

## A Scholarship at Work

I would like to thank the ASPAN Scholarship board for awarding me the funding towards registration to the 2012 National Conference in Orlando, Florida. The theme, *Beacons of Change; Focusing on the Future*, shone throughout the 5 days beginning with meeting Alice in Wonderland on Component night; the kickoff for the conference. Our Ohio Perianesthesia Nurse's Association (OPANA) joined in the festivities by wearing red Cheshire cat shirts in honor of the occasion. Our trademark "buckeyes" the delicious chocolate covered peanut butter candies were sought out by many past attendees. We even filled an antique Humpty Dumpty Cookie Jar with these wonderful treats to raffle off.

Going to the national conference allowed me to network with my peers, renew past friendships, exchange ideas concerning safe care of the patients in the PACU along with visiting issues concerning appropriate nurse/patient ratio and on call procedures from other institutions. The clinical practice issues seminar allowed me to bring back to my district and workplace new ideas for staffing ICU overflow patients and addressing obstructive sleep apnea guidelines. I was able to discuss issues that my workplace wanted me to bring forth with clinical specialists at ASPAN. Utilizing the "STOP-BANG" Tool is an easy way for OSA assessment that I can share with my peers.

I learned about TAP blocks (Transverse abdominal peripheral nerve blocks) and how effective they are for abdominal surgical cases. It was coincidental that our CAPANA (Cincinnati Perianesthesia Nurse's Assoc.) brought the speaker Dr. Douglas Stewart, Anesthesiologist, for this presentation. It was quite interesting to learn that using this type of block allows 40% decrease use of PCAs and decreases in-hospital stay by one day. I invited Dr. Stewart and two of his PACU nurses to be presenters at our OPANA fall conference. I also learned about *Exparel* (bupivacaine liposome injectable suspension) the newest local anesthetic that is infiltrated into surgical wounds during a surgical procedure to enhance postsurgical analgesia.

Thank you for selecting me as one of your recipients for this scholarship. I will continue to encourage my peers to join our wonderful professional organization and utilize the great networking opportunities it provides.

Sincerely,

Rosemary Durning, MS, BSN, RN, CAPA