

NOVA ASPMN QUARTERLY NOTES AND NEWS

ASPMN 20TH NATIONAL CONFERENCE September 22—25, 2010 Minneapolis, Minnesota



Northern Virginia Local Chapter Officers:

- **President**
Michelle Jacques
BSN, RN-BC, CMT
Pain Management Nurse
Acute Pain Service
Inova Fairfax Hospital
- **President-Elect**
Gerry A Higgins
MSN, RN-BC, OCN
Clinical Specialist
Pain Management
Inova Alexandria Hospital
- **Secretary**
H. Judy Jenkins
MSN, RN
Administrative Supervisor/
Educator
Inova Alexandria Hospital
- **Treasurer**
Florence Mooney-Cotter
MSN, APRN-BC, RN-BC
Clinical Nurse Specialist
Pain Management
Inova Fairfax Hospital
- **Immediate Past President**
Regina Stiles, BA, RN-BC
Advanced Pain Relief
Centers/Purcellville Office

Register now for the 20th National Conference

You can register online
at: [www.aspmn.org/
Conference/index.htm](http://www.aspmn.org/Conference/index.htm)

Keynote Speakers include:

- Hob Osterlund, MS, RN-BC, CNS
- Barbara J. St. Marie, PhDc, MA, RN-BC, CS, ANP, GNP
- Greg Risburg, CSP, MSW
- And many more!!

Top TEN Reasons to Attend ASPMN National Conference

10. Shop the famous Nicollet Mall, and "Mall of America" - the largest mall in the country!
9. Learn more about Minnesota's Stone Arch Bridge and St. Anthony Falls!
8. Increase your knowledge on a variety of pain management topics!
7. Investigate opportunities to develop new skills to take care of patients in pain!
6. Hear nationally recognized speakers lecture!
5. Net work with other chapters!
4. Opportunity to make life long contacts and friends!
3. Potential to earn over 20 CEU's!
2. Get to meet members of NOVA ASPMN in person, join our chapter and help us to grow!
1. Celebrate the 20th Birthday of the ASPMN!

NOVA ASPMN is planning a get together during the conference for the opportunity to meet chapter members and share ideas! Check out the Message Board at the National Conference for more information!

Hotel Information:

Hyatt Regency Minneapolis

1300 Nicollet Mall,
Minneapolis, Minnesota, USA 55403
Tel: +1 612 370 1234 Fax: +1 612 370 1463
ASPMN Special Rates: \$169/night

**DO NOT DELAY IN ORDER TO
SECURE A SPECIAL ROOM
RATE OF \$169/NIGHT FOR
CONFERENCE GUESTS**

Hotel reservations can also be made through the ASPMN website—www.aspmn.org

NOVA President's Point of View Michelle Jacques, BSN, RN-BC, CMT



Michelle Jacques
President of NOVA
ASPMN

Summer is here in full force—heat and humidity. I hope that you are safely enjoying the fun filled days of summer. NOVA ASPMN is still active, but less so in the summer time, as we too are spending time with our families in celebration.

Your chapter has been busy growing and expanding our horizons. You will be receiving a new survey as you re-new your membership for the coming year. We want, and need, to know what we can do to generate a buzz in the Chapter. We have members, as members; we have members, who are active; and we have people who do not yet know that they want to join our great group of people! So, what can we do to get you excited about being a part of the group and share your ideas for growth and education? Give us your input so we can be the Chapter that you need.

We have done some great things this year and expanded our boundaries. Besides our Quarterly education sessions, we have successfully been publishing our “**NOVA ASPMN Quarterly Notes and News**”. We share it via email. If you know of someone needing it by mail, please let me know.

In 2009, we adopted the Wounded Warrior Families. In 2010, we have focused on Community Education. Our first Community Service Project was in June. We have developed a traveling education series to be used by members entitled, “**Pain 101: The Basics of Managing Your Pain**”. It includes a Power Point Presentation, Q&A and 4 posters for review. All of this information is now shared through our new website www.aspmn-nova.org. It is there that you can find all of our meeting minutes, reports, upcoming events, photos, by-laws, and anything NOVA ASPMN!

We have mentioned the possibility of forming a Virtual Chapter. We will re-visit this idea at the National Convention in Minneapolis, MN, Sept 22-25, 2010. Please join us! We successfully used conference calling for one board meeting, which allowed us a great exchange of ideas. Look for more information via email and check our website often for up-to-date information.

In order to reach more people, please share this newsletter and our website with your colleagues. We need Chapter Members to make this the great chapter that it is destined to be! In numbers, there is strength and diversity, ideas and opportunities, discovery and “aha” moments.

Thanks for reading. Looking forward to hearing from you and your new ideas! Have a great summer and hope to see you in Minnesota to Celebrate ASPMN's 20th Birthday!

NOVA ASPMN Website
Address:
www.aspmn-nova.org

Certifications must be renewed every five (5) years!

Renewal applications are due at least three (3) months before certification expiration date!

Website for renewals for ANCC Certifications:

www.nursecredentialing.com/Certification/CertificationRenewal.aspx

RENEWING ANCC CERTIFICATION IN PAIN MANAGEMENT

For those that were among the first to become certified as a Pain Management Nurse by the American Nurses Credentialing Center (ANCC), time is soon approaching for you to renew your certification. The renewal period for renewal for this certification is five years.

The American Nurses Credentialing Center (ANCC) website provides all information needed in order to complete the renewal application. Communications are sent out six months in advance of the certification expiration date by traditional letter, postcard reminders, as well as emails as a reminder of the certification expiration date.

However, it is the responsibility of all nurses to keep track of their certification date and submit their renewal documents in a timely manner. Renewal applications are due at least three (3) months before certification expiration date.

The renewal process is somewhat time consuming as there are requirements for both practice hours and professional development. The professional development section has six categories; all candidates must complete two of the six categories.

Categories one through five may be doubled to fulfill the professional development

For instance, 75 continuing education hours are required; the requirement can be completed if a person completes 150 continuing education hours.

Also a minimum of 51% (37.5 hours) of the 75 continuing education hours MUST be directly related to full scope of your certification role and specialty.

Make sure you renew your certification on time!!



COMMUNITY EDUCATIONAL PRESENTATION "PAIN 101: Basics in Managing Your Pain"

*A very special
THANK YOU to
American Pain Foundation (APF),
Inflexion and Pain-Action for providing
literature to share
with all participants
that attended the
program!*



The Northern Virginia Local Chapter of the ASPMN presented our first community presentation, "Pain 101: Basics in Managing Your Pain" at St John Neumann Catholic Church in Reston, Virginia, on June 16, 2010.

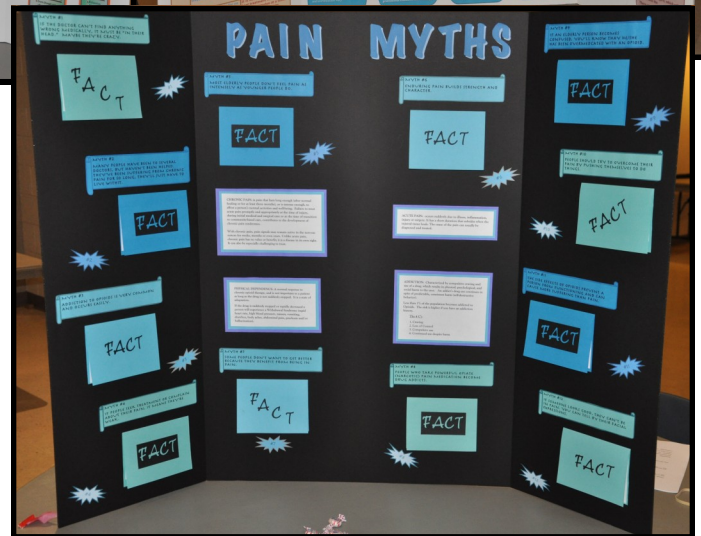
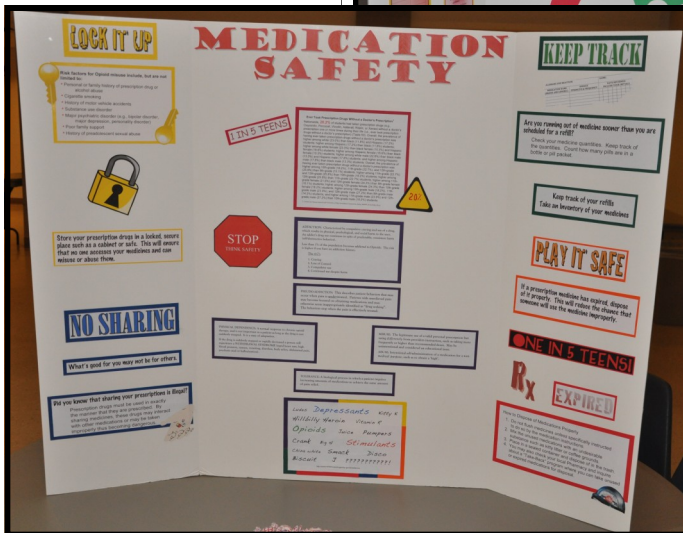
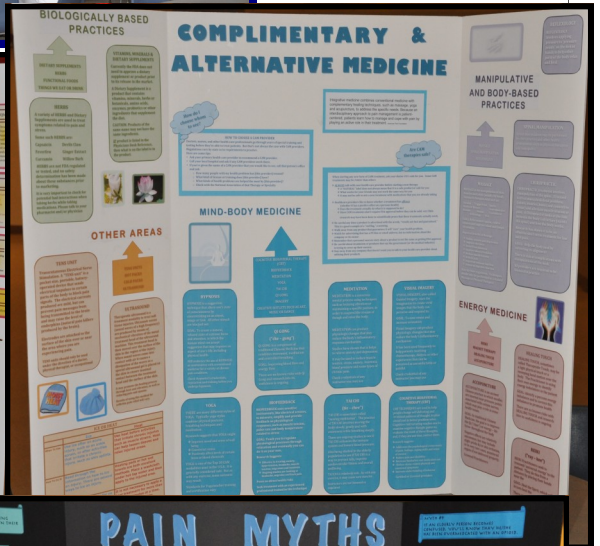
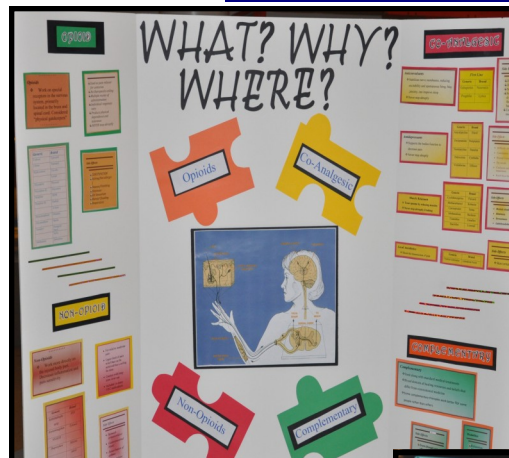
A total of 19 parishioners attended the program. Approximately one half of the participants shared their pain experiences and asked questions as the presentation unfolded.

A power point presentation was delivered by Flo Mooney-Cotter and four posters were prepared by Michelle Jacques and Flo. The four posters included:

- What, Where, Why of Pain
- Complementary and Alternative Modalities
- Medication Safety
- Pain Myths

Participants were encouraged to view and discuss the content of the posters with chapter members that were present following the formal presentation. Sue Moore was also present to help make our first efforts at a community presentation a success!

Evaluations reflected that our efforts were appreciated and that many of the participants parted with valuable knowledge. We look forward to replicating this experience at another location!



Pain Management Resources

American Pain Foundation

www.painfoundation.org



www.aspmn.org

NORTHERN VIRGINIA LOCAL
CHAPTER
NOVA ASPMN
CHARTERED NOVEMBER 2007

NEW MAILING ADDRESS:

4211 Mayport Lane
Fairfax, VA 22033

nova.aspmn@gmail.com

NEW WEBSITE:

www.aspmn-nova.org

The American Pain Foundation is an independent non-profit organization serving people with pain through information, advocacy, and support. Their mission is to improve the quality of life of people with pain by raising public awareness, providing practical information, promoting research, and advocating to remove barriers and increase access to effective pain management.

The APF publishes a quarterly newsletter, Pain Community and can be read and printed from their website. In addition, Pain Research & Practice Update is available on line. Information in the second issue (now available on line) includes information about vitamin D in chronic pain, migraines and stroke, and Tai Chi and acupressure uses in pain management.

Other services available on their website include:

Pain Information & Publications, PainAid Online Support, Military/Veterans with Pain, Newsroom, and APF Action Network.

MEMBERSHIP INFORMATION

MEMBERSHIP ('mem-ber-ship)
Noun: The state of being a member.

In our case, a member of the American Society for Pain Management Nursing (ASPMN) and being a part of something bigger than yourself. Being a part of an organization that has as its goal "to advance and promote optimal nursing care for people affected by pain by promoting best nursing practice. This is accomplished through education, standards, advocacy, and research".

As a result of being a part of the National ASPMN, you have an opportunity to connect with those in your local area who are also passionate about the field of pain management Nursing. Membership in the Northern Virginia Local Chapter of the ASPMN (NOVA ASPMN) offers you the opportunity to network, attend educational offerings, present information in areas of pain management, share research, and make a difference in your community.

WE NEED YOU!

BOOK REVIEW

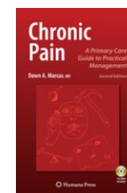


Clinical Coach for Effective Pain Management

By Paul Arnstein

This "must have" addition to your library was written by ASPMN's own Paul Arnstein. The book has been discussed on the ASPMN list serve as a valuable resource for those caring for patients in pain.

This book explores the importance of the nurse's role in acute and chronic pain management! Coverage encompasses all of the professional, theoretical, physiological, psychological, and interpersonal knowledge you need to understand the pain experienced by patients and how to manage it more effectively.



Chronic Pain: A Primary Care Guide to Practical Management (2nd ed.)

By Dawn A. Marcus, M.D.

Patients with chronic pain present a unique set of challenges. Chronic Pain: A Primary Care Guide to Practical Management, (2nd ed.) offers practical, clear, and succinct evidence-based approaches to the diagnosis and treatment of painful conditions (e.g., headache, back pain, arthritis, fibromyalgia, and abdominal pain). Sections addressing pain management in children, pregnant women, and seniors are also included. This new edition includes methods in assessing and treating the complex issues and characteristics of patients with chronic pain.

WE NEED YOU!!!

Please consider joining our local chapter.

To join, fill out the membership form attached with this newsletter and mail back to the address above with the \$20 annual membership fee. Please make check payable to NOVA ASPMN

Or you can contact us from our website listed above. We will be glad to send membership information to you!

Join now