

ASPAN National Conference 2018 Award Recipient Report
By Kristin Christensen, BSN, RN, CAPA, CPAN

I had the privilege of being one of the recipients of this year's National Conference scholarships for attendance to the ASPAN's 37th National Conference in Anaheim, California. This was the fifth consecutive National Conference that I have had the opportunity to attend and every year is just as great as the last. I feel blessed to be part of such a strong, knowledgeable and innovative organization. In the air of Hollywood, the leaders felt like celebrities yet they are so approachable and encouraging. It is evident that the goal of the organization is to build greater nurses and enhance our specialty as a whole. I believe that ASPAN is successful in this by choosing influential leaders, encouraging evidence-based practice and offering quality resources and conferences. Moreover, ASPAN supports its members like me by providing scholarships and for that I offer my personal gratitude with a very sincere "Thank You!".

The Conference kicked off Sunday evening with Component Night. This is always a great opportunity to catch up with members of your own component as well as mingle with others. This year's theme was "Everything Hollywood!" and people were encouraged to dress up as their favorite celebrities. Each component offered a Game Show to test your knowledge and a chance to win a prize. With great music, food and drink there was something for everyone!

The official opening ceremonies were Monday morning. This was followed by the keynote speaker, D.J. Eagle Bear Vanas. "Victory by Design" was an inspirational presentation encouraging us to be aware of how we are spending our time and energy. Next, I attended the CPAN/CAPA Luncheon. Christine Cashen is a motivational speaker/comedian who presented "Funny is the New Serious: Get What You Want with What You've Got!" She encouraged us to use our tools to be the best that we can be and to not take life too seriously. The rest of the afternoon was filled with a variety of speakers and topics.

Tuesday morning, the Exhibit Hall opened with a mix of vendors and poster displays; then the whole day was packed with some outstanding presentations. Later that evening, I joined the Meet and Greet with my home component MNDKSPAN. We had a great turnout and enjoyed a tasty meal and drinks at Bubba Gump's Shrimp Co. This was a great chance to reconnect with some old acquaintances and make some new friends!

I started again early Wednesday morning with the Development Breakfast. We enjoyed a great meal and conversation then Chris Price presented on "The Impact of Paying it Forward". This whole event truly exemplified ASPAN's desire to support its members and the effect of paying it forward. Again, the rest of the day was jam-packed with learning opportunities. Over lunch, I had the opportunity to attend ABPANC's Certification Coach Forum. I really enjoyed sharing thoughts and ideas with other Coaches. Wednesday evening, I had a chance to enjoy the area and check out Downtown Disney and attend an Angel's ballgame.

And before I knew it, it was time for Closing Ceremonies with a great breakfast! We were sent off with a closing address by Diana Jordan, "The Healing Power of Laughter, Nourishing the

Nurse Within You". She had everyone amused with her theatrical performance that encouraged us to not be afraid to find the humor in a situation. And with that, this year's conference experience was concluded.

Again, I would like to thank ASPAN for their continued offering of quality conferences and the financial support that they have provided me to greatly defray my cost to attend this year. I am proud to be a member of this association and like to encourage others to attend these conferences. If financial restraints are holding you back, try applying for a scholarship! Regardless, you will not regret your investment. Not only will you come home with new knowledge and inspiration, but you will meet so many extraordinary perianesthesia nurses from across the nation!



Component Night 2018: Baywatch's "David Hasselhoff and "Oscar" with myself