



# ASPAN

American Society of PeriAnesthesia Nurses

## Message from the President

### Perianesthesia Passion: Renew and Inspire with a New Year's Resolution

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**ASPAN President 2015-2016**

I love ushering in the New Year with my loved ones. Unlike other partygoers, we do not go to a popular metropolitan city like New York, Los Angeles or Chicago to welcome in the New Year. We are comfortably ensconced in the warmth of our home and watch the famous crystal ball drop in Times Square. This is one advantage of living on the yellow brick road in Kansas. Since the ball drops in the eastern time zone, my family can celebrate and still be in bed by midnight Kansas time.

The new year is also the time that many people make resolutions. These intentions can be anything from starting a new diet, exercising more, working less, taking up a new hobby...the list can go on and on! What is a resolution? According to Webster it is "the act of finding an answer or solution to a conflict, problem, etc., the act of resolving something."<sup>1</sup> ASPAN has its own 'New Year's Resolutions' each year. I want to share how ASPAN has been working towards meeting its resolutions. Through these 'resolutions,' ASPAN continues to enhance its status as "the influential advocate for perianesthesia safety, public policy, nursing practice and standards."<sup>2</sup>

#### **Clinical Practice**

Under the leadership of ASPAN Director for Clinical Practice Susan Russell, the Clinical Practice Committee has answered hundreds of questions since May 2015 from both members and non-members. The questions are often prefaced with, "What does ASPAN recommend?" At the most recent Standards meeting, the Standards and Guidelines (S&G) Strategic Work Team (SWT), in collaboration with the Evidence Based Practice SWT, updated the current practice recommendations (PRs), and leveled these PRs with the highest level of evidence, whenever possible.

ASPAN recognizes that its many passionate volunteers and their work needs support. To this end, ASPAN has secured the services of a medical librarian to assist with clinical and standards issues. ASPAN continues to invest in the Joanna Briggs Institute (JBI), both with an organizational membership, and by way of scholarship support for emerging JBI scholars, who also assist and support the work of the S&G and EBP teams.

#### **Education**

With the leadership of ASPAN Director for Education Linda Beagley, ASPAN is resolute in ensuring that ASPAN remains its "members' indispensable resource for perianesthesia education and knowledge."<sup>2</sup> With that goal, the Education Provider Committee wants to increase the number of ASPAN speakers, update its educational materials and platforms, and ensure that the educational opportunities provide a wider reach to all perianesthesia nurses. ASPAN webinars and webcasts are gaining momentum. With a decline in attendance at "live" seminars during the past year, ASPAN wants to provide vital educational programs closer to first tier cities in order to draw more attendees.

#### **Research**

Elizabeth Card, ASPAN Director for Research, has been working on a fascinating study regarding burnout. In addition, the Fatigue and SafeTy (FaST) study in perianesthesia nurses, created by Dr. Daphne Stannard and Dr. Jackie Ross regarding nurse fatigue, is also underway. Both studies are in the analysis phase. ASPAN is looking forward to seeing the results of this study. I love the following quote by

Albert Einstein: "If we knew what it was we were doing, it would not be called research, would it?"<sup>3</sup> As a bedside nurse, the research and EBP done to support our practice is the real value in ASPAN's mission.

### **ASPAN Leaders**

ASPAN leaders, past and present, have been resolute in making sure that ASPAN flourishes as it should. But it is ASPAN's future leaders who will make sure that this tradition continues. Jacque Crosson and the nominating committee members have been passionate in encouraging and vetting members to self-nominate for board of director positions. The results of their efforts give testament to this passionate and diverse group of nominees. This is indeed an exciting time for our society.

As I consider the remainder of my term as your president, I ask myself, "Have I accomplished what I had set to do?" In my inaugural speech, I quoted Benjamin Franklin: "Tell me and I forget, teach me and I remember, involve me and I learn."<sup>4</sup> I believe that my travels among some of the ASPAN components, and meeting with emerging leaders at the Leadership Development Institute (LDI) in September, allowed me to accomplish a great deal. The enthusiasm that component leaders demonstrated at LDI during interactive lectures and round-robin sessions was inspiring. I met members who felt like they were in a rut and had considered stepping back from the organization, but exposure to and involvement in different ASPAN committees and SWTs has renewed their passion for this specialty.

ASPAN and its leaders cannot sit on their laurels or think we can work in silos. We continue to value the importance of being involved with other organizations, which is why we have liaisons to key organizations. For example, ASPAN's important membership in the Nursing Organization Alliance (NOA) and the Nursing Community Forum will ensure that our collective voice is heard.

We will continue to renew and inspire our members to great heights if we resolve to meet their needs through clinical practice, education and research. It is, therefore, imperative for us present leaders to continue to mentor new leaders to new roles. It is only with passionate commitment to a shared vision for our future that we can achieve even more.

### **REFERENCES**

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