From the Boardroom...

Claudette J. Heddens, ARNP, CPSN
President 2008

As things are historically quiet with board activity over the summer months, we’d like to share just a few of the extra activities you can enjoy while attending our 34th Annual Convention, October 31 - November 5, in Chicago. One of the newest attractions in downtown Chicago is Millenium Park. This 24.5 acre park was completed in July 2004 and has been described as the world’s largest rooftop garden. The very popular landmark “Cloud Gate” can be found in the park. Also known as “The Bean,” this three-story, 100-ton steel sculpture is designed to resemble a drop of mercury landing on a plaza in the park. “Meet me at The Bean” has become a popular phrase in the Chicago area. It will be a nice walk down Michigan Avenue from our hotel (wonderful window shopping) to Millenium Park when you’re ready for some exercise and fresh air.

For any of you who don’t have many chances to see a Broadway show, Chicago does offer runs of current Broadway shows. The website Broadwayinchicago.com is a good place to see what will be playing in November: plan to purchase your tickets as far in advance as possible if you plan to attend any shows. We’d also like to call to your attention that Tuesday, November 4, in Chicago will be Election Day here in the United States. You’ll all want to make arrangements to vote via absentee ballot before you come to Chicago!

LuAnn Buchholz, President-Elect of ASPSN, and I will actually be in Chicago the second weekend of July to represent ASPSN at the ASPS summer committee meetings. In addition to networking with our colleagues from ASPS, we’ll be sure to scout out items of interest to share with you in future newsletters.

June Trivia Question: What gangster was gunned down outside the Biograph Theater?

Answer: John Dillinger was shot by the FBI in 1934 outside the Biograph Theater.

July Trivia Question: What do Key West, FL, and Chicago have in common?

Correction

Dr. Barbara Pockaj is a surgeon affiliated with the Mayo Clinic Arizona and not Rochester as stated in last month’s column “What Our Patients Are Reading.”
Research Committee Column

Marlene Rankin, PhD

Hypnosis Decreases Presurgical Distress in Excisional Breast Biopsy Patients

Excisional breast biopsy is associated with presurgical psychological distress. Such distress is emotionally taxing and may have negative implications for postsurgical side effects and satisfaction with anesthesia. This study investigated the ability of a brief hypnosis session to reduce presurgical psychological distress in excisional breast patients. Ninety patients presenting for excisional breast biopsy were randomly assigned to two groups. Group one received a 15-minute presurgery hypnosis session that involved suggestions for increased relaxation and decreased distress. Group two was an attention control session that involved nondirective empathic listening.

Presurgical distress was measured using visual analog scales (VAS) and the Profile of Mood States (POMS). Groups did not differ in terms of the following demographics: age, ethnicity, marital status, medical diagnosis, previous breast surgery, or previous breast cancer. Postintervention, patients had significantly lower values for VAS emotional upset, VAS depressed mood, and anxiety and significantly higher levels for relaxation than the attention controls. The study results indicate that a brief presurgery hypnosis intervention can be an effective means of controlling presurgical distress in women awaiting diagnostic breast cancer surgery.

This study supports previous research investigations using nonpharmacologic interventions such as music, progressive relaxation, visualization, and self hypnotic outpatient relaxation to decrease preoperative anxiety and pain. The complexity of the perioperative environment frequently places the responsibility of decreasing the patient’s anxiety and alleviating fears on perioperative nurses. Plastic surgical nurses should incorporate stress and anxiety reducing techniques into their practice to improve postoperative outcomes.

Reference

2008 Scientific Sessions Update

Georgia Elmassian, BAS, RN, CPSN
Scientific Sessions Co-Chair

This month the Scientific Sessions Planning Committee wants to make a special announcement:

Halloween is on its way! And we are going to dance like the stars – ASPSN Style!

This year we are mixing things up a bit and opening the 2008 National Convention on Friday, October 31st, with workshops, networking roundtables, and a fun-filled evening “Welcome Reception” at the Westin Hotel, Michigan Avenue. To celebrate Halloween, the Marena Group has generously offered to host a Spooktacular Event complete with ballroom dancing for ASPSN! So mark your calendars, and get ready to make your costume pop with silly wigs and fun props, masquerades, and good fright – we are going to dance the night away!

The pictures below are just a treat of what’s in store. So be certain to read the ASPSNews each month for us to tell you more!

Breathing-Related Sleep Disorders and Post-Op Complications

According to researchers’ report in Chest, sleep conditions such as obstructive sleep apnea and significant oxygen desaturation increase the risk of postoperative complications for those who undergo elective surgery. Further studies have been called for to evaluate the treatment of surgical patients with sleep disorders and their patient outcomes.

Details regarding this study can be found at Medscape: http://www.medscape.com/viewarticle/575007.

FDA Patient Safety News Video and Podcast Available

FDA has posted the latest edition of “FDA Patient Safety News,” a free Web-based video news program. Aimed primarily at health professionals, the program features information on new drugs, biologics, and medical devices, as well as FDA safety notifications and product recalls.

A video and text version are available here: http://www.fda.gov/psn
A podcast is also available: http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/psn/podcast.cfm

To view an archive of recent FDA news releases, go to http://www.fda.gov/opacom/hpnews.html.
CPSN CORNER

Sue Kunz, RN, CPSN
President PSNCB

This month’s column will cover commonly asked questions regarding recertification. As board members, we hope that this information clarifies questions you may have.

Question: May I use CMEs for credits for recertification?

Answer: I direct all CPSNs to the Instructions for Recertification by Continuing Education. The information is located on the website. As you will note, the third paragraph on the page of instructions states, “Contact hours in Plastic Surgical nursing may be accumulated through any of the categories of continuing education activities provided the content is Plastic Surgical nursing. To be acceptable for recertification, the contact hours awarded must be continuing education in nursing and be approved by one of the following…” Category E: General Nursing and Health Care Programs states, “Health Care Programs specific to Plastic Surgery but not designed for nurses may apply at the discretion of the PSN Board. All information would have to be submitted and reviewed for approval.” Remember, your certification is for Plastic Surgical Nursing. Physician meetings typically do not provide nursing content, nursing process, or nursing care. Granted, we can and should learn something every day, and attending a physician meeting is a great method to obtain information; however, those credits may not be approved for your certification.

Question: I attend the AORN National Convention. Will those contact hours count for my CPSN recertification?

Answer: The courses at AORN would fulfill the 15 contact hours in general nursing content. The majority of AORN courses do not have any plastic surgical nursing content and therefore will not count towards the 30 contact hours required for plastic surgery content.

Question: I am an author for an article in PSN, and I have also taken the exams offered with CE articles. Do I list these on the same forms?

Answer: No, professional publications, an article you have written and submitted, are listed on the Category C form. Articles that you have read and taken the CE exam for are listed on the Category D form. Supporting documentation is required for both. You must include the article you have written to receive credit, or the certificate of completion for a CE exam.

If you have questions, regarding courses please contact the national office.

UPCOMING CERTIFICATION EXAMS:

August 1 – 3, at the Tennessee/Alabama Chapter meeting in Nashville, TN – the exam is on the 1st.

September 12 – 13, in Montreal, Quebec – the exam is on the 13th.

October 11 – the exam will be at several sites, offered by C-Net. To check for locations, go to http://www.cnetnurse.com.

October 30 – November 4, at the Annual Convention in Chicago – the review course is on the 30th and the exam is on the 31st.

New Certified Plastic Surgical Nurses

The Plastic Surgical Nursing Certification Board would like to congratulate the new certified plastic surgical nurses who took the exam in May 2008:

Cheryl L. Goode
Virginia Beach, VA

Barbara A. Groh
Navarre, OH

Von Rae Guiler
Lower Salem, OH

Suzanne Ramsey
Louisville, KY

Patricia M. Strumble
Parma, OH
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 ASPSN
TENNESSEE/ALABAMA CHAPTER
ANNUAL MEETING
August 1-3, 2008
Nashville Marriott at Vanderbilt

Music City Gala 2008

Friday, August 1
12-5:00 p.m.          Registration
1 -5:00 p.m.          CPSN Exam**
1 -4:00 p.m.          Workshop I
                      Fraxel Lasers-Debra Doyle
1-4:00 p.m.          Workshop II
                      Healing Touch-Bonnie Johnson RN

Saturday, August 2
7:00 a.m.           Registration
7:30-8:00 a.m.  Continental Breakfast
8:00-9:00 a.m.  Styles of Leadership;Why Your Boss
                Can Be Great!
                Arnie Arnold MBA
9:00-10:00 a.m.
                Pressure Ulcers & the OR
                Robert Dybec MS RN CPSN CNOR
                (Sponsored by Action Products, Inc)
10:00-10:30 a.m.  Exhibits/Coffee Break
10:30-11:30 a.m.
                Health Care & Politics: The Power
                of Nursing
                Sharon Adkins MSN RN
11:30 a.m.-12:30 p.m.
                Forehead Lift/Plasty
                Bruce Shack MD
12:30-2:00 p.m.
                Luncheon/Exhibits
2:00-3:00 p.m.
                Aesthetics & Hair Restoration
                Jack Fisher MD
3:00-3:30 p.m.
                Door Prizes/Exhibits
3:30-4:30 p.m.
                Fraxel Lasers
                Debra Doyle
4:30-5:30 p.m.
                Addictions in Nursing
                Mike Harkreader MS RN

Sunday, August 3
7:15-8:00 a.m.          Full Breakfast Buffet
(Sponsors -- Smith & Nephew)
8:00-9:00 a.m.
                      Impact of Reduction Mammoplasty
                      on Breast Sensation
                      Marcia Spear ACNP-BC CPSN
CWS
9:00-10:00 a.m.
                      Maxillofacial Trauma
                      Steven Press MD
10:00-11:00 a.m.
                      Asymmetric Breast Augmentation
                      Melinda Hawes MD
11:00 a.m.-12:00 p.m.
                      Sons of Lwala-A Village Clinic
                      Fred Othieno Ochieng'
12:00-12:30 p.m.          Closing/Evaluations

** CPSN EXAM - A separate registration fee is required.
Application forms can be obtained at www.aspsn.org or call (800) 272-0136 for information. Deadline to apply to CNET is postmarked date of June 20, 2008

HOTEL INFORMATION
Nashville Marriott at Vanderbilt
2555 West End Ave
Nashville, TN  37203
(615) 321-1300
Hotel reservation deadline is July 1, 2008
Room rate: $149/night
Visit www.marriott.com/bnaav and enter
Group Code ASPASPA to secure negotiated rate.

REGISTRATION INFORMATION
Deadline July 15

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<tr>
<td>ASPSN Member</td>
<td>$175</td>
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Optional Workshops:  Fraxel Laser
                      Healing Touch

(no additional fees for workshops (limited to 30 each)

Name______________________________________
Address____________________________________
Credentials_________________________________
Email______________________________________
Phone______________________________________

Please make checks payable to TN/AL Chapter of ASPSN
Mail to:  LuAnn Buchholz
            304 Bobby Drive
            Franklin, TN  37069

An application for 17 contact hours has been submitted
to The Learning Center, at Vanderbilt University which is
an accredited approver of continuing education in
nursing by the American Nurses Credentialing Center
Commission on Accreditation.

Questions? luannrncpsn@comcast.net (615) 791-9303
or marcia.spear@vanderbilt.edu.
Public Profile Update  
Incentive Program Concludes

As you may have seen from e-mail communication from the ASPSN National Office over the past few months, ASPSN had been encouraging members to update their public profiles on the ASPSN website. Updated profiles make it easier for members to connect with one another for enhanced networking. To encourage members to update their profiles, the board approved an incentive program, and several of ASPSN’s sponsors and exhibitors donated prizes. These prizes were awarded to members randomly selected from the pool of members with up-to-date web profiles. Drawings were held on April 8, May 15, and June 13.

Ten members were selected:
1. Catherine Rodrique, Phoenix, AZ
2. Dawn Townson, Chattanooga, TN
3. Sonya Bell, Louisville, KY
4. Roberta Stephens, Franklin, TN
5. Amanda Millsaps, Knoxville, TN
6. Connie Brennan, Edina, MN
7. Andrea Stapleton, Turnball, CT
8. Gloria Castellucci, Staten Island, NY
9. Von Rae Guiler, Marietta, OH
10. Alison Evans, Salt Lake City, UT

ASPSN would like to thank all members who updated their profiles.

ASPSN would also like to acknowledge the donors of the incentive prices:
The Marena Group
Mentor Corporation
Actipatch
The Westin Chicago

Certification Exam Grant

In its continued effort to work collaboratively with physicians and nurses to impact opportunities to promote and acquire knowledge, Allergan Academy will again sponsor certification grants for the 2008 CPSN examination.

To qualify for an exam certification grant one must be a registered nurse, a member of ASPSN, meet the specific criteria for certification, and complete and submit an application form prior to August 21, 2008.

Certification exam grants will cover the cost of taking the certification examination and will be presented to recipients at the ASPSN National Convention in Chicago, Illinois, at the awards ceremony. The certification grant must be used during the year following presentation. If a recipient has taken the certification examination at the 2008 ASPSN National Convention prior to the Awards Ceremony, a reimbursement check will be presented.

PSNCB thanks Allergan Academy for once again sponsoring nursing education endeavors.

Please see the following page for the certification exam grant application.
Application for Certification Exam Grant
(Available to ASPSN members only)

Name: ___________________________________________________________

Address: __________________________________________________________________________

Phone Number: ___________________________ Date Joined ASPSN: __________

E-mail: ____________________________________________________________________________

Employer: __________________________________________________________________________

Employer Address: ____________________________________________________________________

Requirements: Submission deadline is August 21, 2008

☐ ASPSN member in good standing
☐ Meet PSNCB requirements for certification
☐ Certification examination must be taken within one year of issued grant

1. Please discuss in 100 words or less your reason for applying for this grant to take the plastic surgical nursing certification exam. (Attach additional pages if needed.)
2. List any current or past involvement with ASPSN. (Attach additional pages if needed.)

I, the undersigned, am an active member of ASPSN, currently working in plastic surgery, and meet application requirements for the CPSN examination.

Signed, ________________________________

Please send completed applications to

PSNCB National Office
7794 Grow Drive
Pensacola, FL 32514
## LOOKING FOR A CHAPTER NEAR YOU?

### CALIFORNIA
Southern California Chapter  
Judy Akin Palmer  
San Juan Capistrano, CA  
judyakin@mac.com

### CANADA
Toronto Chapter  
Tracey Hotta  
Toronto, Ontario  
tracey@traceyrn.com

### INDIANA
Greater Indianapolis Chapter  
Diane Horner  
Fishers, IN  
dianehorner@insightbb.com

### KANSAS/MISSOURI
KS/MO Chapter  
Karen K. Harman-McGowan  
Lawrence, KS  
Karen1of2@sunflower.com

### MASSACHUSETTS
New England Chapter  
Brenda White  
Danvers, MA  
bswhite558@aol.com  
bswhite@shrinenet.org

### NORTH CAROLINA
Piedmont Chapter  
Melba Edwards  
Pfafftown, NC  
cmelbae@yahoo.com

### NEW YORK
NY, NJ, CT, & RI Chapter  
Kathleen Lapkowski  
Rockville Centre, NY  
K126rn@aol.com

### OHIO
Ohio Valley Society of Plastic Surgical Nurses  
Von Rae Guiler  
Marietta, OH  
vrguiler@mmhospital.org

### PHILADELPHIA/DELAWARE
Philadelphia-Delaware Valley Chapter  
Sheri Levin  
Sewell, NJ  
sheribblevin@comcast.net

### TENNESSEE/ALABAMA
Tennessee/Alabama Chapter  
LuAnn Buchholz  
Franklin, TN  
luanrrncpsn@comcast.net

### WISCONSIN
Wisconsin Chapter  
Cynthia Leu  
Iron Ridge, WI  
cindy@plasticsurgerydoc.org

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If you would like information on starting a local ASPSN chapter, please contact Richelle Torres, Chapter Services Specialist at richelle.torres@dancyamc.com

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We had an awesome time at our dance in San Diego! Thank you ASPSN for allowing Marena Rewards to host this event!

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See you in Chicago!
American Society of Plastic Surgical Nurses (ASPSN)

Special Nursing Awards

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.

As healthcare professionals, plastic surgical nurses have the privilege of working with many noteworthy colleagues, colleagues who not only exemplify the true meaning of professionalism but who also go the extra mile time and time again. Has someone in your practice arena offered a significant contribution to the care of patients? Has he or she thought of an innovative solution to a problem that has plagued your practice setting? Did the compassion or commitment given to a particular patient really make 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 complete and submit the form below with at least two letters of recommendation. Please note that nominees must be members of ASPSN. Nominations should include this completed form as well as the letters of recommendation. Packets that do not include all materials will not be reviewed.

**Nominee Information**

Name _____________________________ Current Position ___________________________

Work Address ________________________________________________________________

City ____________________________ State _________ Zip _______________________

Daytime Phone Number _______________ E-mail Address _________________________

**Nominator’s Information**

Name _____________________________ Current Position ___________________________

Work Address ________________________________________________________________

City ____________________________ State _________ Zip _______________________

Daytime Phone Number _______________ E-mail Address _________________________
American Society of Plastic Surgical Nurses, Inc.
7994 Grow Drive
Pensacola, FL 32514

Claudette J. Heddens, MA, BSN, ARNP, CPSN
President

Patricia Barlow
Executive Director

Susan Lamp, BSN, RN, CPSN
ASPSNews Editor

Calendar of Events

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 luannrcpsn@comcast.net for additional information.

Mark your calendars!

Canadian Plastic Surgical Nurses Symposium will meet September 12 - 13, 2008, at the Hyatt Regency Montreal, in Montreal, Canada. More information and a registration form can be found at the ASPSN website: https://www.aspsn.org/dmdocuments/CPSNS%20Symposium_9_12_08.pdf. Or contact C-NET at (800) 463-0786 or Sue Kunz, President of PSNCB, at skunz@ticon.net.

American Society of Plastic Surgical Nurses 2008 Annual Convention
October 31 – November 5, 2008
Chicago, IL

Plastic Surgical Nursing: A Time for Challenges and Changes

The Westin Michigan Avenue, Chicago

The Westin Michigan Avenue, Chicago, is holding rooms for ASPSN at a rate of $269 single or $289 double (plus applicable taxes) until September 28, 2008, or until the room block is filled. For reservations call (888) 627-8385 or (866) 716-8104.

If you have any questions, please call the ASPSN National Office toll free at (800) 272-0136 or (850) 473-2443.