From the Boardroom...

LuAnn Buchholz, RN, CPSN
President Elect 2008

I think spring may finally be here! Hooray! Time to dust off the cobwebs and soak up some contact hours in San Diego! The May Aesthetic Symposium promises to elevate your knowledge in the world of cosmetics and promises great weather. The Board of Directors is looking forward to a great educational year with ASPSN. Remember to log on to our website at www.aspsn.org for upcoming meetings and CPSN exam locations.

If your practice doesn’t have a copy of the CORE Curriculum you are way behind the times. This is the premiere educational tool for any plastic surgical nurse. Also coming soon is the CD-ROM for “at your own pace” studying of the CPSN exam. Both educational materials mentioned can be purchased on the website.

Nominations for the 2009 Board of Directors have been compiled and will be voted on by the membership in a few weeks. Casting your vote is extremely important for the future of ASPSN. Carefully read about the nominees and share your opinion with us by returning your vote.

See you in San Diego!
Federal Legislation

The American Nurses Association (ANA) has announced the passage of the Paul Wellstone Mental Health & Addiction Equity Act (H.R. 1424). By a vote of 268 to 149, the House of Representatives passed the measure, which would end longstanding insurance discrimination and remove barriers to care for those facing mental illness.

A Look at Healthcare Plans of the Presidential Candidates

Republican candidate John McCain has pledged affordable health care for every American. He would support a free market, consumer-based system. He is opposed to mandating that all obtain health care and believes that universal health care is possible without a tax increase.

Democratic candidate Hillary Clinton’s plan would require everyone to get health insurance. This would be subsidized by employers and the government. Tax cuts for households earning over $250,000 would be rolled back. Her plan includes tax credits to ensure affordable health insurance for all Americans. This plan would require large employers to contribute to the cost or to provide insurance. Subsidies for low-income people and tax credits for smaller businesses are included in this plan. Private plans would be similar to the program which exists for federal workers and a public plan which would be similar to Medicare. State Children’s Health Insurance Program and Medicare would be expanded.

Democratic candidate Barack Obama’s healthcare plan would require that all children have health insurance. This would be paid for by rolling back President Bush’s tax cuts for households earning over $250,000. Employers would be required to provide insurance or contribute to the cost, and the smallest businesses would be exempt. He would create a purchasing pool of competing private plans and one public plan similar to Medicare. Like Clinton, State Children’s Health Insurance Program and Medicaid would be expanded.

The big difference between the Clinton’s and Obama’s plan is that Clinton’s plan requires that everyone has insurance whereas Obama’s plan doesn’t.

States Legislation

RN Circulator Legislation

The Pennsylvania RN circulator bill passed the House unanimously February 11. The New York RN circulator bill passed the assembly and is under consideration by the Senate. Legislation has been filed or is being considered in Georgia, Michigan, Minnesota, Tennessee, Washington, and West Virginia.

In the Spring 2008 TN Nursing newsletter, there was an article regarding “unlicensed personnel.” It explained that there is an increase in the number of cases of persons presenting themselves as an RN or LPN. One included someone in the plastic surgical nursing field. It reviewed ways to ensure someone is who they claim to be including reviewing the Board of Health website for valid licensure.

Also in TN, there is discussion with AORN and the state legislature regarding the RN being required in the circulating role in the OR. There are federal guidelines, and sometimes the state guidelines are worded a little differently; however, state guidelines supersede federal rules. There is a proposal being brought forward on behalf of AORN that the state rules reflect the current federal guidelines.

RNFA Third Party Reimbursement Bills have been filed in the following states: Iowa, Pennsylvania, and New York.

Legislation that would allow nurse practitioners to write prescriptions for some schedule III, IV, and V controlled substances, including pain relievers, muscle relaxants, and prescription-strength cough and nausea medicines (SB 724) has been approved by the Missouri Senate. It must still pass another Senate vote to be sent to the House.

Contributed by:
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Scientific Sessions Update

Georgia Elmassian, BAS, RN, CPSN
2008 Co-Chair

As winter progressed, so did your Scientific Sessions Committee! We have been diligently recruiting and securing new speakers for our October 31 - November 5, 2008 Chicago meeting. We are concentrating on obtaining new sponsorships in the hopes of hosting a Welcome Reception on Friday evening for arriving members. In addition, we are currently working on coordinating the pre-convention workshops. As featured in last February’s e-newsletter, the Chicago meeting will showcase Poster Grand Rounds, and we cordially invite educational posters to be submitted by our members. These teaching tools add another dimension of excellence to the plastic surgical nurse’s increased knowledge of trends and current issues. To make your submission or inquiries, please contact the National Office at aspsnconv@puetzamc.com.
Editor's Note

Susan Lamp, BSN, RN, CPSN
Editor

ASPSNews continues to strive to meet your needs as a member. Efforts are ongoing for our upcoming conference in Chicago. The Scientific Sessions Committee has been working tirelessly to put together an educational event that will meet everyone’s needs. Scientific Sessions Committee co-chair, Georgia Elmassian, updates us with their efforts. Unfortunately, this article was inadvertently omitted in the March issue, but is included in this issue. We do apologize for this oversight, Georgia.

Also in this issue we are initiating a new feature that will spotlight one of our members. We thought this would be a fun way to get to know each other. Please send us your responses. We would love to have this as a regular feature, but it will only succeed if we have your input.

Over the past year as editor, I have had the pleasure of working with our management office to bring you this newsletter. I am indebted to Miriam Nicholson who has helped me learn about this process and has been there for me from the beginning with my “first steps” as editor. Miriam has now entered a new phase of her life, that of a full-time nursing student. I wish her well and welcome her into the wonderful world of nursing! In her place, Doug Moon has been a wonderful addition to our family. He brings with him some insight from past experience working with other newsletters.

Please e-mail me with any thoughts, suggestions, or complaints so that we may make this newsletter work for you. The journalist Ellen Goodman once said, “I have never been especially impressed by the heroics of people who are convinced they are about to change the world. I am more awed by those who struggle to make one small difference after another.”
Incentive Program Announced

Many members of ASPSN would say that they joined ASPSN for the networking. Now that ASPSN’s website has been updated, networking is so much easier. But in order for everyone to get the best use out of the website as a networking tool, it is essential that members go online and update their profiles. Members are encouraged to customize their profiles in order to share relevant information about their areas of expertise, research interests, and job responsibilities with other members. By April, members will have access to an online directory of other members so they will be able to find and network with members with similar interests.

Using the updated website, members will be able to communicate with one another through threaded discussions, blogs, wikis, moderated forums, instant messaging (late 2008), and more. At any time, a member will be able to see which colleagues are logged in to the website.

To encourage members to update their profiles, the Board has approved an incentive program. ASPSN, as well as several of ASPSN’s sponsors and exhibitors, have donated fabulous prizes which will be awarded to members with up-to-date membership web profiles. Drawings will be held on April 8, May 15, and June 13.

For clarification’s sake, your Member Profile and your Public Profile are very different. Your Member Profile is only seen by the National Office and the Board of Directors. The information in your Member Profile is the information the National Office uses to contact you. The information in your Public Profile is what other ASPSN members will see when they search the member directory, which is found under the Members Only section. To update your Public Profile simply follow the directions below:

- Log onto the website
- Select “My Profile”
- Select “Edit”
- Select “Update your profile”
- Select “Public Profile”
- Make your changes
- Select “Update” at the bottom of the page

Please contact the National Office if you require additional assistance - ASPSN@puetzamc.com or (800) 272 - 0136.

CSPN CORNER

Jacqueline Frazee, BSN, CNOR, RNFA, CPSN
Director PSNCB

The philosophy of the Plastic Surgical Nursing Certification Board (PSNCB) states that the PSNCB believes that the specialty of plastic surgical nursing should promote attainment of recognized standards of nursing practice for optimal patient care. This organization believes that the attainment of a common knowledge base, use of the nursing process, and a specialized level of skill in the practice setting are required for the specialty practice of plastic surgical nursing and should receive professional recognition.

It is with that philosophy that the Board is striving to promote the highest standards of plastic surgery. When you become a CPSN, you are credentialed beyond your nursing licensure. The recertification process means maintaining that excellence of plastic surgery specifically. Please review the guidelines for the recertification process so that the 30-hour minimum plastic surgery content is met. There are a variety of ways to meet these criteria in a three-year time period. For example, ASPSN offers continuing education articles for contact hours. Also, publication in a professional journal or paper is equivalent to five contact hours. Please note that submission of the work must be included. Also, all contact hours provided at the ASPSN annual convention or the aesthetic meeting will qualify, but a general nursing meeting without specific plastic surgery content may not.

Please review the guidelines posted on the ASPSN website under recertification for acceptable plastic surgery content. It is the responsibility of the Board to review each recertification packet for proper content. Any questionable content will be reviewed at the discretion of the Board. We are committed to maintaining the excellence associated with advanced credentialing.

(continued on page 7)
Millions of women throughout the country are discovering the first-ever consumer advertising campaign for breast implants, featuring The Natrelle™ Collection of Breast Implants from Allergan. Appearing in many popular women’s magazines nationwide, this direct-to-consumer initiative is designed to responsibly educate and inform women who are considering implantation about the variety of options available to suit their individual needs.

OUR CONSUMER CAMPAIGN

What does all this mean for you? It means more women will be coming in for consultations. More patients may be opting for surgery. All in all, it means better figures for you and your patients.

To learn more about The Natrelle™ Collection of Breast Implants, contact your sales representative, call 1-800-970-6967, or visit us on the web at NATRELLE.com and see how we can transform your vision into reality.

Your vision. Our science.
The Top Ten Unfounded Health Scares of the Year

Elizabeth M. Whelan, ScD, MS, MPH
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My organization debunks unscientific health claims – and unfounded health scares have been with us for a long time, from a panic over chemicals on cranberries in the 50s to the hysteria over Alar on apples in the late 1980s. Here’s a list of the ones we considered most ridiculous in 2007:

Scare #1: There’s deadly lead in lipstick. Not true – the tiny amounts are harmless. [1]


Scare #3: Red meat and processed meat increase cancer risk. Hogwash – the studies involved people eating huge amounts and leading very sedentary lives. Meat is fine in a balanced diet. [3-5]

Scare #4: The chemicals used to make Teflon cause low-birthweight babies. No way – the variations in weight in the studies are too small to draw such conclusions.

Scare #5: Nitrites in cured meat cause lung disease. Baloney – super-high exposure of rats to a related chemical may cause cancer, but that’s not relevant to us. [6]

Scare #6: Roses contain toxic pesticides. Here’s a better idea – stop and smell the roses. [7]

Scare #7: Rubber duckies are toxic to kids because of chemicals called phthalates. Another attempt to get attention by frightening parents. [8]

Scare #8: Vaccines cause autism. Nope – many studies have shown small traces of vaccine preservative aren’t harmful to kids. [9]

Scare #9: Office printers are as hazardous as secondhand smoke. No, no, no – they’re only comparable in that you can arbitrarily lump smoke and printer particles together as "pollution."

Scare #10: Water bottles cause cancer. Drink up – virtually no trace of the relevant chemicals leaches into your water. [10,11]

For details on these and other nonsensical scares, visit our site: www.acsh.org and until then, the American Council on Science and Health advises you to remain calm and skeptical.

That’s my opinion. I’m Dr. Elizabeth Whelan of the American Council on Science and Health.

References
PSNCB Has Gone Green: Within the next few months, those due for recertification will receive a letter informing you of your due date for recertification. The letters sent 60 days prior to all recertification dates will provide instructions on how to obtain the recertification guidelines and the necessary paperwork to download, complete, and return to national. As a reminder, the website is www.aspsn.org. Recertification information can be found by clicking on Certification in the Main Menu, and then clicking on Recertification. The guidelines, sample forms, application and all of the required forms are available. To be as green as possible, please send only the forms that you have contact hours for. As an example, if you do not have any publications (articles that you have written) do not return that form with your recertification packet.

Remember, you must have a minimum of 30 plastic surgery-specific contact hours. These can be obtained by attending the National meeting, the Spring Aesthetic meeting, or regional/local meetings. The PSN journal usually offers contact hour articles in each publication. There are many other sources available; do a search via the internet for other articles, courses, or seminars that are offered. In order to use CMEs you will need to obtain prior approval from PSNCB. CMEs must contain nursing content. If you have questions or are unable to download the materials, do not hesitate to contact PSNCB through the National Office: (850) 473-2443 or toll free (800) 272-0136.

SHALL WE DANCE?
In celebration of the opening of the ASPSN San Diego meeting, MarenaRewards invites you to an evening of dancing.

Friday, 2 May, 2008
8:00 pm - 10:30 pm
Solstice Ballroom, Hotel Solamar
San Diego, California

This event is FREE for conference attendees, but is limited to 150 guests.

RSVP: 678-430-0047 or abneyt@marenagroup.com

MarenaRewards members may redeem points for registration, travel and lodging.
Aesthetic Products and Procedures

Topical Anesthetic Cream FDA Approved

Dawn P. Sagrillo, BSN, RN, CPSN
Jill K. Jones, RN, CPSN

An innovative topical anesthetic for dermatologic/non-surgical aesthetic procedures was recently FDA approved. PliaT™ is a self occlusive 7% lidocaine and 7% tetracaine topical anesthetic peel that has been proven safe and effective in adults for injectable procedures and laser treatments. The product is applied directly to the skin as a cream that dries within 20 to 30 minutes of exposure to air. It then forms a flexible film that is subsequently peeled off the skin prior to the procedure. Studies demonstrate that this lidocaine/tetracaine peel is safe and well tolerated, with side effects limited to mild, transient erythema that has not shown to interfere with clinical outcomes.

Reference

Member Profile – “Getting To Know You”

We’re beginning a new column in the newsletter that spotlights the personal and professional experiences and insights you have as part of the diverse membership of ASPSN.

For this summer, we hope you’ll share with us your stories or personal essays on what person or experience led you to your current career in plastic surgical nursing?

Select submissions will be published every month in this column in forthcoming issues of ASPSNews. Please e-mail your submissions along with a brief biographical note to Susan Lamp, the editor, at susan.lamp@osumc.edu.
Calendar of Events

5th Annual ASPSN Aesthetic Symposium, May 2-4, 2008. Held in conjunction with ASAPS at the Hotel Solamar, San Diego, CA. $229.00 single/double, $249.00/triple, $269.00/quad until April 1, 2008. For reservations, go to www.hotelsolamar.com

Plastic surgical exam at the Ohio Valley Society of Plastic Surgeons meeting in Cleveland, OH, May 17, 2008, 8:00 a.m. – 12:00 p.m. at the Cleveland Renaissance Hotel, 26 Public Square, Cleveland, OH. Call for reservations at (216) 696-0432. For more information, contact Jacque Frazee at Cleveland Clinic at work (216) 445-5417, cell phone (440) 227-7408, e-mail frazeej@ccf.org or Christine Brajkovich by e-mail brajkoc@ccf.org.

The 11th Annual ASPSN TN/AL Chapter meeting has a new agenda. The weekend program will be held in Nashville, TN, August 1-3, 2008, at the Nashville Marriott at Vanderbilt. The event will consist of workshops Friday afternoon and general sessions Saturday and Sunday. The CPSN exam will also be offered on Friday afternoon. All contact hours will be applied to certification. Registration and program details will follow in the newsletter and on the ASPSN website. Contact LuAnn Buchholz at luannrncpsn@comcast.net for additional information. Mark your calendars!

ASPSN 2008 Annual Convention, October 31- November 5, 2008, at The Westin Michigan Avenue, Chicago, IL. $269.00/single, $289.00/double until September 28, 2008. For reservations, call (888) 627-8385.