

## ASPN National Conference 2013

I want to thank the ASPAN scholarship committee for giving me a scholarship and a wonderful opportunity to attend the ASPAN National Conference.

I was very thrilled to be able to attend my first ASPAN conference this year. There were so many beneficial and exciting classes I was able to attend. I currently work as a Preoperative/Postoperative Nurse at an Ambulatory Surgery Center. I was able to take many interesting topics back to my center and share my knowledge with co-workers.

One of the main topics at the conference I learned about was multimodal pain management. I feel that with perianesthesia nursing our main struggle is often with pain control. There are so many new thoughts of treatments and I thoroughly enjoyed being able to see and hear the different experiences of other perianesthesia nurses and their different practices of pain management throughout the United States. It was beneficial to learn about newer medications to bring back to my practice such as Ofirmev and Exparel. I was also able to attend the post-conference and was grateful to be able to learn more informative pharmaceutical topics.

Another excellent learning experience I had at the conference was with malignant hyperthermia. Terri Passig had a wonderful class on malignant hyperthermia and her experience. It was a wonderful review and an update on best practice with treating and preventing malignant hyperthermia crisis. It was also beneficial to go through her experience of MH with step by step/minute by minute patient signs and symptoms and correlating treatments. For someone who has never had to go through that experience it was a wonderful educational tool.

Thank you so much for allowing me such a wonderful opportunity through your scholarship assistance.

Sincerely,

Mindy Murray RN BSN, CPAN, CAPA