



PeriOperative Potpourri

New Orleans - Chapter 1902

November 2015

2015–2016 Officers

President

Amanda Martin-Sanchez, BSN, MEd, RN, CNOR asanchez@ochsner.org

President-elect

Sharon Guardina, BSN, RN, CNOR sguardina@att.net

Vice President

Linda Levesque, MSN, RN, CNOR Linda.Levesque@hcahealthcare.com

Secretary

Mary Anne Toledano, BS, BSN, RN, CNOR mstoledano@ejgh.org

Treasurer

Sheila Ostrow, RN, CNOR, CRNFA ostrow711@aol.com

Board of Directors:

Beth Eustis, RN, CNOR clyzbeth@cox.net

Christal Cook, MSN, RN, CNOR cnorchristal@gmail.com

Sarah Hunsucker, RN seh3913@gmail.com

Nathalie Walker, MBA, RN, CNOR gw_nat@bellsouth.net

Ann Burghardt-Dieck, MSN, MHA, RN, CNOR annburg@msn.com

Nominating & Leadership Development

Carrie Simpson, BA, BSN, RN, CNOR cthom3@lsuhsc.edu

Frances Hughes, BS, RN, CNOR fmhugs@yahoo.com

Melissa Guidry, BSN, MPH, RN, CNOR, Chair guidrymelissa@yahoo.com

LA State Council Liaison

Carrie Thomson, BSN, RN, CNOR

Newsletter Editor

Mary Anne Toledano, BS, BSN, RN mstoledano@ejgh.org

Assistant Editor

Frances Hughes, BS, RN, CNOR fmhugs@yahoo.com

Webmaster

Ramie K. Miller, MSN-HCSM, RN, CNOR ramiemiller@yahoo.com

President's Message

The holiday season has begun! With that comes traditions, fun, obligations, emotions, and responsibilities. At times, the word that comes to mind is OVERWHELMING! This time of the year can seem that way . . . But we are all equipped to successfully navigate the next few weeks. Then we get to start anew year . . . new opportunities . . . new experiences. AORN fits nicely into that picture.

The time for friends and family is here. It's often difficult to find time for yourself but it is important to take care of yourself. With that in mind, our winter seminar will focus on just that . . . Helping us to to maximize opportunities to do just that! The winter seminar will be January 16, 2016 at East Jefferson General Hospital Conference Center. The program will include topics that were identified at our Board of Directors meeting in July that focus on ways we can take care of ourselves from the beginning of our perioperative careers and even planning for our retirement.

Then, a few months later, the AORN Surgical Conference and Expo will be held in Anaheim, California. The Expo brings even more opportunity for growth both personally and professionally.

It may be difficult to think about attending the Expo, but consider what new avenues and potentials it could present! Start saving now and make yourself and your career a priority. . . You're worth it!

My wish for you now is to cherish the time you have with your family and friends during the holidays. Try to maintain a healthy perspective of what you need to do and budget time for yourself. Let's all try to make ourselves a priority so that we all have a happy and healthy holiday season. Let this lead us into 2016 with a head start on creating those new opportunities in our work and home lives!

Amanda "Mandy" Martin-Sanchez, BSN, MEd, RN, CNOR



Chapter 1902 Calendar

*Meetings start at
4:30 PM unless
otherwise noted*

November 25th -

December no meeting

**January 16th - Winter
Seminar**

**January 27th - Ochsner
Baptist**

**February 24th - not
assigned**

March 23rd - not assigned

**April 27th - University
Med. Center**

May 25th - Tulane

**June 22nd - Installation
Banquet**

Legislative Report from Nathalie Walker, MBA, RN, CNOR

Perioperative Nurses Week ~ Nov 8- 14th

Please share your celebrate photos with me at gw_nat@bellsouth.net and Danielle Glover at AORN via dglover@aorn.org. I've attached a PDF copy of the PNW Proclamation - make copies and share with your Staff.

Louisiana State Board of Nursing --Time to renew your Nursing Licenses

Click on this link: <https://lsbn.boardsofnursing.org/>

Notice of Rule Making Activity

At its meeting held on August 13, 2015, the Louisiana State Board of Nursing approved an amendment to Title 46, Professional and Occupational Standards, Part XLVII Chapter 45, Advanced Practice Registered Nurses §4507. Licensure as Advanced Practice Registered Nurse will provide an opportunity for APRNs that have acquired licensure by alternative methods to go before the board and explain and/or justify why the Louisiana State Board of Nursing should extend licensure opportunities to him/her in this state. The proposed rule change also amends Title 46, Professional and Occupational Standards, Part XLVII Chapter 45, Advanced Practice Registered Nurses §4513, Authorized Practice. The change clarifies exemption of CRNAs from the requirement to have a collaborative practice agreement to provide anesthesia care and ancillary services to patients in a hospital or other licensed

Respectfully Submitted by,

Nathalie Walker, MBA, RN, CNOR

AORN of New Orleans BOD

Chapter Bylaws and Policy Committee Chair



Meeting Minutes - from the secretary:

The October 2015 chapter 1902 meeting at East Jefferson General Hospital was called to order at 4:40 PM by Mandy Martin-Sanchez. Mandy welcomed everyone and had the new attendees introduce themselves.

Committee Reports:

State Council of Louisiana Chapters: Melissa Guidry attended the latest meeting. There will be a seminar in November in Orange Beach. There is a flyer for the next seminar in Orange Beach. Rooms are still available at the hotel. Vivian Watson is coming to present at the seminar. They are working on a fundraiser.

Nathalie Walker reported that there was a state council meeting recently that Carrie Simpson attended. State council dues are due this month. Nathalie asked that we make a motion to write a check for \$50 to the state council. Mary Anne Toledano made the motion to pay our council dues and Melissa Guidry seconded the motion. No one opposed and the motion was passed.

Legislative Report: Nathalie Walker reminded everyone that this is a political time. Please remember to vote. Also, the governor is out of town a lot right now, so the proclamation for perioperative nurses' week will be signed as soon as he comes back in town. Nathalie encouraged everyone to go to AORN's web site and click on the advocacy tab to send letters to the editor and legislators for perioperative nurses' week. Hopefully there should be some letters in the paper from members of our chapter.

South Dakota now has an RN circulator law that went into effect recently. Now having an RN in each OR is mandatory in 26 states out of 50.

Treasury: Sheila Ostrow reported that the

chapter bank account now has \$ 6153.93. Ramie Miller has asked that the Neuro Ortho Trauma "N+O+T" specialty assembly seminar use our tax ID number to receive funding from vendors. ILH does not have a foundation at this time, so they need to use our non-profit number to use to receive the vendor donations. The chapter would be one of the sponsors for the seminar in return. Any extra money left over will be donated to the AORN Foundation from AORN of New Orleans. Sheila made a motion to provide non-funded sponsorship, by accepting contributions and dispensing those appropriately by Sheila to support N+O+T seminar, Linda seconds it. Motion accepted.

Deb Warren is visiting Louisiana this month and will be attending some local chapter meetings. Baton Rouge is hosting her at their meeting Thursday, Nov 5th at 6:00 PM. If anyone is interested in attending please contact Mandy.

AORN is starting a campaign to recruit new nurses. The perioperative awareness campaign is asking perioperative nurses to tell their story on video. The campaign is called "Behind the Double Doors." To submit a video, go to <http://www.aorn.org/2015videocontest>. There will be a flyer with more information in the back of the newsletter.

On May 20th and 21st, AORN will have their 2016 Volunteer Leadership Academy, if you have info to provide to them, please submit it by October 30th. They are looking for ideas to make the academy more meaningful.

The deadline to submit to the Chapter Excellence Awards is December 18th. Melissa Guidry is asking for photos of chapter events. Please send any photos or information to Melissa or Nathalie Walker.

Continued on page 5

~Membership~

Please remember to renew!

Total Members – 179

Standard - 91

Lifetime – 6

2/3yr - 21

Retired – 11

Associate – 4

Student Members - 45

PEP Tier 1 Large Hospital 2

When you renew, please check your membership card to see that it states “Chapter 1902”. If your name is then not on our Roster and our Chapter does not receive the chapter dues you pay.

Please invite all perioperative nurses to the meetings! Thank you!



<http://http://www.facebook.com/AORN>



www.ornurselink.org/Pages/home.aspx

3M has upcoming webinars at which you can obtain free CEU's.

<https://promo.3m.com/rc/3MMEDICAL/ipdeducation/webinarcalendar>



<https://twitter.com/AORNofNewOrlean>

(You are seeing it correctly; there is no “s”)

Chapter Webpage:

www.aornofneworleanschapter1902.com

Members due to Lapse

Membership expires on the last day of your renewal month. Here is a reminder that your membership expiration is in the near future:

November

Jeff Ashford
Christal Cook
Kerry Dupre
Jodi Kennedy
Gretchen Wyble

December

Renauda Brisco
Caroline Connell
Susan Hammant
Soledad Rodriguez

**If you have news from
your facility
please send any updates to
Mary Anne Toledano
at
mstoledano@ejgh.org**

Save the Date

Trauma: Are YOU Ready?!?

May 14 - 15, 2016
7a - 3p

**AORN N+O+T Specialty Assembly
Trauma Conference**

UNIVERSITY MEDICAL CENTER
NEW ORLEANS, LA



Meeting Minutes – continued from page 3

The registration for AORN's Surgical Conference and Expo is now open. The deadline for grant applications to offset the cost of the expo is December 31st. Please ask for the total intended expenses, including airfare, hotel, etc. Explain why the grant would help you and what you will gain. Also mention that you will go back to work and share all that you have learned. Nominations are now being accepted for the "Individual Achievement Award." Please submit nominations by Nov. 23rd. The Jerry G. Peers Award nominations are being accepted. Nominate someone who has contributed to AORN. Write a letter to the board by Nov. 1st.

Linda Levesque asked attendees if anyone interested in being a delegate to the 2016 AORN Surgical Conference and Expo. They need to fill out the "Willingness to Serve" form that was sent out by Mary Anne Toledano with the newsletter and submit it to the board. They need to be turned in ASAP.

The chapter is planning a social event on Tuesday, January 19th. With a \$100 deposit and seats costing between \$25 and \$30, chapter members could attend a Pelican's game. The chapter has done this in the past and it was a lot of fun. Melissa will start planning the event and report needed information in the newsletter and website.

Old Business:

Two chapter meetings have not been assigned a location. The February and March 2016 meetings need a host. Tulane, EJGH and Ochsner Kenner are all possible locations. If anyone can host a meeting please contact Mandy. Meeting locations for these meetings will be on the website and in the newsletter.

The 2016 Winter Seminar is January 16th at EJ. The chapter needs speakers for the seminar. If anyone has suggestions, please contact Nathalie Walker.

Continued on page 6



Meeting Minutes – continued from page 3

New Business:

There was no new business to discuss. The business portion of the meeting came to an end at 5:10 PM.

Mary Anne Toledano introduced Paula Kensler, who did a presentation on “Happiness.” Paula announced that there was no conflict of interest. She was inspired to create around the US about happiness. They asked people how satisfied they are with their lives, if were they happy with the availability of public land, commuting time and local taxes. They surveyed 1.3 million people over four years. They study started in 2003 this presentation after attending a conference. She started her presentation by asking the attendees to take three big breaths and to think about something that makes you happy. She then asked us to write down three things that made us smile or laugh in the last 24 hours. If you do this for 21 days it will change how your brain sees the world. Our brain is constantly changing. It has been proven that doing this for 21 days changes our brain. According to Merriam-Webster’s Online Dictionary, the definition of happiness is: a state of well-being and contentment; a pleasurable or satisfying experience. Paula then showed a video meditation about happiness.

Paula showed a video of Shaun Archer talking to Oprah about happiness. Shaun says we should be the happiest we have ever been due to advances in healthcare, technology etc. We chase happiness the wrong way. There is something more about the real world, more to it than going to the motions of life. People are starving for happiness. Meaning matters, find meaning in your life. It does exist.

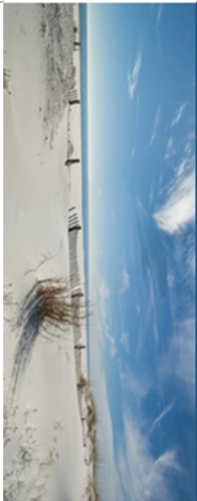
When researching happiness to create the presentation, Paula found a four year study done on happiness funded by the CDC. Economists

Andrew Oswald of U of Warwick in England and Stephen Wu of Hamilton college in Clinton, NY asked people around the US about happiness. They asked people how satisfied they are with their lives, if were they happy with the availability of public land, commuting time and local taxes. They surveyed 1.3 million people over four years. They study started in 2003 and ended in 2007. When the researchers crunched the numbers, they were surprised at the result. Louisiana was ranked number one. They ran the numbers again. Louisiana was still number one. Louisiana was the happiest state in the US. The researchers wanted to know why. The survey was done two years before Katrina and two years after Katrina. How could this be?

We would all like to be happier. Scientists dove deeper to understand happiness. They studied the brain activity during transient sadness and happiness. Happiness is experienced in a different place in our brain. Paula asked the attendees to pair up with someone. She asked one person to keep an expressionless face while the other person smiled at you for seven seconds or more. The group was unable to do it. Every time researchers try this, 80% of the people can’t do it. This is because of mirror neurons. Mirror and motor neurons are next to each other. That’s why smiles are contagious. It’s hard to not smile back. That’s why babies mimic the faces they see. Animals are wired to imitate behavior. That is physiologically how we learn. As nurses, we need to remember this. It is important for preceptors to model good behaviors because new nurses will mirror what they see.

In 1998, Martin Seligman from the University of Pennsylvania gave his presidential address to the American Psychological Association about positive psychology. He challenged his colleagues to find what makes people happy. This was the start of positive psychology. The definition of positive

Continued on page



LA State Council of AORN Chapters 1st Annual LA Beach Educational Seminar

Location:
Holiday Inn Express
24700 Perdido Beach Blvd.
Orange Beach, AL 36561

Date:
Saturday · November 14, 2015

Speakers:

Vivian Watson
Nurse Consultant/Author



Vivian is a retired RN who spent over 50 years in nursing practice, served on the AORN Board of Directors and as the AORN Ombudsman. She is an AORN recipient of the *Jerry G. Peers Award*, the *National Mentorship Award*, and recently published her biography *A Passionate Journey - Overcoming Adversity*.

Cheri Acker-Bur
Clinical Education Manager
MEDIVATORS



Cheri has 30+ years experience as a perioperative nurse, instructor and item writer for IAHCSMM courses and SPD certification, item writer for CNOR exam X2, CNOR since 1979, and presented numerous programs related to instrument processing, and published articles on low temperature sterilization.

Kristy Simmons MSN, RN, CNOR
Barbara Friscia BSN, RN, CNOR
2015 Louisiana State Council Officers



Seminar Schedule:

7:00 - 7:15am Welcome/Introductions
7:15 - 8:45 *Attitude: Do You Have One?*
Vivian Watson

8:45 - 9:00 *Break*
9:00 - 11:00 *Best Practices for Sterilization and HLD in Health Care Facilities*
Cheri-Acker Bur

11:00 — 11:15 *Break*

11:15 - 12:15 *Best Practices - continued*
Cheri-Acker Bur

12:15 - 12:45 *Lunch*

12:45 - 2:15pm *What in the World is Going on in Your OR?*

2:15pm *Evaluations & Certificates*

Special book signing by
Vivian Watson



For more information, e-mail:

ksimmons10@cox.net
carrie.thomson@lcmchealth.com

[ORIG](#)

CEU Credits:

Approved for 6.0 CEUs for Perioperative nurses by the California Board of Registered (CBRN). Attendees must stay for entire Seminar to receive CEUs.

Hotel Information:

A block of rooms has been reserved under code **AORN** at a rate of \$89 night (King or 2 Queens) Friday-Sunday night at the Holiday Inn Express (251-974-1634). Reservations at this special rate must be made by October 12, 2015.

2015 Louisiana State Council
of AORN Chapters
Presents

Attitude: Do You Have One?
Best Practices for Sterilization
& HLD in Health Care Facilities and
What in the World is Going on in Your OR?

Saturday · November 14, 2015
Holiday Inn Express · Orange Beach, AL

Send completed Registration Form and check to:

LA State Council of AORN Chapters
c/o Kristy Simmons
18990 Magnolia Bend
Greenwell Springs, LA 70739

Seminar Fee is \$40.00 per person in advance or \$50.00 at the door. Registration deadline is November 7, 2015. Seminar fee includes: Seminar, lunch, handouts and Certificate of Participation.

REGISTRATION FORM
(please print)

Name _____
Facility _____
Address _____
City _____ ST _____ Zip _____
Phone _____ Ext _____
E-mail _____

CNOR EXAM PREP AND REVIEW WORKSHOP

This two day course is designed to prepare perioperative nurses to take the CNOR exam and to demonstrate clinical competence and knowledge of practice standards.

COURSE BENEFITS:

You will learn strategies to help you feel less intimidated. Some simple tricks will help you identify the most likely answer to multiple choice questions even before you consider the content. You will leave with a personal study plan and take six practice tests over the two day course that will help boost your confidence. Sterilization and maintaining sterility is fundamental to perioperative nursing practice. You will review all aspects of sterilization, product selection, skin preparation and strategies to reduce surgical site infections. You will be able to identify the perioperative nurse's role in safe administration of anesthesia. You will know the common uses and what considerations you should be thinking about for different administration techniques and anesthetic agents. You will identify the nurse's role in caring for patients with surgical emergencies and perioperative complications. When the patient is the most vulnerable, the perioperative nurse must be the most knowledgeable and decisive. This review will help you be the best advocate you can be when your patient needs you the most. You will identify the professional nurse's role during surgery. Perioperative nursing is a profession that requires skill, science and planning. We will review how those attributes will benefit the surgical patient and help the nursing health care professional to provide best outcomes for his or her patients.

ZANDER PERIOPERATIVE EDUCATION

Register online at: www.periop-ed.com

or

Zander Perioperative Education
245 Murphy Lane
Belton, SC 29627

E-mail: wendy@periop-ed.com

This continuing nursing education activity was approved by the Association of PeriOperative Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Activities that are approved by AORN are recognized as continuing education for registered nurses.

This recognition does not imply that AORN or the ANCC Commission on Accreditation approves or endorses any product included in the presentation. Reference number: 10467



PRESENTER:
WENDY ZANDER MSN/
ED, RN, CNOR

Professional Development for Perioperative Nurses

CNOR Exam Prep and Review Course

East Jefferson General Hospital
Esplanade
January 23-24, 2016
16.0 contact hours provided



Professional Development for Perioperative Nurses

CNOR PREP AND REVIEW COURSE

Day 1 January 23, 2016

8:30-9:00	Registration
9:00-9:10	Welcome and Introduce
9:10-10:00	Test Taking Strategies
10:00-10:10	Break
10:10-11:00	Test Taking Strategies
11:00-12:00	Surgical Environment
12:00-1:00	Lunch on your own
1:00-2:00	Surgical Environment
2:00-2:10	Break
2:10-4:00	Anesthesia

Day 2 January 24, 2016

8:30-10:00	Emergencies and Complications
10:00-10:10	Break
10:10-12:00	Emergencies and Complications
12:00-1:00	Lunch on your own
1:00-2:20	Patient Safety
2:20-2:30	Break
2:30-3:30	Professional Responsibility
3:30-4:00	Review and Questions
4:00-4:30	Course Evaluation and CE Certificates

*Times are estimated.

Free parking available in the Hudson Garage. Enter through 1st floor entrance. Conference Center will be on your direct right. The Esplanade conference room is the first room on the left.

This is an interactive course. You will complete six modules and take seven practice tests over the two days. After class, you will receive 16.0 contact hours and access to a recording of class for two months.

All required hand outs will be provided during class. It is not required for class but I recommend access to a good text book and the AORN Recommended Standards of practice aid your study.

You will learn during class how to focus your study and improve your areas of opportunity. I recommend you schedule your exam the month following The CNOR Prep and Review Course.



East Jefferson General Hospital,
4200 Houma Blvd, 1st Floor,
Metairie LA 70006

REGISTER:

online at: www.periop-ed.com

Or detach and mail this form with payment to:

Zander Perioperative Education
245 Murphy Lane
Belton, SC 29627

Name _____

E-mail address _____

Phone Number _____

DEADLINE TO REGISTER:

December 23, 2015

FEES:

Registration fee is \$245

Late Registration Dec 24 - Jan 16 Fee \$270

Please make checks payable to:
Zander Perioperative Education

REFUND POLICY

Cancellation in writing received prior to the course will receive a refund less \$25. No refunds will be issued for cancellations received after **January 20, 2016**

Wendy Zander RN, MSN, CNOR
E-mail: wendy@periop-ed.com
New Orleans LA Jan 23-24, 2016



Meeting Minutes – continued from page 3

psychology is the “turn toward understanding and building the human strengths to complement our emphasis on healing damage.”

Deepak Chopra, MD is the leader in the field of mind-body medicine. He is working on changing the way the world views physical, mental, emotional, spiritual and social wellness. When you start a new job, the body feels the stress. So how can people combat this stress?

Physiologically, every cell in our body is replaced in 365 days. The body is not a structure but a process, always changing. The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.

The researchers Lyubomirsky, Sheldon, Schkade, and Seligman came up with a happiness equation: Happiness = Set Point + Conditions of living + Voluntary choices. The first part of the equation is the *set point*. This is how we see the world. Is the glass half empty or half full? This is established by age three. This set point can be changed by things like meditation, prayer, etc. Through research, the *set point* has been shown to influence 50% of our happiness. The next part of the equation is *conditions of living*. This includes the external world, food, shelter, money, safety, etc. This part of the equation is worth 10%. The last part of the equation is *voluntary choices*. These include personal actions, intentional actions and choices. This part is worth 40%. Personal actions are things we enjoy, that make us happy. This lasts only 48 to 72 hours. Intentional actions include volunteering to help others. Fulfillment actions last a lot longer.

This brings us back to Katrina, which gave us lots

opportunity to help others, some we didn't even know. Those who suffered still helped others. The volunteer part of happiness lasts a long time. Personal action uses our strengths and virtues. Chopra says that the fastest way to be happy is to make someone else happy. Numerous studies have shown that helping others leads us to better health, a longer life, a greater well-being, better vital signs. Anger brings inflammation, disease, etc. Harnessing the power of happiness brings greater personal strength and mindfulness. How can we be happier? We have influence over 90% of our happiness. Happiness comes from within, it is not external.

Ronald Siegel from Harvard Med School is one person involved in studying happiness. He suggests that happiness is elusive. How do we pursue happiness? Evolutionary forces have made us disposed to be unhappy. We don't do well predicting what will make us happy. People with money are not happy. Lottery winners are not happy. Having children is not a path to happiness, like most people would think. However, older people are happier. They are more mindful of what they are doing and are grateful for what they have.

Happiness is hard to sustain, but it is achievable. Mindfulness practice enhances happiness. Being aware of your surroundings, being in the moment can help. To practice mindfulness, alter your routine. Pay attention to how you feel, for example, when you brush your teeth, when you walk a dog or take a step. Meditation techniques help to achieve this.

Helping the environment or someone in need is an

Continued on page 11

an opportunity to make you happy. The voluntary choices that account for 40% of our happiness can determine our level of happiness. The fastest way to feel happy is to make someone else happy. How to make others happy? Pay attention to the moment and to what's happening when it's happening. Thinking about future events can lead to a decrease in happiness.

Some ways to become happier are to make the best with what you have, to pay attention to other's needs and do every task with equal dedication. Also, maintaining a low profile and practicing humility help in increasing happiness. As nurses, we make ourselves available to our patients. Helping others takes the focus off of our problems. Be dedicated to each task can bring happiness. In the operating room, patients place their trust in us to care for them when under anesthesia.

Positive psychology looks at outliers. People who

are happy all the time are the outliers.

Psychologists want to know how they maintain their happiness. They change the lens in which they see the world. They look at things differently. Understanding how they see the world can help others attain happiness. Dopamine, the drug that floods your brain when you are positive, makes you happier and turns on the learning centers in your brain.

Write down three things you are grateful for every day for 21 days. This can reprogram your brain to be more positive. Nurses need to take care of themselves. If we don't, we are unable to care for others. Nurses are not very good at taking care of themselves. There is a shortage of nurses. We need to not eat our young. Mentor young nurses on your unit. This will help the nursing profession and help you to be more happy.