



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

President's Message

Gayle Holder RN, MSN, CPAN

Evidence Based Practice and Leadership

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According to Jo Rycroft, editor of *Worldviews on Evidence Based Nursing*, research is proving that leadership is “a critical factor in the achievement of evidence based practice” (p. 127). But what does she mean by leadership? A leader is often defined as a person in a management or administrative position. Of course, when it comes to implementing evidence based practice, a good manager must also be a good leader. But to truly facilitate evidence based practice, leadership must be in place across the spectrum of the organization. That would include those of us who are not in formal leadership positions. We must take the initiative in providing the best care available for our patients. That care must be based on best evidence possible.

Being a member of a professional organization, such as TAPAN, is an implication of leadership. To be an authentic leader, we must continuously challenge our own assumptions. That is what evidence based practice is all about. We must commit ourselves to life-long learning. The best leaders are the best learners.



West Pan Updates from Gayle!

Greetings West/Pan Nurses,

Let me extend congratulations to Vern Pharr, RN, CCRN, CPAN, CAPA, the winner of the TAPAN Scholarship Raffle from West TX-Panhandle Region, held during CPAN/CAPA Nurses' Day Celebration. He is receiving free registration to the 2013 TAPAN Annual State Conference. The Conference will be in Grapevine at the Hilton Hotel. The date is October 11- October 13.

We are planning a Summer/Fall Seminar for the West/Texas Region in September. Updates will be provided as the date draws nearer.

As all of y'all know, we have a HUGE region to cover. I am open to any and all ideas on how we can get together for meetings, chats, or whatever I can do for you. My thoughts are that maybe we can get together on Skype. It is free, easy to sign up on and we can video conference. We could conceivably meet in our P.J.'s, although I don't think y'all would like to see me in my P.J.'s, even over the computer. As of now, we have set up a general membership meeting for July 20 for 10:00 a.m. If you are already on Skype, let me know. We can go from there.

The winter and spring editions of our award winning "What's TAPANing?" is online on our website now.



ASPAN's Summer/Fall 2013 Seminar Series is Now Open for Registration

Each seminar provides 7.25 contact hours. Topics include:

Perianesthesia Certification Review
Perianesthesia Pathophysiology and Assessment: A Systems Approach
Foundations of Perianesthesia Practice
Pediatrics: Beyond the Basics
Pediatrics: Little Bodies, Big Differences
Refreshing Your Perianesthesia Practice **NEW!**

For more information, call the National Office at [877.737.9696](tel:877.737.9696), x. 219.

Leadership Development Institute

Hermie Robles

Hi Everyone,

I would like to invite you to attend ASPAN's Leadership Development Institute (LDI) to be held September 6-8, 2013 in Kansas City, MO.

I am so pleased to announce the approval of x10 TAPAN Scholarship awarding two officers/members from each of our region to attend ASPAN's LDI. TAPAN will provide financial support to include Registration, Hotel and airfare up to \$1,000.00 per region.

This is TAPAN's way of giving back to membership, and our effort to support and encourage active participation in local, state and national level, as well as inspire members to pursue their Leadership potential. It is our hope to send qualified members who are active in the local/region level, have demonstrated commitment and in many ways contributed to the success of our organization.

Yes, there is a little catch. In return, TAPAN would require the recipient to commit to submitting one article about their Leadership experience in EO, within a month after the conference. Failure to submit will result in paying back all received scholarship funds from TAPAN. I will devise a short contract that you would need to sign and send with receipts for reimbursement.

We will leave it up to your region leadership to decide who would be representing your region or who is the most qualified member to avail of this scholarship. Please submit the names to me so we can add them in our TAPAN minutes.

We believe it will be best for region members to make registration, hotel and travel arrangements, to be reimbursed after LDI. Our TAPAN treasurer, Deb Bennett will send reimbursements after submission of receipts for expenses incurred and the signed commitment.

I have attached the Leadership Development Institute (LDI) Brochure. You may register online; brochure is located under the events link.

The venue will be at the Kansas City Marriott Country Club Plaza Hotel. Please call to make your hotel room reservations by August 16, 2013. After the cutoff date the hotel will offer the best available rate. The ASPAN room rate is \$109.00 per night. Hotel room reservation # is [800-810-3708](tel:800-810-3708).



Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure...than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat.

- Theodore Roosevelt

Texas Association of PeriAnesthesia Nurses

WesTpan – Top Star Region

Officers Meeting

May 4, 2013

Hendrick Medical Center

Officers Present:

Gayle Stegall – President

Edna Pabruada- Secretary

Lorna Taylor - Treasurer

Elena Abaquin- Past President

Breakfast was provided by our President G. Stegall then meeting was called to order at 1015 am.

Secretary's Report:

Minutes of the last meeting were reviewed. A motion was made by G. Stegall to accept the minutes and seconded by L. Taylor. Minutes were approved as read.

Treasurer's Report: L. Taylor reported a balance of \$2290.47. A profit of \$425.20 was made from the bake and blanket sale from our last seminar. The lunch bill from the February seminar still needs to be addressed. E. Abaquin will follow up with Dr. S. Ardoin (sponsor) if the bill has been settled.

Signature change with regards to the region's checking account needs to be done. E. Abaquin will be removed from the list of officers who are authorized to sign the region's checks.

A decline in membership renewal was reported by L. Taylor. There are currently 58 members in the region with the following breakdown: Abilene- 21, Lubbock-20, Brownwood-6 (includes Early and Brookesmith) Midland-Odessa -4, Amarillo-3, San Angelo -2, Andrews-1, and Robert Lee-1.

E. Abaquin suggested to L. Taylor if she could come up with a generic form to be used by donors to declare donations/contributions to WesTpan.



Continued on page 5

Meeting Minutes, continued

Old Business:

Discussion Blog will be shelved for now. By-laws are still being worked on.

Scholarships and awards- FYI deadline for the scholarship award for the Las Vegas national conference is July 1st 2013 and the TAPAN one needs to be submitted no later than Sept. 9, 2013.

Leadership seminar is scheduled for August 10, 2013 in Houston . G. Stegall and one from Brownwood will represent WesTpan. Both representatives will be expected to attend the Board meeting following the seminar. It was discussed, voted, and approved that WesTpan will provide \$100.00 assistance to each of the representative. TAPAN will pay for registration fee and hotel.

Component Development Institute (CDI) will be held in Kansas in September. G. Stegall would like to attend the workshop.

E. Abaquin reminded us all to nominate on the TAPAN website a member/s of our region for the TAPAN Star award.

New Business:

The Brownwood group was not able to come up with a seminar this spring so it was decided to hold an educational seminar in Abilene in September. Tentative dates for the conference are Sept. 21 or 28 at ARMC. The following are prospective speakers : Dr. Cole from ARMC, Jon Ponder,CRNA and Dr. Damiani. Suggested topics include anesthesia and chronic alcoholism, anesthesia and drug dependent patients, care of patients undergoing laparoscopic abdominal procedures, lateral violence, and the latest innovations in plastic surgery.

Suggestions for future fund raising activities include silent auctions, bake sale as well as donations. E. Abaquin interjected that fund raiser sponsors for our website are not allowed.

Succession planning was also discussed for it is not only a problem in our region but is also a concern in the state level. G. Stegall agreed to be President for the next 2 years. Lorna Taylor was asked to step up to be Vice-President (this position is open and is a 2 yr. term) and she will think about it. If she agrees, the position of Treasurer will be vacant. E. Pabruada agreed to be Secretary till July, 2014. Everyone was reminded to submit willingness-to-serve form and forms are found in the TAPAN website.

It was also discussed if we can partner with a bigger group to have a big seminar like the state seminars. G. Stegall suggested to hold WesTpan on the road (similar to TAPAN on the Road) as a means to reach out to the not-so-active members. Her first trip will be in Amarillo.

E. Pabruada will get in touch with Brigitte and inform her of Gayle's trip to Amarillo.

Meeting adjourned at 1205pm.

Next general membership meeting will be held at HMC on July 20, 2013 at 1000.

E. Abaquin suggested to have a sandwich-like-lunch for that day.

Respectfully submitted by:

Edna Pabruada, BSN,RN,CPAN



Texas Nursing Legislation Update

Cindy Hill, BSOE, RN, CPAN, CAPA

June 14 2013, Governor Perry issued his list of all bills signed, vetoed or let become law without signature.

ALL of the NURSING-INITIATED or SUPPORTED BILLS SIGNED by GOV. PERRY!

HB 581 Advocacy protects for public hospital-employed nurses (3-year effort)
HB 705 Enhanced penalty for assaulting ER nurses (3-year effort)
HB 1673 Sunset bill that included study of SDSI status for BON and other agencies
HB 2099 Nursing faculty loan repayment program
SB 406 APRN Rx (3-yr effort)
SB 1058 NPA Amendments

The only negative was *Gov. Perry vetoed SB 504* (eliminating required spinal screening in schools) which Tx School Nurses Org actively supported because evidence-based data doesn't support required screening.

Watch for the July/August/September issue of the Texas Nursing Voice coming soon which will cover the 2013 session and nursing's success in detail.

SPECIAL THANKS TO TNA GOVERNMENTAL AFFAIRS COMMITTEE who spent countless hours drafting, reviewing and evaluating TNA initiated bills and amendments (friendly and otherwise) as they moved through the process. This would not have happened without the committee's work.

Pat Morrell, Chair (East Region Representative, D12 Member)
Cindy Zolnerek (Central Region Representative, D5 Member)
Jere Hammer (South Region Representative, D20 Member)
Denise Jackson (West Region Representative, D16 Member)
Antwain Smith (D3 Representative)
Natalie Garry (D4 Representative)
Cindy Strzelecki (D8 Representative)
Teresa Oehler (D9 Representative)
Jennifer Johnston (Recently Licensed Nurse Representative, D5 Member)
April Lee (Tx Student Nurses Association Representative)
Ruth Stewart (Special Advisor, D8 Member)
Stan Harmon (TNA Representative to BON APRN Adv Com, D1 Member)
Shirley Morrison (PAC Co-Coordinator, D9 Member)
Kim Belcik (PAC Co-Coordinator, D5 Member)
Margie Dorman-O'Donnell (TNA President, D3 Member)
Fran Martin (TNA Grassroots Liaison, D3 Member)



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](#).



Tidbits

Our region is in need of members to step up and get involved. Positions open for 2013-2014 include vice-president/president elect, treasurer and secretary. In addition the position of editor *What's TAPANing* is also needing to be filled. Willingness to Serve (WTS) form can be downloaded from www.tapan-westtexas-panhandle.com. Send completed form to mariaepabr@sbcglobal.net

Preparations for spring seminar in Abilene is in progress. Final date and venue will be published on WesTpan website. Topics being considered include anesthesia and the drug dependent patients, anesthesia and chronic alcoholism, laparoscopic abdominal procedures, lateral violence and the latest innovations in plastic surgery. Watch your email for save-a-date and flyers.

WesTpan is going to provide scholarship for the leadership conference in St. Louise up to \$500 per person. If interested please fill out a willingness to serve form and submit to Gayle Stegall.

The Chicago experience

Edna Pabruada, BSN, RN, CPAN

Cindy Hill, Elena Abaquin and I were among the 1900 attendees that were present at the 32nd annual ASPAN national conference in Chicago, Illinois.

Rain, flood, cars being swallowed by earth, the Boston marathon bombing and the explosion at the fertilizer plant in West, TX were among the headlines that tried to dampen the spirits of the attendees. But excellent topics and dynamic speakers kept our focus on Chicago. As I look back at this conference it is fitting to say that I am proud to be a member of ASPAN. Conferences that cover your professional and personal comfort always win points with me.

Our keynote speaker stood out, (almost all of our speakers did in their own little way) not because she was 6'2 and was Miss North Carolina in 1963 but because she was a nationally recognized humorist and professional speaker.....how could I forget what she said "left brain people are detailed people" and "don't send a man to the grocery store" check her out on You tube.

For the first time the CPAN-CAPA celebration was a luncheon and how could I forget the speaker who talked about Friday's Laws, encouraged us to do a balance brain test every week and quote "Success is getting what you want and Happiness is wanting what you get."

Component night felt like I was at the ballpark ready to play ball dreaming that one day it will be between the Rangers and the Astros to fight for the World Series.

Our hotel The Hilton Chicago went above and beyond to make conference attendees feel at home. The elevator had a small screen TV that detailed the history of the hotel. The Hilton Chicago was once used as barracks for our soldiers during World War II. Queen Elizabeth was once a guest at the hotel. Hilton Chicago was also featured in several movies like "My Best Friend's Wedding" and the TV series "ER" to name a few. Last but not least the hotel has housed every president of the United States since its opening in 1927.

The President's Reception was dazzling. Some of the attendees of Korean descent made the occasion festive by wearing the Hanbok, which is the traditional garment for formal occasions of Koreans. It is quite colorful, made of luxurious fabrics, and very pretty to look at. It certainly added to the occasion of honoring our outgoing and incoming ASPAN presidents.

Though there was not enough time to explore the city of Chicago, we received a wealth of wisdom, and experienced people from all walks of life. Thank you ASPAN for putting on another first class national conference.



The Texans attending the 32 annual ASPAN conference.



The "Texas Coalition"

*The Texas Girls with
President Twilla Shrout*



Ellen Abaquin & Edna Pabruauda



Inspiring , Motivating, Mentoring the PACU Way

Beth Holland, BSN

After a career in public secondary education and private higher education, I made the decision to pursue a career change to nursing. Before enrolling in nursing school, I was fortunate to work as a volunteer and later as a part-time tech in the PACU. My experiences in the PACU taught me a great deal about nursing and provided me with realistic expectations of what my new career would be like. Most importantly, what I learned and experienced in PACU strengthened my desire to be a nurse.

Specifically, I observed nurses providing genuine care and concern for patients, many of whom would likely never even remember their time in the PACU. It was plain to me that the professional nurses I came to know made a significant difference for their patients through vigilant assessment, monitoring of pain, and alertness to potential complications. I saw nurses relying on their experience, knowledge, critical thinking and skills to care for patients. Of course, this was a great encouragement for me to learn as much as I could in my pre-requisite courses and later in nursing school and clinical. I was also attracted to the fast pace and rapid turnover of patients in the PACU; it was easy to measure a patient's improvement from the time the PACU nurse assumed care until the patient's discharge or transfer to an inpatient room. After all, this was a primary motivating reason for me to pursue nursing – I wanted to make a difference to other individuals. Finally, I observed teamwork at its best, which taught me that no matter how expert a nurse is, working together with your colleagues is an absolute necessity. I saw nurses collaborating with other nurses, techs, aides, CRNAs, anesthesiologists, surgeons, and other members of the healthcare team to provide the best care to patients.

I'm still amazed that the staff welcomed me as a volunteer at a time when I knew very little. Initially, I didn't know PCAs from SCDs, nor did I know how to operate a stretcher. The first time I heard a nurse say that a patient was post-CABG, my eyes widened. "Cabbage?" Though there was much I didn't know and even more that I didn't understand, I was eager to gain the knowledge and experience that would allow me to be a confident nurse making a difference for people. Throughout my coursework, I've reflected many times on my PACU experiences. I'll never forget the characteristic sound of strider, or the edge in a nurse's voice when she calls for help that lets you that a patient's condition is deteriorating. I'm so grateful for these early experiences and opportunities to learn directly from these professional nurses. I just completed my BSN, I'm preparing for the NCLEX, and I hope to be working as an RN very soon. Working alongside the PACU nurses and techs further confirmed my decision to be a nurse.

Beth Holland BSN, Texas Tech University Health Sciences Center, School of Nursing

Note: After graduation, Beth Holland worked as staff nurse in Trauma Center at Hendrick Medical Center. She later transferred to the Perianesthesia Areas and currently works as Preop nurse. Beth wrote an orientation packet for PACU volunteers. She is currently working on handbook for surgical patients and their families.

You Respond!

We received the following responses in reference to **Viewpoints** by Ellen Abaquin, RN, BSN, CPAN which was published in the Spring 2013 issue of *What's TAPANing*. The next topic for **Viewpoints** will explore the impact of electronic health records on healthcare providers. We appreciate and welcome your thoughts on all aspects of What's TAPANing. Keep those responses coming!

Comments on Jeffrey Phillips' post

I thought the post was applicable to many of the situations Surgical Services faces everyday and the health care reform challenges that Hendrick Health System will and has begun to experience. I think the post should not simply be read, but rather intellectually digested and taken to heart. We are in a time where we are only a step ahead of being forced to be innovative in order to remain financially sound. And it is but a short time hereafter when the systems that cannot adjust will fall to the wayside. It is a time when the economical theories that govern the consumer markets take control of the health care industry. Supply and demand forces coupled with competition will drive business to those hospitals that can most efficiently and effectively produce a product consumers want.

Some of us may look at this period as hard times of unfair circumstances. I also expect that some of you feel an unfair shift of focus toward the financial perspective. Take a moment to consider, however that competition and process driven efficiencies will create the best healthcare possible for our patients. Just think of the TVs today compare to those of the past. Anyone want to go back to turning the knob to one of the three channels? Competition and demand drove companies to make the 70-inch HD TVs with 300 channels we watch today and will drive the same significant improvements in healthcare as well.

I challenge you to look at this as a defining moment for Surgical Services. For us, this is the time when you have the chance to prove you are the best- a staff in a great department that will get together for collaboration, innovation, development of new ideas and improvement in performance. As these new ideas and processes occur, it is not a time to "ignore, reject, or ridicule." Instead, it is the moment for each individual to step up and actively participate in making changes and perfecting systems. With positive and collaborative efforts, you have the opportunity to not only make sure everything runs smoothly and efficiently from a financial standpoint, but to also help ensure your needs are met and you are happy in your work environment. Most importantly, as the market demands effectiveness, our efforts will produce the highest quality of care for our patients. And that is what we are here for, correct? To work in a place where all involved (employee, employer, and patient) have their needs met at the highest level possible?

Yes, indeed it is not a time and a moment; rather it is the time and the moment to willingly participate in change and to be the best that we can be.

Angie Crawford, RN, BSN
Nurse Manager, Perioperative Services
Hendrick Medical Center
Abilene, Texas

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You Respond! continued

A component of our culture relies on our capacity to learn and assimilate knowledge into our practices. The enemy is not culture but a culture that stifles growth through fear and complacency. In addition, radical ideas do not have much inherent value in their radical nature alone. Radical ideas have value only when they prove effective in positively innovating practice or problem-solving. As such, even moderate ideas may prove valuable. For example, the reduction in the unnecessary use of indwelling urinary catheters would hardly be considered radical, yet has effectively contributed to cost-containment and improved outcomes.

Cultural values in healthcare like excellence, compassion, and service need to be resistant to change. We must, however, incorporate a willingness to change our regular practices to better deliver care while reflecting our values.

Jon Ponder, CRNA

Hendrick Anesthesia Network

Abilene, Texas

“Change.....

“The most significant change in a person’s life is a change of attitude. Right attitudes produce right actions.”

William J. Johnson

We will be faced with a change that forces us to deal with a new script, new roles, new work, loss, and chaos. Change is chaos, and change is constant. Will this change our culture? Of course, the culture will change and it will move on with or without us. Let’s let go of the past and join our new and improved culture. We can make an impact on the future of healthcare... get on with the right attitudes.

Mary Scalley RN, BSN, MSN, CNN

Nurse Manager, Renal Dialysis-PICC-Infusions

Hendrick Medical Center

Abilene, Texas



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

chasmare@clearwire.net

Summer Blueberry Muffins

1 1/2 cups wheat bran
1 cup nonfat milk
1/2 cup unsweetened applesauce
1 egg
2/3 cup brown sugar
1/2 teaspoon vanilla extract
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 cup blueberries



Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.
2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.

We're on the web!!!

tapan-westtexas-panhandle.com

Make a Note, Save the Date!

July 15 Certification examination registration window for fall certification exam opens

August 10 TAPAN Leadership Seminar, Houston

August 15 Eye Opener deadline

August 31 General membership meeting, To be announced

September 6—8 ASPAN Leadership Institute, Kansas City, Mo

October 11, 12, 13 TAPAN State Conference



WesTpan Contact Information

Executive Members:

<i>President</i>	<i>Gayle Stegall</i>	gstegallhendrickhealth.org
<i>Vice President/President Elect</i>		
<i>Secretary</i>	<i>Edna Pabruada</i>	mariaepabr@sbcglobal.net
<i>Treasurer</i>	<i>Lorna Taylor</i>	lltayl@hotmail.com
<i>Past President</i>	<i>Charon Howell</i>	

Liaisons:

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
Brownwood Chapter	Suzanne Reyes	325-646-8491

From the Editors Desk

Charon Howell, RN, CAPA

As you all know, I am not a fond proponent of change. Always looking with pessimistic eyes at new things, and yet being inevitably compelled to move on, like it or not, I have adopted a habit of diving into projects without giving too much thought about the consequences. With deep breath and a plunge I became the editor of What's TAPANing four years ago. The time has flown, and so much has been accomplished in our region. As I have often said, we are small in number, but mighty in "git er done!" attitude.

As this issue of What's TAPANing is put to bed I can't help but look back at all the past issues and how our newsletter has evolved over the years, and the awards it has received. How amazing!

The editorial opportunities provided by the recognition I have received from the humble beginnings of What's TAPANing have moved me into other journalistic areas as well over the years. Everything has a beginning and an end, and the time has come to pass this baton on to a new visionary.

I would like to extend a heartfelt thanks for allowing me the opportunity to try something new. And I urge you to do the same. Spread your wings! See where the winds will take you! We are never too old to try. Never too old to learn, never too poor to give of ourselves. Best wishes!

