

## 2025 ASPAN National Conference – Dallas, TX

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National conference is always an exciting event, providing many opportunities for learning, networking and meeting up with perianesthesia friends I only see once a year. On Sunday the ASPAN Representative Assembly met to elect the new board for 2025-2026 and discuss proposals brought forth. A healthy and charged discussion occurred regarding waste anesthesia agents position statement. Later Sunday evening, I caught up with the two ILSPAN RA representatives to discuss their perspectives on the RA. It was their first time in the RA and though I gave them a general overview of the workings of the RA, it was an experience they were not expecting. I became excited because of their excitement to hear about what they took away from the day.

Opening ceremonies were one of the best I have ever attended. Lori Silva's message to the 44<sup>th</sup> National Conference audience spoke from the heart regarding her platform from the past year—*Passion and Excellence - Growing, Learning and Leading Together*. Loved, loved the keynote speaker, one of the best and very engaging. He captured the audience with his enthusiasm and had everyone laughing. To think “ta da” would have such an impact. What a great way to start the conference!

Conference offered a variety of topics for everyone's interest. I enjoyed listening to Dr. Ramsay's talk on developing a culture of safety in the PACU. Besides developing a culture of safety, it is an ongoing, conscious effort to maintain this environment so that staff and patients are safe. Having worked in perianesthesia nursing for over forty years, we have many traditions because “we have always done it that way”. I enjoyed listening to Jacque Crosson's discussion on discharge home with a responsible adult. She pointed multiple holes to this tradition of sending the patient home with an adult. With an ever-changing environment, and newer drugs that metabolize quickly, this really changes the landscape of this sacred cow.

As the research chair for ILSPAN, I have always enjoyed strolling through the research and clinical practice posters. This conference had a plethora of posters, probably one of the largest. It warms my heart what is happening in PACUs across the country. The ability to have the posters in an open room on display allowed attendees to view the posters any time during conference. ILSPAN had five submissions. I enjoy talking with the poster presenter and thanked them for their contribution to perianesthesia nursing.

I enjoyed listening to past president Kim Kraft's talk about her experience with positive psychology in promoting mental health and well-being. I have known Kim for many years from when I first started on the ILSPAN board. She shared some raw emotions on her cancer journey. After the Development breakfast, I raced down to the silent auction to make sure my bid for a tote bag remained the highest. Good news: I went home with a lovely new bag.

The whirlwind of running around to presentations, fitting in time to catch up with friends and the ongoing networking that is packed into four days is crazy. I am always sad when it's time to close out conference; the new president always has a way to move us into another exciting year. Thank you ASPAN for granting me the national conference scholarship to assist with my expenses for attending conference. I really had a fabulous learning experience.