Welcome back to CSPAN. Fall, with its cool breezes and spectacular colors, always reminds me of the start of the new school year. When I was a child, it meant new clothes and notebooks. When I became a Mom, it meant a return to a routine and no more worries about child care during the summer months. Although Summer is my favorite time of year, Autumn has always represented a new beginning.

As your new president, I urge you to get involved in your professional organization. We need new ideas and fresh faces at our board meetings. This organization is only as successful as you, the members, make it. I know all about the time constraints we face as working nurses, but this participation will invigorate you. It may even lead to an improvement of your skills and greater job satisfaction. Attending national and regional conferences has given me a renewed appreciation of just how special we are as a group. Learning new techniques and keeping current with new trends is not only good for our patients, but for us as well. Just as important, we have fun while we are improving our minds!

Let’s have a good year. Let’s learn and grow as professionals. And let’s have fun while we are doing it! I hope to see many of you at the Wine Social on October 6th and the Fall Conference on the 15th. Remember, the conference is free for certified ASPAN members. It is a great way to earn three credits and network with your colleagues.

Check out what’s new at www.ctspan.org

Like us on Facebook too!
Past President
Jeanne Prota RN, CAPA

It has been my privilege to be your President and Vice President for the past three years. I would like to take a moment to thank the entire board and committee members for their support and hard work. CSPAN is an awesome organization! We try very hard to give back to our membership and support our members in providing educational opportunities.

It truly takes a village to arrange a seminar. There are countless hours spent planning, discussing topics, seeking out speakers, and the application process is lengthy and very time consuming to procure CEU’s. We try to keep the costs reasonable and always have your best interests at heart. So a big shout out to everyone who supported me in my roles these past few years, you make CSPAN the success it is!

Thank you!

A Journey to Magnet

It’s a funny thing about applying for Magnet status, it forces nurses to realize what an amazing job they do everyday! This was my first experience with a Magnet application and survey. The journey to Magnet is interesting. At first you are apprehensive and of course you think it’s going to be similar to a Joint Commission survey. How wrong we were!

The hardest part about Magnet is selling yourself! As nurses, we don’t typically boast about our accomplishments, and the difference we make daily. I work with an amazing group of nurses, we had to encourage them to become more aware of their everyday practice and how special they all are! They typically felt it was just part of their job. Each and every nurse I work with had a hard time with the concept that they are awesome! It’s not in our psyche to sell ourselves!

The survey is completed, the results unknown for a few more months. When all was said and done the nurses who were interviewed or attended small group meetings were made to feel very comfortable. Most of my colleagues who attended the group meetings all enjoyed networking with other nurses in the organization and said we should be doing that more often! Well, that’s a thought I’m thinking of bringing to Shared Governance to explore.

We of course want to attain Magnet status again but the best thing to come out of the survey is that the nurses became aware of how valuable they are and how outstanding their practice is!!

~Jeanne
**Vice President’s Message**

Diane Perrone ADN, BA, RN, CAPA

**Education**

How may CSPAN/ASPAN members have recently looked at ASPAN’s web site? Login in and you will see so many educational opportunities from seminars and webinars, module on-demand on-line learning, to JOPAN and its CE articles; both in print and on-line. One of the on-demand learning modules helps to prepare PACU RNs for certification while earning CEUs. The on-demand library has eight learning modules also with CEUs.

Does your PACU have a Journal Club? You may find ASPANs Journal Club interesting. Look at the Research tab on the ASPAN site and click EBP (evidence based practice). Then find Journal Club. There you will find two timely articles about workplace violence and capnography along with evaluation tools.

Of course, seminars, when attended in person, not only provide a learning opportunity and CEUs, but, also the opportunity to network.

While speaking about seminars, have you registered for CSPAN’s Fall Conference? The half day conference is **FREE** to certified members of CSPAN/ASPAN. Our expert speakers will address High Reliability Organizations (HROs), Enhanced Recovery After Surgery (ERAS), and lateral violence in the workplace. Continental breakfast will be served and 3.0 CEUs can be earned. Saturday, October 15, 2017.

I look forward to seeing you there! Please bring your PACU friends and network with other PACU RNs in our area.

*Editor’s Note: As Vice President, Diane’s duties include Education Chair.*

**Next Meeting**

November 2, 2016
Midstate Medical Center
Review of By-laws if anyone is interested in attending!

**SCHOLARSHIP OPPORTUNITIES**

**EMILY’S GIFT**

Emily’s Gift was established by Dottie Fox RN, BS in memory of her mother, Emily Graham. Dottie herself was dual-certified and continues to be actively involved on the Education Committee for CSPAN in retirement. Emily’s Gift is awarded to a CSPAN member wishing to expand their horizons and promote professional practice by achieving certification. Applications run from January 1st through December 31st. Guidelines will soon to be available on www.ctspan.org

**ALMA DERWAY SCHOLARSHIP**

This scholarship is named after one of CPAN’s founding members and first President, Alma Derway. This scholarship offers financial assistance for educational purposes and projects like missions. Contact education committee for details.
I am a Novice!

Many of the surgical services nurses that I have met, have had long tenures in nursing. The traditional path of medical-surgical nursing, to critical care, then, transferring to surgical services, was one that many of us have followed. Thankfully, with the baby boomers retiring and the millennials anxious to get to their ideal jobs, that pathway is not the only way to get into PACU or Ambulatory Surgery. We see med-surg nurses coming right into the critical care area of the PACU, and being successful, I might add. This new mindset coalesces with President Bickerstaff’s theme, “Energizing Generations: The Race to Distinction”. Her focus is to embrace change and welcome these new energetic nurses into our midst.

Change happens to all of us, whether it is desired, or just occurs. We sometimes are the instigators and sometimes not. As we baby boomers continue to show up every day for work, sometimes things have to change. You might get “bored” of the routine, you might find yourself less tolerant of those in need, you might decide enough is enough so you begin to think “what’s next?” As a tenured PACU nurse with lots of experience, I took a look at my career path and decided that change was necessary. Was I going to move to the Ambulatory setting? Were my talents going to be used in the Pre-Admission Testing area? My Nurse Manager was a good sounding board for listening to my goals and where my trajectory would be. Low and behold, several months into this process the position of Clinical Educator for PACU, Ambulatory Surgery, and PAT became available. With encouragement from my colleagues, I applied for the position, was interviewed, and was offered the job. I accepted the position with great enthusiasm. This is what I was looking for, felt ready to take on the challenge, and feel I can bring a positive presence to my colleagues.

This brings me to the title of this article. We are all familiar with Patricia Benner’s work with the Novice to Expert stages of clinical competency. This is a new position for me, I have never been a hospital based clinical educator before, and never been considered part of a leadership team. Technically, I would be classified as a novice. However, I have been an educator as clinical faculty at a local college for 6 years using educational techniques along with evaluation tools and orienting new students to the RN role. Maybe I would classify myself as an Advanced Beginner. As I continue through my orientation I am in awe of the person moving on and all she has accomplished. She makes it look so easy. I listen, ask questions, and write EVERY-THING down as she seamlessly switches from orientations to competencies to committee work. It will be important for me to embrace not only the tenured nurses, but, also welcome the millennials into our surgical services units and tailor their orientation in a method and style that works for them. As I continue to grow in this position you can be assured that I will tap into the expertise of many of my ASPAN colleagues. Don’t be surprised if I call and ask for advice.
Every four years, the presidential election takes the spotlight. While electing our president is important business, decisions made at the national level are removed from our everyday lives. Since voting is the cornerstone of our democracy, our participation in Connecticut elections on November 8th impact our lives closely and locally.

Ballotpedia (https://ballotpedia.org) states: “who controls public policy and who should pay to implement these policies are strong themes in 2016 elections across the U.S.” According to the National Conference of State Legislatures, “the state legislature collectively makes thousands of healthcare policy decisions each year.” For example, our elected officials are influential in state healthcare issues involving Medicaid, our own health insurance exchange, our state Insurance Department, budget, and social, mental health and addiction services. It is especially important to consider healthcare insurance as a gateway to healthcare and which candidate you would like to assist in healthcare policy.

Ballotpedia reports in 42 of 50 states senates, 1210 seats are up for re-election. In 44 of 49 state house of representatives, 4710 of the country’s 5411 (87%) are up for re-election. In total, 80% of our country’s 7383 state legislature seats are up for re-election. All 36 seats in the Connecticut state Senate and all of the 151 seats in Connecticut’s state House of Representatives are open for re-election. At the U.S. Congressional level, all 5 of our U.S. Congressmen are up for re-election as is one U.S Senator. Think of the potential for influence and change if we are all aware how our vote counts!!

Voting in local elections has many benefits. With careful consideration of the elected officials who represent the area in which you live (and pay taxes), you will have a strong collective voice against small interest groups. When you vote, you will have a greater interest and stake in how your taxes are spent. And finally, when you vote, you feel great because you are taking part in democracy.

In terms of influence, it is reported by Ballotpedia that donations to Connecticut State Senators went from $3,989,412, for 73 candidates (or $54,649/candidate) in 2006 to $6,452,477 for 80 candidates ($80,656/candidate) in 2014. That’s a lot of influence.

By way of example, The New York Times pointed out the influence of special interest money on local elections. An incumbent state legislator in Wisconsin who ran on an environmental platform was not re-elected. It was later found that private company funds supporting mining in Wisconsin spent a large sum of money in a smear campaign against the incumbent legislator which was directly correlated to the incumbent losing the election. Healthcare policy in Connecticut can be affected in the same manner: special interests, candidates, and your vote.

The League of Women Voters states “local elections are where voters can decide on issues that most directly affect their lives.” Perhaps in the 2016 elections, voters will be heard and barriers to healthcare insurance will go away. Barriers to healthcare, due to either difficulty in affording or finding appropriate healthcare insurance, come in many forms this year. Through the Affordable Care Act (ACA) Connecticut is one of the few states to offer state, not federal, sponsored healthcare insurance exchanges through which people can purchase an insurance policy. Insurance and
~governmental affairs continued

be purchased on-exchange or off-exchange. On-exchange is income dependent and allows for a tax credit. Off-exchange is for those who do not have insurance through their employer. Among the barriers created prior to this year’s open enrollment period include a reduction to two insurance companies who offer polices on-exchange there by reducing choice and competition.

Brokers, who acted as third party independent advisors who could help people decide which plan was optimal have been eliminated.

The most significant barrier, as CTNewsJunkie (www.ctnewsjunkie.com) reports, the state’s Insurance Department has negotiated with the insurance companies, premium rate increases of between 17.4% to 22.4% for next year’s on-exchange plans. In addition, healthy, low risk people are opting to pay the monetary penalty for not having healthcare insurance rather than pay steep premiums.

Other barriers to having healthcare insurance is the elimination in July, of parents in the HUSKY plan who were previously insured under HUSKY. Some have found appropriate insurance, others have not.

Forty thousand people will lose their healthcare insurance in December when HealthyCT, a Connecticut insurance co-op, will go out of business. The company was required, under the ACA, to pay $13.4 million in the federal risk adjustment program. Companies with a healthier pool of patients had to level out the playing field by paying the adjusted amount to companies with a higher risk or sicker pool of patients.

Finally, the Kaiser Family Foundation finds “cost sharing” (paying increased deductibles) “rose 77% between 2004 and 2014 driven by a 256% increase in deductible payments.” The Foundation also finds that “deductibles for individually insured workers increased 67% between 2010 and 2015. Premiums and deductibles are growing much faster than wages so even insured are having trouble paying their medical bills.” Furthermore, the Foundation said “in 2014, middle income household spending was 25% more than in 2007 even as spending for food, housing, clothing, etc. fell, indicating households were cutting back on discretionary spending rather than sacrifice access to healthcare.” Less discretionary spending has a ripple negative effect on all parts of the economy.

Your elected officials can affect healthcare policy and your access to healthcare. Please go to www.gov.track.us Enter your street address and town and you will find in which state legislative and senate district you live as well in which U.S. Congressional district you live. Please research thoroughly your candidates running for office in your district. And most importantly, vote on November 8th.

Editor’s Note-

Diane has assumed the position of Vice President and is hopeful that a new CSPAN member will take on the role of Governmental Affairs Correspondent. If anyone is interested, please contact Diane or Lucille.

Food for Thought

♦ Anyone interested in a Journal Club? Contact Diane Perrone.

♦ Any interest in a one-time project? Filling out applications, auditing books, applying for awards?

♦ Do you have a special charity or community service project that we might be able to help out with?

CSPAN is growing in size of membership and our scope of projects should reflect that. Help us grow and reach out to our communities.
As I begin another year as the Editor for Stretcher Scene, I decided to reflect on my accomplishments, and to refine my direction and goals going forth. Taking into account CSPAN’s Mission and Vision Statements, I thought that developing a mission statement for Stretcher Scene was a reasonable start. So, my mission statement for Stretcher Scene is: To connect and strengthen the CSPAN perianesthesia nursing community by offering quality content that inspires, develops, and educates to advance nursing practice.

This will be my seventh newsletter to date. The segments in the newsletter are basically pre-determined by the ASPAN template. I’ve tried to ensure that all elements are included, so that I have a selection of newsletters to sift through to find my best to submit to the newsletter competition at the ASPAN National Conference. I learned this the hard way! Therefore, my goal is for CSPAN to have three newsletters that include all the required elements for the best possible selection this year for submission to the competition.

Now, although I am the editor, it is our newsletter that highlights our organization and the work that we do as Peri-anesthesia Nurses. I am hopeful that everyone will join in and contribute something to our newsletter and help me reach our goal of having a winning newsletter! (Research news most appreciated!)

DON’T FORGET

the CSPAN Wine Social at Gouveia’s Vineyard
October 6th 6 - 8 pm
CSPAN’s Fall Conference October 15th 7:30 am - 11:45 pm
at Midstate Medical Center

CSPAN’S Vision
CSPAN’S Vision is to be the pre-eminent leader in Connecticut in the practice of Perianesthesia Nursing by supporting exceptional professional development.

CSPAN’S Mission
CPAN exists as a component of ASPAN to advance nursing practice through education, research, and standards.
Leadership Development Institute
Bridget Rich
Cincinnati, OH September 16-18, 2016

What do you get when you put 120 perianesthesia nurses together from across the United States?
You get more energy and excitement that leaves the largest Oktoberfest in the U.S., that happens to be taking place across the river in quaint Cincinnati, OH, in the dust! Diane Perrone and I walked away with some pearls of wisdom and many ideas about "Energizing Generations: The Race to Distinction". We were presented with many topics including how to build teams across the generations, clinical practice hot topics, conference planning to meet the requirements of the AACN CEU application, ideas for recruiting and retaining members, making our component as visible as possible and relevant on social media, and even a mock Board of Directors meeting. One, of two, of the most informative breakouts were on research, EBP and QI, and all the exciting resources available as an ASPAN member. The other was one on ethics; the first rule of research, and EBP. I was thrilled to see the many new resources added to the ASPAN website both for research and on how to conduct a true journal club. Elizabeth Card, a nurse scientist from Vanderbilt and an ASPAN board member, did an outstanding job of explaining the importance and difference between nursing research, EBP, and QI. All the nurses present with varying degrees of this content in their educational background were able to make sense of the information. Here is a screen shot with the journal club resource I hope you all will find as valuable as I have, and I encourage anyone interested in conducting or participating in research to look into CITI training to become familiar with protection of human subjects. https://www.citiprogram.org

August’s New Members
Jennifer Cioffi BSN, RN
Darlene Dionne BSN, RN, CCRN
Donna Douglas RN, CPAN
Kimberly Weidman BSN, RN, CAPA
Pamela Wertheim MSN, RN

September’s New Members
Patricia Boguslaski RN
Susan Ferreira BSN,RN,CPAN
Elizabeth Gautrau RN
Derek Glover RN, ADN
Lori Ann Matarazzo-Joy RN, ADN
Deanna Steen RN, CPAN

WELCOME!
ASPAN has partnered with some of the nation's leading companies to provide members savings on:

- Hotels
- Vacations
- Rental cars
- Car insurance
- Homeowner’s insurance

Log onto www.aspan.org for more information!

SAVE THE DATE

ASPAN’s 2017 National Conference

Energizing Generations: The Race to Distinction

April 30 - May 4, 2017

Indianapolis, Indiana

ASPAN’S CORE PURPOSE

To advance the unique specialty of perianesthesia nursing.

ASPAN’S COMPELLING VISION

ASPAN will be recognized as the leading association for perianesthesia education, nursing practice, standards and research.

ASPAN  90 Frontage Road  Cherry Hill, NJ  08034

www.aspan.org
ABPANC News

ABPANC'S VISION
Recognizing and respecting the unequaled excellence
in the mark of the CPAN® and CAPA® credential,
perianesthesia nurses will seek it,
managers will require it,
employers will support it,
and the public will demand it!

Good Luck
To all who are taking
the Fall
ABPANC
Certification Exams!

Free Study Guides and Reference Materials available at:
www.cpancapa.org/resources/study-tools

ABPANC
475 Riverside Drive, 6th Floor
New York, NY 10115-0089
800-6ABPANC
abpanc@proexam.org
www.cpancapa.org
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ABPANC BOARD REPRESENTATIVES FOR REGION FOUR
Cidalia Vital:
cidalia.vital@abpanc.com
CERTIFICATION NEWS

CPAN® / CAPA® Examination Dates

There’s never been a better time to get certified. Join more than 12,000 perianesthesia nurses who have become CPAN or CAPA certified. Increase your own personal knowledge and skills for patient care, while enhancing the awareness and respect of perianesthesia nursing.

The Spring 2017 Examination schedule is set with the following dates:

- Registration window - online: January 9 - March 6
- Examination Administration Window: April 3 - May 30

ASPN members receive a $110 discount!

Learn more about CPAN and CAPA Certification at www.cpancapa.org

Congrats to the Spring Certification Earners!

CPAN
Leslie Wallace
Susan Clark
ADA Donna Daquioag

CAPA
Jodi Kochin
Marcie Diggs
Katherine Kinahan
Deborah Howe
Lori Gambardella

Currently Certified
- Dual 10
- CAPA 115
- CPAN 71
- Total 196
CSPAN Board of Directors
2016-2017

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Lucille Mentone - lgraboff@gmail.com

VICE PRESIDENT ELECT & EDUCATION CHAIR
Diane Perrone - dperrone@comcast.net

TREASURER
Joanne King - joandkate@comcast.net

SECRETARY
Susan Bryan - susanbryan31@yahoo.com

PAST PRESIDENT & NOMINATING CHAIR
Jeanne Prota - Jeanne.prota@comcast.net

GOVERNMENTAL AFFAIRS
Diane Perrone - dperrone@comcast.net

STRETCHER SCENE EDITOR
Pat Moore - Patricia.moore14@gmail.com

CORRESPONDING SECRETARY
Bridget Rich - rnangel15@yahoo.com

MEMBERSHIP CHAIR - WEBSITE - FACEBOOK
Bonnie Murray - bonnie124m@gmail.com

EDUCATION COMMITTEE
Maryann Bertlutti - mickm7ny@yahoo.com
Lori Lyles - llyles@snet.net
Nancy Merrow - nancyandjeffm@aol.com

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CSPAN Board of Director’s Meeting
August 16, 2016 6pm at Midstate Medical Center

Called to order at 6pm by Lucille Mentone

Members in attendance: Lucille Mentone, Nancy Merrow, Lori Lyles, Bonnie Murray, Diane Perrone, Sue Bryan, Bridget Rich, and Pat Moore

June Meeting minutes reviewed, changes made regarding spelling and approved.

Treasury: Report from Joann King $30,857

Payment for $100 for insurance. No balance on credit card.

Newsletter: Pat would like to change the newsletters to correlate better with events and educational offerings.

   Deadline for fall issue will be September 20\textsuperscript{th}
   Feb 1\textsuperscript{st} for spring issue
   May 1\textsuperscript{st} for summer issue

Education: Lucille and Diane

Fall conference October 15\textsuperscript{th} - 2 speakers submitted for half day conference

   Cidalia Vital from ABPANC will speak on Lateral Violence and Lipid Rescue
   Alison Hong from CHA will speak on the affordable healthcare act and how the federal law affects CT.

Wine social on Oct 6\textsuperscript{th} at Gouveia Vineyards in Wallingford 6pm-8pm- Lucille will organize food

Governmental Affairs Diane Perrone: Healthcare cabinet has been established and consultants have been hired to change hospital payment to value based networks instead of fee for service

Membership: Bonnie Murray

252 members- 7 new members

Welcome letter is being updated and new signature is needed.

Next meeting September 21\textsuperscript{st} at 6pm at Midstate Medical Center

Respectfully submitted by Susan Bryan
CSPAN Board of Director’s Meeting  
June 15, 2016  
The meeting was called to order @ 6pm. Member In Attendance: Jeanne Prota, Lucille Mentone, Joanne King, Sue Bryan, Maryann Berlutti, Julie Veilleux, Pat Moore, Diane Perrone, Bonnie Murray, Bridget Kennedy, Dottie Fox, Nancy Merrow, and Lori Lyles.  
Secretary- Sue Bryan  Minutes were reviewed and approved.  
Treasurer- Joanne King  Balance $30,201.37  
Joanne is attempting to do a budget, but expenses have varied year to year so it has been difficult.  
Newsletter- Pat Moore  
Membership- Bonnie Murray has been working with Deb on Membership and the Website  
Governmental Affairs- Diane Perrone  
New Business- Jeanne Prota  
Transition planning for people taking new positions. Need to review job descriptions  
Bridget and Diane are going to LDI  
Education- Lucille Mentone  
Cocktail Party for CSPAN members- has had a good reception and would like to continue.  
Plan for October 6th 6pm-8pm at Gouveia’s Vineyard  
Fall Conference October 15th- need to get speakers lined up so paperwork can be completed for CEUs  
Having a difficult time getting responses from people we’ve reached out to.  
Lucille will contact an ASPAN speaker Cidalia Vital to present. Everyone liked her presentations at National Conference.  
Decided fees for conference will be $0 for certified, $25- members, $40 – nonmembers  
Vendor fees will be increased to $250  
Installation of new officers  
President- Lucille Mentone  
Vice President- Diane Perrone  
Secretary- Sue Bryan  
Treasurer- Joanne King  
Corresponding Secretary- Bridget Rich  
Membership/Web center- Bonnie Murray  
Newsletter Editor- Pat Moore  
Education Committee- Mary Ann Berlutti, Lori Lyles, Nancy Merrow, Dottie Fox  
Next Meeting will be August 16th at Midstate Medical Center at 6pm  
Submitted - Susan Bryan
CSPAN Board of Director’s Meeting
May 9, 2016 6:30pm
Midstate Medical Center Meriden, CT

The meeting was called to order by Jeanne Prota, CSPAN President
Members in attendance: Jeanne Prota, Lucille Mentone, Joanne King, Susan Bryan, Julie Veilleux, Pat Moore, Dottie Fox, Nancy Merrow, Diane Perrone, Lori Lyles, Mary Ann Berlutti, Bridget Rich
February Minutes approved

TREASURER’S REPORT: Joanne King
Balance: 30,770.83
Spring Conference attendance 88 people with $9,040 from registration
$10,500 total income – $7,513 costs= $2986.87 revenue
UCONN never sent invoice but 4 charges were on credit card

NEWSLETTER: Pat Moore
May 24th due date, please send pictures

GOVERNMENTAL AFFAIRS: Diane Perrone
Not reimbursing nurse practitioners for giving flu vaccines
Instituting telehealth providers
Evaluating nursing home staffing levels
JAN 2015
Protect consumers from price increases, transparency in patient bills
Medical costs lowest with independent practitioners, independent hospitals middle cost, hospital systems most expensive to consumers

EDUCATION
Vouchers to attend next year’s conference go to Theda Matarese and Kathryn Dornfeld
Requests for conference topics: lipid rescue, outpatient guidelines for OSA, Robotic prostate, back surgery
LDI is Sept 16-18th in Cincinnati, Ohio
Wine Social for members October 6th at Gouveia’s Vineyard
Fall Conference October 15th 7am-12:30 4 speakers ENT- drug induced endoscopy, Enhanced Recovery After Surgery (ERAS) Dr. Lincer
Will Check on room availability at Midstate. Brochures after labor day Sept 6th
Spring Conference April 1st ASPAN Speakers

MEMBERSHIP 259 MEMBERS
Transition planning- mentoring for new positions, new person for governmental affairs
Debbie is meeting with Bonnie for membership
Installation Dinner June 15th at 6:30pm Gino’s Grille

Submitted - Susan Bryan