



President's message Ellen Abaquin, RN, BSN, CPAN

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A Season for Thanks

The census was low so I joined the list of those who wanted to take the day off after Thanksgiving. Not only do I require to take an extra day to metabolize the “sedating ingredients” of baked turkey, I also desperately needed to write this long overdue message. Void of inspiration I turned to my husband, Paul for suggestions.

Paul is a man of deadlines—one whose blood pressure can shoot up when dealing with procrastinators like me. I honestly think that our opposing traits have sustained our long, happy marriage. We are like two important anesthetic drugs; one is a non-depolarizing agent, and the other, a reversal. I leave it to you to identify which one is which. Since it was Thanksgiving, Paul suggested that I should highlight and thank TAPAN colleagues who in one way or another had made positive impacts on our region. What a “V-8” idea!

On October 15th, 2011 West Texas Panhandle region celebrated its first year of existence. A half day seminar, Best Practices-Best Patient Outcomes was held at Hendrick Medical Center. There were 58 attendees and 3.5 CUEs were offered. Carla Leveling RRT, Chris Tovar, RRT-NPS, BSRC, and Steve Morris BSN, CCRN, RRNA kept the audience engaged in their presentations on Noninvasive Management of Acute Respiratory Distress and Surviving Sepsis Through Early Recognition and Intervention. Thank you speakers for unselfishly sharing your knowledge and precious weekend.

My heartfelt gratitude also goes to Dana Hardegree, CE coordinator (HMC) for patiently working with me in having the continuing education units approved; to the 2011-2012 region officers, members, and friends who tirelessly worked behind the scenes. To all of you who made gifts for the speakers, registered attendees, collected donations, refilled the drinks and breakfast—thank you so very much. You all made the event a success.

I sincerely appreciate those who brought canned goods to donate to the Food Bank of West Central Texas. We collected 67lbs of food which is twice the amount we donated last year. I cannot wait for next year with hopes that we double or triple this amount.

Two years in a row, What's TAPANing won the much coveted Cindy Mocek newsletter award. Charon Howell, West Texas and Panhandle region vice president and editor of our newsletter received the award at the 2011 TAPAN state seminar held in Round Rock, Texas. Thank you Charon for your hard work, dedication, and most of all, your patience.

Our region was selected again to host TAPAN on the Road. It will be held in Lubbock on May 19th and 20th, 2012. Cindy Hill has agreed to coordinate the event. Please save the dates and plan on networking and having fun with other members of our region as well as with the TAPAN state officers in Lubbock. Thank you Cindy for accepting this huge undertaking.

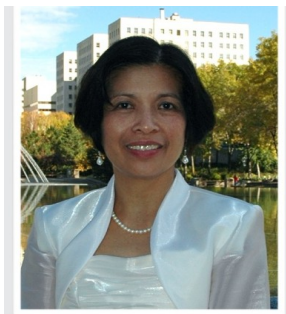
I have noticed a slight increase in our membership. This could be attributed to many periAnesthesia nurses meeting requirements for career ladder or for certification. Regardless of the reason, I am thankful and excited, and at the same time, challenged. I need “V-8” ideas to sustain our membership. Call or email me and let me include you in my “thank you” roll.

I really enjoy the holidays—one of the rare occasions when our children come home at the same time. Yes, they are grown but their eyes still get big when they dig in to their Christmas stockings. I can hardly wait to see them soon.

I hope you all have safe and blessed holidays. Take time to share your joys. May your eyes grow big as you spend time with your loved ones. Be thankful and do not forget the real reason for the season. Merry Christmas to you all!

Ellen Abaquin

Meet your elected officers



President Elena Abaquin RN, BSN, CPAN

Ellen received her Diploma in nursing from the University of the Philippines, and more recently her BSN from Texas Tech University. She works in a level I PACU as a charge nurse. Ellen has been active in TAPAN for many years, and has held several offices. She is a mentor and educator, and is staunchly supported by husband Paul.



Vice President Charon Howell RN CAPA

Charon graduated from LVN school in 1978, and received her RN from Angelo State University in 1993. Her experience as an RN includes PACU, cardiac cath recovery, and pre-op. She is currently the editor of What's TAPANing, and serves as publicity committee chairman. Charon is a member of the ASPAN Publications Specialty Practice Group, and is a member of INANE (International Academy of Nursing Editors). She is an avid rider and competes in long distance events with her Arabian. She is married to husband Phil for 33 years and has 1 grown son, Morgan.



Secretary/historian Maria Edna Pabruada RN BSN CPAN

Edna hails from the Philippines where she received her BSN from the University of Santo Tomas, in Manila. Edna's vast experience in nursing ranges from psychiatric nursing, med surg and many years in the ICU. In 1998 Edna entered the fascinating world of PACU and has remained there. In 2009 she received her CPAN certification. Edna has served on the officer level as well as various committee chairman and member roles for many years. Her many talents include singing and playing the piano.

No picture available

Treasurer Lorna Taylor RN BSN CPAN

Lorna was born and raised in Abilene. She graduated from Cooper High school, and received a BBA in accounting from McMurry University in 1985. In 1995 she graduated from McMurry again, but this time with her BSN.

Lorna worked in Perioperative nursing for 15 years, and currently works in PACU I at Hendrick Medical Center. Lorna has been married to her husband Luke for 26 years and has 2 daughters Brandy and Krissy. Brandy is a nurse, also employed at Hendrick hospital, and Krissy is a student.

Winkler County Nurses Update

Charon Howell, RN CAPA

Retaliation against two nurses criminally prosecuted for advocating for their patients has resulted in widespread ramifications. The historic saga that has come to be known as the Winkler County Nurses Trial, continued December 2010 when Dr. Rolando Arafiles was arrested on third degree felony charges of “misuse of official information” and “retaliation”. The charges were based on a complaint filed by the Texas Attorney General’s Office. Ironically, Dr. Arafiles was charged with the same offense of misuse of information that he filed against Anne Mitchell and Vickilyn Galle.

February 2, 2011, the Texas Medical Board ruled that Dr. Arafiles be placed on probation for four years. This is a technical suspension, allowing Dr. Arafiles to continue to practice medicine under the stipulation that he complete additional training, and enroll in and successfully complete a physician evaluation program. In addition, he is required to be monitored by another physician, pass the Medical Jurisprudence Examination and submit his practice’s medical and billing records for review. He was also fined \$5000.00 in administrative penalties.

Following on the heels of Dr. Arafile’s arrest was the indictment of Sheriff Robert Roberts, who was also found guilty of four felony counts related to misuse of public information and retaliation, and two misdemeanor counts of official repression. After serving as sheriff in Winkler County for nearly 20 years, Roberts was sentenced to serve 100 days in jail and remain on probation for 4 years for each felony charge, in addition to a \$6000.00 fine. Roberts voluntarily surrendered his peace officer license and waived the right to appeal.

March 2011, Stan Wiley, former administrator of Winkler County Memorial Hospital pled guilty to a misdemeanor charge of abuse of official capacity. Mr. Wiley agreed to spend 30 days in jail and pay \$2000.00 in fines in exchange for helping the Texas States Attorney General’s office pursue related charges against Dr. Arafiles and Sheriff Robert Roberts.

Winkler County Attorney Scott Tidwell prosecuted the case against Anne Mitchell and Vickilyn Galle. He is now facing a criminal trial for misuse of official information, also brought against him by the Texas State Attorney General’s Office. Tidwell declined a plea bargain and is facing charges of third-degree felony for retaliation, third-degree felony for misuse of official information, and a Class A misdemeanor charge for official oppression. A change of venue has been granted and the trial, set to begin September 13, will be moved to Howard County.

Anne Mitchell is currently working part time in disaster preparedness. Vickilyn Galle remains unemployed. Both nurses received a combined civil judgment of \$750,000 which has helped with their legal expenses.



Caldolor (Ibuprofen Injection)

Charon Howell, RN CAPA

Multimodal analgesia use is becoming the forefront of pain management in post operative and hospitalized patients experiencing acute pain. The increasing use of monotherapy in conjunction with opioid therapy is resulting in improved pain control.

Post operative pain management is among the primary concerns for patients facing surgeries of any kind. Post surgical patient comfort remains a challenge for nursing as well. Injectable Ibuprofen administered synergistically with opioids is allowing lower doses of each agent to effectively reach manageable pain levels. The results include earlier mobilization and rehabilitation post op, earlier transitions to an outpatient setting and decreased costs of care. Studies are indicating a 30% reduction in the use of rescue morphine when used in conjunction with IV ibuprofen.

The FDA approved Caldolor for use in 2009 as the first and only injectable ibuprofen. It is indicated preemptively, as well as post surgically for mild to severe pain, and as a fever reducer. Caldolor is contraindicated in patients who are hypersensitive to aspirin or other NSAIDs, or in the setting of coronary artery bypass. It has a black box warning due to the risk of serious cardiovascular and gastrointestinal side effects. Patients should be well hydrated in order to reduce the risk of renal adverse reactions.

Dosage and administration as an analgesic is 400mg to 600mg IV every 6 hours prn. As an antipyretic administer 400mg IV every 4 hours as needed. Infusion time should be no less than 30 minutes. Doses should not exceed 3200mg total daily dosage.

Caldolor.(2011, December 5th). Retrieved December 13, 2011, from Drugs.com: www.drugs.com/pro/caldolor

Holiday Breakfast Casserole

- 1 bag frozen tater tots
- 2 cups shredded cheddar cheese
- 1lb. Cooked honey sausage
- 7 to 9 eggs (depending on your needs)
- 1 cup milk



Brown hash browns in 9x13 baking dish per package directions. Sprinkle the browned hash browns with cheese and cooked sausage. In a bowl, beat eggs, milk, and salt (if desired). Pour mixture over sausage and tots. Bake at 350 for 1 hour covered. Uncover and bake 15 minutes longer or until the edges are golden and the knife comes out clean when inserted in the center.

This recipe works well if you make it up the night before and then cook it in the morning. Re-heats well, but don't expect a lot of leftovers!

Make a Note & Save the Date!

October 2–5, 2011 First International Conference for PeriAnesthesia nurses, Toronto, Canada

October 3 to November 12, 2011 CAPA/CPAN examination window opens

October 15, 2011 Fall seminar, Hendrick Health System, Abilene

November 12, 2011 Hill Country & South Tx. Region Fall Seminar, www.tapanhestr.org

January 9, 2012 Registration window opens for spring CAPA/CPAN exam

January 21, 2012 Foundations of PeriAnesthesia Practice, Houston, Linda Ziolkowski

February 6 to 12, 2012 PANAW Week

February 25, 2012 PeriAnesthesia certification review, Grapevine, Linda Ziolkowski

March 10, 2012 Complexities & Challenges..., San Antonio, Wanda Rodriguez

April 2 to May 12, 2012 Examination window opens CAPA/CPAN

April 15 to April 19, 2012 ASPAN National Conference, Orlando, FL.



Best Practices, Best Patient Outcomes C. Howell, RN, CAPA

West Texas Panhandle put on our fall seminar October 15. Hosted by Hendrick Medical Center in Abilene. Fifty eight attendees gave up their Saturday to fellowship with area nurses and improve their patient practices.

The morning was started with a full breakfast and a presentation by Steve Morris, BSN, CCRN, RRNA—*Surviving Sepsis through Early Recognition & Intervention*. With an ever increasing mortality rate in septic patients, Steve brought us the latest information on treatment and rapid intervention needed to increase a positive outcome in these critically ill patients.

Following the sepsis presentation, Carla Leveling, RRT and Chris Tovar, RRT-NPS, BSRC presented *Management of Acute Respiratory Distress*. This timeless information detailed the special needs of the ventilator assisted patient. This conference was honored by the attendance of several nursing students from local nursing schools, as well as nurses from Brownwood, Coleman, Pampa and San Angelo. Handouts for each speaker were provided, and 3.5 CEU's were offered free of charge in lieu of a donation to the Food Bank of Abilene. Miche Bag's of Abilene provided a booth with supporting proceeds going to the TAPAN scholarship fund, and several giveaways were offered based on generous donations from area providers.

A regional meeting followed, wrapping up a very successful fall conference.

Planning is underway for the next opportunity to join your TAPAN family for PANAW week February 2012. Keep an eye on the website for upcoming information.

Editors 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 Peri Anesthesia care must be double spaced and typed. The author is responsible for providing appropriate references for accuracy and reliability of information.

Submission Deadlines:

March 15—Spring issue
July 15—Summer issue
October 15— Fall issue
January 15—Winter issue

Send comments, suggestions and/or submissions to:

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From the Editors Desk

Conferences. I have never been a huge fan of them. Being a consummate non-conformist, joining groups to attend conferences has just not been high on my list of things I just "gotta do!" But after agreeing to accept the regional vice presidency I was strongly encouraged to attend the TAPAN Leadership Conference in Houston in August. Never having been to something like this, I just wasn't sure what to expect, but it was not time wasted. I came away inspired, energized, ready to get back to my region and get to work.

I was having a conversation with the incoming and outgoing regional officers at the state conference last weekend. One of our members who has served long and hard in our region has become interested in moving up the ladder per se, and begin working at the state level. A nod was made in my direction. "You should think about it too." Without much thought, I heard myself saying, "Maybe someday. But right now our region needs to get some chapters going. If we lose members to state obligations, what will happen to our region?" Now, thinking on the fly is not one of my strong suits, but this was profoundly true. If TAPAN participation fell in Abilene, *what would* happen to our region?

TAPAN redistricting has left the West Texas Panhandle region almost insurmountably spread out. Participation in Midland/Odessa, Lubbock, Brownwood and San Angelo is scant to non-existent. Which brings me to another question. Where are all the periAnesthesia nurses? When I first began working in a level I PACU, I couldn't wait to be deemed worthy of taking call. It meant I was competent to be alone in the basement in the middle of the night, recovering a patient, come what may. Membership in my professional organization soon followed.

Leaving the PACU for the years that I pursued other professional challenges did not diminish my enthusiasm for periAnesthesia nursing. What I learned in that environment served me well in my new area. But my years in the PACU were always fulfilling. These were the challenging patients, the elite nurses, the colorful surgeons, a SPECIALTY! I used to take pride in the statement "Ya can't float just anybody to the PACU. They have to know what their doing down here."

We are obviously spread out geographically, and spread thin professionally and personally. How do you promote professional and personal growth in an individual when the standard answer is "I'm just too busy." I guess my reply to that is, "who isn't?"

TAPAN provides cutting edge information on new drugs, policies and procedures, legislation, practices and changes paramount to periAnesthesia nurses. There are so many things impacting our profession RIGHT NOW! Learning about the changes after the fact diminishes all of our voices and leaves us vulnerable. We need to collate our opinions before the decisions are made.

Involvement does matter to you. And your voice does matter to TAPAN.

Give it some thought.

Charon