



# ASPS NEWS

AMERICAN SOCIETY OF PLASTIC SURGICAL NURSES, INC.

MAY 2009

## From the Boardroom...

Greetings from the board! The weekend of April 24-26 we held our Spring Board Meeting in my home in Franklin, TN. We were excited to meet Elizabeth (Liz) Bennett-Bailey as our new Executive Director. Although this was an optional meeting at everyone's own travel expense, we had a great turnout and managed to make significant progress. Some of the items we discussed included Seattle Convention, technology services, membership recruitment and retention, and the future collaborations with other organizations.

I just returned from the 6th Annual ASPSN Aesthetic meeting in Las Vegas. We had a great program with some interesting new topics. We announced the 7th Annual Aesthetic Symposium of ASPSN in conjunction with ASAPS in Washington, DC, April 24-25th 2010, at the Gaylord National Resort & Convention Center. Also I publicized that ASPSN & PSNCB have been working diligently over the past year to put into place a certification defining cosmetic medicine for the Registered Nurse. There will be more to come on this venture in the future. If you have an interest in submitting an abstract to present at this program, please contact me at [luannrncpsn@comcast.net](mailto:luannrncpsn@comcast.net).

Have you moved? Changed your email account? Please don't forget to let ASPSN know. This is a valuable tool for us to contact you on important issues and continuing education. Contact the National Office to make any changes in your information.

Board of Director elections are coming up. Please take the time to research the candidates and send in your vote. It does count!

Enjoy your summer, and I look forward to seeing you in Seattle!

**LuAnn Buchholz, RN, CPSN**  
ASPSN President 2009

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## Editorial

**Haley Wood, MSN, WHNP**

ASPSN Newsletter Editor

Nurse Appreciation Week was May 9th through May 15th! Give yourself a pat on the back for a job well done! Although I realize being a nurse for ten years seems a mere drop in the bucket, I am amazed by the experience and knowledge that I have acquired! Acquiring knowledge is due to dedicated mentors who take the extra time to share their experiences and expertise. Mentors are an invaluable resource for young nurses. A great mentor is very hard to come by. Have you heard the phrase, "nurses eat their young"? I heard that the first day of my college clinical rotations in nursing school. Oh, how I dreaded those nurses who thought of students as nuisances! I don't know if that is the case nowadays, but I hope that we, as plastic surgery nurses, are able to embrace new nurses and hold their hands along the way.

The newsletter has a call to find a nurse who exemplifies commitment, compassion, innovation and dedication! I am confident you can think of at least one nurse who meets these criteria. Don't hesitate to nominate your peers because it is an invaluable reward to the nurse who receives not only the nomination but also the award.

In addition, take a look at the journal article listed below. It is a perfect article to discuss at your next journal club meeting as it has pertinent nursing implications.

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## Article: Food for thought.....

In the current *Aesthetic Surgery Journal*, a special topic article is dedicated to herbal supplements and the surgical relevance each lends. The article is a quick, easy read with useful tables to incorporate into your practice and history taking skills. Alternative medicine is as commonly used as aspirin these days, and nurses must stay on top of what patients are ingesting. Check out this article and present it at your next journal club meeting!

Rowe D, Baker A. Perioperative risks and benefits of herbal supplements in aesthetic surgery. *Aesthetic Surgery Journal* 2009; 29:150-157.

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## Certification Corner

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

I would like to take this opportunity to call your attention to the new look that PSNCB is sporting. If you look on the certification link on the ASPSN website, PSNCB has a new header! You could think of it as our spring wear!!! Everything needs a little change now and then, and we want to stand out in the crowd!

The idea of making oneself better known, brings me to my next topic. We are being bombarded with news of recession and stimulus packages. Our workplaces are tightening their belts. Now more than ever we have to give ourselves an edge. Individuals need to stand out in the crowd! How better than to have the initials CPSN after your name? Do something positive in the face of all the negativity that surrounds us.

In other news, Allergan is graciously offering grants for the exam again this year. Allergan will cover the cost of the exam. The exam can be taken at the national convention in Seattle with checks presented at the award ceremony. The deadline for application is August 21. Please check the ASPSN website for more information. C-NET is also offering the exam Oct 10, 2009. The deadline for application for that exam is August 14, 2009, as first deadline: with August 28, 2009, as second a deadline with an additional late fee. Check the C-NET website site for exam locations.

### Food for thought:

If there is one position available for a plastic surgery nurse, and all things being equal except one nurse has her CPSN and the other doesn't, who do you think is most likely to be hired?

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## Wound Care with BIOSTEP Ag

**Marcia Spear, ACNP-BC, CPSN, CWS**  
Vanderbilt University Medical Center  
Nashville, TN

As wound care specialists, we are always looking for that special product that will enable us to heal those all too difficult wounds. All too often we encounter that wound that is resistant to close or improve no matter what we do. When we have exhausted all the products in our arsenal, we look for those new novel dressings that we may try.

Chronic wounds are characterized by an over abundance of matrix metalloproteinases (MMPs). These MMPs at high levels degrade non-viable as well as viable collagen, preventing formation of granulation tissue and wound closure. We tried BIOSTEP Ag by Smith and Nephew. BIOSTEP Ag is a unique collagen matrix dressing that overcomes these barriers to wound closure while maintaining an optimal moist wound environment. BIOSTEP Ag targets and deactivates excess MMPs. In addition, this dressing combines the anti-MMP activity with the antibacterial activity of silver to maintain bacterial balance. In the wound, BIOSTEP Ag serves as a sacrificial substrate for the MMPs to degrade this collagen matrix. Fibroblasts and endothelial cells are then brought into the wound for the necessary formation of granulation tissue.

This dressing was applied to a diabetic foot that had undergone metatarsal amputation and suffered dehiscence. This wound had been resistant to closure. The BIOSTEP Ag was applied on a weekly basis underneath compression dressing, and the wound began to form healthier granulation tissue with improvement noted as the wound decreased in size. This dressing was also applied to a chronic wound of the leg due to a spider bite. This particular wound had failed to heal in spite of three attempts at skin grafting and using multiple wound care products. We started the BIOSTEP Ag underneath compression with weekly applications, and the wound closed in about 4 weeks.

When you have exhausted all the weapons in your arsenal, consider trying BIOSTEP Ag on that next resistant and chronic wound. I refer to this dressing as the "bomb."

## Call for PSNCB Members

Are you interested in serving on the PSNCB board? There will be an opening for a position as a director this fall.

Individuals who wish to serve on the PSNCB must meet the following criteria:

- A. Have a minimum of five years experience in the field of plastic surgical nursing
- B. Maintain current and continuing membership in the ASPSN at the national level
- C. Demonstrate leadership ability
- D. Be certified by the PSNCB
- E. Be able to attend meetings of the board of directors
- F. Be willing to acquire the knowledge necessary to provide competent service to the board
- G. Be willing and able to serve a three-year term as a PSNCB director
- H. Agree not to participate in the development or implementation of any certification review courses during the term of office and for a minimum of three years following completion of the term office
- I. Uphold and respect the confidentiality required for the fair and impartial administration of the certification and recertification process
- J. Not engage in any activity that could be considered a conflict of interest during his/her term of office and for three years thereafter

Applicants must submit to the PSNCB Board of Directors:

1. Curriculum vitae
2. Recommendation from a peer
3. Recommendation from a supervisor

Position Description

- Attend the annual board meeting held at the national ASPSN convention
- Participate in scheduled conference calls
- On a rotational basis with the other board members, write articles for the ASPSN newsletter

If interested, please contact Shay Stephens at the National Office (800) 272-0136.

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## The "Red Flags" Rule

**Sue Kunz, BS, RN, CPSN**

Director ASPSN

*The "Red Flags" Rule: What Health Care Providers Need to Know About Complying with New Requirements for Fighting Identity Theft.*

This was the headline from the Federal Trade Commission (FTC) on 4-30-09. Do you know what this means? Is your practice prepared? The enforcement deadline, May 1, 2009, has now been extended to August 1, 2009. According to the FTC, "Every healthcare organization and practice must review its billing and payment procedures to determine if it is covered by the Red Flags Rule. Whether the law applies to you isn't based on your status as a healthcare provider, but rather on whether your activities fall within the law's definition of two key terms: "creditor" and "covered account."

To learn more and prepare for the Red Flags Rule, here are some resources that I found helpful for my practice:

1. [www.ftc.gov/bcp/edu/pubs/articles/art11.shtm](http://www.ftc.gov/bcp/edu/pubs/articles/art11.shtm)
2. [www.ama-assn.org](http://www.ama-assn.org) (this is the American Medical Association website)
3. or Google: *Red Flags Rule*

Remember, the deadline is now August 1, 2009, so you have time to prepare.

# ASPSN 2009

35<sup>th</sup> ANNUAL CONVENTION



Grand Hyatt Seattle  
Seattle, Washington  
October 23–28, 2009

# Recognition Award Nominees

**Sharon Fritzsche, MSN, RN, FNP-BC, SPSN**

ASPSN President-elect 2010

The American Society of Plastic Surgical Nurses (ASPSN) is looking for nurses who exemplify commitment, compassion, innovation, and dedication to their chosen field of plastic surgical nursing. Unfortunately, for the past few years, there has been only a small number of nominations, and we know there are nurses out there who deserve this special recognition.

We all know a plastic surgical nurse who exemplifies the true meaning of professionalism, and yet exceeds expectations involving quality patient care. Do you know someone in your practice area who has made a significant contribution to the care of patients? Has he or she thought of an innovative solution to a problem that has hindered your practice setting? Have you witnessed or heard about the compassion or commitment this person gave to a particular patient that really made a difference in that patient's care experience? If you know someone who fits one of these descriptions, or if you know a nurse who exemplifies professionalism, ASPSN wants to know.

This year, ASPSN is offering two special nursing awards honoring nurses who have earned the respect and admiration of their peers as exemplified by the nominations process. Recipients will receive an engraved plaque. All nominees will receive a certificate and a letter acknowledging their hard work and dedication.

To nominate someone for an award, please download the nomination form from our website and submit at least two letters of recommendation. Persons may be nominated by a doctor, nurse, medical assistant, etc. Please note that the nominee must be a member of ASPSN. Nominations should include the completed form as well as the letters of recommendation. Packets that do not include all materials will not be reviewed. Please take that extra few minutes to help recognize that exceptional someone special within our field of Plastic Surgical nursing.

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## Aesthetic Lines

**Marilyn Cassetta**

Spring has sprung! Not too much territory left to thaw. As the Sun comes out, everyone wants to look their best, even in the tightest of economies!

Have you heard of the "Lipstick Effect"? This term was coined during the time of the Great Depression, when times were really tough. You wouldn't even think about buying a new dress, shoes, or jewelry. But, there was nothing quite like the quick (and cheap) pick-me-up of buying yourself one or two new lipsticks back then.

Times may have changed, but the economy is almost the same. Perhaps a little Botox or filler will become the latest "Lipstick Effect." Why not pre-empt your patients when they come in for a top-up?

Ask your patient, "What do you really *need* today?" Can your patient get by with a little less product than they used on their last visit?

By suggesting this possibility before they make a decision, patients will understand that you care about them by showing concern for their budget. You can also show patients how to just "slide by": suggest having only the most essential *need* treated, just enough to get by, until the budget allows more. Cosmetic injections could become the 2009 version of the "Lipstick Effect." It also works well for your practice; patients spending less are always better than having patients not spend at all.



**AMERICAN SOCIETY OF PLASTIC  
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