



ASPAN

American Society of PeriAnesthesia Nurses

Message from the President

Reignite your Passion for Perianesthesia Practice

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As I think about this month and celebrating Independence Day, and next month being back to school, I am reminded we need to reignite our passion for perianesthesia nursing. My goal as president is to keep the energy alive and keep myself and all our perianesthesia nurses empowered.

First, it's important to remember why you chose this field in the first place. What drew you to perianesthesia nursing? Was it the opportunity to care for patients during a critical time in their healthcare journey? Or perhaps, it was the fast-paced, high-pressure environment you thrive in? Whatever it was, try to reconnect with that passion. Think back to some of the most meaningful patient experiences you've had and remind yourself of the difference you made in patients' lives as a perianesthesia nurse.

It's also important to remember to take care of yourself in this challenging field. Make sure you're getting enough rest, food, and breaks during your shifts. Seek support from colleagues and mentors, and don't be afraid to ask for help when you need it.

Additionally, consider exploring continuing education opportunities in perianesthesia nursing. By keeping up-to-date with the latest advances in technology and clinical practice, you can stay engaged and passionate about your work. Think about watching a webcast, attending in-person learning, or participating in upcoming events like the Perianesthesia Academy for nurse leaders in September and the Perianesthesia Development Institute (PDI) in November for component development.

Finally, try to approach each day with a positive attitude and enthusiasm for the role you play in your patients' care. By staying focused on the importance of your work and the impact you can have, you may find your passion for perianesthesia nursing reignited.

I will leave you with some tips to stay inspired and motivated:

- Remember the importance of your work: As a perianesthesia nurse, you are responsible for ensuring patients are safe before, during, and after their procedures. You play a crucial role in the healthcare system, and your work can have a significant impact on patients' lives. Remember, your work is important, and you are making a difference.
- Stay up-to-date with the latest knowledge: The field of perianesthesia nursing is constantly evolving, and it is important to stay current with research and evidence-based practices as well as best clinical practices. Attend conferences and seminars, read professional journals, and join professional organizations to stay informed.
- Seek out mentorship and guidance: As a perianesthesia nurse, it is important to have mentors and colleagues who can offer guidance and support. Seek out experienced nurses or nurse practitioners who can offer advice and share their knowledge and expertise.
- Focus on self-care: Perianesthesia nursing can be stressful and challenging, and it is important to take care of yourself as well as your patients. Make time for self-care activities such as exercise, meditation, or hobbies that bring you joy.

So as the fireworks ignite, and as everyone begins to go back to school soon, remember your "why" and promote excellence as you continue to bloom.