



# ASPAN

American Society of PeriAnesthesia Nurses

## Message from the President

### Opportunities and Possibilities: Evidence Based Practice and Research

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ASPAN President 2012-2013

Have you heard the exciting news? ASPAN, under the dual leadership of Dr. Kim Noble, Director for Research, and Dr. Daphne Stannard, Coordinator of the Evidence Based Practice (EBP) Strategic Work Team (SWT), now has a practice recommendation (PR) for the care of patients with obstructive sleep apnea (OSA) during the perianesthetic period.

The OSA-PR was presented to the ASPAN Representative Assembly (RA) in Orlando this past April. After many questions and healthy discussion, the PR was passed in a vote by the RA, and will be published in the upcoming edition of ASPAN's *Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements 2012-2014*, as well as in the October, 2012 issue of the *Journal of PeriAnesthesia Nursing*.

#### **OSA Practice Recommendation**

The OSA-PR comes at a time when the Clinical Practice Committee receives an increasingly frequent number of questions regarding the care, monitoring and discharge for this at-risk patient population, whether discharging to home or to a postoperative unit. As noted in the purpose statement of the PR, "This practice recommendation is intended to promote perianesthesia patient safety in the care of adult patients (over the age of 18) with known or suspected OSA who have received opioids, procedural sedation, general or regional anesthesia. It is not intended to be all-inclusive. Each institution should develop a multidisciplinary guideline to meet the needs of their patient population and personnel resources."<sup>1</sup>

So, now you may be asking yourselves, what does all this mean to me as a nurse at the bedside, or as a manager of perianesthesia teams? Will Rogers once said, "Even if you are on the right track, you will get run over if you just sit there."<sup>2</sup> The OSA-PR means ASPAN is far from sitting there. ASPAN's volunteer committee and SWT members are hard at work focusing on the issues and problems of importance to you, our members, as well as continually focusing on improving the safety and quality of the care of the patients entrusted to our care. It means that ASPAN is focusing on one of its primary strategic goals: "The art and science of perianesthesia practice will be advanced through research and evidence-based practice activities."<sup>3</sup>

The work of these two teams, the Research Committee and the EBP SWT, is not new or unique. It is, however, a continued partnership of collaborative efforts within ASPAN and with our medical colleagues to produce best practice guidelines for the best patient care possible using information from practice experts and available evidence. ASPAN's OSA-PR received endorsement from our anesthesia colleagues in the American Society of Anesthesiologists and from Dr. Frances Chung, an internationally recognized expert on obstructive sleep apnea. Soon, the fruits of these labors will be as close as your fingertips in the next edition of ASPAN's Standards.

#### **Pain and Comfort**

Not content to rest on our past successes and laurels, the dynamic duo of the Research Committee and EBP SWT is moving on to address ASPAN's Pain and Comfort Guideline. First developed in 2003, this guideline is in need of remodel and make-over. Working with Chris Pasero, a nationally recognized

nursing pain expert, the reconstruction promises to be dramatic, fresh, and once again in line with what you, the member, are requesting.

This guideline will likely transform into another clinical practice recommendation, which will be created in two separate and distinct documents. The focus of the work will initially center on sedation assessment, sedation from the standpoint of unwanted sedation, and not the intentional sedation that comes with procedures and the administration of conscious sedation. Pain assessment will be the second arm of the work to be done on this much beloved, but outdated, guideline. The teams are currently forecasting to have the sedation portion ready to present to the ASPAN Representative Assembly in April 2013.

### **Fatigue Study**

Fatigue: who doesn't experience this from time to time after working all day and then being on call during "one of those nights?" Drs. Jackie Ross and Daphne Stannard are co-principle investigators working on a study examining fatigue and the impact on perianesthesia nurses and patient care. Logs, or diaries, will be kept by nurses working at the bedside, and translated as only expert researchers can do, into recommendations which will prove to be invaluable to the health of our nursing colleagues and the safety of our patients.

### **Joanna Briggs Institute**

Have you heard of the Joanna Briggs Institute (JBI)? You now have access, as an ASPAN member, to the world's largest database of nursing research. This was another initiative brought forward by the teams of Research and EBP to the Representative Assembly this past April. The resolution was approved and now provides each of you the ability to explore evidence applicable to the everyday challenges you face in your practice. If you haven't delved into this member benefit, I encourage you to log on to the ASPAN Web Site and begin searching for evidence to help answer your clinical questions.

### **Continued Work**

ASPAN will continue to advocate and encourage the utilization and implementation of research and evidence-based practice. Every nurse must seize the opportunity to explore and create ways to provide positive patient outcomes. The possibilities through research and evidence-based practice, accessing the JBI database for answers to your dilemmas and questions, are within your grasp. "A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral." - Antoine de Saint-Exupéry<sup>4</sup> Begin creating your cathedral with the help of ASPAN's research and evidence-based practice resources.

### **REFERENCES**

1. American Society of PeriAnesthesia Nurses. Practice Recommendation: Obstructive Sleep Apnea in the Adult Patient. In: *Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements 2012-2014*. Cherry Hill, NJ: ASPAN; In Press.
2. Available at [http://www.brainyquote.com/quotes/authors/w/will\\_rogers\\_2.html](http://www.brainyquote.com/quotes/authors/w/will_rogers_2.html). Accessed 5/28/12.
3. ASPAN 2011 Strategic Plan.
4. Timberlake L. Imagination. In: *First Thing Every Morning*. Naperville, IL: Simple Truths, LLC; 2009: 185.