

**My Highlights of the 2012 ASPAN National Conference**  
**April 15 – 19, 2012**

I have attended four ASPAN National Conferences in my 34 years of nursing. I work in a small rural hospital. We have a small staff. To have the chance to go a conference is a wonderful opportunity. Each conference has a different focus of education and city flare. The conference has a number of chances to meet with other perianesthesia that have the same concerns as I do.

Each session I attended gave me something new to better my practice, from how to use humor in my practice to, taking pride in myself for “taking the next step” to become certified. I enjoyed going to the Celebrate Successful Practices Oral Presentations. It was exciting to see nurses who, like me, were struggling with challenges to care for their patients more effectively.

The session on the role of anesthesia in the prevention of surgical site infection was exciting. I learned more in that 1 hour and 15 minutes than I did in all the in-services we had at work. OSA Practice Recommendation instructed me in the care of OSA patients which, in our practice, we do get at least one patient a day.

My focus is in Phase II, PACU. The meeting on, “Discharging your Patient, Are they Ready?” reminded me about some of the things I knew, but have not done in a long time. Just the basics really make a difference.

To hear the speakers talk about EBP and their success stories excited me and made me very proud of my specialty.

I attended the Post Conference: “Hot Topics in Ambulatory Care.” I felt it was very relevant to my practice. The speaker gave me ideas and thoughts about my patients and how to better care for them.

The 2012 ASPAN National Conference was an inspiring time to reflect, and I thank God for the opportunities I have had in my nursing career. I thank APAN for choosing me to receive the scholarship.

Thank You!

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