From the Boardroom

Success, what does it mean to you? I recently read a short article about “success,” and it instigated a personal reflection of my own definition of success. Perhaps, we should stop and consider what success means to us and at what cost. Do you consider yourself successful when you have achieved a lofty goal: a new home, more money in your retirement account, a second home at the beach or in the mountains? Maybe you gauge your success in life by the state of your health, your personal relationships, your job, or even by the achievements of your children. At any rate, and if we allow it, our perceptions of what make us successful can be greatly influenced by society, the media, and people around us. We can easily be driven by the need to achieve. Did you ever work to get something and then find that it is not what you really want or does not make you happy after all? We need to be careful as to unrealistic expectations in regard to how we will feel upon reaching a goal.

For me, success me is attaining a specific goal that I have set for myself. But if my plan to achieve that goal does not allow for a little “wiggle room,” my success will not be all that I hoped for it to be. In other words, I am not willing to sacrifice everything for a specific goal. There are limits to what I will do. We must learn to seek a certain balance in life that actually facilitates us on the “road to success.” I think this rule also applies to those goals we set with our patients. When we are trying to help our patients set realistic medical goals, we need to let them live their lives keeping in mind the limits of their illnesses and their surgeries. With that balance in place, we can share in their small victories and rejoice with them.

Your definition of success and your perspectives may be quite different from mine. But be mindful to have an excitement and passion for what you do in your workplace as a plastic surgical nurse. Do what you love and, most of all, love what you do. Remember, “Success is found in the journey, not the destination.” (Arthur Ashe)

Is ASPSN, as an organization, successful? How do you measure our success? Perhaps, one means of measurement would be a great turn out at our annual conference in Toronto this year! A common goal for all of us may be the growth and future success of ASPSN. Our convention in Toronto is an opportunity for members to network with other plastic surgical nurses, advance your knowledge, and visit with exhibitors to learn about the latest goods and services available. The program will be dynamic and enhance your skills. It is going to be a rewarding and educational experience for all. I hope you will join us in the journey.

Sharon Fritzsche, MSN, RN, FNP-BC, CPSN
ASPSN President-Elect
2010 Scientific Sessions Update

Georgia Elmassian, M.A., RN, CPSN, CFLE
Director, American Society of Plastic Surgical Nurses
National Convention and Scientific Sessions Program Director

The 36th annual ASPSN national convention and educational meeting (October 1-5, 2010) is right around the corner. This year’s planning committee has ardently taken particular care in preparing a strong and diverse curriculum for the event. 2010: A Strong and United ASPSN will be, by far, North America’s premier and most comprehensive plastic surgery nursing educational program to date. As you are well aware by now, this year’s meeting takes place in Toronto, Canada – a bustling and energetic city that offers top notch cultural, recreational, and dining experiences, in addition to hosting wonderful conference facilities and lodging ready to appease even the most discerning learner.

Beyond Toronto’s outstanding attractions, there will be numerous educational opportunities available for each convention attendee, serving to add great value across the board to the practice of our plastic surgery nursing profession. 2010: A Strong and United ASPSN will showcase the entire spectrum of plastic surgery nursing and will feature our nursing specialty’s most accomplished and talented experts. Through the diligence and extraordinary work on the part of the ASPSN national office staff, much of this year’s program has been tailored to meet the educational needs of our members based on the documented feedback we have received from previous conventions.

Therefore, on behalf of the entire 2010 SSPC, I cordially invite each of you to get your passport in order and join us for a fabulous meeting in a spectacular city. See you in Toronto!

Fun facts about Toronto

Average weather in October is a high of mid 50’s, lows in the 40’s.

Pearson airport is the most popular airport for arrivals to the area.

Niagara Falls is only 80 miles away!

St. Lawrence Market is the number one attraction according to tripadvisor.com! It opens as early as 5 a.m. to enjoy the sights and smells of this popular street market!

CN tower is the world’s tallest tower and third tallest building in the world! You can see Niagara Falls on a clear day from the top! Make a reservation at the 360 restaurant at the top of the tower in advance! If you visit the tower between 8 p.m. and 10 p.m., you will avoid long lines!

Toronto Island Park requires a ferry ride; but once there, you can explore the four main islands and enjoy trails, beaches and amusement rides for the kids! Also, enjoy the Carousel Cafe, a cedar hedge labyrinth, supervised wading pools and bike rentals!

If you want something off the beaten path, visit www.virtualtourist.com for some amazing places to visit either before or after the conference. Some places may require a car trip such as the beautiful Bruce Peninsula, but how many times do you enjoy the white cliffs of the Niagara Escarpment!
ASPSN
36th ANNUAL
CONVENTION

The Westin
Harbour Castle
Toronto, Ontario, Canada

October 1–5, 2010
Preconvention Workshops
September 30–October 1

2010: A STRONG AND UNITED ASPSN
ASPSN Mentorship Program

Georgia Elmassian, M.A., RN, CPSN, CFLE
Director, American Society of Plastic Surgical Nurses
Program Director, ASPSN National Convention and Scientific Sessions

I would like to take this opportunity to share with you an email I received from one of our members who recently joined the ASPSN Mentorship Program.

Hi Georgia!

I just had to write and tell you that I had the most wonderful time meeting Jill Jones in person this past Wednesday! She was gracious enough to allow me to shadow her for a day! Oh my goodness, just observing her and listening to her talk to her patients was an incredible learning experience for me. It was one of those rare and amazing days when you know someone has touched your life and truly inspired you to achieve your goals. She really helped me build the self confidence I needed. I’m truly so very, very blessed to have her as a mentor! I can’t thank you enough for your dedication and for setting up the ASPSN Mentor program. It means so much to me! Thank you, thank you, thank you!

Hope to see you in Toronto!

Stacy

We are very excited with the success of Stacy’s experience with the ASPSN Mentorship Program. Many in our organization have expressed similar occurrences with their mentor alliance. If you too would like to participate in an ASPSN mentor/mentee relationship, please contact Leslie Long at the National office (leslie.long@dancy-amc.com) or me at missgme@comcast.net for more information. As Stacy has so enthusiastically validated, this program has proved to be a worthwhile venture for all involved.

Wanted

Much to my shagrin, our chapter has been in hibernation for too long. I am looking for nurses, new and experienced, to step forward to help revitalize our chapter. The national convention in Toronto would be a great motivator! We can have a meeting there to discuss plans to bring new life to our Phila-Delaware Valley chapter. If you are interested in going to Toronto, please get your applications in. There is also some scholarship money available. Please submit an email request to me or Marcy Dienno. mdiennorn@yahoo.com I hope to see you in Toronto!

Sheri Levin
sheriblevin@comcast.net

American Society of Plastic Surgical Nurses

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Seasonal Accidents in Children

Robert B. Dybec, RN, MS, CPSN, CNOR

Children and lawn mowers have always been a dangerous combination. Statistics from the U.S. Consumer Product Safety Commission for 2008 indicate that almost 230,000 people were treated for lawn mower related injuries. 17,000 of these were children under the age of 19. Not only are these accidents devastating physically but also emotionally as many times another relative may be involved. Take the example of a two-year-old in 2009, who received severe facial injuries as a result of his father accidentally backing up over him in a riding mower.

In June of this year, five National Medical Societies joined together to issue tips and precautions on how to prevent these terrible injuries. The American Academy of Pediatrics (AAP), the American Society of Reconstructive Microsurgery (ASRM), the American Society of Plastic Surgeons (ASPS), the American Society of Maxillofacial Surgeons (ASMS) and the American Academy of Orthopedic Surgeons (AAOS) recommend the following:

- Children should be at least 12 years old before operating ANY lawn mower and 16 years old for riding mowers.
- Children should never be passengers on riding mowers.
- Always wear sturdy shoes not sandals when mowing.
- Young children should be at a safe distance from the area being mowed.
- Pick up all stones, toys and debris from lawn prior to mowing to prevent injuries from flying objects.
- Always wear hearing and eye protection
- Use a mower with a safety control that will stop it from moving forward if released.
- Never pull backward or mow in reverse unless absolutely necessary and carefully look behind you for others when you do.
The ASPSN Website: A Tool for Plastic Surgical Nurses

Cynthia Reeser, Governance Services Specialist, ASPSN National Office

Benefits
The American Society of Plastic Surgical Nurses (ASPSN) website is available as an informational and professional resource for its members. See the “Features” section below for an overview of some of the primary tools available to you at www.aspsn.org.

Features
Navigating the Website: The Very Basics
Keep in mind that the navigational menu on the left side of the ASPSN website at www.aspsn.org is your map to the main areas of the site. The options under “Main Menu” on the left of every page list everything ASPSN has to offer its members, and makes navigation easy. For example, clicking “Plastic Surgical Nursing Jrnl” takes you to an informational page on the journal. After signing in to the website, you will notice that the Members Only section appears beneath the main menu.

If you are having difficulty locating something, try using the search bar, located in the lower left-hand corner of the screen. Note that the main left-hand navigational menu is commonly known as the “left nav.”

Notice that the central area of the homepage is divided into sections highlighting the most current organizational events and features. Topics such as the upcoming convention, certification grant information, and calls for journal manuscripts are included in this area.

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The topics below highlight some of the main website features that you may not know about. If you have questions about or suggestions for the website, please send them to Tracy Goodbred, Governance Services Specialist, at tracy.goodbred@dancyamc.co.

**Rosters**
The board roster is accessible by clicking “About” in the left nav, then “Board of Directors.” Choosing “Committees” from the left nav invokes a flyout menu with links to the various ASPSN committee rosters.

**Job Postings**
Click on “Career Center,” then select “Job Postings.” This takes you to the Job Postings page. This is a currently underused area of the website. Consider spreading the word to your institution to let them know about the ASPSN Career Center. Clicking on “Career Center” brings up a page listing ad rates.

**Online Documents**
Choosing “Online Documents” from the left nav takes you to a list of categories. From here, you can download applications for awards and scholarships, as well as access other information, such as convention materials. Note that the list of categories is expanded when you are logged in. Some resources, such as the newsletters, are available only to ASPSN members.

**Online Store**
Choose “Online Store” from the left nav. All available ASPSN products are listed here, such as the ASPSN Core Curriculum for Plastic Surgical Nursing, the ASPSN Plastic Surgery Nursing: Scope and Standards of Practice, and other resources and products.

**Abstracts**
From the left nav, choose “Conventions” and the link to the current year’s abstract submission (if this does not appear, there are currently no open abstract cycles). You will need to log in to submit an abstract, and select “Submit Abstract.”

**List Server**
ASPSN offers two list servers: one for the general ASPSN membership, and one for ASPSN Planning Committee members. To sign up for either list server, visit aspsn.org and choose either “ASPSN” or “ASPSN Planning Committee” under “List.” Follow the instructions and click “Subscribe.” An e-mail will be sent to you indicating that your request has been accepted. After the list administrator (this is a person at the national office) processes the subscription request, you will receive the subscription confirmation.

After you are subscribed, posting to the list server is as easy as sending an e-mail. Simply open a new mail message in your e-mail client, and address the e-mail to the appropriate e-mail address (for the general ASPSN list server, this is aspsn@list.aspsn.org, and for the Planning Committee list server, the address is aspsn_planning_committee@list.aspsn.org). It is good practice to title your message by typing the topic in the Subject line of the e-mail. For more guidelines on using the list server, visit https://www.aspsn.org/members-only/join-the-aspsn-mail-list-list-server.htm.

**Virtual Chat**
The virtual chat feature is another underused area of the ASPSN website, but a feature available to members nonetheless. Access the chat through the link under the Members Only navigational menu. To start a new topic or schedule a chat session, select the “Create New Chat” link, located at the top right-hand corner of the page, or click an existing topic under “Available Chat Sessions” and “Session Title” to access a current discussion.

**Member Directory**
After logging in, access the ASPSN member directory by clicking on the appropriate link in the Members Only navigational menu. From the directory, look up other ASPSN members by name, city, state, or zip code.

**E-blasts: An Informational Benefit**
Ensure you receive e-blasts by adding the appropriate e-mail addresses to the approved senders list in your e-mail account. E-blasts are typically sent from one of two e-mail addresses: aspsnconv@dancyamc.com and eblast@aspsn.org. Adding the e-mail addresses to your e-mail program’s list of approved senders can ensure that they are not blocked by your spam or junk mail filter.

In Outlook Express, navigate to “Actions” > “Junk E-mail” and select “Add Sender to Safe Senders List” to add a specific e-mail address, or choose “Add Sender’s Domain to Safe E-mail List.”

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Senders List” to enable all e-mail coming from a certain company to pass the inspection of the spam filters. For example, if you choose the latter option, you would add @aspsn.org and @dancyamc.com to the Safe Senders List.

To repeat the process for Yahoo! e-mail, navigate to “Options,” located at the top right-hand corner drop-down menu, then select “More Options...” from the drop-down. Click “Filters” in the left navigational pane, and then choose “Add Filter” at the top. In the “Sender” field, add the e-mail address. Click “Save Changes.” To add multiple e-mail addresses, repeat this process for each address.

In Gmail, navigate to “Create a Filter,” located at the top of the screen to the right of the search bar. Click “Create a Filter” in the “From” field, type “@dancyamc.com” (without the quotation marks) and click “Next Step.” Check the box next to “Never send it to Spam,” and click “Create Filter.” Click “Create a New Filter,” and repeat for “@aspsn.org.”

A Fun Fact
Did you know that when you are logged in, you can view a roster of other ASPSN members who are logged in? This roster appears on the right-hand side of any page you visit on the ASPSN website.

Keeping Your Information Current

When Your Information Changes
It is important to update your information in the system when it changes to ensure that you receive all ASPSN correspondences. To change your information, simply visit www.aspsn.org and log in. After logging in, go to “My Profile,” which is located under the Members Only section of the left-hand navigational menu (located at the bottom of the page on the left side, below the main menu). From there, select “Edit” at the top of the screen, then choose “Update Your Profile,” and make your updates from there. Be sure to select “Update” at the bottom of the page to save your changes.

Retrieving Your Username and Password
On the right-hand side of the ASPSN website homepage, located at www.aspsn.org, notice the links beneath the log-in area: click “Lost Username?” or “Lost Password?” to retrieve your information.

To change your username, log in to the website and select “My Profile” under the Members Only section in the bottom left navigational pane. Choose “Edit,” then “Update Your Profile,” and enter a new username in the appropriate field. Be sure to scroll all the way down to the bottom of the screen and choose “Update,” otherwise your changes will not be saved. Use the same process to change your password.

As always, if you have questions or concerns, need help troubleshooting, or have suggestions to offer, please feel free to call the ASPSN national office at (800) 272-0136.

Editorial

This September/October newsletter issue has a topic focus on pediatric issues. A recent trends report from ASAPS states that the number of cosmetic procedures in 2009 is up overall, and procedures by people aged 18 and younger has stayed consistently stable over the last 10 years. As nurses, how well are we evaluating the emotional age of these teens? When we look at where a teen belongs in the sense of psychological development, Erik Erikson’s stage theory states 12 -18-year-olds are in the identity versus role confusion stage. Basically, does this teen have a sense of identity and can tell you what they want to be in the future, or do they suffer from role confusion and seem to be drifting aimlessly through life? As nurses, we are seeing these teens come into clinic with probable low self esteem issues because they are self conscious of their nose, asymmetric breasts, hypertrophic breasts, etc so it would be consistent for feelings of role confusion to come into play. However, we are talking about teens, for the most part, who have come to their parents with a very personal issue, seeking help and advice. They are aware of their differences and seek a way to increase their self esteem. When we see these teens come through clinic, remind yourself of good ole’ Erik Erickson and equip yourself with this stage of psychological development, identity versus role confusion. Classify the stage that best suits your patient and note in the chart. I am sure to say it will impress your physician!

The Nov/Dec Newsletter Special Feature is Body Contouring.