



MNDAKSPAN Presidents Message

Julie Somheil

This Christmas I'm grateful for many things. My family, my work, my friends and loved ones. I have been blessed with a wonderful year as a nurse and as a person. I can't help reflect on Myrna Mamaril who is diligently serving needs as a nurse in Khandahar and all of our military members who are serving overseas away from their families during the holidays. I personally would like to extend a Thank you to those heroes who work to keep us safe. Thank You.

My heart also goes out to our patients who have to spend the holidays in the hospital. I know nurses everywhere do their best to spread holiday spirit to their inpatients while keeping their own spirits bright while not at home with their own families. Here at my work I've seen beds decorated with tinsel and ornaments and holiday cards and festive decorations at the bedside-all meant to cheer people up and remind each other what truly is important during the holidays. Nurses are integral during this time and it amazes me that even though we miss our families, we adopt a family per se at our work. Thanks to those nurses who work over the holidays yet remember to keep a bright smile, a warm heart and a healing touch to your patients.

Happy Holidays,

Julie Somheil President, MNDAKSPAN



Fall Conference by Deb Massey, RN, CPAN

The MNDKSPAN Fall conference was held at the Radisson Hotel in downtown Fargo, North Dakota on September 17th.

After a delicious breakfast, our first speaker of the day was Dr Luis Garcia. Dr Garcia's presentation was about the complications in bariatric surgery. Obesity prevalence has increased drastically over the past 12 years. He talked about the epidemic of obesity and its effects on surgical patients and the high healthcare costs related to this condition. Obese patients often have numerous comorbidities and a higher chance of complications after surgeries. Major complication rate is 2% nationally for these patients. Procedures most commonly performed in Fargo area include laparoscopic adjustable gastric band and laparoscopic gastric bypass. Bariatric surgery is common and is the most effective treatment for obesity. Complications are not common, but can be life threatening, so a high index of suspicion is needed. Success depends on long-term follow up. Surgery is only one piece of the patient's weight loss program and there are many factors to consider prior to surgery.

Our next presenter was Dr Fady Nasrallah who presented on hemodynamic monitoring and fluid resuscitation after major surgery or trauma. He started off describing the various monitoring devices that are used in the OR and PACU and how they actually work. He talked about invasive and noninvasive lines and their advantages and disadvantages. The target parameters and hemodynamic goals were presented. Dr Nasrallah spoke in depth about fluid replacement options. The advantages, disadvantages and indications were discussed. More than a liter of hetastarch at a time has been shown in recent studies to decrease kidney function postoperatively. Various blood products and blood substitutes were described. Synthetic hemoglobin or other molecules with oxygen carrying capacity and other molecules that decrease inflammation are being studied at this time, but there is not enough research for widespread use yet.

We had 25 locally donated prize giveaways during the short break! A Bur-Mar shoe representative was set up outside the conference room and available for proper shoe sizing and Dansco shoe sales. Two pairs of Dansco shoes were donated to conference attendees, compliments of Bur-Mar Shoes. Next speaker was Kate Steinke, speaking on the topic of nursing fatigue and safety. The main focus of her presentation was on increasing awareness of nurse fatigue on safety and quality of care, identifying major influences for nurse fatigue and ways to integrate practices to promote healthy and safe practices in nursing. We looked at the typical staff nurse work schedule, 74% of nurses work 12-hour shifts and many of us work several shifts in a row. The research of error rates of nurses working different shifts was discussed. Rising professional demands, excessive workloads, increasing patient acuity, increasing patient volumes, and growing complexity of treatment modalities contribute to fatigue. Sleep requirement myths we analyzed and more coffee wasn't found to be the answer! Fatigue can lead to higher risk of needle-sticks, musculoskeletal injuries, mood issues, ineffective relationships, moral distress and drowsy driving. We need to have a culture of safety to manage fatigue, sleep issues and taking breaks as needed.

Kathleen was very much a motivational speaker and her presentation was called, "Things turn out best for people who make the best of the way things turn out". Three tools she uses include: faith, attitude and action. Our experiences enrich our lives and help guide us. She shared her heartfelt story about her life. Her faith has been a gift in her life to get through hard times, turning faith into action and purpose! She shared examples of how she and others have turned their sorrow over tragic life events into service to others. Kathleen explained how faith and support of others got her through difficult health issues and life events.

We had a wonderful meal as 25 more names were drawn for door prizes. Todd Forkel then presented on the future of healthcare and what it means to us. The US has the highest proportion of healthcare spending in the world. We have a 15 trillion dollar debt in the US right now. The weakening economy is added more stress on our already tight healthcare budget. He talked about transforming government policies and programs, especially healthcare reform. Mr. Forkel discussed what makes a thriving and high quality healthcare organization. Patients have a choice as to where they go for care so we need to be the best we can be and strive for patient satisfaction. What does this mean to us? We need to be adaptable, learn comfort with change, be flexible, be team players, be accountable and standardize to best practice. Healthcare workers need to know how to adapt to change and make the transitions and further develop our resilience. We need to support change and each other by keeping a positive attitude. To be successful, make yourself and your organization stand out.

Stephanie Karst presented on assessing and identifying positioning injuries in the surgical patient. This is a topic that concerns all of us. She has had lots of experience in the OR and several other hospital areas. Governmental and regulatory agencies were identified and their roles were explained. She discussed topics such as patient assessment, intraoperative factors, skin and underlying tissue, nerve injury, respiratory compromise, musculoskeletal injury and intraocular pressure issues. High-risk patients were identified as well as RN responsibilities and desired outcomes. She talked in depth about positioning techniques for surgical procedures, standard positions in the OR, areas at risk in supine position, and other specific positions that can also be used. Prevention of pressure ulcers and routine positioning devices used in surgery were discussed. Recognizing and managing complications is critical during the Perioperative period. Pressure ulcers don't usually form until 3-7 days after surgery

Fall Conference continued

so documenting any redness is very important.

We then raffled the last of the door prizes. In all the years I have attended conferences I have never seen this many wonderful door prizes. The Fargo community is very generous and supportive of nurses. The winner of a free MNDKSPAN membership is Bonnie Olson. The winner of a Free MNDKSPAN conference is Katie Hoganson. We then introduced our AB-PANC representative, Dierdre Cronin, and a surprise ASPAN visitor, Linda Wilson.

Martha Clark was our last speaker of the day and she spoke about her mission experiences doing reconstructive surgeries in today's Vietnam. She explained the

mission and primary goals as well of the history of ReSurge. The surgeries performed and the upcoming trip schedule was discussed. Martha presented a slide show of photos of the trip, team members and nursing care. It was a very interesting and heartfelt talk about the mission process and the exceptional teamwork exhibited by the multicultural team members. She compared and contrasted the differences between medical care in Vietnam to medical care practices in the states. Her presentation was a great reminder of how fortunate we are to have access to quality health care and the many resources we have in the U.S. that others in the world don't have.

Donations included 87 lbs of food and \$173.00 to the Great Plains Food Bank.

Thanks to everyone that donated money or a food item to the food bank!

The number of conference attendees was 81! Thanks to everyone who attended. Your support of MNDKSPAN helps to make our organization strong!



There's No Place Like Home by Cassie Kosson

The first International conference for Peri-Anesthesia nurses was held in beautiful Toronto Canada this past October. If you were fortunate enough to attend, you realized PeriAnesthesia nursing across the world, is oh so different and oh so the same.

The National Association of PeriAnesthesia Nurses of Canada; American Society of PeriAnesthesia Nurses; British Anaesthetic and Recovery Nurses Association; and Irish Anaesthetic and Recovery Nurses Association convened this international perianesthesia /

anaesthetic and recovery conference. The faculty and audience members included Australia; Greece and Denmark.

The nurses in Greece are trained by physicians which allows them to perform procedures such as central line placement, but have little say in the nurse to patient ratio in perianesthesia.

Where some countries report elective surgeries are held until the nurse to patient ratio in PACU is met, other s report they have patient care standards they try to meet but aren't always successful. There are hospitals in the United

States where the preop nursing assessment for ASA 1 patients is a phone call alone. It was amazing learning for those of us listening to these accounts of current nursing practice. It's always humbling for me to realize how fortunate I am.



MNDAKSPAN Board of Directors Meeting Minutes

September 16, 2011

Minutes

Call to order at 1:00 pm

Julie Somheil

Attendance

All

Deb Moengen, Julie Somheil, Deb Massey, Karissa Brinkman, Ginny Maruish, Lynn Saari, Susan Poulson, Mary Olson, Collette Kasper.

Old Business

Mailing List

Julie Somheil

Mailing list will remain in two separate documents.

One document will be current members and the second will be updated mailing lists.

Web link for our component on the ASPAN website for region 3 has been updated.

Lynn Saari

Alert Member for our component

Ginney Maruish

Committee Reports

Education

Deb Massey

Fall Conference:

At this time there were 88 registered attendees. Kim Anderson Has done a great job planning the conference. She was able To collect over 75 donated gifts for the drawing.

Spring Conference:

The date for the Spring Conference is March 24th. It will be Held at the Edinburgh conference center in Brooklyn Park. The Group had some suggestions for speakers. It is the plan to have a review Certification course the day before the conference.

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MNDAKSPAN Board of Directors Meeting Minutes—Cont.

Membership

Public Relations

Lynn

Certification

Ginney

Governmental Affairs

Mary

Bylaws

Bylaws:

Julie went through all of the bylaws and cleaned up a lot of the items that do not apply.

Bylaws discussed were the addition of the cancellation policy for conferences.

Reimbursement for all board members to attend a conference per their term. This will include conference registration, airfare, and hotel.

The board decided to outline all of the drawings performed at each conference and have these included in the bylaws.

1 MNDAKSPAN conference to be used within 1 yr drawn at each conference

1 National conference registration from members that vote.

1 Certification reimbursement for each testing period

1 Re-Certification reimbursement for each testing period

1 Membership fee drawn at each conference

T-shirt

Collette

The group would like to proceed with the having t-shirts made representing MNDAKSPAN but felt that a new logo was needed.

New Logo; It will be advertised to submit new logos for MNDAKSPAN to all members. 1 free t – shirt will be the prize.

The submissions should be by December 1st. to Lynn Saari.

Round Table

It was brought forward by Karissa that there is limited training for the board and leadership. The group would like to pursue a time that they could meet for the purpose of becoming more comfortable in their position on the board.

MNDAKSPAN Board of Directors Meeting Minutes—Cont.

Round Table

Community Service

It was brought up there is a need for the polar fleece blankets to be donated to servicemen injured. This would be a great social mixer for our Friday evening before the spring conference. People could

Dates to Remember

Fall Conference for Wisconsin is in Eau Claire Oct 8th.

Meeting Adjourned

All

Respectfully submitted, Deb Moengen

Welcome New and Renewing MNDAKSPAN Members!

Renewing Members

Kim Anderson
Bonita Dargis
John Emerson
Tammy Filippi
Diane Fieseler
Beth Haugen
Lauren Hartel
Teresa Kaune
Sandy Larson
Sherry Lindsey
Mary Loven

New members

Linda Boyum
Kristin Christen-
son
Joanne Coughlin
Joanne Dubiel
Kristin Kruse
Rosalie Ligten-
berg
Kris Lingle

Renewing Members

Mary Olson
Julie Oppold
Mary Piens
Nancy Rigdon
Joann Sauro
Susan Schuler
Gwen Schueller-
Bebus
Tracey Scott
Christina Vadnis
Janette Wagner

MNDAKSPAN

Check out
MNDAKSPAN on
Facebook!

[We are on Facebook!]

Save the Date

Spring Conference is March 24, 2012

Edinburgh Conference Center

Brooklyn Park, MN



Second Online Newsletter from MNDAKSPAN

This is the second issue of PAR Excellence to be green! Online posting of the newsletter is saving MNDAKSPAN printing and mailing costs. This savings is passed along to MNDAKSPAN members by increased reimbursement for recertification and future conference reimbursement.

Please send ideas for articles or articles to Lynn Saari, Publications,

lynnlsaari@hotmail.com



MNDAKSPAN

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