



ASPAN

American Society of PeriAnesthesia Nurses

Message from the President

**Heart and Science of Caring -
Collaborate. Advocacy. Purpose. Excellence.**

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Celebrate Nurses Day, Week, and Month

Nurses are fortunate to have a robust legacy of caring pioneers. Each nurse has the shared purpose of providing the ultimate goal of providing excellent patient outcomes. Every nurse is a leader, who collaborates to advocate for well-being and health. Our nation annually celebrates the legacy of nurses each May, beginning May 6, Nurse Appreciation Day, and ending on May 12, Florence Nightingale's birthday. Nurses are honored and inspired to pursue advocacy for patients, colleagues, and themselves. Yearlong tributes of exchanging gratitude brighten through acts of kindness. Perianesthesia nurses positively impact lives and empower practices in meaningful ways when we lift each other upwards.

My decision to become a nurse was spurred by the possibility of a career that would lead to travel. How appealing to explore the world from the perspective of a nurse on the frontline of healthcare! For three years, my nursing program prepared me to be an RN. Unfortunately, few jobs were available for a first-year novice in my native Canada. I leaped at the opportunity to be a travel nurse in the United States. What a wild and enriching ride it has been. It was an honor to be the first nurse in my family. Now 31 years later, other members follow in my footsteps. It is enchanting to see their call to care for others.

Caring Nursing Theorists

In graduate school, I became aware of many distinguished nurse leaders. I hold a greater esteem for iconic nursing champions. Nightingale was an advocate, statistician, researcher, and founder of nursing philosophy without the technological advances or educational resources we hold at our fingertips today. Nightingale focused on Environmental Theory,¹ still relevant today despite the lapse of over a hundred years. During Nightingale's service, she mistakenly thought nursing was solely women's work. The field of nursing has advanced to promote diversity, forward-thinking, and inclusivity of all our caring colleagues.

Philosophy and Science of Human Caring

Jean Watson is well known for her Philosophy and Science of Human Caring.¹ Nightingale and Watson were influential visionaries identifying healthy environments and the importance of human caring capabilities applicable to current nursing practices. Another nursing theorist, Patricia Benner, is noted for her Novice to Expert philosophy.¹ She highlighted five levels of nursing experiences. It seems I can have all these extremes in any daily encounter, and this certainly allows me to be a better learner, mentor, and leader myself. If you are a novice nurse or new member with ASPAN, do not fret! There is a bounty of experiences within our organization to advance our unique specialty of perianesthesia nursing. Do not be shy. Each valuable member can guide and inspire our perianesthesia practice and ASPAN experience.

Core, Care and Cure

Lydia E. Hall's theory, the Core, Care and Cure,¹ adapts three individual concepts. Core from a personal level for nurses; care as a delivery role; and cure, as patient illness and wellness interventions given from professional caregivers.¹ Do you have a favorite nursing theorist? Which one speaks the loudest to your caring heart? Luckily, there are so many options to choose from.

Caring: Art and Science

The art and science of caring has impactful elements to the calling in our nursing specialty. The core purpose of exhibiting caring behaviors is central to having a concern for a person's well-being. This includes patients, nurses, and, in general, the welfare and wellness of others. Caring is having the ability to extend compassion, and concern for ourselves. Unfortunately, nurses often care for others before caring for themselves. We need to remind each other our own care is valued and essential to avert burnout or fatigue.

There have been many influential cheerleaders supporting and caring about my perianesthesia growth and development, especially when I was a new member of the PeriAnesthesia Nurses of New Mexico (PANANM) and ASPAN. I am grateful for vast mentors, numerous lessons learned, challenges met, and friendships discovered along the way. A favorite class I teach is airway simulation. New graduates are wide-eyed, receptive to learning, and eager to start caring for their own patients. I have made it a habit to suggest they find a mentor to help support their career, as one day they will be someone's preceptor or mentor. I often inquire if they belong to a national organization. Sadly, a very low percentage of learners respond yes. By the time I finish sharing my professional path of belonging to a national organization, why it matters, the engaging opportunities I have received through membership and serving on component and national boards, they are nodding their heads and considering the idea is worthy. Lifelong learning experience is essential to our specialty. Let's embrace Benner's varying levels proudly!¹

Nurses on Committees, Boards, and Governance

Nurses have a powerful advocating tool. It is their voice. It is often only shared and interpreted as a whisper. We can be impactful catalysts by turning up the volume and tone of our message. Together, we can create positive changes for our healthy environments, healthcare initiatives and dynamic patient care through collaborative advocacy and kindness.

Nurses are the perfect team members to serve on a board of directors. Nurses strategize daily at the bedside, advocating for patients' well-being. They know how to effectively set goals, purposefully plan and execute tasks necessary to achieve excellence. There are so many benefits to serving on components or national committees. When nurses volunteer and participate to share their community service, there are mutual advantages; personal and professional gratification combined to improve instructional and organizational outcomes.^{2,3}

I share this same optimism for ASPAN, as our annual National Conference just concluded. New officers were installed. New committee team members are meeting each other, excitedly anticipating the prospects of learning new knowledge, and developing skill sets and ideas to share with the bedside nurses on their home units. Boards of directors at component and national levels, and committees and strategic work teams (SWTs) are planning for the future with inspired purpose, developing their charters and organizational goals. They stretch to reach goals and deliver outcomes. All governances need nurses.

Four Seasons - Seeds for Inspiration

I adore all four seasons, as each offers its own individual climate conditions based on degrees of light, temperature ranges, growth, or dormancy. Each transition allows us to reflect or respond depending upon the flux of weather patterns. Oh, how I adore warmer, longer days, new beginnings: flourishing growth and development, visions for high hopes seeking bright futures, observing purposeful strategizing from prior planting, optimism for cooperative weather and bountiful returns. Credence and patience drive innovation for excellence. Plant seeds for inspiration and success.

New Beginnings

Take this as a cue to embrace your own new beginnings. What do you want to learn? How can you cultivate your growing season? Are you willing to be a novice or advanced beginner and try a new task, project, join or lead a committee? If you identify as competent or proficient, how can you advance to a higher level? As an expert, share your knowledge, processes, and experiences to help other nurses cultivate skills. We need to care about all perianesthesia matters.

To nurture a thriving collaborative organization, it demands a variety-pack from the gardens, flowerbeds, and fields. We all sprout at varying stages, conditions, and environments. Belong, be active in our unique organization. Contribute your time, energy, and involvement **as perianesthesia caring collaborators**. *Empower your caring practice through ASPAN!*

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