



Fall 2019
Volume 9 Number 3

What's TAPANing

The Official Newsletter of the West Texas and Panhandle Region

What's inside this issue

1. President's Message
2. Save the date &
Financial report
3. wesTpan bits
4. Member Spotlight
- 5-8. Article Understanding
Vaccines
9. Officers and Editor's note

Join the
WesTpan Region
group on Facebook!
Pictures, comments,
events are posted regularly!

Greetings wesTpan members!



Summer has come to an end, unfortunately. It went by extremely fast! I hope you all had a wonderful summer with family and friends!

Fall brings us to that time of year for our TAPAN state conference. It will be held in Lewisville, Texas on September 27, 28, and 29. Hope to see you there! For more details, and to register, go to <https://www.tapan.org>.

We have had success with our first Member Spotlight in the Summer 2019 newsletter. If you, or someone you know, would like to be mentioned in the Spotlight. Please send us a picture, and a short bio, and we will get it in the next newsletter. If there is more than one entry, we will publish the first one we receive and include the next one in the following newsletter. Everyone deserves their time in the spotlight!

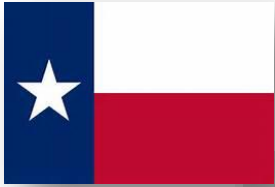
Are you interested in organizing an event with the other PeriAnesthesia nurses in your area to benefit your community or organization? If you would like to get something started, but are not sure what to do, please let us know. We will help you with ideas or answer any questions you may have.

We have an article in this newsletter submitted by a nurse in Abilene, Vicky Lessing. If you have an article you would like to write for the newsletter regarding PeriAnesthesia nursing, please feel free to do so.

Again, if you have any ideas for activities or educational opportunities, please let us know. If you are interested in becoming more engaged in our regional activities, please contact us. Liaisons are needed for every area in our region. We would love to have suggestions and any help from you that you can give.

Please go to the ASPAN website at <http://www.aspan.org>, the TAPAN website at <https://www.tapan.org>, and the wesTpan website at <http://tapan-westtexas-panhandle.com> for information about our organization. You can also get ideas about ways to get more engaged and involved. Any time you can give will be greatly appreciated!

Thank you for all you do every day for your family, friends, coworkers and communities!



Sincerely,

Trina Mora, MSN, RN, CAPA, CPAN

Save the date...2019!

July 1 – September 15

ABPANC Exam Registration Open

Check out the website. Be sure to review new rules for testing and recertification. ABPANC has made changes called test assured program. Check out the website

September 15- November 15

CAPA CPAN exam dates

Good luck to those of you who are testing!

For more information, visit the ABPANC website at: <http://cpancapa.org/>

November 15th

Winter 2019 Newsletter submission deadline

Submit events, pictures, congratulations, and even jokes to admin@tapan-westtexas-panhandle.com

\$\$ wesTpan Financial Report \$\$

Report as of July 8, 2019

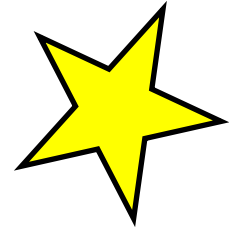
INCOME (including dues, fundraising, donations, etc): \$272.23

EXPENSES (reimbursements, meeting expenses): \$ 0

BALANCE: \$1907.68



wesTpan bits



Midland Memorial Hospital: *LYME disease awareness day*



*We are bringing awareness to our community. The staff had on **lime** colored ribbon, shirts and gowns so people could ask why the **lime** color. We could then inform them of Lyme disease.*

Top picture
PACU staff from left to right;
Carrie Watson, Jessica Herrera, Patricia Catlett, Laura Newbrough, Sue McRae ,
Trina Mora, Kim Woodard, Maria Torres and Linda McDonald.

Picture to the right;
Endoscopy staff from left to right
Kyle Graham, Annabell Rivera, Ana Pacheco,
Kathrine Cantu and front Kristen Nall



*Per the CDC website <https://www.cdc.gov/lyme/datasurveillance/maps-recent.html>
Texas has a low incidence of Lyme disease cases. They reported in 2017
Confirmed cases in Texas were 31. See website for more info.*

*****Share the news from your area! Send your top sTar-bits to be included in ***
What's TAPANing to admin@tapan-westtexas-panhandle.com**

Member Spotlight



Hello all, I am happy to introduce to you our wesTpan member and this editions spotlight holder, Sonya Diaz MSN, RN, CAPA. Here is a little bio of our member.

I am currently the Clinical Instructor of Surgical Anesthesia Services. I am married and have 2 children and 3 fur babies. I began my nursing career as an LVN in December of 1999, and worked in a Cardiac setting. In 2005, I completed the Registered Nurse program, and served as a charge nurse of Heart Center 4. In 2009, I completed the BSN program, and started a new job as a charge nurse in Outpatient Surgery for the evening shift and within a year became the Service Coordinator. In 2015, I was promoted as the Clinical Instructor of Surgical Anesthesia Services. In 2017 I achieved my Master's Degree in Nursing Administration/ Education, and continued to work as the Clinical Instructor, and also became CAPA certified.

Sonya, thank you for all your hard work, we look forward to seeing you continue your growth in the Nursing profession and in your community.

Picture provided by Sonya Diaz

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Article by Vicky Lessing

BSN, RN, CCRN

UNDERSTANDING VACCINES

August, 2019, is National Immunization Month, and for healthcare professionals, understanding vaccines is a matter of public education. Due to social media, more people are unvaccinated now than ever before. Based on unfounded theories, some celebrities, politicians, and activists campaign against vaccines. The public who do not check the validity of what they read, read articles written without proof and thus are misinformed and misled. Medical people who have gone to school and know what they are talking about find themselves having to contend with the adverse influence of the ignorant celebrities, politicians, activists, and misleading articles, an adverse influence that undermines the proven, research-based efficacy of vaccines. The responsibility of healthcare professionals to educate the public about vaccines and convince them that celebrities, politicians, activists, and other non-medical people are not the best sources of information about vaccines is utterly important. A proper understanding of vaccines begins with their history.

Edward Jenner developed the concept of the vaccine in the 1790s and performed the first vaccination for smallpox in 1796. In the intervening years since those milestones, medical scientists have developed vaccines for diseases such as diphtheria, measles, mumps, rubella, and polio. Administrations of those vaccines have saved the lives of millions of people throughout the world. The great and terrible irony of recent years is that skeptics, critics, and naysayers have blunted the value of vaccines and vaccinations to the extent that diseases once considered eliminated appear resurgent. To restore the value of vaccines and vaccinations in public health, the question must be asked what can be

done to combat the ignorance of the naysayers and the doubt of the doubtful people. The answer, of course, is that the naysayers must be confronted with, and the people who are doubtful must be led to understand, what is right based on proven science.

The facts that the naysayers and the doubtful people should understand are that medical technologists, in most cases, create vaccines by using less virulent forms of disease-causing agents that will not produce infections in bodies yet that bodily immune systems will know are foreign thereby stimulating those systems to create appropriate antibodies that will defend against possible infections.

Viruses and bacteria harbor molecules that are known as antigens. Antigens cause the immune systems of human bodies to produce immune responses. By way of the immune responses, human bodies learn to detect, seek, and kill invading viral and bacterial pathogens. The mechanisms of the immune responses allow vaccines to work. Antigens are introduced into human bodies. The bodies' immune systems identify the antigens as pathological, create antibodies, and record the information for future reference. Any future invasions by the viral or bacterial pathogens concerned allow the bodies' immune systems to detect the antigens and kill the pathogens before they can cause sickness.

Generally speaking, vaccines provide not only individual immunities but also group immunities. The group immunities, comprised of individual immunities, afford protection for individuals who, for one reason or another, cannot tolerate the vaccines.

A small number of unvaccinated people can produce contagion. One disease carrier in a community whose level of immunity drops below a range of 93%-95%, due perhaps to lack of vaccination, can ignite an epidemic. Flare-ups of measles, a vaccine-preventable disease, are recent examples.

Some measles outbreaks have occurred in Muslim and Christian schools, too few students of which have been vaccinated because the students' parents believe government has no right to require

vaccination. Putting their rights of personal choice above the safety of the community by choosing religious and philosophical exemptions from vaccination, such irresponsible parents disregard the rights of their children and members of the community to freedom from disease. Protection of the community can only be achieved by vaccination with no recourse to non-medical exemptions.

Worldwide, countries that have less money available for the purchase of vaccines nevertheless have access to them by way of global health distributors. In the case of measles, the number of deaths per year has fallen dramatically since the beginning of the millennium..

Some skeptics, critics, and naysayers, however, cite the supposed connection between the vaccine for measles, mumps, and rubella (MMR) and autism. The proven science appearing in peer-reviewed medical literature thoroughly invalidates the MMR-autism connection.

These are the facts about vaccines, vaccinations, and immunities that constitute the proven science that can be used to combat the ignorance of the skeptics, critics, and naysayers and to help those people who are doubtful overcome their doubt. In conclusion, a contemporary of Edward Jenner, America's own Benjamin Franklin, speaks:

“ . . . I lost one of my sons, a fine boy of four years old, by the small-pox, taken in the common way. I long regretted bitterly, and still regret that I had not given it to him by inoculation. This I mention for the sake of parents who omit that operation, on the supposition that they should never forgive themselves if a child died . . . ”

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Compere J. Vaccines save children's lives. Abilene Reporter-News. 7/27/2019:7A.

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wesTpan Region Officers

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Any officers can be contacted at:

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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 15th - Spring newsletter
- May 15th - Summer newsletter
- August 15th - Fall Newsletter
- November 15th - Winter newsletter

Photos are property of the editor unless otherwise noted. Send comments, suggestions, and/or submissions (including individual achievements!) to admin@tapan-westtexas-panhandle.com