

## **2018 ASPAN National Conference Scholarship Report**

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I look forward to the ASPAN annual conference every year. There have been years that I could not attend (I always enjoy seeing the smiles on the faces of “THE FIVE” that have attended every year since ASPAN began having an annual conference). Sometimes work or family intercedes. However when I can be there, I always come home from conference thankful that I was able to attend.

There are several reasons for this thankfulness. Primarily it is the opportunity to network with other perianesthesia nurses. I, like many of my ASPAN colleagues, have been a nurse for years-38 to be exact. This doesn't mean that I don't have a lot to learn. On the contrary, there is much knowledge to be gained at conference. The things that I learn from my fellow nurses from around the country are invaluable. Questions and sentences like, “How do you handle this in California?” and “We have that issue in Ohio too.” can be heard all around the lecture halls. Sometimes it's just a verification of frustrations with the health care industry, or sometimes it's a solution to an issue that has plagued your practice. Either way, networking, in my opinion, is the best part of conference.

Secondly, the conference gives me a plethora of options for learning. This year I attended many lectures that enhanced my nursing practice-The Marijuana update, Legal Implications of Unwanted Sedation in the PACU, Work Life Balance, Expediting PACU Phase 1 Recovery, and Difficult Conversations With Patients and Families to name just a few. The topics were varied and comprehensive covering all types of direct and indirect care issues pertinent to me and I'm certain every other nurse in attendance. The selection committee always does a fine job of making sure that the conference covers a wide array of topics, making it easy to individualize the sessions to meet your needs.

Lastly, attending conference affords the opportunity to put faces to the names of the leaders of ASPAN. My flight was delayed this year, and I arrived later than intended. In years past I have attended the Meet the Candidates session and have enjoyed actually talking to those running for office. This year I was able to see how the board operates first hand during a meeting with my component. How lucky we are as an organization to have such an organized, intelligent, and level headed board.

I am very thankful to ASPAN for providing me with the funds to attend the conference this year by awarding me the ASPAN Scholarship. This alleviated a financial obstacle that would have prohibited me from attending. I look forward to being present at many conferences to come. Thank You!