

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

### **Rose Durning MHS BSN RN CAPA**

Thank you to ASPAN for choosing me to attend the National Conference in Philadelphia, Pennsylvania. I certainly felt the warmth of the city walking the streets, taking in the sites with the kindness of people giving directions and those at the restaurants and the aroma of the 13th Street Mall. Even the homeless on the streets had a sense of kindness surrounding them. Definitely the City of Brotherly Love!!!

This year's theme was certainly appropriate after two years of inability to connect with past colleagues. The Power of the Perianesthesia Community was felt for me as I signed into registration with the ASPAN staffs warm smiles and then going to the hostess desk, greeted warmly by Ursula Mellinger, (newly Region 4 Director) and other familiar faces! This started the energy flowing within and the excitement of attending the seminars. I personally have a colleague that I met at the San Diego conference in the late 1990's and we continue to meet, room, exchange work stories, and have shared how our families have grown to adults with children of their own!

It was amazing to learn that there are 60,000 Registered Nurses practicing in perianesthesia care, ambulatory surgery and pain management. The newest growth specialty appears to be caring for Interventional Radiology patients presented by Amy Dooley. Our medical facility has been transitioning to using more Regional Blocks as an anesthetic method.

The seminars on Unexpected Perioperative Neurologic Complications with review of anesthetic medications, and the anatomic and physiologic effects on the body, has allowed me to bring this information back to my peers, giving us all heightened awareness in our practice, keying in on the sensory and motor assessment. From each seminar, I learned at least one new tidbit that I could bring back to my peers. Research presentations were amazing from the many posters in the exhibit hall to the oral presentations on successful practices.

A common theme I heard was: What is your purpose? What is your philosophy of Life? Presented by the keynote speaker John Perricone, "Developing a Philosophical Identity" to Dr Denise O'Brien at the Development Breakfast, a personal reflection on "What will be your Legacy?" As a nurse, reflecting on why did you choose nursing and do you get joy out of what you are doing brought about a great deal of insightful thinking for me. Even with trying times caring for difficult patients, new changes going on in our practice, administrative changes, burn out from Covid issues, and the diversity of personality of generations, to know that we touch so many lives and know that our lives matter came out loud and clear during the National conference. Getting joy out of what we do makes us who we are as professional nurses.

Thank you again for assisting me to attend the ASPAN national conference. Cheers!