The Pearls of Mentorship: A Leading Force for Change

If someone would have said during my formative years in nursing that I would be leading a large professional nursing organization in the state of Texas, my response would have been a resounding, “No way”. As a young nurse, it was enough to simply go to work and earn a living. Nursing was not perceived to be a profession but rather an occupation; meaning just putting in the required hours of work and getting paid for it. A personal level of commitment was short term, as long as it met self needs. Fast forward a few years and the ideals and values have changed. The realization developed that there is more to nursing than just going to work for eight hours. One can actually have a more meaningful impact on nursing by being actively engaged in one’s professional organization. I believe that inside most of us is a secret desire to go beyond ourselves to improve the plight of others, and in so doing to enrich their lives and the lives of others.

Initially, the impetus for joining ASPAN/TAPAN was purely self-motivated, since additional credits for the clinical ladder program were given to those who are members of a professional organization. Once connected, some members of the local board provided encouragement to be a part of some of the committees such as education and community outreach. The decision to be actively involved did not come easy especially since time was at a premium with work and family responsibilities. However, once on board, the rest is history. Eventually my involvement included taking different positions in the local board such as 3rd Vice-President, 2nd Vice-President, President Elect, President and Immediate Past President. One would probably say that is way too long of a commitment. That is true but looking back, every year was learning and fulfilling experience. As Abraham Lincoln once said, “In the end it is not the years in your life that count, it is the life in your years”1.

Today, I stand before you thankful for the opportunity, and humbled by the honor of being the president of the Texas Association of PeriAnesthesia Nurses (TAPAN). This wonderful organization plays a significant role in promoting your nursing profession

1. Lincoln, Abraham. "In the end it is not the years in your life that count, it is the life in your years".
The Pearls of Mentorship: A Leading Force for Change (continued from page 1)

in the perianesthesia setting through both education and mentorship that impacts nursing practice. It reflects the core purpose of the American Association of Perianesthesia Nurses (ASPAN), which is “To advance the unique specialty of perianesthesia nursing”.

In order to accomplish TAPAN’s mission, yearly strategic goals have been developed. The TAPAN executive board and the committee chairs have worked hard to accomplish the 2012-2013 strategic goals. Serving with talented leaders from across the state of Texas has been a wonderful experience. They have been willing to share their talents and energy to prepare me for this position. Their passion for this organization is evident as you look at the accomplishments of TAPAN.

Hermie, as the Immediate Past President, will continue to impart her unwavering desire to see this organization succeed by “Embracing excellence – Endless possibilities”. Following Hermie’s footsteps will not be an easy task but with GOD’s help through Jesus and your support we will be able to continue along the path that has been paved for this organization by our predecessors. Additionally, we will benefit from the knowledge and wisdom of Linda Allyn (President-Elect), Susan Norris and Susan Russell (chairs of different committees) who have served as past presidents and will also be available as mentors.

One of the goals of my term of office is to harness enthusiasm among the members and encourage all to get involved. Although we have had been blessed with wonderful leaders, we need ‘fresh blood’. Many of you have special, unique abilities and wonderful ideas that can help to propel this organization towards greater accomplishments. In order to achieve this goal I will embrace the theme ‘The Pearls of Mentorship – A Leading Force of Change’. This theme emerges from a mentoring relationship that I recently experienced. Last year I was chosen as one of two Nursing Research Fellows at our institution. Prior to my selection, nursing research and the research process were not favored subjects of mine. However, more than a year later, I have developed a much greater appreciation for nursing research. The major reason for the change is because of a wonderful mentor, Dr. Claudia Smith. Among her roles is that of coach, guide, teacher, advisor, and facilitator. Mentorship is not just about teaching and supporting but is also about helping you to be effective. A quote by one of the most famous inventors of all time Benjamin Franklin aptly describes mentorship in these words “Tell me and I forget, teach me and I may remember, involve me and I learn.” Imparting knowledge and wisdom to someone through mentorship can be fulfilling. Hellen Keller said that “the unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves”.

Mentoring is not just for the novice, but for anyone who wants to acquire a new skill, or enhance existing skills for success in nursing practice, nursing research and in nursing leadership. In 2010, The Institute of Medicine (IOM) reported in regards to the future of nursing. It proposed that “Nursing associations should provide leadership development, mentoring programs, and opportunities to lead for all their members”. One organization that has embraced this proposal is The Association of Pediatric Hematology/Oncology Nurses. They have recently intro-
The Pearls of Mentorship: A Leading Force for Change

Continued from page 2

duced members-only two-year mentoring programs to facilitate career growth and leadership development.

How about TAPAN? Are we ready to take on the task of having a mentoring program? Do we have mentors who are willing to share their professional expertise? How about mentees who have a desire to expand their professional and leadership skills? Twila Shrout (ASPAN President) said “We are all here for one another to assist, mentor and show all that is right…”

I would like to challenge each and everyone of you to make a difference and change someone’s life by being a mentor to them, or perhaps, to be changed by engaging in a strong mentor, especially as it pertains to leadership in our own organization. We need new leaders with fresh ideas. Mentorship has the potential of awakening the sleeping leadership qualities within you.

In closing I would like to thank the following individuals, Hermie, Susan Norris, Susan Russell, Linda Allyn, Debra Bennett, Ellen Abaquin, Meggie Kwan and Tracy Allen for their unwavering desire to serve the TAPAN members, to Deborah Davis for a job well done, to Lillian Bailey my manager for her continued support and encouraging words, to all TAPAN members who took time out of their busy schedules to attend the state seminar and to my beloved husband, my best friend Dave for his wholehearted support in all of my endeavors.

Lastly I would like to leave this quote with you from Orison Swett Marden, a famous author. “Deep within humans dwell those slumbering powers; powers that would astonish them, that they never dreamed of possessing; forces that would revolutionize their lives if aroused and put into action.”

Mentorship can be that force for change for each of us.

Thank you very much.

Sylva McClurkin
TAPAN President 2013-2015

References:

Recognition of Conference Faculty

TAPAN would like to recognize and thank the conference faculty for contributing outstanding, quality presentations!

◊ Dr Robin Novakovic
◊ Elizabeth Morse BSN, CAPA
◊ Dr Won Lee
◊ Suzy Lockwood PhD, MSN, RN, OCN
◊ Susan Russell BSN, RN, JD, CPAN, CAPA
◊ Monica Morgan PharmD
◊ Damon Watkins MSN, RN, CPAN
◊ Shirley Martin BSN, RN, CPN
◊ Dr Kenneth Lee
◊ Theresa Posani MS, RN, ACNS-BC, CCRN
◊ Jo C. Hoffman BSN, RN, CCRN, CEN
◊ Dr Sumeet Teotia
◊ Dr Bardia Amirlak
◊ Susan K. McDonald RN, CPAN, CAPA
◊ Julie Carlsen, PhD, MSN, MSA
◊ Phyllis Norman RN, MBA, NEA-BC

Your Practice and Patient Care; Perianesthesia Excellence
President's Reception

Celebrating Herminia
Thank You
President's Reception continued:

President's Reception at the 37th State Conference, Grapevine, Texas

2013 – 2014 TAPAN Executive Board

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>City</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>President</td>
<td>Sylva McClurkin RN MSN CAPA</td>
<td>Sugarland, TX</td>
<td><a href="mailto:dmclurkin@comcast.net">dmclurkin@comcast.net</a></td>
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<tr>
<td>Secretary</td>
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<td>Abilene, TX</td>
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<tr>
<td>1st Vice President</td>
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<tr>
<td>Treasurer</td>
<td>Debra Bennett RN CPAN</td>
<td>San Antonio, TX</td>
<td><a href="mailto:ccldebb@msn.com">ccldebb@msn.com</a></td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Gayle Stegall RN CPAN</td>
<td>Abilene, TX</td>
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</tr>
<tr>
<td>Immediate Past President</td>
<td>Herminia Robles RN CPAN</td>
<td>Houston, TX</td>
<td><a href="mailto:hrobles@stlukeshealth.org">hrobles@stlukeshealth.org</a></td>
</tr>
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</table>
The winner is: **Upper Gulf Coast Region**

Corresponding Secretary: **Bong Narvas RN**

*Thank you Bong for all that you did for the Upper Gulf Coast Region, Bong was not able to go to the conference. Thelma Duremdes—Region president accepted the award in behalf of Bong.*
37th Annual State Conference, Grapevine, TX

By Prudence Nietupski, RN, BSN, CAPA

The 37th annual TAPAN State Conference was held in Grapevine, Texas at the Hilton DFW North Conference Center. It was an opportunity for TAPAN (and non-TAPAN) members to meet, greet and catch up with each other.

On Friday we had seven speakers that presented a wide range of topics from Acute Stroke to Migraine Headache treatments with Botox and surgery. As ASPAN has written a new practice standard on OSA, we heard from an expert on OSA in the perioperative area, as well as preparing the pre op patient for surgery. A lecture was presented on Research and EBP, which encouraged many attendees express interest in pursuing EBI, through the Joanna Briggs institute, which as an ASPAN/TAPAN member we have access to. The day ended with the President’s reception with a live salsa band to honor our outgoing president Hermie Robles (aka “the dancing queen”).

On Saturday we had another day of varied topics including Emergence Delirium in post-anesthesia areas, Options for Breast Reconstruction, Nursing considerations for all phases with the Acute Stroke patient and Implementing ASPAN standards. A luncheon was held to honor the achievements of member’s in their activity through the year and an annual board meeting to induct the new TAPAN board members.

Sunday was a ½ day series of lectures, including Disaster planning, Implantable Devices to manage pain syndromes. We ended with an inspiring lecture on the history of nursing “You’ve come a Long Way Baby: Looking back to the future of Nursing”.

We had a full weekend of learning, food and fun and I’d like to thank the conference committee for their hard work in putting together this conference. Most importantly I’d like to thank all that attended, the membership supporting the conference made all the organizing very rewarding.

The ASPAN/TAPAN members make our organization the strong voice of Excellence in Perianesthesia care.

More Pictures by Paul Abaquin (Ellen Abaquin’s husband)
Treasurer’s Report for 2013 TAPAN State Conference

Debra Bennett  RN  BSN  CAPA

INCOME

Registration  
$11,270.00

+  
Donation  
$100.00

$12,270.00

EXPENSES

President's Reception  
$1,827.50

Business Luncheon  
$3,294.00

Conference Room & 3 day Banquet Service  
$9,400.00

Honorariums  
$1,873.74

AV Support  
$311.10

TOTAL  
$16,706.34

More Pictures by Paul Abaquin (Ellen Abaquin’s husband)
Distinguished Service Award

By Hermie Robles, Immediate Past President

Distinguished service award is given to one special TAPAN member whose dedication & service to the organization were exemplary. It is recognition of a member who goes above and beyond the call of duty. Every year, TAPAN President may choose to personally select a well deserving member.

This year’s award is presented to: Debbie Bennet, RN, CAPA (TAPAN Treasurer)

Service above and beyond call of duty, way beyond expectations simply describes her. She had been valuable member, not only of TAPAN but also remains active member of her region, untiringly serving in leadership position.

She had been very quiet and reserved; it will take a while to really get to know her. In her role she demonstrated immense integrity, thoroughness and special attention to details. Quite incredible! She is focused on important things that matters most to the organization, but especially matters concerning our membership at large. Her diligence has saved us a lot. She is instrumental to how and why TAPAN remains financially sound.

The Immediate Past President’s Farewell to the Presidency Speech

Here is a brief state of the organization report. TAPAN remains as strong as ever. Perhaps, more alive and stronger than we’ve been before! We are!!! I can proudly say we are standing firmly, on solid ground.

TAPAN’s activities are geared, at all times, to meet the strategic goals of our organization.

♦ First and foremost is: Promoting educational activities to all our members. Seminars and conferences offer the best opportunities to expand knowledge and learn new trends. We provided TAPAN conferences with CE’s at affordable fees to encourage more attendees. We even reduced our Conference registration fee by giving out coupons in addition to discounts for certification.

♦ We have an active Education and Research committee, chaired by Tracey Allen. We continued to promote and coordinate continuing education for all TAPAN regions, encouraging each region to offer annual seminars and CE’s in region meetings, co-sponsored ASPAN seminars, and CPAN/CAPA review classes as well as Research projects.

♦ Promoting Succession Planning and mentoring is also one of our important goals. This is clearly still a work in progress especially in the STATE level and in some of our regions. It is still very hard to find replacements for outgoing officers. We offer Annual Leadership conferences, open to all members at minimal fees, even offering free breakfast, snacks, lunch and lots of door prizes. LDI Scholarship! It is to inspire, motivate and prepare you for leadership roles. But, we need your help! Be willing to mentor and be prepared to be mentored. We need to find ways to make it more attractive for members to take leadership roles.

♦ Transparency. I believe we had been as transparent as we needed to be. If you don’t believe so or if you think it is not enough, talk to any of us. The board is always open as well as our books, for questions and discussions if needed.

♦ Membership. We continue to work hard on increasing and retaining active membership to keep TAPAN and every TAPAN region alive. We have total of 1092 active members. TAPAN continues to reward all members who recruit through our Member-get-a Member campaign drawing. The one with the most recruit is awarded the Recruiter of the year award, winning free registration to Annual State Conference. I encourage you to recruit many more members as there is always power in number!
Continued from page 10

- Financial stability – We are in very good standing. Budget is huge for your TAPAN board and we have always been very prudent in all our decisions concerning money matters. We are very much financially viable; yet keep our tax exempt status as a not-for-profit organization.
- Promote specialty Certification – We won Shining Star award again this year (4 in a row). It only shows how TAPAN promotes and supports our CPAN’s and CAPA’s. We celebrated National Certified Nurses’ day and gave away five scholarships to certified nurses, for free registration to this year’s State Conference.
- Scholarship and educational grants – We have posted the revised policies on how to apply for Scholarship on our website to give every member easy access and encourage members to avail of our scholarship fund. Last year, I reported we gave away x10 scholarships. This year, we gave more than twice as many! Total of x25 Scholarships! As we discuss how to give money back to membership, you can look forward to TAPAN budgeting for more scholarships!

I can’t believe two years have passed. Two years that I have served as your humble Madam President. I will never forget how nervous I was, then and how you made me feel at ease with your very warm welcome. I still remember as I was practicing my speech the night before in front of Liz and Deborah Davis, they asked me to cut the “I’m so nervous” part from my speech; because you would not want a nervous President!

 Seriously, and in all sincerity, I only hoped that in my own simple ways, I would truly make a difference in our organization and leave something of value behind. Getting into the TAPAN Bandwagon was such a fun and exciting ride. I made it! Still happily married to a husband who had been very patient all these many years.

I have spent many years with TAPAN and collected countless memories I know I will frequently visit in my memory bank. I will keep reminding myself of this beautiful experience, the blessings to meet so many awesome people - amazing members of the TAPAN Board and all of you who have touched my life in very special ways. Most special of all is the gift of friendship I found so many times in the process.

My leadership journey does not end here. In all of my future endeavors, I will always carry with me the pride and joy of having been a part of TAPAN! For all the love and support you have graciously given me, I will forever be grateful. Humbly, I say Thank you!

Sincerely,
Hermie Robles, RN
What is a star? A dictionary definition for star is a massive luminous sphere of plasma held together by its own gravity. A star is a heavenly body. Did you know that we have nurses in our mist with these characteristics?

Each year at the TAPAN State Conference, outstanding members are recognized for their involvement, commitment, enthusiasm and dedication to the organization during the previous year. These individuals are nominated by peers from their regions who witness the excellent work of the member. Any member can go to the TAPAN.org website and nominate a fellow member for this award throughout the year.

This year, fourteen members were nominated. Only ten members may receive recognition (A.0.13). A certificate and a lapel pin are presented to the recipient during the President’s Reception. The TAPAN Stars for 2013 are: Wesley Richardson, Carolyn Prentice, Polly Smith, Ellinore Perez, Natalie Martinez, Ida Murphy, Gabriel Romero, Gloria Streib, Vicki Lessing and Tracey Allen! Bravo to these members and to all who volunteer and keep the organization moving forward!
State Conference Awards Committee 2013

Historian’s Bluebonnet Award & Outstanding Region Award (ORA)

By Deborah J. Davis RN BSN CPAN (TAPAN 2nd V.P. 2011-2013/Awards Committee Chairperson)

The 37th Annual TAPAN State Conference Awards Committee met Friday October 11, 2013. This group of individuals volunteered to serve and complete the task of judging entries from illegible regions. The committee went straight to work following an entire conference day. I sincerely appreciate the efforts that these members gave toward this committee assignment. Thank you for your assistance! The members of the committee were: Gloria Streib (HCSTR), Thelma Duremdes (UGCR), Ann Floyd (WT&PR), Carolyn Prentice (FWTR) and Lorna Taylor (WT&PR). Again, many thanks!

Congratulations!

Cindy Krusinski won the Early Bird - entitled to 1 year ASPAN/TAPAN membership
Rita Gallaway won free registration to the 2014 TAPAN Conference

Cielito Ascio won Recruiter of the Year - entitled to free registration to the 2014 TAPAN Conference
Vern Pharr won random draw amongst all recruiters - entitled to 1 year ASPAN/TAPAN membership

Recruiters

Policy & Procedure Coordinator
Susan Russell, RN, JD, CPAN, CAPA
spraus1@8ol.com

Governmental Affairs Chair (GAC)
Susan Norris RN BScN CAPA
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Membership and Marketing
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Education and Research
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Eyeopener Editor
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TAPAN Operations

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TAPAN
Operations