



Newsletter of the American Society
of PeriAnesthesia Nurses

Breathline

Volume 25, Number 2

March/April 2005

VISION IN ACTION: Celebrating Success

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**ASPAN National
Conference**

**"Vision
in Action:
Values,
Power,
Unity,
Passion"**

**April 17-21, 2005
Chicago, IL**

www.aspan.org

January 2004 was a very busy time for me as I was organizing ASPAN Committees, Strategic Work Teams, special assignments and many more. In addition, my mind was preoccupied in designing a vision that would influence the advancement of ASPAN excellence in practice. As I accepted the responsibility of the 24th ASPAN presidency in April 2004, reality hit me—I had one year to dream, act, and deliver with connections all over the United States and beyond. This was very exciting, but included awesome and overwhelming feelings of the desired and expected outcomes. At times, doubts came to mind, but the energy and values from within kept driving me to the next step. Sometimes I wondered how my 24 hours could be stretched or how creative I could be to fit everything in one day or within the timeline that I set for myself. Somehow we need others to help us balance our perceptions. One day, my sister who is a missionary nun said, "God has plans for you and you must trust in Him." This was well and good, but this is faith and abstract. I needed something concrete to make my vision turn into action. My mother said, "Your dad did it with 11 children. He had a 24 hours service for his patients whenever he was needed and, at the same time remained to be a very active



**Dina A. Krenzischek,
MAS, RN, CPAN
ASPAN President 2004-2005**

leader in the community and his medical society. He opened his heart and mind and had strong faith that the people around him would make things work as he partnered with them side by side." What advice, what insight, and how can she be so wise?

In a very short time, I will be turning over the Presidency to our 25th ASPAN President Meg Betune. In working with Meg for almost a year, I realize ASPAN is very fortunate to have a very fine professional and dynamic future leader, who will continue the ASPAN mission with her unique vision for the future. The ASPAN Board of Directors (BOD) served as the pillars of the organization and provided the inner strength as they faced constant changes, accepted challenges, created more ideas and implemented difficult actions. The BOD continued to have an open mind, even beyond its comfort zone. The Past Presidents served as a continuous source of inspiration, as they gave

their advice and unconditional support. I call them the "hidden treasures of ASPAN." The Committee Chairs and leaders made things happen. They, too, were my partners, because as I defined the vision, they acted upon them far beyond my imagination. They were driven by their values and inner passion, and the outcomes could not have been any better. The JoPAN and Breathline editors were vital in our structure. They ensured the quality of our messages, through professional and scientific publications, that were sent to the rest of the world. Our voices were heard as evident in the inquiry and references. The Component Presidents and their directors served as a very important links to the core of membership. Their jobs were very challenging as they faced issues related to recruitment and retention of members; lack of commitment; decreasing interest; and, at times, apathy of members. However, these obstacles did not stop them from moving forward, continuing to motivate others and making more connections. As a result, many components continued to grow; some managed to maintain their membership; and a few, like NevPANA, experienced inactivity. Resigned to end their component, they managed to revive their spirits and passion under the leadership of Judy Purser and her BOD.

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President's Message

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All of these component leaders have to be commended for striving towards excellence in practice. ASPAN exists for its members and the component leaders have the ability to influence the positive and productive direction of their members. Many times, we do not realize how much we make a difference to others. As I traveled throughout the United States, I felt the passion of the component leaders and the domino effects among their members. Each component had creative ways to promote our specialty organization through education, practice, and research. The ASPAN office staff was a hard working team and always showed a positive outlook and willingness to help leaders and members to succeed in what they were doing.

Today, our successful accomplishments are testaments of our great leaders and members, who are working as a team for a common mission. The journey of vision in action was made possible by the unselfish caring and commitment of members at all levels.

Ending one's presidency does not end the vision of the organization. We must aspire to create something bigger and more lasting than ourselves. Every one of us has an inner drive to learn and teach. That drive does not end after each experience, because it is only a beginning. We must continue the quest to gain new insights, develop new concepts and ideas, and create application tools and scenarios that make contributions to this great specialty organization. Although the world around us continues to change at an accelerated pace, we must not abandon the quest for fundamental concepts that stand the test of time like our core values and high performance standards. Our core values and core

Reminder that Breathline is now online.

Go to the ASPAN website for the link. *Breathline* issues are usually available two weeks prior to the mail copy arriving. In addition, issues of *Breathline* from Jan/Feb 2004 forward are also available for members to access and print.

mission should stand strong as we move forward in search for excellence. We need to be able to critically evaluate the difference between core and non-core values, between what should never change and what should be open for change. Keep in mind that our success does not depend on the size of our organization, but rather who we are and what we stand for. Collins and Porras said: "Visionary companies, that are lasting, come in many packages. Large and small; public and private; high profile and reclusive; stand alone companies and subsidiaries."

We must continue to celebrate ASPAN's vision as the premier organization in perianesthesia nursing practice that has a significant impact nationally and internationally. As leaders of this organization, we must celebrate our successes that last beyond us. As components, we must celebrate the immense power that influenced the direction of members. As individuals, we must celebrate the difference that each and every one of us made with our patients, family members, peers and other colleagues in the different roles that we function.

In closing, I want to share with you a story about Louise Florence Fitzgerald, a 1906 nursing student accepted by M. Adelaide

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Issue	Deadline
January	November 1
March	January 1
May	March 1
July	May 1
September	July 1
November	September 1

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PANAW Celebrations from Around the USA

PANAW Celebrations

☀️ **T**his year instead of sending the NCAPAN membership a small token like a pen, magnet or day calendar and letter from NCAPAN for PANAW, we decided to send a donation to UNICEF for relief in Southeast Asia in honor of all NC perianesthesia nurses. Each member was sent a letter notifying them of this donation and congratulating them on living the vision in action of perianesthesia nursing. — *Kathy Daley, MSN, RN, CNS, CCRN, CPAN*

☀️ **O**ur PACU purchased 20 PANAW long-sleeved shirts. We decided to wear them all week! Everyone who sees our shirts are commenting on how great we look and ask, "Where can I get a shirt like that?" We told them you have to be really special to wear them. And we are! We also had a potluck lunch and a cake supplied by our Directors of Surgical Services, Sandy Beach, and former VSPAN President, Emily Mickelwait. We took some pictures of everyone around the unit and posted them on a board on entrance to the PACU. — *Sue Biondi, RN, CPAN*

☀️ **A**zPANA celebrated PANAW by sending a certificate to all its members for scholarship points, to be used toward any AzPANA scholarship (certification, recertification, ASPAN National Conference, AzPANA-sponsored educational

offerings). Those extra points can come in handy! --- *Eileen Dalton RN CPAN*

☀️ **P**APAN encouraged its members to sew stuffed hearts and tag them with a note to given to each patient during the week. The note tells the patient that we hope they heal quickly, and that it is a present from the perianesthesia nurses. Another activity was a free dinner and CEU offering on Thurs, Feb. 10 at St Mary's Hospital in Langhorne, PA. — *Nancy Phillips*

☀️ **A**t our PACU in Saint Francis Hospital in Tulsa, Oklahoma, we made banners and posters for our unit and decorated a wall in one of the main hallways to make everyone aware of the celebration of Perianesthesia Nurses Week. We had a committee who had gotten donations from various businesses and each of our nurses will receive a bag of goodies and there will be drawings for various prizes. Every day that week will have a free luncheon for all of the staff, as well as snacks for breaks. We also have a signed proclamation which is nicely framed from the Mayor of our city. It's always a fun time for all of the staff and they know they're appreciated! — *Joyce Perdue, RN, BSN*

☀️ **A**t the University Medical Center in Lubbock, TX (TAPAN District 11), we have had a week

long celebration. Small gifts were presented to the staff in the PACU, Outpatient Surgery, & the Institute for Pain Management. The Department of Anesthesia sent flowers to each of the units. Of course, there were treats of food also brought in. As for the state of Texas, TAPAN received a Proclamation from Governor Rick Perry in recognition of Feb. 7 – 13, 2005 as PeriAnesthesia Nurse Awareness Week in Texas! — *Cindy Hill*

☀️ **S**everal of our local vendors provided lunchtime in-services during the week, served up with some of the finest local sandwiches and treats! On Thursday morning the PACU hosted its annual "PACU Open House" featuring a "Meet and Greet the MESPAN President, Janet Chartier!" Breakfast was served along with a delightful slide show of the year's activities within the division of perianesthesia services and MESPAN. Numerous gift donations were doled out as daily "drawings". Our perianesthesia nurse manager, Tina Hill, purchased a number of items from the PANAW Celebration website to give to staff. The perianesthesia staff at Mercy Hospital in Portland Maine would like to take this opportunity to express our gratitude and appreciation for the work and support of Tina! Bravo!!! — *Theresa Clifford* 🌿

*President's Message
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Nutting. She was born in 1876 in Florence, Italy, of American parents. She completed her nursing school at the Johns Hopkins University and later became an international nursing leader until the late 1950s. Fitzgerald practiced her profession to the fullest without expecting anything in return, and for this she received numerous

awards including the Florence Nightingale medal. She said, "If I had to live my life again, I would not choose any other profession, for I cannot think of any other kind of work which could have brought me even a small fraction of the satisfaction I have had." Almost a decade later, nursing leaders like Florence Nightingale and Louise Florence Fitzgerald continue to be our sources of inspiration and rekindle the pas-

sion in all of us. Today, we have the responsibility to mentor and teach future nurses the gift of caring. It is our turn to teach and inspire them, so they too will make a difference, not only to their patients and family members, but the world around them by continuing our core values and mission to last for many generations to come.

Thank you for joining me in my journey of vision in action. 🌿

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ASPAN BOARD OF DIRECTORS MID-YEAR MEETING

November 5-6, 2004 • Washington, DC

NEW MEETING FORMAT

ASPAN President Dina Krenzischek began the meeting with a re-structured format that focused on ASPAN's Core Purpose, Goals and Strategic Plan. Each agenda item was tied to at least one of ASPAN's Strategic Plan goals with a focus on outcomes and operational deliverables.

STRATEGIC WORK TEAM / COMMITTEE UPDATES

- The Research Committee was gifted with a subcommittee to focus on Evidence Based Practice (EBP). This subcommittee will assure that all ASPAN activities are guided by practices that are research based.
- The Safety/Data Elements SWT is moving forward with a January meeting to develop ASPAN's Data Elements.
- The Membership Recovery SWT unveiled its "ASPAN Star Nurses" award. This is an award that comes from

committee chairs, officers or editors who reward members for their special service. These individuals receive a "star" pin, letter of recognition and information on the actual star ASPAN bought to recognize member "stars."

- The Nurse Competency in Aging grant was updated. The purpose of the program is to increase activities within specialty nursing associations to improve care for the elderly. It was identified that ASPAN had completed more activities than any other specialty within the program.

NATIONAL OFFICE UPDATE

Kevin Dill, ASPAN CEO, addressed the topic of copyright and the various forms of ASPAN intellectual properties. Issues included non-compete properties, release forms, conflict of interest and educational seminar information. A task force will be established to explore these issues and how they will impact and/or change bylaws, policies and guidelines.

PERIOPERATIVE SAFETY / AORN LIAISON

ASPAN President Dina Krenzischek and Kevin Dill, ASPAN CEO, will maintain consistent roles on the Perioperative Safety Committee. This multidisciplinary committee also includes representatives from AORN, ASA, and ACS. Denise O'Brien was named ASPAN's liaison to AORN on clinical issues.

PERFORMANCE IMPROVEMENT INITIATIVES

Two new PAIs were established. One will investigate the Specialty Practice Group issues. The other will focus on component communication and ways to improve the dialogue between the components' Boards of Directors and ASPAN.

INFORMAL BREAKOUT SESSION

The Board was divided into three teams to brainstorm three questions relating to our responsibilities to our members. 1. What we should stop (what hasn't worked)? 2. What should we continue (what has worked)? 3. What do we need to start (what will potentially work)? Ideas were shared among the teams. Final recommendations will be assigned as deliverables for completion by April 2005 and beyond. 🌱

ASPAN Safety Culture Research Study

ASPAN is inviting you to participate and share your practice in a new study. We are in the process of determining what safety issues peri-anesthesia nurses will be encountering in the future. From now through May 30, 2005, ASPAN will be conducting a survey. You can participate by completing the survey and a demographic form. Information that is gathered in the study will be disseminated to members. You can obtain the survey and demographic form by visiting the ASPAN website (www.aspan.org), calling the National Office or e-mailing Jane Certo at jcerto@aspan.org. For questions or comments on the survey content, please contact Pam Windle at pwindle@slh.com.

Clinical Practice, Vision In Action, Celebrating Our Successes

Karen Cannon, MN, RN, CPAN, CAPA-ASPAN Director for Clinical Practice

Where to begin with the successes of Clinical Practice? There certainly are many. The Clinical Practice Committee continues to receive questions submitted by members and non-members alike. Some issues remain the same, and some issues are new, surprising the committee member who receives the question. These questions are frequently forwarded to the entire committee and collective thoughts and experiences are shared to provide a comprehensive response to the inquiry. I am so proud of the committee and want you to know that, on a monthly basis, 95% of all of the inquiries receive a response. It is the inability to contact the individual seeking assistance after many attempts that accounts for the other 5%.

The 2004 *Standards of Perianesthesia Nursing Practice* were published and distributed in late September. My gratitude goes to Terry Clifford and the entire Stan-

dards and Guidelines Committee for their diligence in preparing and reviewing the document. It would not have been possible without the support of the ASPAN Office staff, especially Jane Certo. The Standards remain our compass on our journey to success.

Celebrate Successful Practices continues to be an active project headed by Ellen Sullivan. There were 39 abstracts submitted for peer review. Talk about success. This was a vision of Ellen's when she was Director for Clinical Practice, and has grown by leaps and bounds since the idea was a glimmer on the horizon.

The greatest area of celebration within Clinical Practice is still under development. The end product will be worthy of celebrating--we may need the Boston Pops playing the "1812 Overture" complete with cannons and fire works. A Safety and Data Elements Strategic Work Team was a vision of ASPAN president Dina Krenzischek. The Data Elements

Team is headed by Denise O'Brien and has two branches. Pam Windle is the facilitator for the Safety Team investigating the culture of safety in the perianesthesia setting. Barbara Godden is the facilitator for the second team. This group of energetic women is developing data elements specific to perianesthesia nursing for use in electronic documentation. These data elements will have feasibility, usability and clarity. The project has an aggressive timeline for completion this year.

Dina Krenzischek has been the inspiration for all involved in Clinical Practice. Her vision is the lighthouse on the shoreline providing a beacon as we move forward. Once again, Clinical Practice does not stand alone. It is intertwined with Research and Education to meet the needs of patients, families and perianesthesia nurses. It, indeed, has been a very successful year. 🌿

Southeast Asia Tsunami relief efforts donations

As you know, nearly 295,000 people have lost their lives as a result of the recent earthquakes and tidal waves in Southeast Asia. The ASPAN leadership and the National Office are greatly saddened by the resulting devastation, and encourage all of our members, and anyone visiting the ASPAN website to please donate to CARE, the Red Cross, UNICEF, or the charity of your choice. If you visit the ASPAN website (www.aspan.org) there is an easy link to these organizations. Please make your donations specifically targeted for Southeast Asia relief. Thank You.

ASPAN wishes to thank the Education Provider Committee for all of their efforts in revising and creating new programs, which are currently being presented as ASPAN Seminars and Co-Sponsored Seminars. Congratulations to the Education Approver Committee in completing the ASPAN's *Educational Approver's Manual*. The positive feedback has been overwhelming. Way to go Education Provider Team!!

The Foundation's Vision In Action at the National Conference

As National Conference in Chicago rapidly approaches, once again the ASPAN Foundation will hold a Silent Auction, the 10th annual Dream Walk, and Foundation Luncheon.

The Silent Auction has grown each year, and we would like to see that trend continue. There are always many unique and beautiful items and, as in the past, a few that will create a bidding frenzy. This year's auction will be held from Monday, April 18th until Wednesday, April 20th. There will be ample time for viewing and bidding on the wonderful items donated. While there are no restrictions, please bear in mind that items donated and then purchased need to be transported to **and** from the National Conference.

The 10th annual ASPANF Dream Walk will take place at 6:30 am, Sunday morning, April 17th. Start the day with some invigorating morning exercise with your friends and colleagues. Last minute registrants are always welcomed and encouraged.

This year's Foundation Luncheon speaker will be Dorothy Leeds. She has had an amazing life including several successful careers, triumphing over cancer, and overcoming a passive, depressed, unassertive childhood to become an inspirational, energetic, internationally acclaimed author and keynote speaker. She is the only speaker in the business who combines an eight-year Broadway career with 22 years of hands-on business experience as an executive,

a business owner, and a consultant. Make sure you sign up early for the Foundation Luncheon, because you won't want to miss this truly unique speaker!

While the Silent Auction, Dream Walk, and Foundation Luncheon are fun and can be exciting, more importantly they serve a purpose. With the funds raised, the ASPAN Foundation can continue to reach out to ASPAN members with support for research, awards, and scholarships.

Join in to help make all of the Foundation's activities a great success in the "Windy City." You may contact Dennis Johnson, Director of Marketing at 877-737-9696, Ext. 15 or e-mail at djohnson@aspan.org if you have any questions. 🌿

ASPAN Partners to Reduce Postoperative Complications

The Surgical Care Improvement Project (SCIP), a national quality partnership, is promising to be a transformational effort to prevent postoperative complications in the United States. The partnership has set its goal to reduce surgical complications by 25 percent nationally by the year 2010 in four target areas: surgical site infections, and cardiac, respiratory, and venous thrombo-embolic complications. ASPAN is an active partner in the development of SCIP.

A national SCIP steering committee has been working together since 2003 to develop a quality improvement framework to improve both patient safety and the quality of care for surgical services nationwide. The SCIP steering committee consists of 10

public and private organizations, including the Agency for Healthcare Research and Quality, American College of Surgeons, American Hospital Association, American Society of Anesthesiologists, American Society of PeriAnesthesia Nurses, Association of Perioperative Nurses, Centers for Medicare & Medicaid Services, Centers for Disease Control and Prevention, Department of Veterans Affairs, Institute for Healthcare Improvement, and Joint Commission on Accreditation of Healthcare Organizations.

In preparation for an official launch in summer 2005, several developmental activities are currently underway, including completion of a three-state demonstration pilot, the formation of four technical expert panels to

provide specialized guidance for improving each of the four target areas, and development of information, materials and evidence-based strategies to help the hospitals and their professional staffs participate - and succeed - in this national effort.

Preliminary information about the SCIP Partnership was presented to the medical community for the first time at the American College of Surgeons' Congress, held October 10-14 in New Orleans, Louisiana, by one of the SCIP steering committee members, David Hunt, MD, FACS, medical officer with the Centers for Medicare & Medicaid Services (CMS) Quality Improvement Group. For more information, visit and bookmark the SCIP Partnership's website at www.MedQIC.org/scip. 🌿

Changes Are Made to the CPAN and CAPA Examination and Recertification Programs

• Examination Fees to Increase

Effective with those registering for the November 5, 2005 CPAN and CAPA examinations, the examination fees will be increased by \$25.00. The total payment for ASPAN members will be \$260.00; Non-ASPAN member \$360.00.

After maintaining the same fees for both the CPAN and CAPA examinations for more than ten years, the ABPANC Board of Directors approved a fee increase at their October, 2004 board meeting. "The decision to increase fees at a time when more candidates than we have seen in the last few years are seeking certification was not made lightly. The change in the examination fees was necessary to keep up with the costs of developing quality multiple-choice examinations," said Karen Niven, President of ABPANC. "The board addressed the question – what is the value added – and believes the answer is having received accreditation of both examination programs by the American Board of Nursing Specialties. In addition she said, "as the Board looks to the future and the possibility of offering computer based examinations, both item (examination question) banks need to be augmented. ABPANC is also pursuing other enhancements to the CPAN/CAPA examination programs, including an internet delivery of its practice exams." The Board also reviewed the recertification fees and made no changes.

• Piloting of New Examination Items

Beginning with the April 2005 CPAN and CAPA examinations, ABPANC will begin piloting new examination questions. Each examination will consist of 165 questions. In addition to the 150 questions which are scored, there are 15 questions which are being piloted and these will not count towards the candidate's final score. These 15 piloted questions are randomly distributed throughout the exam and will not be specifically identified.

• New Postmark Deadlines for Recertification Applications

Beginning with those due to renew CPAN/CAPA certification status in November, 2005, the postmark deadline of application materials has been changed to November 1st rather than November 30th. Those due to renew in April, 2006, must postmark their applications no later than April 1, 2006 rather than April 30th. All subsequent applications must be postmarked either November 1st or April 1st, depending on one's certification period.

CPAN and CAPA certified nurses must renew their certification status every three years. Certification status expires on November 1st or April 1st, depending on one's certification period. However, a CPAN and/or CAPA certified nurse is consid-

ered certified until notified by ABPANC and as long as a recertification application is postmarked by the deadline. Due to the volume of applications received, particularly for the November cycle, and coupled with the holiday period, the postmark deadlines were changed to enhance the turnaround time for processing applications at the ABPANC office. Currently if applications for recertification are postmarked at or near the deadline, application processing will take 10 weeks. To avoid the possible disruption in any monetary reward granted by one's employer, do not submit recertification applications near the deadline date! Applications are processed in date order received.

Do you need a Certification Coach?

Contact ABPANC at 800.6ABPANC to find out if there is a Coach near you!

Need CPAN and/or CAPA Practice Exams?

Call 800.6ABPANC to order or visit our website at www.cpancapa.org to receive an order form. There are 4 practice exams available for purchase. While two were designed for each of the exams – CPAN and CAPA – **all** questions would be helpful study tools.

Does your certification period expire April 1, 2005?

The Recertification Application packet must be **postmarked** by April 30, 2005. First renewal notices were sent early January.

Register for exams given November 5, 2005

Dates to Remember

- Special test site request postmark deadline – **8/22/05**
- Initial application postmark deadline – **9/5/05**
- Late application deadline (must submit a \$50 late fee) – **9/12/05**
- Test site transfer request postmark deadline – **10/3/05**

Let Us Come To You! Request a Special Test Site!

Special test sites may be arranged for a minimum of 10 candidates. Visit our web site at www.cpancapa.org or call 800.6ABPANC to find out how to set up a special site.

Postmark deadline to request a special test site is 8/22/05.

News Flash!

The CPAN and CAPA Candidate Handbook and Application is now available online! Visit www.cpancapa.org to download some or all of the sections you need now! Hard copies are also available by contacting ABPANC.

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Volume 25, Number 2
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Happy Birthday to ABPANC! ABPANC celebrates its 20th birthday in 2005!

Celebrating Success Across the USA

Susan Fossum, BSN, RN, CPAN-Regional Director, Region One; Lila Berry Martin, BSN, RN, CCRN, CPAN-Regional Director, Region Two; Susan Benner, BSN, RN, CPAN-Regional Director, Region Three; Theresa Clifford, MSN, RN, CPAN-Regional Director, Region Four; Christine Price, MSN, RN, CPAN, CAPA-Chair, Council of Component Presidents

Alabama: (ALAPAN) – All of the nurses in the main PACU at Eastern Alabama Medical Center (EAMC) in Opelika, AL now have national certifications!! This has been a goal of Kathy Thomas, RN BSN CPAN CAPA, the nurse supervisor, for some time. She and her staff have had strong encouragement and support from EAMC. We would like to recognize Kathy and her staff for all the hard work that went into this accomplishment!!

Arizona: (AzPANA) – Offers four educational opportunities in the state; one of which is an all day ASPAN sponsored Seminar. The AzPANA BOD is composed of 17 very dedicated nurses, and the BOD wishes to salute their many loyal and attentive AzPANA members. They were proud to achieve a second test site this past November for CPAN/CAPA exam in Southern Arizona – and rumor has it that they achieved a 100% pass rate!

Arkansas: (PACNA) – PACNA has had many successes this year. Our conference in August had National President Dina Krenzischek as a guest speaker and we had more attendees than last year. Our AIRWAYS newsletter went out for the first time in many years. The board members have been diligently working on revising the bylaws. We had three members take the certification exam this fall!!! Bravo!

California: (PANAC) – PANAC's successes during the past year have been many!! These include an organizational restructuring

that began three years ago; the total revision of organizational policies and procedures; consistently strong membership numbers; excellent response to a membership survey with the results being incorporated into the organization's strategic plan; an updated web site; increased educational offerings and strong volunteer presence from members never before involved in the Association.

Maryland, Delaware, D.C.: (CBSPAN) – This year we celebrate our acclaimed website, established this year!! It remains a powerful tool and resource for our members, being user-friendly and easy to navigate. We have received 3,689 visits from over 22 countries. We invite ASPAN members to visit us at www.cbspan.org!!

Connecticut: (CSPAN) – CSPAN celebrated its 25th Anniversary in March! Past Presidents were invited to celebrate the Annual Meeting where they were recognized and honored for their leadership in making a difference for CSPAN. Arlene Hamelin, read the Starfish parable while the Past Presidents were presented with beautiful glass starfish paperweights as a symbol of their contributions. A fitting tribute to our Past Presidents! Our first President, Alma Derway, will be joining us in Orlando, when ASPAN celebrates its 25th! Alma represented Connecticut as a founding member!

Florida: (FLASPAN) – FLASPAN has had a busy 2004, as we began our 35th year as an organization. We hosted two

CPAN/CAPA review courses, and despite four hurricanes we were able to host a very successful annual conference!! The 2004 FLASPAN award recipients were as follows: Outstanding Achievement to Lois Roberts, RN, Outstanding Clinical Practice to Carol Sherman, RN, and District of the Year to Palm Beach County!!

This year we participated in Partners in Care, an organization composed of nursing specialties throughout the state. We also had the honor of participating in the National Student Nurses conference held November in Daytona Beach.

Georgia: (GAPAN) – Tyra Wilson is now the GAPAN President. GAPAN appreciates Tyra's willingness to serve the component.

This year the website came up and running, www.ga-pan.org and the newsletter got a new look! Between the regular newsletter mailings and the new website, communication has improved in the components. Congratulations to Cindy Beauvais who was elected to the Georgia Nurses Association's Commission on Nursing Practice this fall to serve a two-year term.

Hawaii: (HIPAN) – HIPAN is celebrating a very successful fall seminar this year! Using local resources, and with thanks to Queens Hospital, Straub Hospital and GlaxoSmithKline, the conference attendance reached 106, which was the highest conference total ever! Most of the conference evaluations were very positive! Way to go!

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Illinois: (ILSPAN) – ILSPAN's three regions have had two big seminars this year – one in the fall and one in the spring. Sites are rotated to offer greater accessibility for all members. ILSPAN is considering forming districts due to the geographic size constraints and travel issues for the component members. They are VERY excited about hosting the 2005 National Conference in Chicago and are in the midst of those plans and preparations!!!

Indiana: (INSPAN) – The INSPAN component has focused on encouraging further education. We had our annual UPDATE and several individual districts also provided workshops. We gave scholarships for certification and also a student nurse recognition award. We are proud to be involved statewide with district community service efforts for the women's shelter and the homeless.

Iowa: (ISPAN) – Iowa had a conference featuring Barb Bancroft and the attendees were all very pleased with the conference. We were very appreciative that our Regional Director came up and spoke about ASPAN with us!!

Kentucky: (KSPAN) — Had a very successful year!! In March they held a one-day seminar and in November they held a two day state seminar. Raymond Young, BSN, RN, CPAN, CAPA was elected their new President and Brenda Elliott, RN, CPAN will serve in a dual role as Immediate past President and Vice-President-President-Elect. They are very much looking forward to the National Conference in Chicago!!

Louisiana: (LAPAN) – LAPAN is excited to have extended the terms of service for their President

and Vice-President-Elect from one year to two year terms. Both the President and Vice-President were sent to the National Conference in Philadelphia and the Leadership Development Institute in Las Vegas. They were honored and privileged to have both Dolly Ireland and Myrna Mamaril speak at their September 2004 State Conference!

Maine: (MeSPAN) – On the Road recruitment of new members continues and membership is steady. MeSPAN received the first annual Shining Star award from ABPANC last April in recognition of our efforts to certify perianesthesia nurses!! In June Team MeSPAN participated in the annual American Cancer Society's Relay for Life and helped raise \$6000 for the ACS. Ann Marie Cady, RN, CAPA, received the highly coveted Sister Consuela White Award for nursing excellence from Mercy Hospital, Portland -a very prestigious award indeed!!



Massachusetts: (MaSPAN) – Kathy DeLeskey has just released her new research project. Kathy Menard has been actively lecturing to other components and will be a speaker at the national conference in Chicago. Our charity work has taken off and we raised several hundred dollars for the Susan G. Komen Breast cancer Foundation® and walked the famous Boston Marathon route in

support of the Jimmy Fund Cancer Institute!! MaSPAN awarded our first two student scholarships. MaSPAN member, Marilyn Elek received an ASPAN scholarship award to attend National Conference. Our biggest and best undertaking was to support and encourage our own Meg Beturne to run for ASPAN President!!

Michigan: (MAPAN) – MAPAN has enjoyed several successes this year! MAPAN was awarded the prestigious ASPAN Gold Leaf Award at the National Conference in Philadelphia.

Our Fall MAPAN conference was held on Mackinac Island. Kim Litwack was the keynote speaker with over 120 individuals in attendance! Evaluations of the conference facilities and the speaker were excellent. MAPAN also celebrates member Denise O'Brien for her recent induction into FAAN. MAPAN continues to hold a stable membership of over 300 members for the third year!!!

Minnesota - Dakotas: (MNDKSPAN) – Fall Seminars are usually held in the more outlying areas of the component and feature a variety of local talent/speakers. The Spring Seminar is held in Minneapolis and features national speakers, like Denise O'Brien. The Winter/Summer BOD meetings are done by teleconferencing, which improves attendance and commitment, as well as being more cost effective for the component!

Mississippi: (MSPAN) – Enjoyed a one-day brown bag seminar in October with topics including Hemodynamic Monitoring, Fluid & Electrolyte Imbalances, Handling Stress. President Faye Townsend spoke on Communicating with your State Board of Nursing and Reporting

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Concerns of Substance Abuse. A very successful state conference in February 2004 featured Jan Odom-Forren and Chris Pasero and was held on the Isle of Capri. Regional Director Susan Benner also was in attendance!!

Missouri & Kansas: (MO-KANPANA) – MO-KANPANA is using the Gold Leaf Component Award criteria to view where they are as a component and where they want to set their strategic goals. They are recognizing those who pass their certification, earn their degrees, or have Sigma Theta Tau membership on the website and in their newsletter. They are very proud that Sandy Sheets was recognized for the ASPAN 2004 Excellence in Clinical Practice Award!! They are also very proud to have Connie Meyers, RN, an ASPAN Founding Member, in their component and try to always remember her ideals in all their efforts.

Nebraska: (NAPAN) – This fall NAPAN held an educational meeting on Battlefield Nursing. A CRNA and an OR/PACU nurse spoke to our component on their experiences in Iraq. They spoke about their challenges in providing medical care to injured soldiers. Their presentation showed their OR, massive injuries, camp layout etc. We were profoundly awed and humbled about their passion to do their jobs... to serve those in the battlefield and help them make it back home.

Nevada: (NevPANA) –We have started to plant our daffodil bulbs. We know there will be a few to see this spring, a little more next spring, and so it goes. We know that we are members of an organization that is willing to

commit time and resources to help us be and do our best. We know that today's small step can be tomorrow's medium hop and next year's giant leap. We know that ASPAN nurses are our sisters, and that all we have to do is reach out and they will reach back. Sue Cacibauda is a certification champion, mentoring five people on their journey toward sitting for the exam in April. Congratulations to Bronwyn Long, Chris Squire, Lorraine Haines, Mari Strobel and Susie Goggin for stepping forward!!

New Jersey & Bermuda: (NJB-PANA) – October 16th was the annual fall seminar with Maureen Iacono as guest speaker. At this seminar we had the opportunity to celebrate Esther Watson's 75th birthday. It was a great surprise for her. Did you ever get to see Esther all choked up? Esther has celebrated her milestone years with PACU nurses. Her 50th was celebrated in Atlanta Georgia at a board meeting and her 75th here at Morristown. Where will we celebrate her 100th?

New York: (NYSPANA) –NYSPANA's 2004 successes include several members having completed their commitments to ASPAN: Sandy Barnes as President, Maureen Iacono as Director for the Foundation, numerous members who served on national committees, SWTs, and as ASPAN ambassadors. Christine Beechner received the ASPAN President's Award. As a past Gold Leaf Component of the Year we have strongly promoted education, ASPAN membership, CAPA/CPAN certification and have developed a leadership mentoring process to prepare NYSPANA members to lead the component into the future.

Our newsletter, *Up To Par*, has been restructured and revitalized winning recognitions. As a component we have provided monies for sponsorship of the NC and almost \$15,000 for educational funds to our members.

North Carolina: (NCAPAN) –NCAPAN has a great scholarship program and currently have solvent finances. Seven members were sent to the Component Leadership Conference in Las Vegas. Their newsletter, *Carolina Breaths*, is a great resource for all members. Vicki Lewis achieved her MBA & MHA this year!! President Kathy Daley, MSN, RN, CCRN, CPAN was recognized as CNS in Critical Care in North Carolina's "The Great 100 Nurses"!! These are nurses selected and honored by the state at an awards banquet every year. They have a new district from the coastal area now participating in the component as well.

Alaska, Idaho, Montana, Oregon & Washington: (NPANA) – NPANA was the number one fundraiser for the Foundation Walk in 2004! We are up to the task for Chicago! NPANA continues to provide quality education to members by providing two conferences a year. NPANA's greatest challenge and success was the passing of the leadership torch! Besides new officers, a new newsletter editor has also stepped forward and is alive and well after publishing her first issue.

Ohio: (OPANA) –OPANA is channeling energies and gearing up for their celebration of 25 years as OPANA!! We will celebrate at the Cincinnati conference in May. Other districts are preparing for "Winter Forecast" and

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spring district seminars. A winter OPANA board meeting is planned for late January to discuss the OPANA strategic plan and proposed changes concerning officers and representative in the bylaws.

Oklahoma: (OSPAN) – OSPAN began hosting biannual conferences with the Fall Conference being held September in Oklahoma City. We experienced exceptional attendance and excellent reviews of the speakers and program selection. We are now looking forward to our Spring Conference in Tulsa. We also were able to arrange for a special certification site in Tulsa with approximately twenty-five sitting for the exam. Many thanks to Carolyn Golden for her coordination efforts!

Pennsylvania: (PAPAN) – We had a wonderful fall Conference in York, PA. Dina was present - it was a complete success!! We had a record 110 participants, and have received great evaluations, thanks to Karen Dykstra and her committee. Our membership has exceeded PAPAN's goal for 2004 – there are now over 400 members!! Our January biannual newsletter will be submitted for the newsletter contest. Statewide networking has been taking place to help boost participation- all good things take time!! We are also actively pursuing the concept of creating a PAPAN website, thanks to the Maryland Website Gurus!!

New Mexico: (PANANM) – This has been a tremendous year! We exceeded our membership expectations and have had the highest membership number seen in many years. We won two ASPAN registrations for the National Conference in Chicago

for having the highest number of recruitments based on total membership. We also had two very successful conferences with the best conference attendance than we have had in years! One of our members, Linda Rogers, RN, CGRN, CAPA, was selected by the March of Dimes to be the recipient of the Nurse of the Year award in the PACU category. We also established an email contact list and sent two officers to the Leadership Institute in Las Vegas.

Rhode Island: (RIAPAN) – A full day state conference is planned for Feb/Mar. Monthly educational offerings are very successful!! RIAPAN was recognized by the Rhode Island Food Bank for donating 70 lbs of food to needy families!! A Pain Management Poster Abstract for AORN Conference in Louisiana submitted by RIAPAN President's manager was accepted and is entitled, "Clinical Improvement and Innovation-The Multimodal Locomotive."

Colorado, Wyoming, Nebraska: (RMPANA) – RMPANA's 6th annual Retreat in the Rockies attracted well over 100 nurses!! The program included an interactive course in self-defense (for those of us who come in at all hours of the night!), the latest in pain management techniques, CPAN computer board game, and the best of the best, our own Lois Schick! Minnie Saydoc, played by Lynda Marks, returned to keep us more than entertained with her antics. The laughter, learning, and love of the nurses in our profession are really treasures! We are also developing a new Mountain Area District, District VI, led by Michaela Halcomb of Summit County.

South Carolina: (SCAPAN) – Our component had wonderful fall conference in Charleston, SC, with 100 participants! We also have increased our membership by 19% this year. SCAPAN has met some tremendous goals this year to include a strategic plan, a balanced budget and a new mission statement. We had two candidates attend the Leadership Conference! We also had a test site in Columbia, SC for the November CAPA/CPAN exam. We are also in progress of starting a SCAPAN website. Love and peace for 2005!

Tennessee: (TSPAN) – The TSPAN Fall Fling Seminar is being planned for the beginning of October at Opryland with Meg Beturne as one of the speakers. Their new President, Gloria Nipper, RN, CAPA wrote a wonderful letter to all conference attendees who were not ASPAN members, addressing the benefits of membership and encouraging them to join. They are hard at work on developing a web site for TSPAN.

Texas: (TAPAN) – TAPAN membership remains strong with plans to build on retaining current membership, as well as adding new members in the next year. Our grassroots recruitment from the District level within Texas is very strong. The Annual State Conference in September had an attendance in excess of 200 participants, a significant increase from prior years! The 2005 Annual State Conference will be held in Austin, Texas. District 4 (Amarillo & surrounding area) is trying hard to become active again and has started the year with a new slate of officers! The stars are indeed shining bright for Texas!!

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Across the USA

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Utah: (USPAN) – USPAN enjoyed two successful conferences. Those attending indicated that they were motivated, rejuvenated and received great information that was helpful to them in their practice. We have been conducting a membership campaign since our fall conference. Pam Dark was asked to speak at two facilities on the benefit of professional organization membership and certifications. The number of persons expressing interest and commitment in taking and successfully completing certifications has increased in the past six months.

Vermont & New Hampshire: (VT/NH APAN) – This past year VT/NH APAN was recognized for having 100% certification at Newport Hospital in Vermont. Shari Laurion and Susan Fetzer received the Mary Hanna Journalism Award. Kimberly Bernard received a National Conference Scholarship for Chicago. Ann Bezanson received an Education Scholarship to assist support her work on a Masters. We are looking forward to celebrating our 20th year 2004-2005 with a fabulous conference in Nashua NH, including National ASPAN speakers!!

Virginia: (VSPAN) – We celebrate Emily Mickelwait, BSN, RN, CPAN as the newest member of our Board of Directors! A successful October conference, Beyond the Horizons, featured a variety of speakers and included topics on a new enteric procedure in endoscopy, interventional radiology procedures, and the newest medical management of TB. A fall Seminar is planned for Virginia Beach. Six new board members have been recruited! Nancy Bertera, RN,

CPAN is the Education/Certification Resource for the membership. Marie Diamond is the new Vice-President/President Elect.

West Virginia: (WVSPAN) – Sent two members to National Conference last year. Beginning in January 2005 WVS-PAN will be working on recruitment and retention of component members and on encouraging current members to become more active!!

Wisconsin: (WISPAN) – WISPAN has three state wide Seminars a year. They are focusing this year on more public service works – most recently a food drive for a shelter in Milwaukee. Their membership numbers are growing every year and this remains a trend. They are making a drive to encourage certification by obtaining alternate sites and also by sponsoring certification

prep for the exam in a seminar format. They offer five (5) \$500 scholarships to their members.

Chair of Council of Component Presidents: Report on LDI: ASPAN was proud to host 88 component leaders and aspiring leaders in Las Vegas for the Component Development Institute. Using the Bob the Builder theme and concepts – these leaders came together and shared ideals, fun, inspirational messages, strengths and concerns – and came away with valuable tools to help us be better equipped and optimistic regarding future planning for the components and our members. The Leadership Institute validated for all of us the caring and support from National Leaders and National Office – and we learned just how valuable our efforts are – that we really do make a difference – for our practice and our profession! 🌿

Not attending the National Conference this year in Chicago?

You can still keep up with the daily activities and view snapshots from the conference by simply logging on to the ASPAN website (www.aspan.org). Daily updates will be available.



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Service Excellence: ASPAN's Star Nurse

Maureen Iacono, BSN, RN, CPAN-Coordinator, ASPAN Strategic Work Team for Recruitment and Retention

Shining
Star

Do you know an ASPAN member who delivers outstanding service to patients, colleagues and coworkers every day? When thinking of nurses who perform above and beyond does a particular ASPAN nurse come to mind? Is there someone special you know through ASPAN who steps up to the plate whenever needed? Perhaps there are numerous initiatives in your workplace that provide you an opportunity to show, in a visible and meaningful manner, that you hold nurses and nursing in high esteem. The ASPAN Strategic Work Team for Recruitment and Retention has developed another type of recognition one ASPAN member can bestow on another.

The ASPAN Star Recognition honors contributions of members who might otherwise go unseen or unnoticed. Perhaps they have written significant position papers or standards. They may have performed special services for an officer, an editor, a committee chair. They may have helped an ASPAN employee or leader in a pinch. The unique aspect of this recognition is that committee review and justification are not necessary.

ASPAN has purchased a star in the sky for special nurses who are 'stars' for ASPAN. It is named the "ASPAN STAR", and it is with great pride we designate nurses who have shown dedication and helpfulness to the work and goals of ASPAN. Gold lapel star pins have also been purchased, and these will be mailed to designated ASPAN stars when their recognition letter is sent.

Program Details

The ASPAN nurse must meet at least one of the three listed criteria

- Must make a significant, positive impact on ASPAN colleagues as evidenced through collaboration, esprit de corps in a project
- Must make a significant contribution to the current work of ASPAN
- Must make a positive impact on service excellence in the promotion of ASPAN in the community and/or in the workplace

The ASPAN person who designates a member for this recognition will:

- Submit a completed form to the National Office with necessary information
 - Name of star ASPAN member
 - Brief paragraph of contributions of the star which have influenced the designation

The ASPAN National Office will:

- Send a letter from the ASPAN President to the designated star
- Personalize the letter to indicate the special contributions of the recognized star
- Include information in the letter pertaining to the ASPAN Star in the Sky
- Include a gold star in the letter to be worn with pride

It is the hope of the Strategic Work Team that this initiative acknowledges ASPAN nurses who demonstrate outstanding service excellence, and inspire others to do their best. Go to the ASPAN Website (www.aspan.org) for information on how you can obtain the Star Recognition form to complete for your chosen ASPAN star nurse. 🌟

The SWT on Recruitment and Retention is Calling for Presentations

ASPAN would like to develop Powerpoint lectures that any ASPAN nurse can present on what perianesthesia nursing is all about. If you would like to contribute your presentations, consider sending them to Maureen.Iacono@sjhsyr.org and let us know if we can offer the same presentations to your colleagues. They would be useful for youth groups, high school classes, and nursing classes to generate interest and knowledge about our clinical practice.

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ASPAN Research Advancing Perianesthesia Nursing Practice: Celebrating Our Research Vision in Action!

Myrna Mamaril, MS, RN, CPAN, CAPA-ASPAN Director for Research

This year the organizational structure of ASPAN's Research Committee conformed to meet the work demands of ASPAN's research strategic goals. The Evidence Based Practice Team, Research Grant/Peer Review Team, National Conference Abstract/Peer Review Team, National Conference, Research Publication Team, and Research Website Team contributed to advancing the scientific theory of perianesthesia nursing. Today, ASPAN Research's "Vision in Action" is realized through the accomplishments we will now share with our *Breathline* readers.

EBP Practice Initiative

In the November *Breathline*, our President, Dina Krenzischek, MAS, RN, CPAN, authored "Vision in Action: The Power of Evidence-Based Practice (EBP)" in which she informed our ASPAN members how EBP guides the critical thinking process of reasoning and decision-making for our perianesthesia nurses to practice in a purposeful, systemic manner. ASPAN is entering an important professional intersection in our professional specialty history and EBP research will be the entry point.

EBP Team

ASPAN's foremost achievement was the development of the ASPAN EBP Conceptual Model. This EBP Model will provide the framework for future EBP research. ASPAN's "Vision in Action" promotes the culture of EBP research for our specialty nursing practice. Our ASPAN

Research goal is to conduct the following EBP studies: EBP Guidelines for PONV, EBP Guidelines for Voiding as Criteria for Discharge after Ambulatory Surgery, and Standardizing Discharge Criteria for Phase I PACU for Patients Who Have Had Regional Anesthesia.

Plan to attend the Evidence Based Practice Panel presentation at ASPAN's 24th National Conference in Chicago, where our EBP Model will be discussed. Learn how our ASPAN members may bring EBP topics as potential EBP studies. ASPAN's EBP research will bring greater credibility among our nursing and medical colleagues.

Publications Team

Ellen Poole coordinated the Publications Team for our *Breathline* research articles. Each article provided valuable information about different aspects of research. We would like to thank all the research authors who contributed to the *Breathline Research Corner*.

Research Grants/Peer Review Team

ASPAN's Research Committee hopes to award research grants this year. The categories "Novice" to "Expert" describe the levels of funding available. This year our ASPAN Research Grants Coordinator is Martha Clark.

National Conference Abstract Review Team

National Conference Poster Presentations will be coordinated this year by Pam Windle. One of

the highlights of our National Conference in Chicago is the Research Grand Rounds. Be sure mark your calendar for 7:00 to 8:00 AM, Tuesday morning, April 19, 2005, to attend the Research Grand Rounds that promises to show-case diverse research studies that will impact your perianesthesia nursing practice.

ASPAN's Research Website Team

ASPAN's Research Website is evolving as one of the most popular sites on ASPAN's Web. Kathy DeLeskey and her Website team help create a dynamic research Website. In addition, ASPAN received a Web Grant Fellow award from the Hartford Foundation to establish a Geriatric Website that will link members to GeroNursing Online. We plan to post the results of the Nurse Competence in Aging Study that was funded by the Hartford Foundation.

This year Kathy DeLeskey launched ASPAN's first Web-based research study. We are excited to learn about the results of Kathy's educational research study.


National Conference Team

Each year at Conference, ASPAN Research Committee Members participate in answering questions at the ASPAN Research Booth during the Exhibit Hours. Kathy Daley and Shirley Agodoa, our Research Booth Coordinator, promise to have our Research Team Members at the ASPAN Research Booth to answer your research questions. Be sure to visit our Research Booth in Chicago.

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Tips for Effective Communication with Older Adults

Elaine Gould, MSW, Hartford Institute for Geriatric Nursing, Division of Nursing, New York University

- Remember:
 - Sensory losses lead to frustration
 - Frustration leads to aggression or withdrawal
- Optimize sensory functioning
 - maximize use of hearing aids and glasses
- Avoid sensory distractions -- such as background noise, poor lighting
- Recognize role of pain as a distraction from good communication
- Build trust -- verbalize your recognition of sensory loss with patient
- Alert patient to a change in topic
- Present one point of information at a time
- Validate emotions and look for meaning behind behaviors
- Read body language and understand that body language may be altered by physical disability
- Try to see the patient's perspective
- Actively listen – give verbal or physical cues
- Ask an older adult for summary or confirmation of instructions
- Recognize “personal baggage” that influences patient expectations and perspective
- Recognize cultural beliefs that influence patient expectation
- Recognize and verbalize differing goals of patients, families, and health care professional
- Working with interpreters: Ask for translation and clearly separate “agendas” of family interpreter, patient and yourself
- Try to find some common ground 

Research Corner
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Celebrating Our Research Vision in Action!

ASPAN's Research Committee is committed to ASPAN's Strategic Plan: Advancing practice through research. This past year, the ASPAN Research Teams embarked on an exciting vision for our future. As the foundation for future research was established, the expertise and talents of the ASPAN Research Team Members enhanced and synergized our research initiatives. ASPAN is honored to have the following Research Team Members who accomplished our 2005 Research Strategic Goals!


FY 2004 – 2005 Research Committee Celebrating Our Research Vision in Action!

Myrna Mamaril, MS, RN, CPAN, CAPA
Director for Research

Evidence-Based Practice (EBP) Team

Myrna Mamaril – Coordinator
Karen Cannon, MN, RN, CPAN, CAPA
Theresa Clifford, MSN, RN, CPAN
Martha Clark, MSN, RN, CPAN
Valerie Hooper, MSN, RN, CPAN
Kathy Deleskey, MSN, RN, CPAN
Dina Krenzischek, MAS, RN, CPAN
Denise O'Brien, MSN, RN, CAPA, CPAN, APRN, FAAN
Ellen Poole, DNSc(c), RN, CCRN, CPAN
Jackie Ross, MSN, RN, CPAN
Lois Schick, MN, MBA, RN, CPAN, CAPA
Linda Wilson, PhD, RN, CPAN, CAPA, BC
Pamela Windle, MS, RN, CNA, CPAN, CAPA
Linda Ziolkowski, MSN, RN, CPAN, APRN, BC

Research Grant / Peer Review Team

Martha Clark, MSN, RN, CPAN – Coordinator
Chris Price, MSN, RN, CPAN, CAPA
Sonia Huff, MSN, RN, CPAN
Ellen Poole, DNSc(c), RN, CCRN, CPAN
Jackie Ross, MSN, RN, CPAN
Linda Wilson, PhD, RN, CPAN, CAPA, BC 


Educational Offerings

May 14-15, 2005 Northwest Perianesthesia Nurses Association (NPANA) Spring 2005 conference at Red Lion Inn at the Park in Spokane, WA. Deborah Seaver, RN, CPAN, is the seminar chairperson and can be contacted at dseaver@cet.com. More info will be posted on the NPANA website at www.npana.org as it becomes available.

September 17-18, 2005 Alabama Association of Perianesthesia Nurses (ALAPAN) will

hold its annual meeting, "Make Space for the Future" at Huntsville Hospital Corporate University in Huntsville, AL. For information, contact Eugenia Evans at eevans45@bellsouth.net.

September 30th-October 2, 2005 VSPAN State Conference the Sheraton Hotel, Virginia Beach, Virginia. For information, contact Carolyn Tucker, Conference Chairperson, at CWTucker@sentara.com.

October 1, 2005 TSPAN State Conference at the Opryland Hotel, Nashville, TN. Meg Beturne, BSN, RN, CPAN, CAPA, featured speaker. Contact Gloria Nipper at gnipper@bhset.org 

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For more information,
contact Carol Hyman
at the
ASPAN National Office:
877-737-9696 ext. 19
or chyman@aspan.org

2005 Winter/Spring Seminars

Pediatrics: Little Bodies, Big Differences

June 11, 2005 • St. Louis, MO

Perianesthesia Care: Beyond the Basics

June 4, 2005 • Albany, NY

Legally Speaking: Just the Facts

June 4, 2005 • Sacramento, CA



Are you or a nurse you know trying to quit smoking? Tobacco Free Nurses website (www.tobaccofreenurses.org) offers a free premium Internet-based cessation service through Nurses QuitNet. Nurses QuitNet provides individualized cessation plans, one-on-one advice from cessation specialists, information about medication and a myriad of other cessation resources for nurses. It is free to all nurses and nursing students and it is just one click away. Trying to quit smoking is the most important thing nurses can do for their own health on the New Year. Please share this vital resource with your colleagues.

What's New on the ASPAN Website?

The Website now has links for MedlinePlus and Pubmed. These are two medical search sites that offer a lot of medical information and are very helpful when doing research. The links can be found on the homepage of the ASPAN Website under the "What's New" section.

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