

## **2022 ASPAN National Conference – Philadelphia, PA**

### **Lee Ann Cooper BSN RN CPAN**

We kicked off the 2022 conference bright and early Thursday morning with the Annual Dream Walk. This was a fun way to raise money for ASPAN. When we arrived, we found out the Dream Walk had been changed to a scavenger hunt. This activity provided an excellent opportunity for everyone to orient themselves with the conference rooms where we would be spending the next three days.

The first day of the conference featured two very inspirational speakers. John Perricone, who was the keynote speaker, spoke of “Developing a Philosophical Identity.” I also attended the CPAN/CAPA Celebration Luncheon where Harris III spoke of “Real Magic.” Both of these speakers were entertaining and funny. Their insight was not from a nursing perspective, but they offered real life inspiration. The rest of the conference concentrated on evidence-based practice / best practice. Between the concurrent sessions and the poster presentations, I earned 23.75 contact hours! In addition, I have the opportunity to get even more contact hours when the online sessions start May 9. The speakers were so amazing, Maureen McLaughlin and Myrna Mamaril were two of my favorites and it will be nice to be able to go back and watch the sessions I missed.

One of the best things about being at a National Conference is collaborating with ASPAN nurses from all over the United States. Their energy and passion was inspirational. It was great to read all the posters about the innovations and solutions people are instituting in their hospitals. Friday evening I was able to attend the Region 3 Meet and Greet. I actually met a nurse who works at my hospital in Ohio. We have both worked for OSU for 29 years and have never met! Finally, Sunday night I enjoyed dining and dancing with everyone I met throughout the conference at the President’s Dinner.

I am thankful for the opportunity to attend this year's conference.