

2023 ASPAN National Conference – Denver, CO

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This year, I had the opportunity to attend ASPAN's National Conference in Denver which was made possible through the ASPAN scholarship program. The conference was held over a four-day period, which for me was a huge factor in getting the time off work to go. I felt the Gaylord Rockies was a perfect venue to have the conference. The grounds were stunning with mountains in the background and open air all around. It felt refreshing to be out of my work environment and into such a beautiful landscape where I could learn and relax. I immediately felt like I was on vacation with the lazy river, indoor and outdoor pools, restaurants, fire pits, spas, and workout facilities.

In addition to the atmosphere, the conference provided such a wonderful variety of interesting topics. As a matter of fact, there were several speakers I wanted to hear that were scheduled at similar times, but my mind was at ease when I found out that I could watch those speakers on the ASPAN website later. This was such a relief and made my decisions on what to attend much easier.

I truly felt the importance of our nursing community and growth at this conference. I mean who else can float down the lazy river with past presidents where you can just let down your guard and network with each other. It had a more personal feel than passing each other in the hallways.

One of my favorite offerings I attended was the "Celebrate Successful Perianesthesia Practices Oral Presentations". I'm always so impressed by the information I take away from the presentations not to mention the interactions that come from the questions and answers. It's so engaging and energizing to me. Another favorite of mine was attending the CPAN/CAPA luncheon. The food was delicious and the guest speaker left me with tears and a very important message to consider.

Overall, I would have to say this conference from the location to the speakers has been one of my favorites to attend. I left feeling empowered, rested, and ready to pass on what I had learned to my coworkers.

I thank ASPAN for making this scholarship available to me so that I could attend!