To start off the New Year, I’d like to say Happy 2020 to all of you! With that comes the question of new year’s resolutions. Have any of you made a new resolution? I, personally, don’t make resolutions to welcome in the new year, because I see it as a changing of the days from a Tuesday to a Wednesday. Resolutions are things that we need to be making constantly. We need to always be striving to enhance ourselves and to keep on guard to anything that might derail that from happening. Each day is a blessing. We have to make many decisions each day, the 1st, 15th, or 30th of each month, We need to make each day rewarding for us and our patients!

I’ve had to make this revelation myself when I was diagnosed with cancer in 2015. Since then, I’ve gone through surgery, treatments, and have finally gotten to the remission stage. Going through this gives one a different perspective. We need to set goals and have something to look forward to instead of living day by day. Use your china, go on that vacation, and spend more time with your family. We are so busy with our lives. Mark a day on the calendar each month for a whole day to relax and do something “fun” for yourself. You need to schedule this just like a work day or hair appointment. We need to make time for ourselves to regenerate and realize that life is a gift and we need to enjoy it!

This applies to both your personal and professional lives too. We need to stay familiar with all of the changes in our lives and in the medical field. Nursing has been my career for over 38 years. There have been so many changes, but I still want to be at the bedside and take care of my patients. I like each one and enjoy the short time I take care of them. They let us into their lives at that moment. We are their caregivers, advocate, and smiling face that get them through the day. I want to be the best nurse that I can be for them so that they can get the best care possible. So, I set goals, not just at the start of this new year, but throughout the year so that I can be that much better with each checkpoint I hit. I love what I do and am striving to love it even more with each passing day. So, the question is, what will you do today?

Janice Hamouz-Fultz, BSN, RN
Meet your OSPAN Board Members (OSPAN website has full bios)

Janice Hamouz-Fultz, BSN, RN
OSPAN President/Editor

Cathy Tellone, MSN, RN, CAPA
OSPAN Treasurer

Toni Strickland, BSN, RN, CPAN
OSPAN Director at Large

Marty Phelps, BSN, RN, CPAN
OSPAN Director at Large

Matthew Charles Rosenquist, ADN
OSPAN Webmaster

Tracy Gaylon, BSN, RN, CPAN
OSPAN Past President
OSPAN President Elect

Lindsay Spencer,
MHA,BSN,RN, TNCC
OSPAN Secretary

We have several board member positions open—2 Directors at Large and Secretary. Please consider joining this wonderful organization!
Visit: OSPAN website: www. OSPAN.org and fill out the Willingness to Serve Form.

OSPAN MISSION
OSPAN exists to promote quality and cost effective care for patients, their families, and the community, through public and professional education, research, and standards of practice for all perianesthesia nurses. Areas included are those in Phase 1, Phase 2 (PACU), Post Op, Same Day Surgery units, Endoscopy Labs, Cath Labs, and all other areas where IV sedation is administered.

OSPAN is now part of Amazon Smile!
- Name OSPAN as your charity
- OSPAN will get 0.5% of the sale
- Sign into "smile.amazon.com"
- Select "Oklahoma Society of Post Anesthesia Nurses Inc"

Remember to nominate yourself or a fellow nurse for the:

OSPAN PeriAnesthesia Excellence in Clinical Practice Award
Forms are found on the OSPAN website: www. OSPAN.org

Oklahoma Society of Perianesthesia Nurses
P.O. Box 11392
701 N. Kelly Avenue
Oklahoma City, OK 73118
Oklahoma Society of Perianesthesia Nurses

2020 Spring Conference
Saturday, March 21, 2020

Target Audience: All PeriAnesthesia Nurses
Overall Program Objective: Discuss clinical priorities for the PeriAnesthesia Nurse
Location: Saint Francis Hospital, 6161 S. Yale Avenue, Tulsa, OK 74136
Registration 7:30-8:00; Program 8:00-15:30; Evaluations 15:30-15:45

7:30-8:00 Registration
8:00-9:00 Outpatients: When the Unexpected Happens
   Jody Hacker, MSN, RN, CAPA
9:00-10:00 ERAS and Related Topics
   Dr. Scott Fengler, MD
10:00-10:15 Break
10:15-11:15 Post Surgical Identification of Stroke
   Cameron Richardson, MSN, RN, CCRN, ASC-BC, Neuroscience Nurse Navigator
   and Anne Spencer-Brown, RN
11:15-12:15 Lunch/Annual Meeting
12:15-13:15 Adventures in Comprehensive Pre and Post Operative Care of the Vascular Patient
   Dr. Giancarlo Piano, MD, FACS
13:15-14:15 Care of the Obstetrical Patient Requiring Surgery
   Lisa Early, APRN-CNS, MS, C-OB
14:15-14:30 Break
14:30-15:30 Compassion Fatigue/Second Victim
   Madonna Newcomer, MSN, RN, NE-BC
15:30-15:45 Evaluations

On or before March 14, 2020: (must be postmarked by midnight March 14)

ASPAN members: $70  Non-members: $100
After March 14th, 2020
ASPAN Members: $85  Non-members $115
Non-licensed RN Student: $10
Certified Nurses receive a $5 discount

LOOK FOR FULL DETAILS ON THE OSPAN WEBSITE FOR REGISTRATION
ASPAN National Convention
Denver, Colorado
April 26-30, 2020

Denver Facts:
- Elevation: 5,280 feet
- Mile High City nickname
- Home of Bronco Football
- Home of Coors Beer
- 300 days of sunshine
- Rocky Mountain Foothills
- Population 716,492 in 2018
- Medium home cost $421,900

Come. celebrate with nurses from around the country and get ideas for your hospital!

Take Your Career to the Next Level with CPAN/CAPA Certification!

Number of Nurses Certified in OK:
- Dual—2
- CAPA—41
- CPAN—79
- TOTAL—120

Nurses who get this nationally recognized certification can validate their perianesthesia practice and become leaders who strive to improve their practice in the surgical setting. The ABPANC website (www.cpancapa.org) offers information, weekly study questions, and tutorials to help you study for the exam. In the two years prior to applying for initial certification, you need 1,200 hours of direct clinical experience—this is a new change, a reduction in hours. You must also have an unrestricted nursing license. The cost for the exam is $314 for ASPAN members and $424 if you are not an ASPAN member.
OSPA Winter Select Seminar

Where: Saint Francis Hospital
6161 S. Yale Avenue
Tulsa, OK  74136

Date: February 8, 2020—Saturday

Time: 7:30 a.m.—11:45 a.m.

Topics: Multimodal Pain Management Therapy and Adjuvants
Orthopedics: From the Preparation to Discharge!
PACU Assessment and Discharge Criteria

CEU’s: 3.75 Contact Hours

ASPAN Member Fee  $32
Non-Member Fee  $85

Register online at: https://learn.aspan.org
You must register at least one week prior to the event
Look for more details on the OSPAN website

ASPAN Summer Select Seminar

Date: July 11, 2020—Saturday
3 Mystery Topics~!
Stay tune for more details coming in June!
The life of a nurse manager in a small hospital

When I started my career in nursing in the early 90’s I had no intention of ever being a nurse manager. The manager of my unit stepped down after the birth of her first child and I was challenged by my co-workers to apply for the open position, with the reassurance that I would still be in patient care – I would just be doing the added “paperwork and meetings” that came with the position.

I was offered the position and took the challenge. Shortly after taking the new role, our facility made several changes, to include becoming Joint Commission accredited, and my “normal” work load drastically changed. One of the biggest challenges that I faced was balancing my “patient care” time with my new tasks and communicating my time management needs to my co-worker’s/staff members.

Over the years I took on additional management roles as the hospital re-organized and combined several nursing areas. At this time, I am the nursing manager of the Peri-Anesthesia department – which covers 5 units of the hospital – Pre Admit Testing, Surgery Pre Op, PACU, Outpatient and Interventional Pain Management.

What was described to me by my fellow co-workers as “paperwork and meetings” was not very conclusive of my day to day duties. Although very stressful at times, I enjoy my job and look at it as a challenge on a day to day basis. I always liked the fast paced “putting out fires” of bedside nursing and it certainly has been a useful tool in management. What staff see as “sitting in an office and doing paperwork’ can be no further from the actual day to day expectations.

A few of my tasks include staff management, department education, attending meetings, budgeting, patient safety and other tasks that arise.

Staff management includes a wide range of tasks from interviewing and hiring people that will be a good fit and offer the skills needed, managing the staff schedule, ensuring staff coverage when people are out on medical leave or vacations, being familiar with all staff and issues within the areas, corrective actions and terminations, annual evaluations, payroll, being a fair and active listener to problems and concerns and offering help and resources as needed when there are personal issues that may affect them.

Department Education sounded like a small role – until I started looking at all that is involved. From critical skills, processes and training, new equipment and EMR systems, being familiar with standards for specialized areas, as well as state and federal requirements and updating and adding policies and procedures to stay current.

Meetings – turned out to include committees as well and involved Quality (statistics and reporting of department performance improvement indicators). Infection Prevention, Safety and Pharmacy to name a few. In addition, I perform department RCA’s when issues or processes are needing to be reviewed to maintain the safest patient care possible, which includes leading meetings, taking meeting minutes, and breaking down a process and identifying areas for improvement, then putting it in to action including education and evaluation.

Budget – involves equipment evaluation and identifying needs for additional or new items, researching and obtaining quotes and submitting annually, in addition to ordering and training when the items are received. Maintain staff resources, supplies and PAR levels, inventory and monitoring and checking for outdates. Continually being aware of items that are used and cost of items are high points in today’s healthcare as we strive to be as efficient as possible.

Patient safety includes being aware of any patient issues in the areas. From life threatening issues to not having a ride home, staying in constant awareness often prevents issues from exacerbating. Being a staff advocate and support person is critical in my role. Frequent rounding and open communication with staff is a must. Being a resource and finding the backup help that is needed during the out of the ordinary routine is how a large portion of my day is spent.

That “problem solving”, “think on your feet”, “putting out fires” that challenged me as a new nurse, is what makes my position in management rewarding for me. I am blessed to have a wonderful staff that I have had the privilege of building and adding to over the past 10+ years. We have a good team and work well together. A final thought “Let us never consider ourselves finished nurses.... We must be learning all of our lives”. Florence Nightingale.
Greetings from our Region 2 Director, Susan Norris

Greetings OSPAN members,

The new year is already well under way and both OSPAN and ASPAN have lots of things happening. OSPAN has a Winter Select Seminar on February 8th in Tulsa followed by the Spring Conference on March 21st. Your OSPAN Board of Directors are looking for members to take on a more active role and help them to run your organization. This is your opportunity to help lead OSPAN into this new decade. Taking on the role of board member or committee member should be seen as a chance to expand your professional experience and grow as a perianesthesia nurse. It does mean you will have to give some of your personal time but the rewards you get back far exceed the sacrifice you make. You have a very supportive group of leaders already and they are there to help you learn the new role and encourage you along the way.

ASPN is also busy preparing for the National Conference being held April 26 – 30, in Denver, CO. If you have never attended a National Conference, this is a great opportunity for you to join in the fun. The educational topics cover everything from pre-admission to discharge. The vendor hall gives you a chance to explore new products and shop for yourself as well. The social events are a great way to meet new friends and share your practices and concerns with other nurses who understand what you are talking about. ASPAN is also seeking feedback on the candidates for the ASPAN Board of Directors. Your OSPAN representatives need you to provide your input on who you would like to see leading the national organization for the next 2 years. Follow the link on the ASPAN homepage to the candidate profiles and let your voice be heard.

It’s not too early to start thinking about submitting scholarship applications for next year. The deadline is July 1. Scholarships are available for tuition for BSN, MSN and Doctorate programs, certification, attending National Conference, Nurse in Washington Internship (NIWI) and humanitarian mission. The application forms will be available on the ASPAN website in early February.

It has been my honor to have served as your Regional Director for the past 2 years. I look forward to the opportunity to continue to serve in that role for the next 2. If you have any questions or concerns that you would like addressed, please feel free to reach out to me. I am here to support the members and leaders of OSPAN.

Thank you,

Susan Norris

Susan Norris BScN, RN, CAPA
ASPN Regional Director, Region Two
The OSPAN Board works hard for its members at the annual retreat. We can have fun, but get the work done!