



ASPS NEWS

AMERICAN SOCIETY OF PLASTIC SURGICAL NURSES, INC.

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From the Boardroom...

I hope this finds everyone rested, energized, and ready to face the upcoming year. I have enjoyed the challenge of being your ASPSN treasurer for the last four years; I am honored that you have chosen me to be your President in the year 2010. We have a great ASPSN Board of Directors, a team striving to help our association be bigger and better meet the needs of its members. Every year your board has goals and resolutions that we have set that need to be met in that particular year and in the long term. When a new year comes around a lot of us personally have set goals and resolutions that we want to meet. I have several goals that I try to meet on a yearly basis that I want to share with you.

First of all, I acknowledge that we are living in hard times; I am sure we are all struggling in one or more aspects of our lives. I believe that the way we live our lives counts for a lot, all the while balancing the demands of our careers and families. I really believe that we are who we are based on our life experiences and the people who surround us; we can only hope that some of the things we have gone through in our personal lives and our careers can make it a little easier for the next person or patient we meet.

I believe that life is supposed to be about making the path a little gentler for the people traveling behind us. Loretta Lynn once sang about being proud to be a coal miner's daughter, and she managed to create a memorable, simple, but bold statement that has made a difference in many peoples' lives. We all need to be proud of who we are, where we are, and where we have come. Plastic surgery nursing is an awesome opportunity to make a difference in others' lives. We see people who are not happy with their body image, children who have craniofacial defects, patients with some type of body altering cancer, amputations, fractures, or illness. I challenge each of us to remember that no matter what our backgrounds are, we're all living with its challenges. We need to remember that all the stress and change our patients' lives consist of these days is easier for those of us who can still draw guidance, experience, and strength from who we are.

Sharon Fritzsche, MSN, RN, FNP-BC, CPSN

Family Nurse Practitioner
ASPSN President-Elect 2010

UPDATE

The annual aesthetic symposium of the American Society of Plastic Surgical Nurses will be held in conjunction with the American Society of Aesthetic Plastic Surgeons annual meeting the first week of May in Las Vegas, Nevada. The format of the meeting will be different this year because of the meeting location. There will be workshops held by the ASAPS beginning on Saturday, May 2, and extending through Monday, May 4. The annual aesthetic symposium of ASPSN will be held all day on Tuesday, May 5. For registration, visit ASAPS at www.surgery.org/meeting2009/hotel.

Editorial

Haley Wood, MSN, WHNP

ASPSN Newsletter Editor

“You are invited!” Who doesn’t like to see that phrase, in an e-mail or invitation? I most certainly do! At some point, we were invited by a colleague or mentor to join ASPSN. Now that we are members, no longer mere invitees at this point, we are responsible for making the party happen! Chapter One of our Core Curriculum states that we are a specialty of nurses who are “dedicated to promoting collaboration and practice excellence among nurses who share the passion and specialized knowledge for plastic surgery” (Hotta, 2007).

Therefore, my friends and colleagues, you are invited to JOURNAL CLUB! A journal club facilitates evidence-based review of current literature and its relevance to practice. Have you thought about having a journal club? Do you know how to start one? This newsletter’s call to action is to help members start the process of having journal clubs around the nation. I attended my first journal club last week and asked the organizer, our colleague Marcia Spear, how many clubs exist within ASPSN. She thought Nashville might be the only journal club within the organization of ASPSN. Are we? Not only did I learn about a fabulous new wound care product and a new iPhone application (shhhhh...I won’t say that out loud!), but had a meaningful conversation about body dismorphic disorder and the latest update on perioral cosmetic enhancement.

This month’s newsletter includes an article describing the purpose of journal club and how to start one in your area. The point is to have fun while promoting the science of our passion, plastic surgery. It is my hope that we look forward to the next journal club just as much as we look forward to our next Botox treatment!

Finally, I am pleased to introduce myself as your new newsletter editor. I am a women’s health nurse practitioner in Franklin, Tennessee, who works in a cosmetic plastic surgery practice. I am pleased to dedicate myself in this manner to ASPSN and feel honored to be asked by LuAnn Buchholz to do so.

Have fun starting your journal club and write your progress to us! Send us pictures of your first journal club and we will place them in the upcoming issues!

Hotta, T. (Ed.). (2007). *Core Curriculum for plastic surgical nursing*. Pensacola, FL: American Society of Plastic Surgical Nurses.

American Society of Plastic Surgical Nurses

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How to Start a Journal Club

The purpose of a journal club is not to rehash the tedious research courses taken in preparation of nursing degrees, but rather to use those principles to enhance nursing skill and knowledge of evidence-based literature. A journal club allows nurses to stay current on clinical research and collectively critique its validity, results, and applicability (Rosen & Re, n.d.). In the beginning, make it easy! Enjoy the process and work toward making journal club an effective tool for implementing change in your plastic surgery practice.

The first step is to identify a leader (Russell, Bean, & Barry, 2006). One person needs to be in charge of organizing the time and place of meetings. Whether the meeting is held in a restaurant or a member's home, choose a setting that facilitates easy conversation. Monthly or quarterly meetings can be decided by the entire group during the first meeting. The leader sends out the e-mail invitation listing when, where, and what will be discussed. A vendor may like to sponsor the evening meal at a restaurant. The leader, in addition, should attach the articles of discussion to the e-mail. For example, the articles for discussion could be "Update on Perioral Cosmetic Enhancement" (Suryadevara, 2008) and "Psychopathologic Aspects of Body Dysmorphic Disorder: A Literature Review" (Pavan et al., 2008). The e-mail invitation will have everything the invitee needs to show up at the meeting.

The second step is to determine your goal (Russell, Bean, & Barry, 2006). To simply evaluate one or two research articles is a great first step. The leader can pick an interesting article(s) and start the conversation with a brief 60 second background orientation to the topic. For example, in the article, "Update on Perioral Cosmetic Enhancement" (Suryadevara, 2008) the table can be opened for discussion on how practices are implementing fat grafting, laser applications, dermal fillers, chemical peels, and Botox Cosmetic. It can be very interesting learning different modalities. In fact, once topics are opened, specific practice ideas, such as what products are used post phenol peel to ease discomfort, can be discussed. The avenues of conversation are limitless!

Eventually, as meetings progress, the goal of journal club may change to a more sophisticated discussion of identifying a clinical problem or analysis of an article's validity, results, and applicability. Although greater preparation by attendees may be required, this is a goal that promotes clinical practice change. For example, is Vitamin E an effective scar therapy? This question will require a review of literature. Each nurse participating in the journal club can bring articles reviewing Vitamin E's efficacy in scar treatment. Appraising validity, results, and applicability is important. Validity refers to the methodology of the therapeutic or diagnostic trial. Results refer to the findings of the trial and whether they are statistically significant. Applicability refers to whether or not one can apply change to the findings of the trial (Rosen & Re, n.d.). At the meeting's end, your practice may change according to the literature discussed. Not only may you stop using Vitamin

E, you may discover a new product. The third step and most important is to hold the journal club! Encouraging participation can be a challenge. Ask members to bring someone from their office or practice; hold the meeting during lunch hours or offer refreshments. Who doesn't like a cookie to go with their journal article? Hold the meeting for one hour and work toward offering continuing education credits as the meetings progress to encourage regular attendance.

Plastic surgery journals arrive daily to our practices. There is no better way to mentor new nurses, promote professionalism, and stay current on clinical research than hosting a journal club. Open forums of professional chatter are critical to our body of knowledge. Identifying a leader, setting a goal, and holding the meeting are three pertinent steps. Be a change agent, and be a journal club leader!

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2009 Scientific Sessions Update

Georgia Elmassian, BAS, RN, CPSN

Scientific Sessions Chair

Yes, ASPSN is talking of going green. This action stems from a desire to conserve and improve both the natural environment and our organizational resources. Consider the profound impact from Earth's exponentially expanding population. With nine billion inhabitants projected by 2050, the demand for our planet's already depleted natural resources poses increased threats for future availability (Go Green Initiative Association, 2007).

The Environmental Energy Technologies Division of the U.S. government reports that the average American office worker uses about 10,000 sheets of paper each year. This measures out to a stack of paper four feet high! American offices send four million tons of paper to the landfill each year (Bach, 2008). Just imagine the huge amount of paper wasted each year from traditional ASPSN communication methods. The time for greener action is now.

Therefore, ASPSN is taking steps to make its national convention more environmentally friendly. We began our efforts initially with our 2008 convention. To continue our labors and commitment, a printed 2009 ASPSN national convention syllabus will no longer be included with the onsite registration materials. Outlines will be available for downloading from our website earlier in the month prior to our convention and will continue to be made available after the conclusion of the convention. In addition, there will no longer be session "handouts." Speakers who provide copies of their presentations will have their talks available on the ASPSN website and attendees will have the capability to print the entire syllabus or only the sessions that are of interest to them, saving thousands of sheets of paper.

We hope you will join the Scientific Sessions Planning Committee in looking forward to this new venture!

Along those lines, we would also like to take the opportunity to give our members a quick glance into the monetary breakdown for a small but significant portion of our annual ASPSN convention costs.

According to Leslie Long and Anita Cormier, ASPSN Directors of Convention Services, a typical coffee break at the convention hotel for 200 (a nice, easy round number) attendees is approximately \$2,300. Multiply this cost by two (one for the morning break and one for the afternoon break), and then factor in each full day of the convention: the fee for this service quickly adds up to a whopping \$18,400. And that's not even for Starbucks! The cost rises significantly quite fast. Meanwhile, remember these coffee breaks consist of only coffee, hot tea, and condiments. Bottled water and soda are additional, and we are typically charged \$4 - \$5 per bottle sold on consumption basis. Let's say a participant comes by the water table during one of the

breaks, and picks up a couple of bottles of water for herself, one to take up to her room, and, hey, maybe one for the road or for a friend. Well, ASPSN is charged for each bottle, and believe it or not, all this water soon adds up to another \$3,000. These beverages are never included in the quoted price of a coffee break, but if we offer the bottled beverages it will cost us the additional fee. Once again, this becomes a very costly service. Therefore, the National Office has suggested we not have bottled water or soda available during coffee breaks at our Seattle meeting unless we can secure sponsorship for this type of beverage expense. (Any suggestions or contacts for financial support?)

Another large daily expenditure is a simple continental breakfast consisting of coffee, tea, juice, and plain pastry. The convention hotel is charging our organization anywhere from \$20 - \$25 per person. In the past we have had members' requests for a breakfast enhanced with fruit and yogurts. We have in the past included these desires while increasing our food and beverage charge. This type of a "grand continental" breakfast incurred us a cost (for 250 people) of another \$25,000.

Furthering the breakdown of convention costs, another major component of the convention cost is the accommodation rate. The formula for the cost of blocked hotel rooms is based on the total number of rooms used by the organization. Therefore, the more participants, the greater the number of rooms needed, and the greater the discount for the attendees. The cost is also based on the expectation of in-house food and beverage consumption along with other uses of in-hotel restaurants and bars by convention participants (Convention Services typically estimates this number).

As you can readily see, the simple services often taken for granted in our convention costs, including a hotel room, simple breakfast, coffee, tea, soda, and bottled water, tally up very quickly. The approximate total of the items mentioned here alone is a total upwards of \$45,000! Although the National Office staff do their very best to keep our convention and room charges to a minimum, little things like fruit, yogurt, and bottled beverages for the enjoyment of our members can also impact the purse strings. Keep in mind this is just a quick glance at a few of the costs for an ASPSN national convention.

We also want to remind you that each year our ASPSN leaders identify key initiatives and accomplish much for our nursing specialty and you, the member. In keeping with that thought, for the Seattle convention ASPSN is both going green and being mindful of our economy. More pertinent information will be provided in upcoming e-newsletters.

Bach, D. (2008). *Go green, live rich*. New York: Broadway Books.

Go Green Initiative. (2007). *What's the problem?* Retrieved October 1, 2008, from <http://gogreeninitiative.org/content/WhyGoGreen/>

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Why Should You Present a Poster?

Pamala Silvers, BSN, RN

Poster presentation is the perfect venue for the nurse who has information to share but is uncomfortable presenting to an audience or wants to explore his or her artistic talents. ASPSN's board has made poster presentation a goal for this year's national convention in Seattle. The Scientific Planning Committee needs 10 posters in order to offer continuing education credit for this activity. Claudette Heddens and I have taken on the challenge to encourage and mentor anyone wanting to present a poster. Deadlines for poster presentation abstracts have been extended to April 30, 2009. We plan to outline some strategies and helpful hints for poster presenters in a series of articles in your ASPSN newsletter.

Posters are ideal for the visual learner. When thinking of ideas for poster presentation keep in mind this visual component. Photographs, charts, and diagrams lend themselves to this venue. Ideas for posters include but are not limited to:

- a. Medical procedures
- b. Surgical procedures
- c. Statistics
- d. Products
- e. Case studies
- f. Educational awareness

After getting your idea, plan how you want to present the information. Keep the writing to a minimum and focus on your visual materials such as photographs, charts, and diagrams. The goal is for the audience to learn the information easily and quickly using a visual medium.

The next step to presenting a poster is to complete the paperwork and submit it to the ASPSN National Office.

- a. Submit your abstract – forms are available online at www.aspsn.org or from the National Office.
- b. Submit your curriculum vitae.
- c. Write objectives for your poster (2 to 4 maximum). Objectives describe what the learner will be able to do at the end of the presentation.

Claudette and I challenge you to take your ideas and design a poster to present at the annual convention in Seattle. Submit an abstract and help us make our 10 plus poster goal. In upcoming newsletters we will discuss design, sponsorship, printing, cost, and helpful hints. A poster presentation is an excellent way to get involved in your professional organization and a way to share your ideas with your peers. Claudette and I are available to help you with any questions you have concerning the poster presentation process. You may contact me at pmsams@aol.com or Claudette Heddens, MA, BSN, ARNP, CPSN, at cheddens@southslope.net.

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