

## **2019 ASPAN National Conference – Nashville, TN**

### **Denise Martel BSN RN CAPA**

I wish to thank ASPAN's leadership for the scholarship that facilitated my attendance at our 38<sup>th</sup> National Conference in Nashville. The conference was certainly exciting, motivating and highly informative.

My five-day experience began with Monday's opening ceremonies. After Regina Hoefner-Notz, welcomed us warmly, we heard from keynote speaker Matt Jones who reminded us that Perianesthesia Nursing is a Marathon. He shared tips on how to stay motivated, reminding us that we are "too blessed to be stressed" and how important it is to 'Visualize our Victory' in both our personal and professional lives.

Monday afternoon, Tuesday and Wednesday offered many opportunities to listen to talented presenters on a variety of topics. I appreciated hearing about the 'Hot Topics' in our shared clinical settings and the need for more information about medical cannabis in 'Rolling with the Times'. I particularly enjoyed the presentation by Dr. Meghan Lane-Fall discussing hand-offs and how standardization can improve outcomes. Finally, having worked on a project to highlight the benefits of ERAS and share these with my colleagues, I benefited from attending 2 different presentations on the subject. Of course, the opportunity to network with peri-anesthesia nurses from all over the country is priceless.

Attending the Development Celebration Breakfast and 'Walking the Path' through Terry Clifford's presentation was enjoyable and enlightening. We certainly have come a long way. I was pleased to be able to support ASPAN and honor a fellow colleague and friend.

The conference closed on Thursday with another wonderful speaker, Jan McInnis, who left us with humorous food for thought about how to deal with change.

While at conference, I volunteered to host daily sessions. This involved collecting tickets, answering questions and wearing the 'green apron'. It provided an added opportunity to meet and network with fellow attendees.

Probably the most special part of attending this 38<sup>th</sup> National Conference was the opportunity to see my dear friend and mentor, Amy Dooley, inducted as our next ASPAN President. Amy has always been a strong supporter of VTNH APAN as well as ASPAN. When I first expressed interest in becoming more involved with ASPAN at the component level, she was there to encourage me and provide thoughtful insights. I truly admire her and know she will be a great leader for this wonderful organization.

Thank you.