### President's Message

**By Tracy Galyon**

It is an honor and a privilege to serve as your President for the 2020-2021 year. I have been a part of OSPAN since 2013 and it has been wonderful to work with this organization. Thank you all who responded to the email voting process so we could move forward.

We are living in strange times and I personally have no idea what the future might hold. I believe we are all looking at a new normal – washing hands frequently, allowing people personal space, appreciating the ability to cover a cough or sneeze, and most importantly valuing the need to spend quality time with family and friends. I honestly believe that we will come out of this stronger than ever with a different perspective on what is important.

As we move into the future the board is exploring ways to provide our membership with educational opportunities. We are actively determining our options in providing those opportunities in the safest way possible. We are currently unable to schedule facilities for our conferences just because we do not know if it will be opened to do so. Facilities are not willing to commit as well due to that uncertainty. Some of the options we are looking at include: Zoom meetings, YouTube video that will be accessible via log-on and password protected, or some other type of virtual resource. You may see opportunities for voting on issues via Survey Monkey or email – please respond – your voice is critical to the continued functioning of the organization. We welcome your input and advice on how to best make this happen.

In our world of technology this may be a part of our future. Please email us at ospanwebmaster@gmail.com with your thoughts, concerns or suggestions. Also, if any of our membership has any experience doing this kind of conference/meeting we would love to have you guide us in these uncharted waters!

Stay Safe, Stay Healthy and please reach out to OSPAN if we can be of any assistance during this time. **Tracy Galyon, BSN, RN, CPAN**

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Meet your OSPAN Board Members  (OSPAN website has full bios)

Tracy Gaylon, BSN, RN, CPAN  
OSPAN President

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

Cathy Tellone, MSN, RN, CAPA  
OSPAN Treasurer

Jacquie Emberly, BSN, RN, CAPA  
OSPAN Secretary

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

Lindsay Spencer, MHA, BSN, RN  
OSPAN Director at Large

Stephanie Baker, BSN, RN, CPN  
OSPAN Director at Large

Matthew Charles Rosenquist, ADN  
OSPAN Webmaster

Meet our new Board Members!

Jacquie Emberly has been an RN for 30+ years. She began her career in NICU and PICU, then went to outpatient surgery about 15 years ago. She began in PACU, then transitioned to pre/post with a job change. Phase 2/post op became her home. She received her CAPA certification 3 1/2 years ago. She wishes she had done it much earlier. It opened up so much knowledge and the opportunity for continued education. She currently lives and works in Edmond.

Stephanie Baker has 4.5 years of PICU & 1.5 years of PACU working at OU Children’s in OKC. She also has worked 3 years at Children’s in the Float Pool @ St. Francis Children’s in Tulsa. Stephanie wants to become more involved with OSPAN as it would keep her more up-to-date on current practices and information related to perianesthesia. She plans on working in PACU for a long time, so she wants to gain as much knowledge as she can so she can take excellent care of her patients.
ASPAN Summer Select Seminar

This will be an ASPAN Webcast

Where: ASPAN Website – via ASPAN Learn. Instructions will be included in your confirmation email.

Date: July 11, 2020—Saturday

Time: 8:00 a.m.—11:30 a.m.


CEU’s: 3.25 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
What to do during Covid—19

Nurses make great CASA volunteers because we’re so observant. I had two nieces who needed an advocate when they were young so I’ve always wanted to do it. I went to a lunch and learn then interviewed then had to do 40 hours of training, pass a background check. Then I got my official court appointment for the two foster kids I advocate for. I go see them once a week or so, interview everyone involved in their care such as teachers, counselors, their bio parents, foster parents, their attorney etc. I have to go to court for them and advocate for them to the judge. I am their voice in court because most kids don’t have a voice. The judge really does listen too because I don’t have an agenda. I’m a volunteer and my main concern is what’s best for the kids. It is amazing!

Maria Cox, BSN, RN

I’m a CASA because I care deeply for the children in foster care. My CASA kids know that I have no other agenda than to make their needs and wishes known to the judge and the court. They proudly introduce me to their friends and teachers as “my CASA.” They know that I will always have their backs.

Maria Cox

Maria Cox, BSN, RN
ASPAN’s 2020 Representative Assembly—via Zoom

The year 2020 marked the 23rd annual meeting of the Representative Assembly (RA) and was scheduled to meet on the first day of National Conference, April 26th, in Denver Colorado (ASPAN, 2020). In January of this year, I learned that I would have the honor of representing the state of Oklahoma, as an RA member for our state component. Excitedly, I booked my airfare, made my hotel reservation, rented a car, and did all the other exciting things you do when planning a trip. Unfortunately, COVID-19 changed all those plans and National Conference was cancelled. Although disappointed that I was going to miss out on National Conference for the first time, I was more so curious to see how the RA was going to be able to meet and accomplish their usual objectives. I learned in mid-April that the virtual meeting would take place on the same day, April 26th, via Zoom. As this was my first RA experience, and not knowing what to expect, I was a little nervous. A Zoom meeting with over one hundred attendees?

Surprisingly, after only a 15-minute delay getting started, the assembly was called to order, introductions were made, and a review of the RA rules were presented. A total of four ASPAN resolutions were presented to the assembly:

#2020-01 – A Position Statement on Human Trafficking. This resolution pertained to recognizing vulnerable population members and signs of human trafficking.

#2020-02 – A Position Statement on Electronic Nicotine Delivery System/Vaping Products. This resolution pertained to the responsibilities of education on potential harmful effects associated with the use of electronic delivery systems and seeking knowledge related to implications of vaping products.

#2020-03 – This resolution pertained to accepting and adopting ASPAN’s 2021-2022 Peri-anesthesia Nursing Standards, Practice Recommendations and Interpretive Statements.

#2020-04 – Proposed a Bylaws Amendment in Section 5.4.6. This resolution pertained to changing the election year for the Director of Education to even out the equality of new positions each year (ASPAN, 2020).

The RA approved all four of the resolutions. The two Position Statements will be available to the public in the 2021-2022 ASPAN Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements. The RA also approved the election year change - to become effective in the 2022 election, and accepted and adopted the 2021-2022 ASPAN Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements to become effective January 1, 2021.

Next, we voted on new board members for ASPAN. I want to say Thank You to everyone who reviewed the candidate profiles and voted, as that information was disseminated to the RA attendees (anonymously) and was useful in casting the final votes. These 2020 board members are incredibly experienced and devoted to perianesthesia nursing:

-President
Elizabeth Card
MSN APRN FNP-BC CPAN CCRP FASPN

-Vice President/President-Elect
Jennifer Kilgore
BSN RN CPAN

-Secretary
Alphonzo Baker
BSN RN CAPA

-Immediate Past President
Amy Dooley
MS RN CPAN CAPA

-Regional Director, Region Two
Susan Norris
BSN RN CPANA

-Regional Director, Region Four
Bronwyn Ship
BSN RN CPAN CAPA

-Director for Clinical Practice
Melissa Davidson
MSN RN CPAN

-Director for Research
Margaret McNeill PHD RN APRN-CNS CCRN-K
CCNS TCRN CPAN NE-BC NHDP-BC FCNS FAAN

-ABPANC President
Vicki Yfantis
MSN RN CRNP CPAN

-Ex-Officio
You can view their profiles on ASPAN’s website at www.ASPAN.org. Finally, closing comments – and after a successful assembly, the RA was adjourned on time. As you can see, much was accomplished that day.

Although disappointed that the conference was cancelled, I found a silver lining by being part of a virtual Representative Assembly, via Zoom, for the first time in ASPAN’s history. Not only was the assembly experience informative and educational to me, but ASPAN proved how resourceful, resilient, and flexible nurses truly are when they are called to a challenge.

Cathy Tellone, MSN, RN, CAPA
Anecdotes from a Pediatric PACU

Perianesthesia nursing is my passion and recovering pediatric patients has been icing on the cake! Yes, I know, some perianesthesia nurses cringe at the thought of taking care of those wild and crazy kids :) but it really is a fun job. But of course there is “tonsillectomy day”, maybe not so much fun. And those days when there are 50 plus cases, maybe not so much fun…..but overall, it’s an awesome place to practice nursing! The following is why I believe this to be true.

From my combined 11 years of PACU experience, I noticed that nurses that choose perianesthesia care have the best attitudes, are the most nurturing to their patients, and can be some of the most fun to work with. From being comedians, to craftiness, to kindness, to playfulness, to being a great “temporary mom” while the real mom is walking back to be with her child, we seem to have a perfect blend of those nurses in the pediatric perianesthesia setting. How many can say they jump at the chance to get to come to work in costume?

It is always so amazing to see a child wake up and smile at you and try to get their thoughts and orientation back together. Some of the school age boys will purposely shake like a wet dog trying to dry himself off, and then wonder why that didn’t “clear their head”. I have had them ask for ice cream and/or their iPad before they ask for mom, but then of course it doesn’t take long for them to realize Mom isn’t close by and then their priorities quickly change. It also amazes me how popsicles can occasionally work better than Morphine!

Our Child Life department arranged to have scenic light covers placed over some of our ceiling lights in the PACU. I never will forget the very first day they were installed. One of my patients that day, a teenaged girl was resting supine when she emerged. Her eyes immediately fixated on the light cover above her that was a picture of a beautiful, blue sky and big, white fluffy clouds. Her countenance became very sober and serious as she asked me if she died and went to heaven after surgery. Clearly, we didn't think that picture all the way through!

We usually have a radio on in the PACU and some of the kids will serenade us as soon as they can form words again (and sometimes when they can’t, which is hysterical). We’ve even noticed that the parent will get into the groove too and sing along with the radio. We really feel it like helps sooth and calm patients, family, and nurses. Yes, noise level is maintained to a minimum but when you’re talking pediatric PACUS, the minimum can be pretty noisy.

It wouldn’t be a peds PACU without emergence delirium (ED) showing up every now and then. Our anesthesiologist’s are wonderful about coming to the patient’s and our aid to help resolve it. One of my projects in the very near future is to put in place the Pediatric Emergence Delirium Scale, as ED can be hard to distinguish from pain, early hypoxia, or simply baseline behavior. Sometimes, the patient will not be calmed until they are out of those assumed ridiculous tiger pajamas, dressed in their own clothes and being escorted to their car to go home. Whatever it takes……

So many of our patients and/or parents will give us a big hug (pre-COVID), and an even bigger smile before they go home. That’s what makes it all worthwhile! Then, as they are walking out the door, you hear those famous last words.......“May I have another popsicle?”

**Toni Strickland, RN, BSN, CPAN**

Perianesthesia Nurse Educator
The Children’s Hospital at OU Medicine
Greetings from our Region 2 Director, Susan Norris

ASPN Update

This year started out with so much promise for the celebration of nursing as a profession. The World Health Organization (WHO) designated 2020 as the Year of the Nurse and Midwife in honor of the 200th anniversary of the birth of Florence Nightingale. The expectation was to recognize nurses’ unique role in healthcare, leadership and innovation. No one could have expected the celebration of Nurses’ Week to fall in the middle of a global pandemic. Nurses are being recognized however, for their selfless contributions to caring for patients on the frontlines of this international crisis. As perianesthesia nurses, we have been challenged to move into areas of practice many of us have not worked in for years. Surgical volumes dropped precipitously, and staff have been faced with forced time off or working in departments that are foreign to us. Perianesthesia nurses are resilient and highly capable of transitioning to these challenging assignments. As perianesthesia nurses we are used to dealing with changing practices and regulatory requirements. I have heard many stories from colleagues who are working on the frontlines caring for patients in ICU and acute care. I have never been prouder to be a perianesthesia nurse and to represent the incredible perianesthesia nurses in Region Two.

2020 also marked the first time ASPAN had to cancel a National Conference. The decision to cancel was not an easy one. Of course, the health and safety of our members was of the utmost importance. If it seemed like the decision was made rather late, it was only because we had to resolve contractual issues with the conference facility before officially cancelling the conference. ASPAN was able to offer the preconference and post conference programs via webinar. Many of the speakers have agreed to record their presentations to add to the ASPAN library of webinars and seminars. The Representative Assembly was conducted by Zoom ® teleconferencing and we successfully approved four resolutions including approval of the 2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements as well as position statements on Human Trafficking and Electronic Nicotine Delivery Systems/Vaping Products. We also conducted our election of officers electronically. The candidates recorded their speeches and the RA members voted via Survey Monkey ®.

As the Covid crisis continues and we attempt to return to our new normal, our components are looking at ways we can meet members needs via alternate methods. Our usual educational programs may look a little different for a while. We may all become experts at video conferencing. I encourage all of you to support your component leaders as they work through these challenges. If you work at a facility that is able to host a program while meeting social distancing requirements let them know. Any offers of assistance will be greatly appreciated as they work to meet the needs of the members.

I encourage all of you to share your stories and experiences during this pandemic. Celebrate perianesthesia nurses’ vital role in this International Year of the Nurse and Midwife. We will have lots to celebrate next year at the National Conference in Orlando.

Stay safe and healthy,

Susan Norris BScN, RN CAPA
ASPN Director – Region Two
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"

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.

References: Clip art pictures in this newsletter are from Clip art from MS Office Publisher 2007