

**2019 ASPAN National Conference Nashville, Tennessee "Leading With Knowledge, Serving with Heart"**

**Sharon Gallagher, RN, CAPA**

Thank you ASPAN for awarding me this scholarship to attend the 2019 National Conference! It was a week of learning, inspiration, networking, connecting with old friends, and making new ones. It was truly an awesome experience! This is the 9<sup>th</sup> conference I have been privileged to attend. Every conference gives me renewed excitement and passion for the nursing profession and especially perianesthesia nursing, and I couldn't wait to get back to Bethesda North Hospital in Cincinnati to work with our Same Day Surgery patients and show them my enthusiasm and compassion.

Component Night was so much fun! I had a front row seat to enjoy the Karaoke! Of course, OHIO sang "Hang On Sloopy" with O H I O! I think Ohio was the best!

I always enjoy the opening day speaker; I walk away from that talk with such a renewed sense of pride for nursing. I jotted down key phrases from Matt Jones' talk and texted some of them to my co-workers back in Cincinnati to inspire "Serving with Heart". Phrases as "Better to be kind than right", "People are similar to beer, for best results, chill!", "Spend so much time improving yourself you have no time for criticism", "People don't care how much you know, but how much you care".

But we all know that "How much you know" IS very important in our perianesthesia careers! Certification is a must for all of us to communicate to our patients and families how knowledgeable and dedicated we are to our specialty! I have been certified since 2002; I took the test in San Diego at the very 1<sup>st</sup> conference I attended. I am passionate about certification and ASPAN and champion my co-workers to be certified and join ASPAN. I attended the CAPA/CPAN celebration luncheon, and what a "speaker" we enjoyed! His guitar playing and singing was very enjoyable. I never really thought of music as a therapy we could employ in our unit, but what a great idea!

I volunteered at the ASPAN Booth in the Exhibit Hall and met Armi Holcomb, who was as nice as she could be! I attended the ASPAN Development breakfast and was pleasantly surprised and honored to be recognized as the Patricia E Hansen Award Honoree!

Several of the classes I attended, Ethical Considerations..., Malpractice Risks..., and The Second Victim of Adverse Events remind me that we must always be vigilant in our practice, keep current on standards, our own facility's policies, and our education.

My experience at this year's conference was as memorable and it was educational, and fun! I greatly enjoyed every minute of it! I plan on retiring sometime soon, but hope to attend at least 1 more conference before I do.

Thank you again for this scholarship.