

VIRGINIA:

BEFORE THE BOARD OF NURSING

IN RE: SAUNDRA TROUSLOT, R.N.

ORDER

In accordance with §§ 2.2-4019, 2.2-4021 and 54.1-2400(10) of the Code of Virginia (1950), as amended ("Code"), an informal conference was conducted on behalf of the Board of Nursing ("Board") on December 2, 2010, in Henrico County, Virginia. Sandra Trouslet, R.N., was present and was not represented by legal counsel. Jane Elliott, R.N., Ph.D., serving as Agency Subordinate for the Board, submitted a Recommended Decision for consideration.

On January 26, 2011, a quorum of the Board met to receive and act upon the Recommended Decision of the Agency Subordinate. Ms. Trouslet was not present nor was she represented by legal counsel.

Based upon its review of the Recommended Decision of the Agency Subordinate, the Board makes the following Findings of Fact and Conclusions of Law and issues the following Order.

FINDINGS OF FACT

1. Sandra Trouslet, R.N., was issued License No. 0001-220846 to practice as a professional nurse in Virginia on August 14, 2009. The license is current and is scheduled to expire on September 30, 2011. Her primary state of residence is Virginia. Ms. Trouslet was previously licensed as a registered nurse in Colorado and California. According to Ms. Trouslet, these licenses expired in good standing.

2. By letter dated November 9, 2010, the Board of Nursing sent a Notice of Informal Conference ("Notice") to Ms. Trouslet notifying her that an informal conference would be held on December 2, 2010. The Notice was sent by certified and first class mail to 808 Walnut Forest Ct.,

Chesapeake, Virginia 23322, the address of record on file with the Board of Nursing.

3. On March 29, 2010, during the course of her employment with Chesapeake Regional Medical Center, Chesapeake, Virginia (“Chesapeake Regional”), Ms. Trouslot was observed to be impaired while on duty. More specifically, she was disoriented and sweaty. It was also noted that she had pin-point pupils with glassy eyes, was slurring her words, and walked with an unsteady gait. Ms. Trouslot later collapsed in one of the patient rooms. At the informal conference, Ms. Trouslot reported that she suffered from chronic back pain resulting from a fall down a flight of stairs while she was living in Korea in November, 2008. She reported that there was no neurosurgeon in Korea, so, her pain was managed with Percocet. Upon returning to the United States Ms. Trouslot had back surgery in September, 2009, with some complications, and also received 120 tablets of Percocet every two weeks. According to Ms. Trouslot, she ran out of medication, and had no remaining refills. She stated that she was not impaired on March 29, 2010, as referenced above, but was in fact having severe withdrawal symptoms because she had not had any medication within the prior three days. Ms. Trouslot reported that on that day, she was violently ill, was vomiting, and that she did sit down on the floor.

4. By her own admission, on April 2, 2010, Ms. Trouslot submitted false documentation of a molar pregnancy to the clinical coordinator of Chesapeake Regional as the reason for her behavior on March 29, 2010. She used this condition as an excuse because she did not know how to tell her supervisor that she was experiencing withdrawal symptoms.

5. By her own admission, between March 29, 2010, and April 19, 2010, during the course of her employment with Chesapeake Regional, Ms. Trouslot diverted Demerol (meperidine, Schedule II) and Fentanyl (Duragesic, Schedule II) from the pyxis machine using the names of various patients for her own personal and unauthorized use. In at least one of those instances, she documented that she administered the medication to the patient, when she had not done so. She did not take the medication

while on duty, but on at least two occasions, she did take medication before reporting to work. As a result, her employment was terminated on April 21, 2010.

6. Ms. Trouslot stated that she began diverting the medication after she ran out of her prescribed Percocet, which was no longer effectively treating her pain, and she began to experience withdrawal symptoms from not taking the Percocet. She reported that at some point, she stopped treating her pain and became addicted to Demerol and Fentanyl. She further stated that she never deprived a patient of pain medication and there is no documentation of patient harm resulting from her diversion.

7. Ms. Trouslot has diagnoses of alcohol and opiate abuse. She completed inpatient treatment for opioid addiction at Twelve Oaks in Florida from April 24, 2010, to May 14, 2010. Her reported sobriety date is April 18, 2010. She indicated that she attends NA meetings five times per week, and that she has a sponsor with whom she is actively working the 12-step program. She also stated that she currently goes to counseling once a week, and that the frequency of her counseling sessions would soon change to once every two weeks. Her current medications are Effexor and Celebrex.

8. Ms. Trouslot signed a participation contract with the Health Practitioners' Monitoring Program ("HPMP") on May 6, 2010, and signed a recovery monitoring contract on May 24, 2010. However, she was dismissed from the program on August 3, 2010, by her own request due to her inability to afford the program. At the informal conference, Ms. Trouslot expressed a willingness to reenter the program, and stated that she now had financial help to assist her with the costs associated with participation in the program.

CONCLUSIONS OF LAW

1. Finding of Fact No. 3 constitutes a violation § 54.1-3007(5) and (6) of the Code.
2. Finding of Fact No. 4 constitutes a violation of § 54.1-3007(2) and (5) of the Code and 18 VAC 90-20-300(A)(2)(e) of the Regulations Governing the Practice of Nursing (“Regulations”).
3. Finding of Fact No. 5 constitutes a violation of § 54.1-3007(2), (3), (5), and (6) of the Code and 18 VAC 90-20-300(A)(2)(c) and (e) of the Regulations.
4. Finding of Fact No. 7 constitutes a violation of § 54.1-3007(6) of the Code.

ORDER

WHEREFORE, it is hereby ORDERED as follows:

1. License No. 0001-220846 of Sandra Trousnot, R.N., is INDEFINITELY SUSPENDED.
2. The license will be recorded as suspended and no longer current.
3. At such time as Ms. Trousnot shall petition the Board for reinstatement of her license, an administrative proceeding will be convened to determine whether she is capable of resuming the safe and competent practice of nursing. Ms. Trousnot shall be responsible for any fees that may be required for the reinstatement and renewal of the license prior to issuance of the license to resume practice.
4. This suspension applies to any multistate privilege to practice nursing.
5. This suspension shall be STAYED upon proof of re-entry into the Health Practitioners’ Monitoring Program (“HPMP”) pursuant to Chapter 25.1 of Title 54.1 of the Code and 18 VAC 76-10-10 *et seq.* of the Regulations Governing the HPMP. At such time, the indefinite suspension shall be STAYED and the following terms and conditions shall apply:
 - a. Ms. Trousnot shall comply with all terms and conditions for the period specified by the HPMP.
 - b. Any violation of the terms and conditions stated in this Order shall be reason for

summarily rescinding the stay of indefinite suspension of the license of Ms. Trouslot, and an administrative proceeding shall be held to determine whether her license shall be revoked. The stay of indefinite suspension may be summarily rescinded at such time the Board is notified that:

- i. Ms. Trouslot is not in compliance with the terms and conditions specified by the HPMP;
- ii. Ms. Trouslot's participation in the HPMP has been terminated;
- iii. There is a pending investigation or unresolved allegation against Ms. Trouslot involving a violation of law, regulation, or any term or condition of this order.

6. Upon receipt of evidence of Ms. Trouslot's participation and successful completion of the HPMP, the Board, at its discretion, may waive Ms. Trouslot's appearance before a Committee and conduct an administrative review of this matter, at which time she may be issued an unrestricted license.


7. This Order is applicable to Ms. Trouslot's multistate licensure privileges, if any, to practice nursing in the Commonwealth of Virginia. For the duration of this Order, Ms. Trouslot shall not work outside of the Commonwealth of Virginia pursuant to a multistate licensure privilege without the written permission of the Virginia Board of Nursing and the Board of Nursing in the party state where she wishes to work. Any requests for out of state employment should be directed, in writing, to the Executive Director of the Board.

This Order is subject to appeal to the Board. If Ms. Trouslot desires a formal administrative hearing before the Board pursuant to §§ 2.2-4020 and 2.2-4021 of the Code, she must notify Jay P. Douglas, R.N., M.S.M., C.S.A.C., Executive Director, Board of Nursing, Perimeter Center, 9960 Mayland Drive, Suite 300, Richmond, Virginia 23233, in writing, within thirty-three (33) days from the date of service of this Order. Upon the filing of a request for the hearing with the Executive Director,

this Order shall be vacated.

Pursuant to § 54.1-2400.2 of the Code, the signed original of this Order shall remain in the custody of the Department of Health Professions as a public record, and shall be made available for public inspection and copying upon request.

FOR THE BOARD


for Jay P. Douglas, R.N., M.S.M., C.S.A.C.
Executive Director
Virginia Board of Nursing

Entered: February 3, 2011