

2018 ASPAN National Conference Scholarship Report
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Being a nurse since 1995, I have dedicated my life to this profession and loved almost every minute. But somewhere along the way, I lost my passion and it just became a job. When I started working in Peri Anesthesia nursing in 2006, I joined ASPAN and LAPAN within that same year. Since joining, I have attended several LAPAN Conferences before going to my first ASPAN National conference in Las Vegas. I have now attended three national conferences, it has given me the motivation to become involved and renew my passion. The conferences are great for keeping up with the latest and best trends in nursing, updating ASPAN standards, networking, and fun. The locations always have multiple attractions and extracurricular activities.

I worked in several different areas in my 20 years of nursing: Med-Surg, Labor and Deliver, Newborn, and NICU before settling in Peri Anesthesia. Over the years, medicine has changed in my nursing career. When I started we were paper charting, handwritten MD orders, minimal monitoring, limited anesthesia choices, and handwritten care plans. With these changes, I found myself losing the passion that I started my career with. Nursing was defined as assessments, passing out medications, updating care plans, and required education. I thought that was the definition of a good nurse. But now I realize that being a nurse requires being involved in your unit and educating colleagues in the latest and up to date trends in nursing.

LAPAN was the first conference, I gain so much knowledge for perianesthesia nursing. I continued to attend all the LAPAN conferences for the next few years before my manager approached me about attending the 2015 ASPAN National conference in Las Vegas. The conference was amazing and renewed my passion for nursing. This conference in Anaheim, California was my third national conference and with each conference it rejuvenates my passion. These events that bring perianesthesia nurses for networking and tools to elevate your practice. Since I started attending national conferences, I have been chairs for several committees to transform our unit, completed several evidence based projects, and have been a member of a few of interdisciplinary committees. I am a preceptor and a charge nurse, and I feel I am an asset and leader for my unit.

This year's national conference in Anaheim was incredible. The location was fun with extensive amount of extracurricular activities. We flew in a couple of days early and visited LA, Hollywood, St Monica Pier, and Huntington beach. We took a studio tour, drove to Griffin park and strolled down Rodeo Drive. In Anaheim, we went to Disneyland. It was a working vacation in a good way. I had posted several photos on social media and my colleagues were very jealous.

The Conference was extremely enlightening. The keynote speaker, D.J. Eagle Bear Vanas, is funny, entertaining, and motivating. The sessions I attended were focused on ASPAN standards, handoffs, unwanted sedation, pre-op assessments, monitored anesthesia care, neuromuscular blockade reversal, and patient & family centered care. The Evidence Based Practice posters'

exhibit are always inspiring with the newest ideas in nursing. The vendors this year made my wish list grow for our hospital. I can't wait to share all of my new information and experiences with other nurses on my unit.

ASPAN national Conferences are needed for renewing our passion for nursing. These events for peri anesthesia nurses are great for networking, and gain knowledge of the last trends in nursing. The Conferences are in great locations with numerous activities and attractions. This year, when I returned from the conference, I had several colleagues interested in attending the next conference in Nashville. I can't wait to pay it forward to the next generation of ASPAN conference attendees.

Thank You, ASPAN, for a great experience.