

Spring 2012

Volume 3, Number 1



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

## President's Message

Ellen Abaquin, RN, BSN, CPAN

Happy spring TAPANer's! After a busy winter, we enter into another busy spring; but what a wonderful time of year. Who does not look forward to the renewal of the spring season.

We would like to congratulate Bridget Wheeler, RN from Pampa who joined the few elite nurses that are dually certified with CAPA and CPAN!

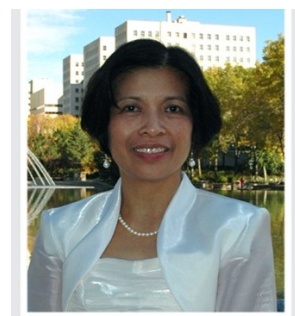
We also would like to congratulate our own Lorna Taylor for winning the National Certification Nurse Day raffle for TAPAN-scholarship to attend the 36th TAPAN State Conference in Sugarland this September.

TAPAN on the Road will be in Lubbock June 23. Join us for half-day filled with learning and networking with region members as well as with our state officers. The program has been submitted to the American Society of PeriAnesthesia Nurses (ASPN) for approval to award contact hours. Watch your email for additional information.

Do you have anything going on in your areas that you want to share with the other members of West Texas and Panhandle region? Are you using or trying new products in your respective hospital? Are there topics that you want included in our newsletter? There are plenty of empty tabs in our website ([www.tapan-westtexas-panhandle.com](http://www.tapan-westtexas-panhandle.com)) that need to be filled up.

I look forward to seeing everyone in Lubbock. Don't forget to bring your thinking caps. Let us get together after the seminar and discuss ways to make our membership grow,

Be safe, have fun, and enjoy spring.



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## Vasopress DVT Prophylaxis System

Our hospital made a wonderful change in DVT prophylaxis this year by integrating the Vasopress System. Vasopress replaced our traditional SCD's. The system is made of a soft, flexible tricot material that easily conforms to the

patient's size via Velcro. Sizes range from pediatric to bariatric, and include calf, thigh, and foot garments. The compression unit is quiet, small and easy to use, that coupled with the improved comfort to the patient results

in more patient compliance in their wear. And one of the best features is this system was created and is manufactured in America!! Proving to be more cost effective to our hospital, this system is the total package.

## ABPANC; More than an Acronym Charon Howell, RN, CAPA

If certification is one of your 2012 goals, or perhaps you have already achieved these wonderful little letters, the American Board of Perianesthesia Nursing Certification has your best interest at heart.

Making a decision to become certified is not only a professional decision, but also becomes a very personal decision as you contemplate the time and sacrifice required to achieve your CAPA or CPAN. ABPANC recognizes this and provides numerous opportunities for achieving your goal from mentorship, to practice exams.

First though, why bother? According to ABPANC certification brings the following benefits:

- Reflects commitment to perianesthesia nursing and quality patient care
- Increased professional credibility with patients and their loved ones
- Validation of current knowledge and experience
- Strong sense of achievement
- Personal pride and increased self esteem
- Respect from colleagues
- Professional satisfaction
- Provides focus for continual learning opportunities
- Career mobility anywhere in the U.S.

Inexpensive investment in yourself — sixteen cents per day

Patients respect your certification and so does your employer. Nurses who pursue advanced certification like this are typically leaders and motivators that represent their organization well. When nurses are certified and patients are receiving the best care possible, your hospital or ambulatory center benefits with a reputation for trust and integrity.

ABPANC will share with you the latest developments in your specialty and best practices for optimum patient care. Your peers will respect your professional certification and your patients will be comforted by the assurance that you have taken the time and effort necessary to further your education and become the best that you can be.

Now if that doesn't rev up your engine, you may need an overhaul.

Ok, so say you took the plunge and are now happily swimming in the warm pools of certification. ABPANC can help you keep track of your CEU's through the Electronic Filing Cabinet containing a Continual Learning Documentation Log Form that allows you to track the required 90 contact hours for recertification. Ceu requirements are divided into direct and indirect care categories of which 60 direct care ceu's are required for renewal.

In addition, professional participation also earns you credits towards your renewal. Authoring an article, editing a newsletter, serving as a resource leader, academic coursework towards degree advancement, and teaching all provide additional points.

So use the tools at your disposal, make a commitment to advance your career. Registration windows are listed on the ABPANC website, and also in our Save the Date column.

Dive in! The water is fine!

## Make A Note and Save the Date!

June 23 TAPAN ON THE ROAD Texas Tech University Cyndi Hill, Rn 806-775-8527

July 9 to September 12 Certification registration window opens

September 10 Certification registration deadline online

September 14, 15, 16 TAPAN State Conference, Sugarland, Tx

October 1 through November 10 Certification examination window opens

## Decadent Easter Eggs

### Ingredients:

- 2 LBS confectioners; sugar
- ¼ pound margarine, softened
- 1 (8oz.) package cream cheese
- 2 teaspoons vanilla extract
- 12 ounces peanut butter
- 1 pound flaked coconut
- 4 cups semisweet chocolate chips
- 2 tablespoons shortening

### Directions:

1. In a mixing bowl, combine sugar, margarine, cream cheese & vanilla extract. Divide the batter in half & place each half of the batter in a bowl on its own. Stir peanut butter into one of the bowls and coconut into the second.
2. Using your hands, mold the dough into egg-shapes & arrange the forms on a cookie sheet. Place the eggs in the freezer until frozen.
3. Once the eggs have frozen, melt the chocolate & shortening in the top of a double boiler. Dip the eggs into the chocolate until coated. Place the eggs on wax paper lined cookie sheets & return to the freezer to harden. After the chocolate has hardened the eggs can be kept in the refrigerator.

**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

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## From the Editor's Desk

It's Spring! Don't ya just love it. Lowes and Wal-Mart are putting out all their happy little geraniums and trees. Your mind starts to swim with all the possibilities to make your yard the envy of the neighborhood. You finally feel like getting out of the house again. Suddenly you're moving more, breathing a little deeper, feeling a little healthier. It's just life returning to your soul.

I like to fancy I have a green thumb. My mother could grow anything, anywhere, anytime. Being air force, she had to learn to garden in all types of terrain, From the frigid, endless winters of South Dakota, to the unceasing rain of Washington, the sweltering humidity of North Carolina, and many, many states in between, I watched her grow gardens of flowers that bloomed from sea to shining sea. But I did not inherit the gift.

Every spring I eagerly gather up what has managed to survive the winter and try to coax it back to life. A little Miracle Grow, a snip here, some pruning there. Occasionally I have to re-pot a plant that has gotten a little root-bound. Now that's a happy occasion. To have one that actually grew enough to need a bigger pot is an accomplishment.

Since plant life expectancy is so questionable at my house, I like to buy the half dead, pitiful, "nobody wants me & I'm 50% off" plants. Somehow helping

them to thrive is especially gratifying.

Gardening is a lot like nursing. You do what you can with the tools that you have to help a living thing get healthy, and maybe even bloom. Taking care of patients, mentoring a new nurse, stealing a moment to encourage a student—it's like Miracle Grow for a garden that our profession can flourish in.

If you really think about it, life is a lot like gardening. You can learn so much from tilling the soil and watching something beautiful grow, if you are willing to get your hands a little dirty.

Enjoy the season! It only comes once a year.

*Charon*

