

## 2021 All-Virtual ASPAN National Conference

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I would like to start this paper by saying hindsight is 2020 and my sore "hiney" 2021 after watching 40 hours of educational content this week at the virtual 2021 ASPAN National Conference. I am so thankful for the scholarship for this wonderful conference. This is the second year in a row that I have applied for this award and both years, in-person was canceled.

As I think we all agree, it would have been a more interactive and able to network with other perianesthesia nurses in person but personally, I think this conference was very well organized and very successful. I fully enjoyed the one-week conference with so many interesting sessions and discussions. All speakers were very informative and insightful on their various topics.

At the preconference on Saturday, April 24, I felt that Maureen McLaughlin, was amazing. The knowledge that she presented on challenges in the PACU was life changing. She brought a new comfort level for me when a critical ill arrives in my PACU.

Jimmy Page was the keynote speaker on Monday morning to start the week. It was a perfect time for this topic after the past year and half of Covid 19; how important the power of positive leadership is with all of the change and challenges this has brought. What I learned from him was positive leaders lead with optimism, positivity, and belief, even in a pandemic.

I attended *Safe staffing in the PACU* and *Recommendations for Opioid Use in the Acute Surgical Setting* Monday afternoon which I felt complemented each other. I was surprised that 42% of patients thought pain should be a "0" after surgery. This emphasizes the pre op teaching needed for our patients. I also learned that a perianesthesia nurse has the ability to recognize a problem before it becomes an emergency.

On Tuesday and Wednesday, I tried to focus on new topics for me such as *Transgender Patients* and *CBD*. There is so much to learn with these topics, including providing better and appropriate care to these patients.

I have to say I thoroughly enjoyed *Value your Well being* by Connie Hardy Tabet. I think all nurses need self-compassion and self-care. She reiterated the age-old saying, " Focus on what you can change and accept the things you cannot."

The Post Conference offering on Thursday was an opportunity to learn about leaders and how important good leaders are. I feel that the relationship with one's immediate supervisor plays a critical role in retention. Nurses don't leave jobs, they leave managers.

In conclusion, I would like to express my heart-felt thanks for everyone who made this conference possible and to ASPAN for allowing me to attend with the scholarship. I have benefited very much from this fantastic event.