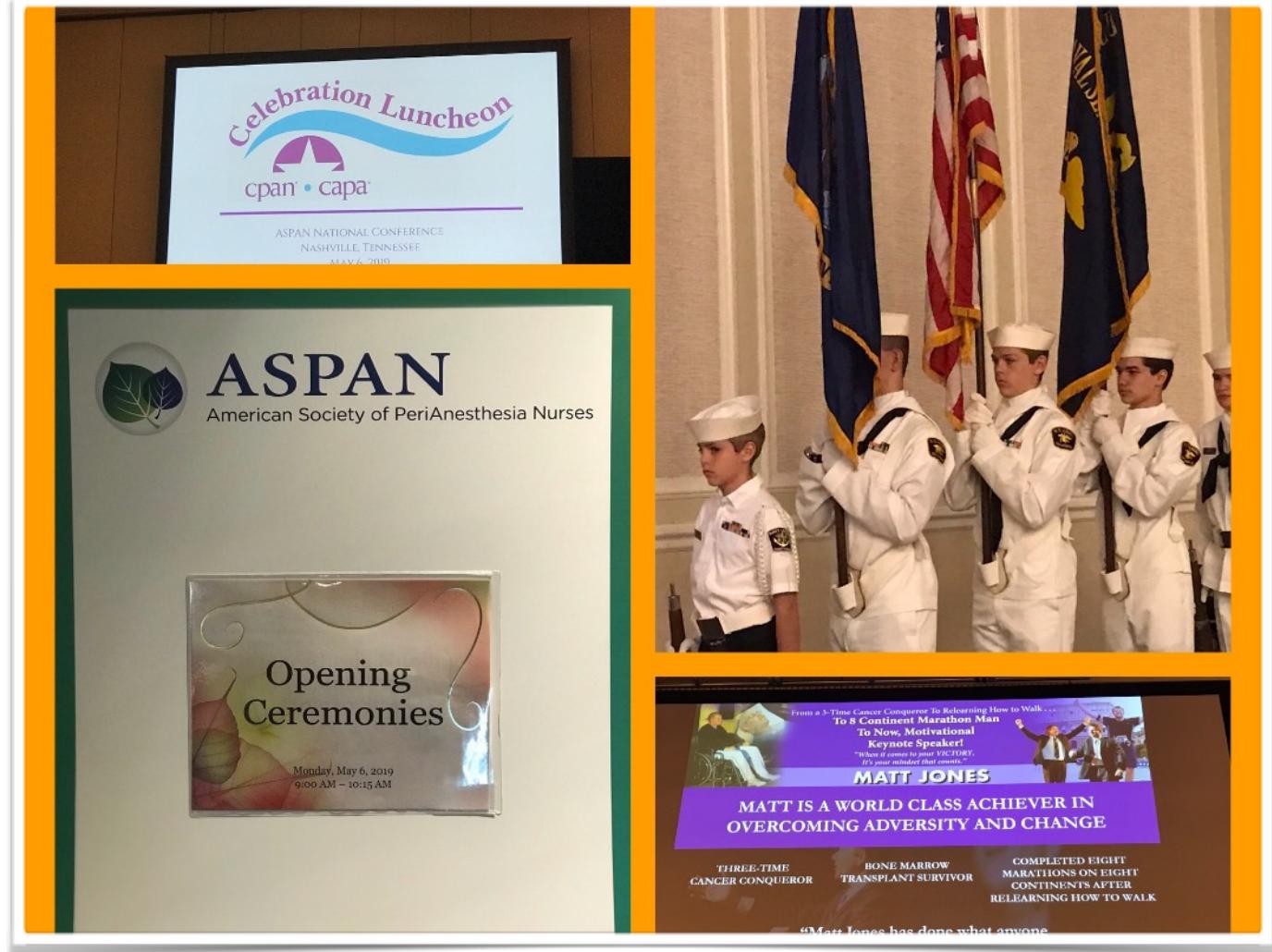


Angelica Vilches BSN,RN,CPAN  
ASPN 38th National Convention  
Nashville, Tennessee  
May 5-9, 2019



## ASPN's 38th National Conference

As I reflect back on my experience as a first time attendee of ASPAN's National Conference in Nashville, Tennessee, I am happy to say that it met all of my expectations and in some instances, exceeded them. Such is the case with the



locale of the conference, the Gaylord Resort. The hotel was spectacular, especially the gardens with their lush tropical plants, flowers, waterfalls and waterways. The facility's multiple large ballrooms and exhibit areas were perfect especially since this years conference had the highest attendance in it's history with 2,000 attendees.

The conference also provided lots of opportunities to network with other colleagues from around the country and time to socialize and have fun. The education sessions were informative and you always came out learning something new. Although some days are long and exhausting, it is well worth it for what you get out of it.

Although the conference met many of my expectations there was one area where my expectation fell a bit short. I was not only a first time attendee but I was also there alone. My co-workers were not able to attend due to scheduling issues both personal and work related. Despite that everyone at the conference was friendly, they all had colleagues that they came with or friends from their component that they hung out with. Most people would say hello, ask your name, where are you from and where you work but after that they would go back to their friends and colleagues. Even though I was in a room with two thousand people I felt isolated. I am sure that there were probably others who felt the same way.

My suggestion to help improve this situation at future conferences is to set up a welcoming committee specifically for people attending the conference alone. Maybe it could be set up by the hosting component. Moreover, for all the breakfasts, lunches and dinners they should reserve a table just for people who are by themselves. This way a group can be formed made up of the lone attendees.

Overall, my experience at ASPAN's 38th National Conference was good and I would highly recommend it to all my fellow perianesthesia nurses. I left the conference feeling energized and encouraged to lead with knowledge and serve with heart. I would like to thank the leadership of ASPAN for selecting me as the recipient of the award to attend the National Conference. I am truly grateful for the experience.

Sincerely,

Angelica Vilches BSN,RN,CPAN