

Fall 2012  
Volume 3, Issue 3



*West Texas Pan Handle Region of the Texas Association of Peri Anesthesia Nurses*

## President's Message

*Charon Howell, RN, CAPA*

Somehow typing a message on the front page feels much different than typing on the back page. How strange. But I'm excited to be representing WesTpan as your president for the 2012—2013 year. It was also a privilege to support Ellen Abaquin as her VP. She accomplished so much in her term as president.

### Inside this issue:

August Minutes	2
Brownwood Chapter	4
Officers Meeting	5
Component Development Institute	6
WesTpan Scholarship	7
A Bit of Life Long Learning	8
Save the Date	9

Thanks to Ellen's diligence WesTpan now has a website, and a new logo to accompany our new name. We are 66 members strong and growing. Under the leadership of Ellen we have our first chapter formation, Brownwood chapter. We also have strong representation at leadership and state conferences, and a small but mighty set of active members devoted to keeping our region stable and growing.

Ellen is a mentor at heart. Were it not for her, many of us would have remained in the "back seat", content to let someone else do the heavy rowing. Because of Ellen's encouragement, some of us will consider serving on the state level in the future. She wouldn't dream of tooting her own horn, but WesTpan has much to be grateful for in the unselfish contributions of Ellen and her family. Husband Paul is always supportive and often helps out in the background. Daughter Kristen has worked with her mom creating our website and logo choices. The shoes I have to fill are also small, but mighty.

That said, Vice President Elect Gayle Stegall and I have met and discussed our goals for our tenure as your officers. We have a hope to foster the beginnings of chapter formations in our region. Plans for an exciting winter seminar are well under way, along with the creation of a new regional blog to encourage education and discussions among our regional. We are looking into using Skype or Face time to allow region participation in meetings. And most of all we hope to encourage and influence all of our WesTpan members to step up and get involved



There is so much we can do to promote perianesthesia nursing. What an exciting time to be involved in TAPAN. Think about your professional goals and where you can contribute. Believe me when I say we need your help. Just look at the meeting minutes and notice how many of the same people are working in all of these areas. It isn't that they have nothing better to do with their time. This is a dedicated group that will get things done because they care. Come be a part of this. Make the most of your membership. Benefit from writing that check every year. Change your seat position in the boat and pick up an oar. WesTpan is moving into greatness, and we need your muscle to get there.

Happy Holidays!

# *Minutes General Meeting, August 25, 2012*

General Membership Meeting  
August 25, 2012  
Abilene Regional Surgery Center  
Abilene, Texas

**Members Present:**

Ellen Abaquin  
Charon Howell  
Gayle Stegall  
Suzanne Reyes  
Vicky Lessing

President Ellen Abaquin called the meeting to order at 1030, minutes were reviewed from the Officers meeting July 14, 2012. An addition was made. Gayle Stegall will be volunteering for the awards judging with Lorna Taylor at the state conference in September.

Ellen Abaquin, Gayle Stegall, and Charon Howell attended the Leadership Retreat in Grapevine. Topics covered at the conference included Communication is the Key, by Susan Norris. This included information on the effective use of your website. Westpan's website was used as an example of an optimum website. A new TAPAN website is under construction and will be available to members soon. Other topics included Dealing with Different Personalities presented by therapist Kelly Hutcheson, and Membership and Marketing. A board meeting with the state officers followed the conference.

**Westpan Region Officers for 2012 & 2013 were announced:**

President- Charon Howell  
Vice President Elect – Gayle Stegall  
Secretary – Edna Pabrauda  
Treasurer – Lorna Taylor

**Old Business:**

No treasures report was submitted due to the absence of Lorna Taylor

The slogan contest was won by Jackie Clinkinbeard with the slogan Westpan -Top Star Region. She will receive a blanket made and donated by Vicki Lessing.

Votes for the submitted logos were tabulated and the winner was the black and white logo with the colored Texas flag.

Four applications for scholarships have been received for a total of \$389.00

**New Business:**

State Conference – Vicky Lessing will be making blankets to sell as a fund raiser for our region at the conference. Ellen Abaquin made 6 bags of "give aways" for door prizes.

New positions – Ellen Abaquin will assume the position of Web editor over our website. Coupled with the web editor position will be the revival of the region Historian. Due to the requirement of an electronic record/ scrapbook for the state conference it was determined that the web editor would be the most efficient person to gather and compile the content.

*Continued on page 3*

# *August Meeting Minutes continued*

Technology - Gayle Stegall will be creating a discussion blog which will be linked through our website. The blog will focus on practices, policies and procedures, and education through our region. Charon Howell will be researching the use of *Skype* or *Face Time* for our meetings in order to allow participation from all areas in the Westpan region.

Westpan and logo use – A motion was made by Charon Howell to pay \$200.00 to Kristen for the design of the logos. The motion was seconded by Suzanne Reyes and carried unanimously. Gayle Stegall will be looking into creating T-shirts with our logo on it to be made available to the region members. It was decided the shirt color would be red. Ellen Abaquin will be creating business cards for the officers with the logo to be incorporated in the cards.

Policy and Procedures – The Policy and Procedures committee will consist of Coordinator: Ellen Abaquin, Suzanne Reyes and Bridgit Wheeler. The committee is currently working on completion of the region's By-laws for a projected completion date of November.

Committees – Scholarship and Awards Committee – Coordinator: Charon Howell, Lorna Taylor, and Vicky Lessing  
Publicity and Newsletter Editor -Coordinator: Charon Howell, Ellen Abaquin and Gayle Stegal  
Chapter Formation Chairman – Charon Howell  
CEU Application Coordinator – Gayle Stegal and Ellen Abaquin

Chapter – Brownwood is tentatively considering chapter formation. Suzanne Reyes will be coordinating the effort. This could be our first chapter formation in the Westpan Top Star Region.

Winter Seminar – To be held in conjunction with PANAW week in February 2013. The conference theme will be current events in nursing. It was agreed we would charge \$20.00 for non-members, \$15.00 for members & \$10.00 for students. The following committees were formed;  
Seminar Chairman – Charon Howell  
Speaker Recruiter – Charon Howell  
Facility and Food – Coordinator: Vicky Lessing, Jackie Clinkinbeard, Edna Pabruada  
Vendors and Vendor Table – Suzanne Reyes  
Speaker Gifts – Vicky Lessing  
Registration – Jackie Clinkinbeard

Tabled Discussion for Next Meeting – The next General Membership meeting will be held November 10, 2012 at 10:00 am at the Abilene Regional Surgery Center.

Certification recognition breakfast for members at the winter seminar  
 Gifts for the speakers  
 T- shirts and publicity for PANAW week  
 Second seminar event in 2013  
 Community Service

The meeting adjourned at 12:25

Respectfully submitted, Charon Howell

# *Brownwood Chapter*

WesTpan Region is so pleased to announce the formation of the Brownwood Chapter. Suzanne Reyes picked up the ball and ran with it, and our first chapter was formed.

If you are interested in attending and supporting the Brownwood chapter their meeting times will be announced and posted.

We are so excited about this addition to our region, and encourage others who are considering chapter formation to move forward. Chapters will make our vast region stronger, and allow greater participation in TAPAN locally.



Regional Chapter Meeting  
Brownwood Chapter  
Brownwood Regional Hospital  
October 13, 2012

The meeting was called to order by Regional President, Charon Howell at 10:15 am. In attendance was Suzanne Reyes, Grace Mayfield, Ronelle Hataway, Audrey Simms, Vanessa Romon, and Regional Secretary Edna Pabaruada.

Questions were answered regarding;  
Obtaining CEU's for educational offerings  
Chapter representation on the WesTpan website  
Newsletter contribution's representing Brownwood Chapter  
Possibilities for promoting the Brownwood region was discussed through contacting outpatient surgical centers, physician offices that are using sedation in their office procedures, local nursing schools.

The chapter discussed Toys for Tots as their community service project.

The Chapter also agreed to host the second seminar for 2013 to be held in the late spring or early summer.

Ronelle Hataway agreed to act as Chapter Coordinator

The meeting adjourned at 1205

## *September Officers Meeting Minute's*

WesTpan Officers Meeting  
September 29, 2012  
Abilene Regional Surgery Center

The meeting was called to order at 1015 by outgoing president Ellen Abaquin. Present were Charon Howell and Lorna Taylor.

A report on the state convention was given. Lorna discussed judging the Blue Bonnet Award with Gayle Stegal. It was determined that we should enter that category in 2013. Charon will investigate scrapbook software and report back. In addition, the newsletter award, and small district awards were discussed. Three blankets made by Vicky Lessing were sold at the state conference for \$35.00 each.

An update on the Brownwood chapter was given. Charon reported that Chapter Chairman Suzanne Reyes is requesting officer/member support at their organizational meeting October 13<sup>th</sup> in Brownwood. Charon Howell and Gayle Stegal will attend. Suzanne is hoping the chapter will be able to attract nurses from day surgery and GI lab in their area and would like information on CEU's, community service and setting up a seminar. Ellen reported that the paperwork for the Brownwood chapter is still pending. Approval came electronically at the state conference. Ellen will also be working with Suzanne on obtaining CEU's for their seminar.

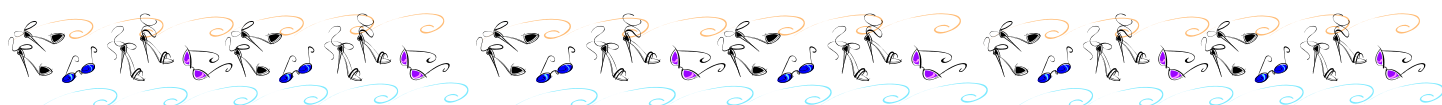
San Angelo chapter formation is still pending. Ellen is in contact with Gina Maria regarding this.

Linda Allen will be sending information regarding the requirement for our region to have an employer identification number. This is a new requirement from TAPAN and Lorna and Charon will be working in conjunction on this once the information is received from Linda.

Abilene Food Bank remains our venue for community service. We will encourage canned goods to be brought to the November general membership meeting.

Meeting adjourned at 1215  
Respectfully Submitted: Charon Howell

Please remember to update your email addresses. E—blasts are one of the most effective ways we keep you up to date on WesTpan happenings!! But we can't do that if we don't have your current email address. Please send any contact changes to Charon as soon as possible. Thanks!!!!





## *Component Development Institute*

*Edna Pabruada, RN BSN, CPAN*

When it was announced in the August officers meeting that a volunteer was needed to go to Missouri for the 13<sup>th</sup> Component Development Institute, I did not hesitate. I had never been to Missouri and I thought it would be a great weekend getaway but I was in for a surprise.

It was all work when I got there Friday afternoon after checking in at Crowne-Plaza Hotel at Clayton-St. Louis, Missouri where our conference was being held.

There were 120 of us present, each representing their state, with two representatives per state. I felt awkward as I got to meet members of Region 2 on a more personal level, along with Director Armi Holcomb.

Almost all were either a President and/or Vice- President of their own component, so I asked myself “do I belong here?” Well it was a meeting geared to help everyone become a better leader in all aspects, whatever position they held.

It also helped me better understand that one is not alone in any organization. Tools are provided in your journey and this is where ASPAN comes into the picture. Often a problem for one state could also be a problem in another state, so we work together to improve outcomes.

When you join an organization don't just be an observer from a -far, be involved. See what you can contribute and see what that organization can offer to you.

Friday evening dampened our desire to visit St. Louis because of the rain, but I was ecstatic for the cool temperatures in the 50's.

Saturday was a whole day affair to learn. The Mock RA was so much fun that at one point I really thought of going into MARS.



There was an art exhibit going on near our hotel with over 180 artists from all over the world. I wish you all could have seen it with me for it was quite indescribable.

Continued on page 8

*Edna in front of the Missouri Arch*

## *WesTpan Top Star Scholarship*

To the Members of the West Texas-Panhandle Region of TAPAN:

It is our pleasure to announce the following scholarship recipients for 2011-2012 for the WestTpan Top Star Region of TAPAN:

Vicky Lessing  
Edna Pabruada  
Ellen Abaquin  
Lorna Taylor

A total of \$443.30 was paid to the recipients based on their eligibility and scholarship applications. A merit based weighted point system is utilized in the application to determine the monetary award to each recipient. The points are based on the member's activities from August 1 to July 31. Such activities include leadership, professional meetings and conferences, publication, educational and community services.

We welcome all members who are eligible to apply for a scholarship next year. The application can be downloaded from the following website – [www.tapan.westtexas-panhandle.com](http://www.tapan.westtexas-panhandle.com).

Sincerely,

Lorna Taylor – Scholarship and Awards Committee Chairperson

## *Component Development Institute continued*

In summary, even though honestly it was quite an expensive trip, the experience, the lessons learned, the old and new faces I got to meet and network with, the rain that I enjoyed one evening, and how could I forget the Gateway Arch, puts a smile on my face.

Participation in the Component Development Institute was an achievement on my part, and I was happy to represent WesTpan at the conference.



# *A Bit of Life Long Learning*

*Gayle Stegall, RN, MSN, CPAN*

## *Glucose Control in the Perianesthesia & Perioperative Area*

In the United States, over 18 million people are diabetics. That is 6.3% of the total population. And that number is growing. It is expected to double in adults and in children in the next decade. Diabetics also require surgery more often than do non-diabetics. Perianesthesia nurses are bound to care for patients with diabetes often.

Due to the enormity of the issue and its impact on patient care in the Perianesthesia area, a series of educational offerings will be presented. The first quarter presentation will examine the overall complications of hyperglycemia in the Peri-anesthesia and perioperative period. Goals and nursing implications will be examined in further writings.

Type I diabetes is the absolute deficiency of insulin production. Type II diabetes involves insulin resistance and some deficiency of insulin production. 90-95 % of diabetics have Type II diabetes. Type II diabetics who require insulin are likely to need higher doses of insulin than type I diabetics, due to the progressive nature of the disease (Ead, 2009).

Surgery triggers the stress response. This can increase the blood sugar in both diabetics and nondiabetics. The stress response increases the secretion of glucagon, cortisol, and epinephrine. The increased release of these counter regulatory hormones leads to increased gluconeogenesis. Furthermore, the release of these hormones also triggers tachycardia, hypertension, and hyperglycemia, which then brings about the decrease in peripheral circulation. Post operative pain and nausea can put further stress on the body. This stress can also decrease the release of insulin from the Beta cells of the pancreas. The longer and more invasive the surgery, the higher the correlation to hyperglycemia. Even a minor surgery, such as a cholecystectomy, can cause hyperglycemia and insulin resistance for up to five days post op.

### *Complications:*

Abnormal blood sugars are associated with abnormalities in granulocyte adherence, impaired phagocytosis, delayed chemotaxis, and depressed bactericidal capacity. Poorly managed glucose control can lead to several numbers of post-operative complications such as impaired wound healing in both cardiac and non-cardiac patients. Hyperglycemia, especially, a blood sugar > than 200, has been shown to increase the risk of postoperative wound infection and wound dehiscence which, in turn, can lead to multi organ failure.

Other complications such as cellulitis, pneumonia, urinary tract infections, and cystitis occur more frequently when the perioperative sugars are not tightly controlled. During cataract surgery, hyperglycemia can lead to an increased progression of retinopathy.

Due to the chronic nature of diabetes, complex issues can arise in the Perioperative and Perianesthesia areas. The microvascular issues include retinopathy, renal failure, and neuropathy. Macrovascular complications can include stroke and myocardial infarction. 80% of diabetics develop and die from cardiovascular diseases. Many of these are asymptomatic due to the progression of the neuropathy. Diabetics are also vulnerable for labile blood pressures perioperatively because of altered autonomic tone from the progressive autonomic neuropathy. This further increases the risk of cardiovascular incidents.

Hyperglycemic patients are also at risk for the development of fluid and electrolyte imbalances. Filtered glucose remains in the renal tubules. This glucose cannot be reabsorbed by the kidneys and thus acts as an osmotic diuretic with an increase in water loss into the urine. Dehydration will result with the need for fluid therapy. If the fluids are not closely monitored, the result can be electrolyte imbalances. The infusion of insulin and glucose can force the movement of potassium into the cell, leading to hypokalemia and cardiac arrhythmias.

Patients with hyperglycemia may also be at increased risk of clotting, DVT, and pulmonary embolus. They may also have inadequate stomach emptying and esophageal reflux disease.

An increased incidence of stiff joint syndrome occurs in diabetics with hyperglycemia because of glycosylation of joints and other tissues. Glycosylation is the enzymatic process that attaches glycans to proteins, lipids and other molecules. The resulting reduced mobility of the upper spine can lead to difficult intubation. Other perioperative complications can include left ventricular dysfunction, hemodynamic instability, renal dysfunction, stroke, and intraoperative respiratory insufficiency and arrest.

*Continued on page 9*



## *Make a Note, Save the Date*

*October 1 CAPA / CPAN examination window opens*

*October 15 Celebrate Successful Practices Abstract Postmark Deadline for the 2013 conference*

*October 15 Research & EBP abstract postmark deadline for 2013 conference*

*November 1 Copy due for January February Breathline*

*November 10 CAPA / CPAN examination window closes*

*November 10 General Membership meeting, Abilene Regional Surgery Center, 10:00 am*

*November 10 JoPAN calendar submission deadline*

*November 15 Deadline for winter edition What's TAPANing*



## *A Bit of Life Long Learning continued*

### *Euglycemia*

Euglycemia, normal blood sugar, leads to decreased morbidity and mortality. Perioperative euglycemia provides a protection of cardiac fibers that is thought to be related to decreased oxidative stress to cardiac tissues. This protection results in a prevention of cardiac arrhythmias. Postoperatively mechanically ventilated patients require a shorter time on the ventilator if their blood sugars are better controlled intraoperatively, with IV insulin therapy.

Euglycemia provides reduced stress to renal system, less osmotic diuresis, dehydration, electrolyte imbalance, metabolic acidosis, and/or the occurrence of new onset renal failure. It also enhances overall erythropoiesis.

Optimal perioperative and PeriAnesthesia glucose control may also increase pain control. This can be the result of a decrease in the inflammatory response associated with control of glucose levels.

*Next quarter, we will examine the therapeutic modalities for the treatment of hyperglycemia in the PeriAnesthesia and perioperative period.*

### Bibliography

- Ead, H. (2009); Journal of PeriAnesthesia Nursing Vol. 24, Issue 6, Pages 384-395.  
 Power, M.C. & Ostrow, L. (2008); Journal of PeriAnesthesia Nursing Vol. 23, Issue 6, Pages 371-378.  
 Noble, K., (2005); Journal of PeriAnesthesia Nursing Vol. 20, Issue 5, Pages 354-360.

## ASPAN Happenings



# ASPAN

American Society of PeriAnesthesia Nurses

### ASPAN's Membership Campaign

Each year, ASPAN nurses help recruit nearly 1,000 new, and returning, members. To encourage participation and thank you for this valuable work, ASPAN conducts an annual [Member-Get-A-Member Campaign](#), which runs from January through December. A variety of awards are available, including gift certificates, free registration to National Conference, the *Redi-Ref for Perianesthesia Practices* guide, and more.

**We invite you to participate in the campaign by asking your colleagues to join ASPAN!** Additional information is available on the [MGM Homepage](#).

### Online Education is Now Available!

ASPAN is pleased to announce that you can now earn contact hours online and at your convenience through our new Education On-Demand program. Significant discounts are available to ASPAN members.

For additional information or to earn contact hours, visit ASPAN's [Education On-Demand Center](#), and be sure to follow the instructions carefully.



## WesTpan Contact Information

### Executive Members:

President	Charon Howell	<a href="mailto:charsmare@clearwire.net">charsmare@clearwire.net</a>
Vice President/President Elect	Gayle Stegall	<a href="mailto:gstegallhendrickhealth.org">gstegallhendrickhealth.org</a>
Secretary	Edna Pabruada	<a href="mailto:mariaepabr@sbcglobal.net">mariaepabr@sbcglobal.net</a>
Treasurer	Lorna Taylor	<a href="mailto:lltayl@hotmail.com">lltayl@hotmail.com</a>

### Liasons:

Abilene Regional Medical Center	Vicky Lessing	325-428-1550
Abilene Regional Surgery Center	Jackie Clinkinbeard	325-794-5450
Hendrick Medical Center	Edna Pabruada	325-670-2274
Lubbock	Deborah Donald-Key	806-791-3210
Brownwood	Suzanne Reyes	325-646-8491



**You're Invited!!!!**

## General Membership Meeting

**November 10, 10:00**

**Abilene Regional Surgery Center**

**3600 Directors Parkway,**

**Abilene**

**Please remember to support our community projects;**

**Toys for Tots, Meals on Wheels, Mission Thanksgiving,**

**Cookware for Women**

**Editor's Note:** *What's TAPANing* is the official Newsletter of West Texas—Panhandle Region.

Contributions to *What's TAPANing* are encouraged. All articles and comments relevant to Perianesthesia care must be double spaced and typed. The author is responsible for providing appropriate references for accuracy and reliability of information.

### Submission Deadlines:

Feb 15—Spring newsletter

May 15—Summer newsletter

August 15—Fall newsletter

November 15—Winter newsletter

***Send comments, suggestions and/or submissions to :***

Charon Howell, 602 Cardinal  
Ln., Abilene, Texas 79602