltimore chapter of the Maryland food bank. Money donations also welcome.

More community service opportunities to come. We look forward to all who want to join us in giving back and making things better to the community at large.

Trish Ryan, MSN, MHA, RN, CPAN
CBSPAN Baltimore District President.

CBSPAN Baltimore District: EBP/Research/QI
by Trish Ryan, MSN, MHA, RN, CPAN. President, CBSPAN Baltimore District

We are looking for anyone interested in participating in a literature review.

As a way to promote education in the Evidence Based Practice (EBP) process, research and quality improvement (QI), CBSPAN Baltimore district is looking for anyone interested in participating in a literature review. The topic question (PICO) is “What is the effect of multimodal analgesia on post anesthesia/ post sedation Obstructive Sleep Apnea (OSA) patients.” Baltimore District will begin reviewing articles in October and hold 2 meetings per month online (through Go to Meeting) to level the evidence using The Johns Hopkins EBP leveling format. This format is based on the Joanna Briggs model, however is simplified and easier to understand. CBSPAN Baltimore district’s short term goals are to create and submit a poster to ASPAN for national conference after all the evidence is leveled and summarized. The district’s long term goal is to write up an article and submit for publication. Members from all the districts are welcome to participate at any level of the process. To support education regarding the EBP process, CBSPAN Baltimore district will also be sponsoring a monthly journal club relating to the different steps of the EBP process. These journal club sessions will begin in Jan 2017 and will also be held online through go to meeting. The Baltimore district encourages all who are interested in participating.

Trish Ryan, MSN, MHA, RN, CPAN
Energizing Generations: The Race to Distinction is this year’s theme and message of the ASPAN national conference. Katrina Bickerstaff BSN, RN, CPAN, CAPA, ASPAN President states the following in the current Breathline issue discussing this year’s theme: “Each and every one of us has the power to change, amend and improve our practice.” Katrina’s message started me thinking about my own contributions to our practice. I currently serve as Treasurer of CBSPAN. After some nudging and maybe a little arm twisting from a coworker and friend Chris Skinner, I accepted a nomination for the position. I was somewhat apprehensive and nervous as I was active at the district level in the past but never really had any experience at the component level with the exception of attending conferences at the component level and only when the conference was hosted in the Eastern Shore district level.

I can tell you my experience has been much more rewarding than I have ever expected. I have developed new friendships and relationships with other nurses in our region allowing for collaboration and networking. I attended LDI (Leadership Development Institute) on scholarship allowing for an incredible 2 days learning from our current ASPAN nursing leaders. Serving as treasurer, I have learned much more than I ever imagined in regards to nonprofit organizations, incorporations and financial transparency.

I was always reluctant in the past to volunteer for positions. My reasons included thinking that I wouldn’t have the time to commit or the skill set necessary to succeed in the role. I can say that the time commitment is much less than I expected; maybe 1 hour per month and extra time prior to board meetings to prepare reports and budgets. Chris Skinner, the prior treasurer and now CBSPAN president, mentored me in the new role and provided me with all the tools to be successful in the role of treasurer. I am amazed that my term is almost over.

Complete the Willingness to Participate form and become active at either the component or district level. Join the RACE to DISTINCTION! “There is moment in every race. A moment where you can either quit, fold, or say to yourself, I can do this” (Gatorade © AD). You can! You just have to Start!

Start Now: You can do it!

by Penny Rathmanner, BSN, RN, CAPA. CBSPAN Treasurer 2015-2017

From our Vice President/President-elect

by Kathy Steindl, BS, RN, CAPA

I had the opportunity to attend ASPAN’S Leadership Development Institute recently. What a great way to get together with other leaders of ASPAN. It’s the best way to network with national office leaders as well as component leaders. Our ASPAN President Katrina Bickerstaff gave a great presentation on leadership. It got me thinking about my role in CBSPAN as the current Vice President. Being a staff nurse in a hospital setting ambulatory surgical unit I don’t have to have seniority to hold this position. As a matter of fact according to Katrina’s research, leadership has nothing to do with position in a company, titles, personal attributes, or management. It’s a good thing, I am none of those! What I will try to do is to be the person others choose to follow, provide inspiration, provide opportunities for others to grow, provide vision for the future. That’s where you come in! Together we can keep CBSPAN moving forward by participating in your district and board meetings. Our main goal is to educate each other and nonmembers alike in the world of Perianesthesia. Patient safety is key and the way to keep it that way is to get involved and make sure you know the guidelines and standards of care for our specialty. Remember you don’t have to be a clinical nurse specialist or manager, just someone who encourages others to reach their real potential!
The CBSPAN Western Maryland District
Along with Frederick Memorial Hospital Welcome you to attend...

Our PANAW Week Conference...
Energize Your Practice!

Saturday, February 4th, 2017

Location: Classrooms 1 and 2, Frederick Memorial Hospital, Frederick, MD 21701
Registration: 0730; Program: 0800-1545; Evaluations: 1545-1600; Breakfast and Lunch included

Agenda:

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<th>Time</th>
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<td>08-09</td>
<td>Burnout and Moral Distress</td>
<td>Margaret McNeill, RN</td>
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<td>09-10</td>
<td>Your LGBTQ Patient</td>
<td>The Frederick Center</td>
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<td>10-1010</td>
<td>Announcements</td>
<td>Chris Skinner, RN; Vicki Yfantis, NP</td>
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<td>Enhanced Surgical Pathways</td>
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<td>1130-1200</td>
<td>Coping with Chronic Illness; Patient Perspective</td>
<td>George Callan</td>
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<td>1245-1330</td>
<td>Military Nursing: A Viet Nam Veteran's Perspective</td>
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<td>Sepsis Outcomes/Case Study</td>
<td>Sue Archer, RN &amp; Becky Burall, RN</td>
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<td>Anesthesia Awareness</td>
<td>Mark Seymour, MD</td>
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<td>1545-1600</td>
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American Board of Perianesthesia Nursing Certification, Inc.

Spring 2017 Registration Dates & Deadlines

Registration Window — Online
January 9 - March 6

Spring 2017 Registration Dates & Deadlines

Examination Administration Window
April 3 - May 30

Deadline for Rescheduling or Cancelling Appointment
PSI allows you to change your appointment for free if you do so up to 48 hours prior to your scheduled exam session. Changes/cancellations are not permitted within 48 hours of the scheduled test date.

Postmark deadline for requesting withdrawal, refund, rollover from ProExam
On or before last day of examination administration window

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Nurse in Washington Internship (NIWI)

by Margaret Farr Young BSN, RN, M.Div., CPAN, CAPA

The Nurse in Washington Internship (NIWI) Conference was held at the Westin Crystal City Hotel just outside of Washington, D.C., on March 6–8, 2016. This conference was an excellent opportunity for nurses of all educational levels and nursing students too, to become familiar with the legislative process on health care programs that affect us. There were more than seventy five nurses in attendance from the United States, including two from Hawaii!

NIWI is sponsored by the Nursing Organizations Alliance to provide a forum for nurses to discuss health care issues and concerns with one voice. For two days, we enhanced our lobbying skills before taking our mission to Capitol Hill. Then, on the third day – all seventy five of us were assigned to meet with various Senators and congressional staffers to discuss legislative funding for the nursing workforce programs. These included the National Institute of Nursing Research and Title VIII of the Public Health Service Act.

I believe America loves nurses. We are essential members of the health care delivery system. We provide significant care in a variety of settings: hospitals, clinics, schools, private homes, long term care facilities, and businesses. That’s why the funding for which we lobbied is so important. For more than fifty years, the nursing workforce development program has helped to meet the demand for highly-quality nursing services in underserved and diverse populations. Title VIII supports nurse education from entry-level preparation through graduate and doctoral study. It also supports nurse recruitment and retention. Along with Title VIII, we were seeking increased funding for the National Institute of Nursing Research (NINR). This funding is important for the development of nurse scientists; to enhance innovation in science and practice; to promote disease prevention, manage symptoms of acute and chronic illness and improve palliative and end-of-life care. NINR funds research that establishes evidence-based quality and cost effective patient care.

Perhaps the highlight of this year’s conference was our request to the United States Senators to co-sponsor the Veterans Health Care Staffing Improvement Act (S.2279). This legislation allows Advance Practice Registered Nurses (APRNs) to practice to the full extent of their education, skill and training. APRNs include nurse practitioners, certified registered nurse-midwives, certified registered nurse anesthetists and clinical nurse specialists. APRNs are well trained in their specialty areas and board certified. With more full service providers throughout the country, our veterans would have increased access to timely, safe, efficient and effective healthcare in their hometowns.

A NOTE FROM THE EDITOR

As you read this newsletter, you will definitely see a theme. From Webster’s Online Dictionary, the definition of theme is “a subject or topic of discourse or of artistic representation; a specific and distinctive quality”. The theme of this newsletter involves persuasive arguments for becoming more active at the district, component or national level of our premiere nursing organization. There is no time like the present. There are openings at the district level as Vice President-President Elect for Eastern Shore, Baltimore, or Western Maryland districts. There will be an opening for the role of Secretary at the Component level, and next year, there will be opportunities to run for national office. As an officer or vigorous activity at district or component level, you can receive scholarships for school, certification, or to attend conferences and seminars. We read about Diane Swintek’s recent rise to become an officer at the national level. Margaret Farr-Young and Penny Rathmanner wrote about a conference they attended with the assistance of a scholarship. I urge you to ask one of the district or component officers about scholarship opportunities and opportunities to serve our organization. Once you attend a national conference, you will want to go again and again!

Regards,

Chris Skinner, acting editor of CBSPANNER

From the Board of Directors, have a joyous and prosperous New Year!