

## SOUTH METRO DISTRICT GAPAN QUARTERLY REPORT

10/29/2011

South Metro Officers:

President – Carolyn Moore (Henry Medical Center)  
Vice-president – Open  
Secretary – Lynn Jones (Piedmont Fayette Hospital)  
Treasurer – Heather Click (Piedmont Fayette Hospital)  
Past President – Gretchen Konas (Piedmont Fayette Hospital)

- 1) Everyone who attended the State Conference in Peachtree City from the South Metro District had a wonderful time...great speakers...great hosts!
- 2) Representation from WellStar Douglas has joined our South Metro District.
- 3) We had a “kick-off” social toward the end of August at Heather Click’s house...we not only had a fun time, but worked collectively on Christmas cards to use for fundraising purposes.
- 4) We are in the process of organizing a business meeting before the end of the year to finalize the plans for our agenda.
- 5) 3 breakfast conferences to be held after the first of the year: one in January hosted by Henry Medical, one in March hosted by Piedmont Fayette, and one in May hosted by Southern Regional. Each will include breakfast and 3 speakers for a total of 3 CEU’s. These will be free to ASPAN/GAPAN members. A charge of \$10.00 will apply for non-members.

Respectfully submitted.....Carolyn Moore, President

### ***SAVE THE DATE 2011-2012 SOUTH METRO DISTRICT...G A P A N***

<b>AUGUST 21, 2011</b>	<b>SUMMER SOCIAL @ HEATHER CLICK’S</b>
<b>SEPTEMBER 16-18</b>	<b>GAPAN STATE SEMINAR - PEACHTREE CITY</b>
<b>Nov./Dec.</b>	<b>FALL/WINTER FUNDRAISER (Christmas Cards)</b>
<b>January 14, 2012</b>	<b>Board Meeting and Retreat at Rock Eagle in Eatonton, Georgia</b>
<b>February 4, 2012</b>	<b>SOUTH METRO BREAKFAST CONFERENCE MEDICAL CENTER</b>
<b>February 4, 2012</b>	<b>COLLECTION OF ITEMS FOR PERSONAL CARE KITS</b>
<b>APRIL 14, 2012</b>	<b>SOUTH METRO BREAKFAST CONFERENCE PIEDMONT/FAYETTE HOSPITAL</b>
<b>APRIL 15-19</b>	<b>ASPAN NATIONAL CONFERENCE - ORLANDO, FL</b>
<b>MAY 19, 2012</b>	<b>SOUTH METRO BREAKFAST CONFERENCE SOUTHERN REGIONAL HOSPITAL</b>

**SOUTH METRO DISTRICT OFFICERS  
2010-2011**

**President- Gretchen Konas, RN. BSN**  
**[Gretchenk2@aol.com](mailto:Gretchenk2@aol.com)**  
**770-389-5864**

**President Elect- Carolyn Moore, RN**  
**[CMoore@hmc-ga.org](mailto:CMoore@hmc-ga.org)**

**Secretary- Becky Cirillo**  
**[b.cirillo@comcast.net](mailto:b.cirillo@comcast.net)**  
**770-631-7737**

**Treasurer- Heather Click**  
**[htclick@comcast.net](mailto:htclick@comcast.net)**  
**770-487-2280**

## **QUARTERLY REPORT WINTER 2011 SOUTH METRO –GAPAN**

**We have completed our second Saturday morning, Breakfast Conference/meeting for South Metro. They have each been well attended by both members and potential members. Our speakers have been outstanding . Our topics have included Women’s Health presented by a representative from the CDC, Risk management issues and the current rage ,Lap-banding. The low cost, contact hours and appealing subject matter have made this format a success.**

**Our next Saturday offering is April 16<sup>th</sup> at Henry Medical Center. Our flyer will be available soon or contact Carolyn Moore@ [CMoore@hmc-ga.org](mailto:CMoore@hmc-ga.org). Our cost is still \$10.00.**

**PANAW week was celebrated all week long. Several hospitals had dinners, cookies, gifts and others received a Waffle Breakfast cooked by the members themselves. Our posters proclaimed the “ Extraordinary People giving Exceptional Care”...we put these ‘feel the Love” posters in the various hospitals. We had fun.**

**A survey was distributed at the request of the State officers in order to check the” pulse and feelings” of members and peers alike.**

**Gretchen Konas,  
President So. Metro District**

## South Metro Report

Our former weekly meetings have changed to a Saturday morning format with Breakfast and three contact hours. We will offer this three times a year. We will still have brief a meeting after the educational offerings. The goal was "less meetings and more contact hours".

This Breakfast conference is open to all at a nominal fee of \$10. Our first Saturday. Breakfast Conference /meeting will be offered on October 9th at Piedmont Fayette Hospital. Flyers to all local hospitals will be forthcoming.

Contact Gretchen Konas for more info. [Gretchenk2@aol.com](mailto:Gretchenk2@aol.com) or (w) 770-719-6872.

Gretchen Konas, Pres.  
South Metro District

## **South Metro Nurses Share With The World**

In February when Haiti was hit with the horrific earthquake, no one knew what extent the damage was to the country and the infrastructure. After a few hours, then days, reports poured into every news station. South Metro District of Georgia Association of Peri-Anesthesia Nurses met in March for their regular scheduled meeting. We as a group wanted to help, but how? We were not in a position where we could go to Haiti and offer "hands on" help. So we did the next best thing, we sent money. Five hundred dollars was sent to MedShare International to help with purchasing some of the much-needed medical supplies for those who were able to go and use their hands. This ended up being 25% of our income, but this was only one of the community outreach projects that our group was able to accomplish this year. We also brought food products and canned goods to be given to Fayette Samaritan's Food Bank in Fayette County. The most recent project this group has undertaken is to send \$250 to Good Samaritan Volunteer Service, a non-government organization serving Christ through hospitalized children in the Philippines. This money will be used to buy life saving antibiotics for these children, who otherwise would have none.

Although, nurses as a whole, give of themselves daily at their professions, we in South Metro continue to give "off the job". Our goal is to reach out to our community whether it is locally, nationally, or internationally, and show the empathy and compassion for which nurses are famous.

SOUTH METRO DISTRICT GAPAN STATE REPORT  
SEPT. 2009 – JAN. 2010

Four members from the West District approached South Metro at the state conference requesting to participate in our district. Letters of welcome and South Metro District information was sent to each. Also, an offer of assistance to help keep the West District active was included.

Consistent participation in South Metro GAPAN continues to be limited to the same 8-10 members, primarily from one of the five hospitals in the district. Membership information

has been provided along with organizational information and all have been invited to attend state GAPAN board meetings, as an observer. This was done in an effort to both increase

participation and to mentor those who are interested in serving. Also, surveys were sent to the forty-six nurses on our district mailing list, not all are GAPAN members, with questions specific to increasing participation. Suggestions were also solicited. We received ten replies. We welcome suggestions from other Districts and the State officers to assist us in increasing participation and membership.

The second meeting of our business year was held again at Piedmont Fayette Hospital. We developed plans for our first fund-raising effort. A report of those efforts will be presented at the March District meeting. The educational portion of this meeting was not offered. Decreased member hospital participation and my “learning curve” accounted for this omission. Recognizing that education is an important aspect in this professional organization, there will be an offering this spring, independent of our business meeting. Our efforts to update the Districts Policy & Procedures and Bylaws were suspended. South Metro District’s P&P and Bylaws date to 2005. Our update will resume when we have updated P&P and Bylaws from the State so that our components will be consistent with the State level, as directed in Article IX, Section 9.3 of the State bylaws. Two members volunteered to coordinate the PANAW observance activities for this Districts membership.

Our meeting this month was held at Henry Medical Center (HMC). Twenty-three nurses attended, predominantly non-GAPAN members, who we have welcomed at our meetings. The educational offering was presented by Dr Brian Myers. The topic was “Spleens and Laparoscopic Splenectomy”. The perianesthesia staff at HMC did a great job and the District appreciates the effort and their continued participation as a member hospital. Lynn Jones, RN, CAPA was recognized for her outstanding efforts during our fundraiser. Members were encouraged to serve as officers for business year 2010-2011 and job descriptions were provided for president-elect and treasurer. Our components policies include financial support to members for educational purposes and CPAN/CAPA certification. The availability of these monetary gifts was made known to our membership and they were encouraged to apply.

Our next business/educational meeting is scheduled for March 9<sup>th</sup> at Southern Regional Medical Center. The educational offering will be “How To Do the Lap-Band Walk”. Please contact Janet Hamilton at [Janet.Hamilton@southernregional.org](mailto:Janet.Hamilton@southernregional.org) or myself if you

would like to attend. We welcome you to share this with members of your organization and for them to attend. Contact hours have been applied for through GNA.

Respectfully submitted,

Barbara Woodward, RN, CPAN  
President, South Metro District  
e-mail: [gshzo1952@bellsouth.net](mailto:gshzo1952@bellsouth.net)  
phone: 770-460-0472

## District Report for South Metro District

March 09

District 29, South Metro has had only one meeting since last report. We met on February 10th at Spalding Regional Hospital. Our community project was to bring canned goods to be provided to a food pantry in Spalding Co.

We ended up with several bags for delivery. Our speaker at the meeting was Danny McBride, RN, CIC. He spoke on Infection Control in the hospital setting. He was very informative and entertaining. We all enjoyed a meal donated by one of the CRNA's at Spalding Regional. We had a short business meeting in which we discussed the Fall Seminar we hope to provide in November at Piedmont Fayette Hospital.

Vickie Jeffries

Report  
South Metro District 29  
September-December 2008

We have had two meetings. October 14 we met at Piedmont Fayette Hospital with a short business meeting, meal and speaker. Amy Glover, RN gave a very interesting talk about On Q pain pump. She passed around the equipment used and showed slides detailing where the catheters should be placed for maximum efficiency. As a group we decided to plan a Fall Seminar in August. Shirley Primus volunteered to chair the seminar. Sandra Courtois and Carri Garon volunteered to head up our PANAW week in February. Our community service opportunity for this meeting was to bring non-perishables for the Fayette Samaritans Food Bank. We delivered 44 pounds of food products.

Our second meeting was held on December 9, 2008 at Southern Regional Medical Center. Again we were blessed with a meal, a wonderful speaker and a short business meeting. Cheryl Upchurch, RN, Heartburn Treatment Center Nurse Coordinator spoke and gave a slide presentation about GERD Care 2008 and beyond. Her message to us was "GERD is a significant disease with malignant potential and often causes severe lifelong symptoms." Shirley Primus was unable to be at the meeting but sent word for us to send feedback to her re: the theme of the seminar and potential speakers. There was no report from the PANAW committee as yet. Our community service project for the meeting was the gathering of small travel supplies in order to put together hygiene packs for the homeless center. We were able to put together nearly 100 hygiene packs with soap, shampoo, conditioner, lotion, toothbrush, toothpaste, and tissues. They will be delivered to Calvary Refuge Center in Jonesboro.

Respectfully submitted,  
Vickie Jeffries  
President,  
South Metro District 29