



Newsletter of the American Society  
of PeriAnesthesia Nurses

# Breathline

Volume 26, Number 2

March/April 2006

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## ASPAN Celebrates Diversity and Cultural Competence

As my term serving as ASPAN's twenty-fifth president winds down, I reflect on the progress our organization has made regarding diversity and cultural competence. I feel proud that all committees, strategic work teams, and the Board of Directors heeded my call to action. The visible results are a tribute to ASPAN members and leaders who held true to our core value of diversity and operationalized it in so many ways. This year, the member-get-a-member campaign challenged each of you to "touch the world that touches you." This initiative entailed being open and inviting to colleagues of all ages along the perianesthesia continuum, from the novice practitioner to the seasoned expert. The campaign resulted in the recruitment of nurses working in remote sites where moderate sedation administration occurs, and ultimately it offered the perfect solution to efficient succession planning. As the first cohort of enthused and committed "up and comers" began an ASPAN career mentoring track, diversity of opportunity became a reality at the grassroots level.

The work of the Diversity Strategic Work Team (SWT) greatly advanced our organizational goals by focusing on educating our leaders, members and staff members regarding positive outcomes promoted by the diver-



**Meg Beturne**  
**MSN, RN, CPAN, CAPA**  
**ASPAN President 2005-2006**

sity effort. The Diversity SWT solicited and published subject matter articles in *JoPAN*, *Breathline*, and component newsletters. The team increased ASPAN's influence and enhanced our diverse collaborations with healthcare organizations and agencies. We will realize the fruits of this labor at the Diversity Summit, taking place at our National Conference in Orlando. The summit will bring participants together from nursing groups that share in the care of patients and families, and includes multi-generational individuals from varied ethnicities and homelands, plus representatives from the armed forces. It will target nurses inside and outside of ASPAN who wish to identify diversity issues and address potential practice standards. Through an interactive brainstorming session, the formulation of key objectives for ASPAN's strategic plan will occur.

The Clinical Practice Committee, supported by evidence based practice, worked to develop a

proposed *Position Statement on Perianesthesia Cultural Diversity in Nursing Practice* for presentation to the Representative Assembly in April. Additionally, a call for best practice abstracts went out to all perianesthesia specialty areas for inclusion in the "Celebrate Successful Practices" posters at the 2006 ASPAN National Conference. The Research Committee thought outside of the box this year and initiated an online journal club. This activity included the posting of research articles and a subsequent interaction of diverse opinions and views. Ultimately, it served to improve the research critique skills of members. Outstanding work in the areas of hypothermia and postoperative nausea and vomiting propelled our organization to investigate and collaborate with other leading experts for the benefit of our patients. The Data Elements SWT continued its work on perianesthesia data elements, which positively affect perianesthesia practice by providing consistent and concrete definitions to discrete elements, such as pain and comfort. The Education Provider Committee stepped forward to satisfy diverse needs of our members by adding program offerings on understanding industry regulations, leadership and management, and by restructuring certification preparation

*continued on page 2*

**ASPAN National  
Conference**

**"Perianesthesia  
Nursing Diversity  
...Touch the  
World that  
Touches You"**

**April 30–May 4,  
2006  
Orlando, FL**

**[www.aspan.org](http://www.aspan.org)**

## President's Message

continued from page 1

courses to include case scenarios. Providing lectures in a DVD format is another proactive committee plan to supply education using diverse media. The Governmental Affairs (GA) Committee kept us informed on diverse political issues that require ASPAN members' attention, vocalization, and participation in advocacy efforts. The ASPAN website hosts ongoing GA updates that offer an excellent and effective vehicle to inform our members, and they are just a convenient click away. The National Conference SWT took center stage and planned the ultimate celebration of diversity and cultural competence imaginable, while enlisting the help of expert speakers to spread the word on how to make diversity work for us and how our touch can change the world around us!

This year, our component leaders got in touch with their leadership potential at the annual Component Development Institute while renewing their passion for perianesthesia nursing. A domino effect occurred as the leaders imparted this information to members, and now component revitalization is being encouraged and supported by all! As I traveled extensively across this great land of America, I witnessed grassroots members carrying the diversity banner and wearing the badge of cultural competence in daily practice. A desire to share local foods and customs led me to appreciate even more the richness and force that tradition has on our patients and us. In the perianesthesia nurses with whom I met, from every part of this great

Nation, I found support for inclusion rather than exclusion and acceptance rather than rejection. I was very proud that ASPAN was represented at the very first conference held by the Arab American Nurses Association. The conference featured keynote speaker Madeleine Leininger, a pioneer nurse anthropologist, nurse theorist, and founder of the Transcultural Nursing Society. Dr. Leininger, a true inspiration for all nurses, has dedicated her life's work to researching and promoting beneficial, meaningful, and culturally congruent health care to all people.

All of this year's achievements resulted from the work of so many ASPAN members, some visible at the front lines and those who kept the efforts going behind the scenes. The measurement of success, on all levels and in all instances, can be found where members resisted the forces of apathy, negativism and ethnocentrism. Today, we celebrate our advancements as individuals, as a professional nursing organization, and as a key player in the healthcare arena. Our future charge is to keep this momentum going and to build on the rich legacy of past ASPAN leaders. Building for the future means removing complacency and substituting an energizing spirit. This requires initiative, passion and acceptance and it means walking the talk of diversity and cultural competence. United in purpose, we can reach this goal and ultimately touch our world in a most profound way. Please take this walk with your perianesthesia colleagues and me! 🌍

## ASPAN Breathline

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Deadlines for inclusion in *Breathline*:

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

## Breathline

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# Finding the Evidence for Evidence Based Practice

Jacqueline Ross, MSN, RN, CPAN – Chair, Evidence Based Practice Committee

Evidence based practice (EBP) is receiving a lot of attention within health care. EBP is the use of best evidence to support practitioners in their decision making, with the goal of elimination of inappropriate, ineffective, and cost inefficient care for patients.<sup>1</sup> EBP incorporates evidence from scientific research, clinical expertise, and the preferences of individual patients. It is used to inform, change, guide, and implement nursing practice. EBP is about finding, appraising, and applying evidence of the management and treatment of healthcare<sup>1</sup> and all clinicians need to understand the basis of EBP and its implications.

Evidence based practice is based on two assumptions: the availability of evidence and the ability to make judgments about the usefulness and quality of this evidence. There are varying forms and levels of the evidence used to establish EBP. One may consider that the levels of evidence are on a continuum from qualitative research (starting with opinion based on experience) to quantitative research (ending with randomized controlled clinical trials).

Levels of evidence place randomized controlled clinical trials at the top of the hierarchy, however it is important to highlight that different methods are needed to answer different questions,<sup>1</sup> especially in the nursing profession. All levels of evidence have strengths and weaknesses and are important for consideration due to the emphasis on holistic care.

Clinicians encountering a clinical question want to determine the level of evidence currently available, and a systematic review is the best manner to approach the question. Systematic reviews locate, appraise, and synthesize the evidence available. There are several components of the systematic review process: definition of the research corner; methods for identifying research studies; selection of studies for inclusion; extraction of the data and the synthesis of the data.<sup>1</sup> The research question needs to be defined and must include the intervention, participant group, and the outcome. The review is extensive and methods include database searching, reference lists searching, contacting researchers, and looking

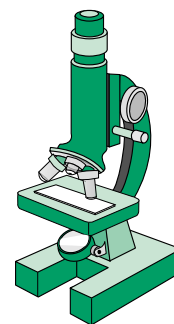
for unpublished evidence. The review should also include inclusion and exclusion criteria. The Cochran Collaboration has a database available on systematic reviews. These reviews are available for comment, have the ability to revise based on author or reader feedback, and are revised to include new research. There are many other ways to search for information including journal reports, database searches, and books. *CINAHL*, *PubMed* and *Medline* are popular nursing databases, and some databases are available for members through the ASPAN website.

Developing a better appreciation for reading research should not be an intimidating experience for the clinical nurse. In future issues of *Breathline*, the Research Corner will discuss appraising the varying forms of evidence, applying the evidence, clinical effectiveness, and the development of EBP. 🌱

## REFERENCE:

1. Hamer, L. & Collinson, G., Achieving Evidence Based Practice. *A Handbook for Practitioners*, Royal College of Nursing: London, 2003.

## Research Corner



ASPAN's 25 Years: Our PeriAnesthesia Journey to Success

## President's Reception Wednesday, May 3, 2006 7:00 – 10:00 PM

While attending ASPAN's 25th National Conference in Orlando, Florida, you are cordially invited to attend the annual President's Reception. This event honors our 2005-2006 ASPAN President, Meg Beturne, and is a special celebration of ASPAN's 25th Anniversary and the many ASPAN achievements from the past year.

All conference attendees and guests are urged to don festive attire and join the revelry. Plan on a wonderful evening filled with music, dancing, refreshments, and mingling with colleagues and friends. There is no better way to spend this evening than attending our exciting celebration! Mark your calendar now to attend the annual President's Reception at the Gaylord Palms Resort in Orlando!

ASPAN sincerely thanks Hill-Rom Co., Inc. for generous support of this event. 🌱

## Breathline

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## ASPAN's 25th National Conference

# "Perianesthesia Nursing Diversity...Touch the World that Touches You"

Karen Ewing, RN, CPAN – Member, National Conference Strategic Work Team

**M**ake plans now to make the most of your trip to Florida. The beautiful Orlando Gaylord Palms Resort & Convention Center is the host location for ASPAN's 25th National Conference, to be held April 30-May 4, 2006. The sixty-five acre property located just seventeen miles from Orlando International Airport provides opportunity and easy access. Airport shuttle service to and from the hotel is available for a \$17 fare each way; contact Mears at 407-839-1570 for more information.

Conference etiquette, southern style, does not require practicing saying "ya'all." However, it is essential to be prepared for the Florida climate. Bring comfortable walking shoes, a camera, a visor or hat, sunglasses, sunscreen, and clothing to layer. The average temperature in May is 78 degrees, but temperatures fluctuate and air conditioning is a way of life. Consider taking an extra day or two to sightsee before or after the conference. Wonderful optional tours are available when you register, but you may also want to plan individual side trips to Florida's coastal areas. Other leisure time options include Universal Orlando, Sea World Adventure

Park, or the Walt Disney World Resort located only one half mile from the hotel's main gate. Shuttle service is provided to all Disney Theme Parks from The Gaylord Palms.

While attending the conference please be sure not to miss the scheduled special events, such as the Foundation Walk, Component Night, Exhibit Hall Grand Opening, CPAN/CAPA Breakfast, Foundation Luncheon, President's Reception, and Closing Breakfast. The special events are a great opportunity to network with colleagues, make new acquaintances or reconnect with old friends. The conference brochure has specific details on these functions and some events require pre-registration and an additional fee. It is important to wear your name badge while attending education sessions and social functions because name badges are required for admission. Be sure to pick up a daily copy of the *National PARTiCULARS*, the pulse of everyday happenings during conference, found each morning in various locations throughout the conference site. In addition, a memo board is on display all during the conference to post messages for friends and colleagues.

National Conference is a time for learning but is also a time to rejuvenate and pamper oneself. Here are our *top 10 reasons to stay at the Gaylord Palms during ASPAN's 25th National Conference*:

**10 – the incredibly comfortable beds help you sleep like a baby...**

**9 – two pools: the South Beach for adults and the Marine pool for kids...**

**8 – sun, sun, and more sun under 4.5 acres of climate controlled hotel space...**

**7 – St. Augustine, Key West, Emerald Bay, and the Everglades all under one roof...**

**6 – just five minutes from Disney...**

**5 – the beautiful, nearby Falcon's Fire Golf Club...**

**4 – the Kids Count and La Petite Academy staff will watch the kids anytime...**


**3 – a world-class Canyon Ranch Spa Club will soothe your tired body and feet...**

**2 – the many fabulous restaurants located within the facility...**

**And the #1 reason for staying at the Gaylord Palms...**

**The alligators do not bite!** 

## Calling all First Timers!

**I**f this is your very first ASPAN National Conference, we have just the session for you! Come and join us on Sunday, April 30, 2006, from 5:00–5:50 PM or on Monday, May 1 from 12:15–1:05 PM, to learn exactly what you need to know to navigate the National Conference like a seasoned pro. Session leaders will be happy to answer any questions and will give you tips on making the most of your time in Orlando. ASPAN wants you to be comfortable, have fun, and really *ENJOY* your very first conference. So mark the date, grab a seat, and get ready to become a National Conference pro. One contact hour will be awarded for attendance. See you in Orlando! 



# Tantalizing Cuisine Awaits You at the Gaylord Palms

National  
Conference

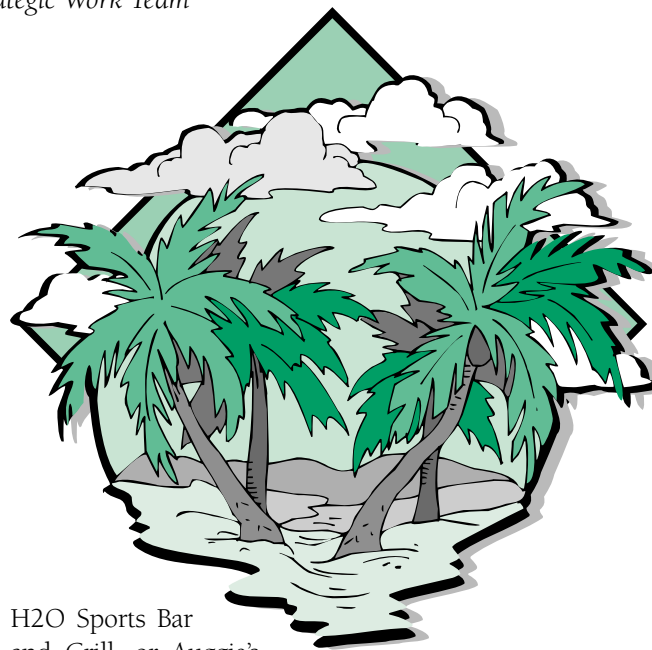
Susan Carter, BSN, RN, CPAN, CAPA – Member, National Conference Strategic Work Team

The Gaylord Palms, host hotel for ASPAN's 25th National Conference in Orlando, Florida, has something to satisfy everyone's appetite. The property is fully self-contained and climate controlled, so you have opportunities to satiate your hunger while experiencing the Everglades, Key West, and St. Augustine! The Old Hickory Steakhouse is located in the Everglades area of the Gaylord. Situated in a bayou setting complete with moss-covered trees, fireflies and real life gators, it is the perfect spot for a more formal, relaxed evening. Serving steaks and seafood, the Old Hickory is open only for dinner, so be sure to call ahead for reservations.

A more relaxed, family oriented experience is found in Key West at Sunset Sam's Fish Camp. Open for lunch or dinner, this eatery features a fusion of Floridian and Caribbean foods and has a floating

sailboat bar with a nightly sunset celebration. Sunset Sam's Cuban sandwich is absolutely yummy! St. Augustine is the place to find an Italian Villa and European market place. The Villa de Flora serves delectable Mediterranean-focused fare and is open for breakfast, lunch, and dinner. Seating is located inside the restaurant or outside on a delightful patio.

The Java Coast is perfect when you want to grab a quick something and scoot off to your next educational session or meeting. Run in for a latte, mocha, or coffee to accompany your danish, a tasty salad, a sandwich or snack. Eat on the run or sit at a table and enjoy the atmosphere of the piazza. If you are looking for a decadent snack, the Gaylord is home to a Godiva Chocolate shop and a Ben and Jerry's ice cream shop. Late evening snacks are found at the



H2O Sports Bar and Grill, or Auggie's Jamming Piano Bar where you will find lively dueling piano entertainment. Please come to Orlando for the educational benefits of ASPAN's 25th National Conference and then enjoy the Gaylord Palms for its wonderful ambience and culinary diversity. 🌴

## Foundation Luncheon

### *Jo Manion Recaptures the Joy and Passion of Your Work*

While in Orlando for ASPAN's 25th National Conference, *Perianesthesia Nursing Diversity... Touch the World that Touches You*, you must plan now to attend the ASPAN Foundation's annual luncheon on Wednesday, May 3, 2006 from 12:00 PM to 2:00 PM. The featured speaker is Jo Manion, PhD, RN, CNAA, FAAN. Dr. Manion is a nationally recognized speaker, accomplished author, and senior management consultant who presents practical and creative approaches to organiza-

tional and professional issues. Since the early 1990s she has worked with organizations and individuals engaged in creating effective cultural change, developing leadership capacity, and transforming organizational structures.

Dr. Manion focuses on creating positive workplace environments with high impact retention strategies and creating new organizational cultures. Her most recent best selling book, *Create a Positive Healthcare Workplace: Practical Strategies to Retain Today's Workforce*

and *Find Tomorrow's*, was released by AHA Press in July 2005. Dr. Manion's experience as a nurse, former association executive, well-known consultant, and speaker to thousands of people per year make her uniquely qualified to present for our luncheon attendees "The Joy of Work: Recapturing the Passion & Enthusiasm of our Work."

For more information on Foundation Luncheon reservations, please see the conference brochure or contact the National Office (toll-free) at 1-877-737-9696. 🌴

Breathline

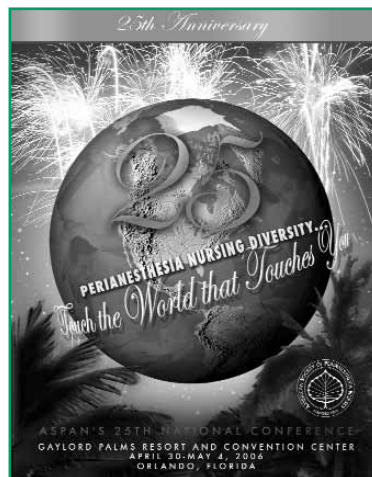
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## National Conference Diversity Planning

Nancy M. Saufl, MS, RN, CPAN, CAPA – Coordinator, National Conference Strategic Work Team, ASPAN Past President 2000-2001

In 2004, Meg Beturne became Vice President/President-Elect of ASPAN. About that same time, I was appointed Coordinator for the 2006 ASPAN National Conference. Meg and I began the first of many discussions regarding her presidential theme and the accompanying theme for the 25th National Conference. It soon became apparent that Meg had a passion for making diversity a reality for perianesthesia nurses. She subsequently challenged the ASPAN membership to get involved with diversity and to develop a greater understanding of this subject so that each nurse could integrate diversity concepts into nursing practice and influence those around us. Meg's goal was for each of us to increase our awareness so that we could "reach out and touch the world around us." This led us to create the title for ASPAN's 25th National Conference.

I began to think about the many faces of diversity and ways in which we can reflect these issues in our National Conference while providing our attendees with global information about the importance of diversity. All members of the National Conference Strategic Work Team believed that



we should include knowledge of cultural diversity in the program schedule, and incorporate information on the culture of the nurse, the patient, and the environment. While recognizing the importance of understanding pertinent information about diverse health care beliefs, values and practices, we worked to include topics on world perspectives, social customs, behaviors, and attitudes. Blending this kaleidoscope of information into an educational program of clinical, management, and leadership topics for all perianesthesia nurses became our goal.

In addition to these topics, we hope that you will enjoy presentations on transcultural nursing experiences, cultural competence,

and cultural understanding in health care. These offerings address the needs of patients with language barriers, cultural barriers, ethnic traditions, and a range of cultural and philosophical beliefs. It is our hope that such diverse presentations will help perianesthesia nurses to understand cultural competency and its importance for the future of health care. We also have topics covering the diversity of our perianesthesia practice from pediatrics to geriatrics, from gender differences to the power of teamwork, from ambulatory surgery to multiple traumas, and much, much more.

Perianesthesia nurses are in a position to influence professional practice as it relates to cultural diversity. Under Meg's leadership, ASPAN has acknowledged the importance of integrating diversity concepts and cultural competence into our professional lives. Meg has taught us to keep our minds open to creativity, diversity, and change, so that we can come together to make diversity a reality in all areas of our perianesthesia practice. We hope to see many of you in Orlando next month as we celebrate *Perianesthesia Nursing Diversity... Touch the World that Touches You.* 🌿

**Enjoy the Orlando area while attending ASPAN's 25th National Conference.**

### Universal Citywalk®

Enjoy live music, fine & casual dining, dancing, shopping, movies, and more at one of Orlando's hottest spot for entertainment. This lively entertainment complex features such popular restaurants and nightspots as Emeril's® Restaurant Orlando, Jimmy Buffett's® Margaritaville®, Latin Quarter™, the world's largest Hard Rock Café® and more. Visit [www.citywalkorlando.com](http://www.citywalkorlando.com) for more information.

**PERIANESTHESIA NURSING DIVERSITY...** *Touch the World that Touches You!*

# **ASPAN Board Of Directors Mid-Year Meeting**

**November 4 - 5, 2005 - Old San Juan, Puerto Rico**

## **STRATEGIC WORK TEAM/COMMITTEE UPDATES**

- The Evidence Based Practice (EBP) Committee met at the end of October 2005. Meg Beturne named Jackie Ross as Committee Chair. The first pilot topic is preoperative risk and preventative measures for pressure ulcers. Jackie Ross presented the EBP project initiation flow chart to the Board of Directors (BOD).
- Safety / Perianesthesia Data Elements (PDE) are in the process of development and validation. The safety team is collecting data for its initial safety survey. Plans include ongoing PDE development and actions relating to the survey results.
- The Diversity Program developed publications via *Breathline* and *JoPAN*. There will be an invitation only meeting at National Conference where Jan Odom-Forren will lecture. The Strategic Work Team (SWT) goal is to develop a resource book for members to use in the workplace. The Nursing Organizational Alliance is also strategizing and asking for input on diversity issues. Meg Beturne has expressed interest to participate on the coordinating committee of NOA.
- The 25th Anniversary team worked hard to make this 25th Anniversary celebration at National Conference a huge success. The 25th Anniversary Commemorative Quilt is complete and raffle tickets are available from component leaders. Historical videos and pictures will be available for purchase at the conference, along with many other surprises. Components can present a historical poster display. Contact National Office for further details.

## **FREE CONTACT HOURS**

The BOD approved free contact hours for ASPAN members participating during PANAW 2006. Articles from the *JoPAN* and ASPAN web based articles are eligible.

## **PROPOSED BYLAW CHANGES**

The BOD endorsed several Bylaws changes. Three relate to eligibility of office and another supports the Safety SWT becoming a standing committee. The Representative Assembly will vote on the proposed changes at National Conference.

## **EDUCATIONAL CD-ROMs**

Two new educational CD-ROMs are completed: *Ambulatory Perianesthesia Practice: Beyond the Basics* and *Perianesthesia Care: Beyond the Basics*. Both CDs offer 8.4 contact hours. The cost is \$99 for members and \$149 for non-members. A new seminar, *Navigating the Regulatory Maze*, is in development.

## **SPG UPDATE**

A new orientation manual is in development for SPG Coordinators and Vice Coordinators. Information includes templates for *Breathline*, available resources, and Board liaison information.


## **UP AND COMERS PROGRAM**

This pilot effort encourages the recruitment and development of future leaders. A reception held at National Conference in Orlando will provide an opportunity for two nominees from each component to mingle and network with other nominees and current ASPAN leaders.

## **HURRICANE KATRINA RESPONSE**

The BOD approved a \$5,000 donation to the Katrina Relief Fund.

## **POLICIES/PROCEDURES/FORMS ONLINE**

The BOD approved all ASPAN policies, procedures and forms to be made available on the ASPAN Web site by April 2006. 



# Diversity Touches the ASPAN National Office Staff

Meg Betune, MSN, RN, CPAN, CAPA – ASPAN's 25th President



**ASPAN  
National Office Staff**

Front Row: Linda Wilson, Courtney Papp, Jean Hess, Pam Gottschalk, and Diane Bradley.  
Back Row: Kevin Dill, Carol Hyman, Dennis Johnson, Connie Jameson, and Jane Certo.

As ASPAN prepares to celebrate our 25th Anniversary in Orlando, I want to give thanks to our National Office staff members who work tirelessly to keep our organization moving forward. The staff, represented by a distinct group of individuals, realizes the importance of diversity in their everyday work. They are friendly and inclusive of anyone who asks for help, and have championed diversity in so many ways. Our ASPAN staff is our nucleus, each day making connections with a range of companies and organizations, managing conference and seminar details, and keeping our membership informed. I will share individual comments about diversity from our staff, beginning with our dynamic CEO, Kevin Dill, who cares so deeply while serving ASPAN with vision and dedication to our core purpose and values.

Kevin Dill directs the National Office staff and operations while serving as the link to the Board of Directors and Representative Assembly. Kevin's role offers him an opportunity to see ASPAN on many different levels. He believes that "ASPAN has created a culture in which people from all backgrounds can come together and work for common goals. Without diversity, an organization risks stagnation. As the nursing and medical community becomes

increasingly global and competitive, organizations lacking diversity initiatives will miss key opportunities to generate solutions to ever changing challenges. Our organizational approach to diversity involves practicing inclusiveness while recognizing and valuing differences. Diversity extends beyond just visible differences to encompass personality, work style, and other human traits. Diversity brings an organization a wider range of resources, skills, ideas, and energy. ASPAN embraces diversity in its heart and soul."

Jane Certo, Director of Programs & Project Development, has a wide range of administrative responsibilities including the Clinical Practice Network, the Scholarship program, *Breathline*, Specialty Practice Groups, and Representative Assembly Administrator. Jane relates, "The concept of diversity is not new. When I consider it, what immediately comes to mind are the famous poetic lines inscribed on the Statue of Liberty, the words that espouse diversity that I learned early in grammar school." Jane believes that the rich and vibrant tapestry of America's diverse cultures is woven with a common thread of freedom and liberty. Although that thread may fray at times, the spirit of America continues to mend any fray with determination for a stronger fabric that binds us all through understanding, acceptance and love.

Diane Bradley, Membership Services Manager, manages membership programs and the member database, education approval, and learner-directed studies.. She regularly communicates with perianesthesia nurses and leaders rooted in diverse cultures from various geographic locations.

Diane says, "I have the pleasure of interacting with a great number of ASPAN's members. We have wonderful Southern belles with that strong southern accent, nurses who speak English as a second language, and a wide range of membership diversity in between. Despite accents and language barriers, all are united in a goal to maintain a high level of care for perianesthesia patients. My respect for their commitment and dedication is great. I am glad to be able to serve perianesthesia nurses through my position."

Courtney Papp, ASPAN Meetings Manager, is responsible for National Conference planning and management plus other association meetings. Her role involves travel to various national locations and interaction with a range of health care industry professionals. Diversity, to Courtney, is an understanding that the world and its people are all different. No one person or place is exactly the same, which is what makes every day new and interesting and makes being a meeting planner so much fun. It is no wonder that ASPAN conferences are so successful with Courtney at the lead. Her appreciation and celebration of the world around her, teeming with differences and distinct possibilities, makes each new conference site and event a unique adventure.

Dennis Johnson, ASPAN Director of Marketing & Development, credits the Cambridge University Press online dictionary for defining diversity as: "when many different types of things or people are included in something." Dennis reports, "At first glance ASPAN appears to be a very homogeneous organization, but upon deeper inspection, it is

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abundantly obvious that truly is not the case. In the three plus years that I have been privileged enough to be associated with ASPAN, I find the organization to be open to members of a multitude of ethnic, cultural, geographic, age, educational, and social-economic backgrounds. ASPAN strives to encourage achievement and offer opportunity within the organization to the entire membership, regardless of their tenure and status, as long as they are qualified and deserving."

*Carol Hyman, Associate Meeting Planner, oversees ASPAN's Seminars and co-sponsored programs. Carol shares an experience she had while traveling by plane to Denver. She*

sat next to an author of children's books, whom had just completed one book with a storyline about a blind grandparent, and another book about sisters, one who was deaf. Their discussion included the need to start diversity training at a very young age because a lack of knowledge about differences breeds fear and apprehension. Carol expressed a desire to become involved in this worthwhile educational project, embracing the concept that we have so much to learn from each other.

*Jean Hess, Office and Database Manager, is in charge of registration processing and accounts payable. Jean says, "Diversity is a reality. We need to teach our chil-*

dren that people are people and are equal regardless of race, disability, age, gender, religion or economic class. If we adults cannot deal with diversity in this world, then things will not change for the next generation." We will see Jean's sentiment incorporated throughout the Diversity Summit held in Orlando.

In conclusion, I feel very fortunate to work with this wonderful group of caring, dedicated professionals who keep ASPAN's best interests at heart. On behalf of all perianesthesia nurses, I salute the entire National Office staff's contributions of time and talent to move our organization and our diversity initiative forward. 🌿

## How is Our Strength Maintained?

*Sandra Barnes, MS, RN, CPAN – ASPAN Past President 2003-2004*

As the American Society of PeriAnesthesia Nurses (ASPAN) continues its extraordinary growth and development as an organization, we can reflect on our grassroots foundation and evaluate how our strength is maintained. The groundwork, laid in the beginning through the efforts of individuals passionate about postanesthesia care delivery and by pioneers working in recovery rooms across the nation, became an initiative to define and standardize our practice. Nurses seeking the guidance and resources necessary to practice safe and consistent care found support in the strength and determination of the founding leaders. To this end, ASPAN was established.

Expansion of the organization necessitated the leadership to play a vital role in planning a course of action to assure ASPAN's strategic development continued to meet the needs and expectations of the membership. The leadership assumed a fiduciary responsibility with the intent to act in good faith

while fulfilling an obligation to our members and while keeping the significance of membership involvement and recognition in our sights. Members are the key to continued success because so many practice at the bedside while providing the organization invaluable information about perianesthesia nursing on a day-to-day basis.

As our membership grows, ASPAN is now the voice of thousands of nurses representing an amazing range and variety of backgrounds. Our diversity spans ethnic background, gender and economic status. The elusive aspects of age, educational background, religious affiliation, and "specialty within the specialty" often influence policy development and change. All of these differences require consideration, inclusion and acknowledgement in order to represent all perianesthesia nurses to the best of our ability.

Diversity of individual members is a significant concept affecting the success of ASPAN's strategic

development and future growth. Fortunately, ASPAN recognizes diversity as strength to build upon to maximize future achievements of the organization. To this end, President Meg Beturne has established a Strategic Work Team evaluating the diversity of, and the implications of this diversity for, the Society. A second Strategic Work Team will analyze the 2005 environmental trends affecting perianesthesia nurses. The identification of concepts, needs and trends will provide significant information for future strategic events. This visionary approach to organizational development will keep ASPAN on an influential cutting edge in the nursing arena. Our shared vision is unequalled as we seek worldwide recognition as the leading organization for perianesthesia education, practice, standards and research. ASPAN can do this, and will do this, because we honor the diversity of our grassroots members at the component level, where our strength is maintained. 🌿

## Perianesthesia Data Elements: Naming What Nurses Do

### Perianesthesia Data Elements Strategic Work Team Update

In 2004, Vice President/President Elect Dina Krenzischek envisioned a perianesthesia nursing language to describe what nurses do in this practice setting. In August 2004, the Perianesthesia Data Elements (PDE) Strategic Work Team met for the first time and created a core purpose based on this goal: "ASPAN will be the primary source of research and evidence-based perianesthesia clinical documentation standards." The initial core purpose was "to create a comprehensive dictionary that includes critical data elements for perianesthesia nursing documentation." Since that first meeting the team developed outcomes for Phase I, initiated face validation studies with clinical experts, and enlisted a consultant to pull the various pieces together.

Mindful that "ASPAN will be recognized by the healthcare community worldwide as the leading organization for perianesthesia nursing education, practice, standards and research," the team restated its vision. Reframed, the vision states, "ASPAN has an ethical obligation to develop and disseminate perianesthesia data elements to the global nursing community and to create the framework for

which PDE can be used by clinicians, regulatory agencies, and vendors."

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*"ASPAN has an ethical obligation to develop and disseminate perianesthesia data elements to the global nursing community and to create the framework for which PDE can be used by clinicians, regulatory agencies, and vendors."*

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Professional perianesthesia nurses need PDE representation because it:

- creates standardized perianesthesia documentation of diagnosis, assessment, intervention, and outcomes
- standardizes the terminology used to describe the core competencies of perianesthesia nursing

- provides a consistent language to support perianesthesia nursing education
- enables the conduct of consistent and comparable perianesthesia research
- provides a database of perianesthesia nurse contributions to patient care and care outcomes
- will gain acceptance as recognized language by the American Nurses Association, which is necessary for vendor support
- provides a framework for the development of electronic medical records with a measurable link to coding, regulatory agencies, and reimbursements

As the PDE team continues to develop perianesthesia data elements, the related educational efforts will begin at this year's National Conference. Future issues of *Breathline* will offer more information about the evolution of PDE. 🌱



ASPAN thanks  
**Jacqueline Ross, MSN, RN, CPAN,**  
for nine years of dedicated service  
as *Breathline* Editor. We are grateful  
for the many years she shared her  
time and talent with us and send  
heartfelt congratulations to Jackie  
on a job well done!

# Shop Until You Drop at the ASPAN Shoppe

Marigrace Clarke, RN, CAPA – Membership/Marketing Committee Member

Membership

In the November-December issue of *Breathline*, you read about shopping opportunities in the Orlando area. There is another excellent opportunity available right at the conference hotel, and it is the ASPAN Shoppe. This special boutique allows you to purchase ASPAN logo items to take home for yourself or as gifts for colleagues, so be sure to leave some space in your suitcase! This year in Florida, we have a special beach towel and a new collectible

charm for your Italian charm bracelet. If you bring the bracelet, we will gladly mount your new charm. All the famous ASPAN publications are available for purchase, along with scrubs, warm-up jackets, t-shirts, clipboards, lunch boxes and much more. Members of the ASPAN Membership & Marketing Committee are always on hand to help with your selections.

Special logo items marking ASPAN's 25th Anniversary year

include a collector edition clock, pen, note holder, and denim shirt. Visit the ASPAN website at [www.aspan.org](http://www.aspan.org) to view the anniversary items and start making your shopping list before arriving in Florida. The ASPAN Shoppe accepts cash, checks or credit cards. The store opens on Sunday, April 30, 2006. Check the registration desk for the location and hours of operation, and be sure to leave some space in your suitcase! 🌟

## ASPAN Star Recognition Program

*Star light, star bright,  
look at all the ASPAN Stars I see tonight.  
Wish I may, wish I might,  
get the names of stars just right!*

110% everyday while contributing to a healthful work environment. Your star might be a seasoned nurse who takes the novice practitioner under his or her wing, often considering such contributions routine.

There is a galaxy of stars just waiting to be named so please do not delay sending in a nomination. The ASPAN member must meet at least one of three criteria:

- makes a significant impact on ASPAN colleagues as evidenced by collaboration and esprit de corps in a project
- makes a significant contribution to the current work of ASPAN
- makes a positive impact on service excellence through

the promotion of ASPAN in the community and/or in the workplace

It is ASPAN's desire to acknowledge nurses for service excellence. Please go to the ASPAN website ([www.aspan.org](http://www.aspan.org)) for information on how to obtain the Star Recognition form. To be considered, a completed form must be submitted to the National Office with all necessary information, the name of the star, and a brief paragraph of the contributions that inspired the nomination. The ASPAN National Office, in turn, will send a letter from the ASPAN President to the designated star personalizing his or her special contribution. The names of all ASPAN Stars will be displayed at the 25th National Conference in Orlando...Wish I may, wish I might, get the names of stars just right! 🌟

The Star Recognition Program continues to offer an opportunity for perianesthesia nurses in any practice setting to recognize unsung heroes. Stars are your colleagues who raise the bar of excellence through some action and demonstrate passion and commitment to our core values. Stars are available at a moment's notice to complete a necessary task, or willingly step up to the plate to ease another's workload. They are members of the staff who give

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## ASPAN Cares: Member to Member

### Hurricane Katrina Relief Funds through the ASPAN Foundation

Maureen V. Iacono, BSN, RN, CPAN – ASPAN Foundation Director, ASPAN Past President 1998-1999

The devastation and destruction resulting from Hurricane Katrina was visceral and horrible. There was an outpouring of sympathy in our country and around the world as stories of individuals and families were told in stunning detail. With so much loss, heartache, and uncertainty many onlookers felt helpless. Individuals and relief agencies accepted donations of all kinds and the public was encouraged to give money, because initial relief effort needs were so enormous that financial help might be put to the best use. Many communities raised and donated funds for targeted relief in church groups, grocery store chains, shopping malls, and schools. Money collections occurred during college and professional football and basketball games, at movie theaters, and in the workplace. Many Americans gave generously while participating in numerous other ways as the magnitude of this disaster struck with force. Today, there are countless agencies still accepting donations. One can look on the Internet and access over 1,000 sites that continue to list directed donations for Hurricane Katrina relief.

The ASPAN leadership responded to the needs of fellow Americans as individuals, giving money, volunteer hours, or supplies. The care and thoughtful outreach of ASPAN leaders and members extended to all victims of the hurricane. However, ASPAN provided the opportunity for designated fundraising to assist members of our ASPAN family. In this time of overwhelming need, ASPAN created a mechanism to accept donations to help members affected by loss. A call went out to ASPAN components and the membership at large via email and on the Web site. All dollars donated toward the ASPAN Hurricane Katrina Relief Fund were held in a separate account until the first week in January. Individual nurses sent in money, as did many ASPAN components. These generous donations often included heartfelt notes. Many components shared all the revenue from fundraising events held during their fall conference, some donated raffle money, and one component sent \$901 – one dollar for each component member.

The total donation amount collected, for the sole purpose of helping members in need, was \$26,520. ASPAN members resid-

ing in the immediate hurricane impact area were encouraged to ask for assistance by the December deadline, and each dollar collected was turned back to members in need. This program was disseminated through phone contact, via email, and by letter. ASPAN members in the hurricane-ravaged areas spoke of wind damage, leaking roofs, insurance adjustor delays, missing floors, rampant mold and mildew, no plumbing, and ruined appliances. One nurse wrote, "I am walking on cement floors and when it rains outside it rains inside, too." Every member that requested relief during the time period of this program received an equal share of all the donations collected. Relief checks were sent Friday, January 6, 2006. ASPAN is offering to suspend annual dues payments for one year for nurses directly affected by Hurricane Katrina who request this support. Along with these physical forms of support, we continue to keep these nurses in our thoughts and prayers. Kudos to the ASPAN National Office for responding so swiftly, and in an innovative and dynamic way, to help members care for members. 🌿



The November/December *Breathline* included a list of names and components representing charitable donations received prior to that publication date. As promised, the following is a list of names and components who donated to the ASPANF Hurricane Katrina Relief Fund prior to the closing date. Thank you to everyone who supported this special program.

Joan Bledsoe	ISPAN	PANANM
Joni M. Brady	NAPAN	PAPAN
Dennis Johnson	NYSPAN District 15	PBAPAN
Terry Trautloff	OSPAN	SCAPAN
Joann Wood	PACN of Broward	Swedish American Hospital
DAPANA	PANAC	VSPAN



## Calling All CPANS Certified Since 1986

Did you take the very first CPAN certification examination in 1986? Have you maintained your CPAN certification status since then? If yes, ABPANC would like to celebrate your 20th birthday at the 2006 CPAN/CAPA Celebration Breakfast being held May 1, 2006 in conjunction with the ASPAN National Conference in Orlando, Florida.

We're not going to tell you why just yet, but please send your picture and a brief response to the phrase, *What CPAN certification has meant to me*, to Bonnie Niebuhr, ABPANC Chief Executive Officer at [bonnie@proexam.org](mailto:bonnie@proexam.org).

For questions, call ABPANC at 800-622-7262 and speak with Philip Godlewski, ABPANC's Program Associate.

Happy Birthday! 🌿

## CPAN and CAPA Practice Exams

There are four CPAN and CAPA practice exams available for purchase and all questions serve as helpful study tools. To receive an order form, please call 800.6ABPANC or visit our website at [www.cpancapa.org](http://www.cpancapa.org).

## Change to Clinical Practice Eligibility Requirement for Initial Certification Approved

At the November 2005 Board of Directors meeting, the ABPANC Board approved a change to the clinical practice eligibility requirement. Beginning with those candidates registering for the April 2007 examinations, all candidates, regardless of their role (manager, educator, researcher, and staff nurse) must have accrued the required clinical hours in direct care of perianesthesia patients. When seeking initial certification, one must have "hands on" experience caring for perianesthesia patients.

The number of hours required to sit for initial certification has not changed. 1800 hours in the two years prior to applying for either the CPAN or the CAPA examination are required. The Board approved this change after looking closely at the purpose of specialty nursing certification, which is to protect the public. The intention of CPAN and CAPA certification programs is to ensure the public that a certified nurse has both the knowledge and experience to meet their needs. If you have questions about the requirement change, do not hesitate to contact Bonnie Niebuhr at [bonnie@proexam.org](mailto:bonnie@proexam.org). 🌿

## Unsuccessful Candidates are now Eligible for a Discounted Examination Fee

Beginning with the November 2005 CPAN/CAPA certification examinations, ABPANC is pleased to offer unsuccessful candidates a *one time only* discounted examination fee. ABPANC will waive the \$35 application fee if applicants retake the examination within 12 months. Unsuccessful candidates are required to submit a complete application to retake the examination. 🌿

## Online Practice Exams to be launched in May 2006

ABPANC is pleased to announce that practice exams will be available on-line beginning May 2006. A new 100-item practice exam will be available for each of the CPAN and CAPA examination programs. Taken online, one's score with feedback regarding performance in each of the four Patient Needs' Domains will be immediately available. Contact hours can be earned for this activity. 🌿

**CertificationNOW**  
Working together to fulfill our patient promise

Register for exams given November 30, 2006

## Dates to Remember

- Special test site request postmark deadline – **8/21/06**
- Initial application postmark deadline – **9/5/06**
- Late application deadline (must submit a \$50 late fee) – **9/11/06**
- Application withdrawal/roll over postmark deadline – **9/18/06**
- Test site transfer request postmark deadline – **10/2/06**

## Recertifying in April?

**NOTE THE CHANGE IN THE POSTMARK DEADLINE!!**

Recertification application materials are due **postmarked no later than April 1st, 2006**, not April 30th. If you are due to renew in November, materials must be postmarked no later than November 1st, not November 30th!

## News Flash!

The CPAN and CAPA *Candidate Handbook and Application* is available on line! Visit [www.cpancapa.org](http://www.cpancapa.org) to download some or all of the sections you need now! Hard copies are also available by contacting ABPANC. You will still need to obtain the scannable application form from Professional Examination Service.

## Affected by Hurricanes Katrina, Rita, and/or Wilma?

If you were due to renew your recertification status in November, 2005 or will be due in April, 2006, and have been adversely affected by the recent hurricanes, ABPANC recognizes that you may have lost the paperwork needed to renew your CPAN and/or CAPA certification credential. In addition, we understand that attending to your recertification may not be your first priority!

Please contact the ABPANC national office and speak with Philip Godlewski, ABPANC's Program Associate. He will describe the plan in place for helping you through this difficult period. You may reach Philip by calling 800-622-7262 or emailing him at [Philip@proexam.org](mailto:Philip@proexam.org). 🌿

For information about certification and recertification, please stop by the ABPANC exhibit booth at the 2006 ASPAN National Conference in Orlando.

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## 2006 PANAW Celebrations

### *Exceptional People, Touching Your World*

ASPAN members shared some special PANAW celebrations held in components across the Nation.

#### MO-KAN PANA

At Truman Medical Center-Hospital Hill, PANAW celebrations are highly anticipated. This year's celebration included activities for seven consecutive days. Vendor representatives provided lunches, and in keeping with ASPAN's diversity theme the cuisine included distinct and varied ethnic flavors. We had inservices on gynecological and orthopedic topics, and a perianesthesia storyboard display accompanied ASPAN's PANAW poster. Gift items, purchased for raffles and give away, accompanied PANAW pens for everyone! We also played a fun "How Well Do You Know Your Coworker" game, and our PANAW was a true celebration of perianesthesia nursing that energized the entire staff.

- Marilyn M. Dizon, RN, CPAN

#### PANANM

Governor Bill Richardson honored the Perianesthesia Nurses Association of New Mexico with a proclamation declaring February 6-12, 2006, PANAW in New Mexico. Governor Richardson recognized perianesthesia nurses for their dedication, proficiency and compassion. Congratulations, PANANM!

#### NCAPAN

Recognizing how hard the perianesthesia nursing staff works every day, the clinical leaders at Duke University Hos-

pital Duke-North made PANAW special. Colorful poster displays enticed staff participation while each weekday featured a fun game. For example, Monday's activity was an informative and entertaining perianesthesia-related matching game. Winners received a prize from the ASPAN PANAW catalog. Other activities included a perianesthesia crossword puzzle, a guessing game bulletin board display of baby and pet pictures, a PANAW breakfast, a pizza party day, and an ice cream social to end the week. All these events made for a very happy PANAW at Duke-North.

- Maureen Butts

#### VSPAN

Lewis-Gale Medical Center recognized our amazing PACU, Ambulatory Services, and Pre-Admission Testing nurses with a weeklong celebration. A vendor representative hosted a PANAW breakfast, the anesthesia physician group hosted a luncheon, and managers and department directors held a special dessert reception. Daily door prize drawings included an assortment gifts from ASPAN's PANAW logo items, and each perianesthesia nurse received a gift from his or her manager as a token of thanks. Other departments were more enlightened regarding the unique role of perianesthesia nurses through an article published in the hospital newsletter. Lewis-Gale believes we have the best perianesthesia nurses around, and this was a fun way to thank them!

- Dawn Howell, BSN, RN, CPAN



**PeriAnesthesia  
nurses**

EXCEPTIONAL PEOPLE, TOUCHING YOUR WORLD

#### PAPAN

At Penn State Milton S. Hershey Medical Center, our Clinical Nurse Educator coordinated daily PANAW activities. Custom made posters displayed throughout hospital units introduced PANAW while an email distributed to all nurses contained the ASPAN hyperlink to help describe the individual, autonomous, and special considerations that separate perianesthesia nurses from other specialty practices. PANAW events included specialty-coffee bars, catered buffets and lunches, small gifts and raffles, and a personal visit by the Director of PeriOperative Services distributing individual thank you notes to recognize our staff's hard work and dedication. The staff really enjoyed these activities and the meaning of PANAW.

- Susan Heffner, MEd., RN, CPAN

#### ILSPAN

Bromenn Hospital is a beautiful, growing facility where exceptional perianesthesia nurses touch others with pride in delivering caring, compassionate, and competent care. Our celebration party featured prizes, food, camaraderie and fun for the nurses, OR techs, unit secretaries, anesthesiologists, CRNAs and surgeons.


*continued on page 15*

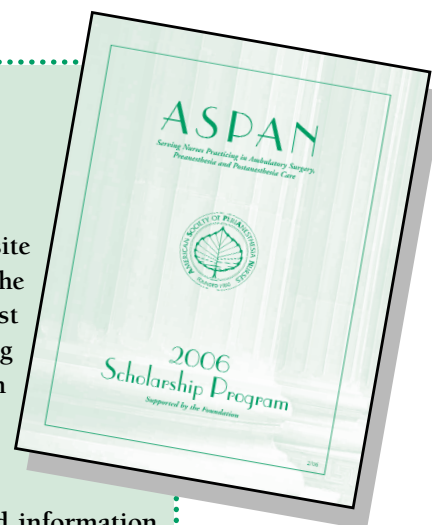
## ASPAN 2006 Scholarship Brochure/Application is Available

The 2006 ASPAN Scholarship Program brochure/application is accessible on the Web site ([www.aspan.org](http://www.aspan.org)) or is available in hard copy or .pdf file via e-mail request from the National Office. **The postmark deadline for submission is July 1, 2006.** All applicants must submit, by mail, an original plus three copies of the application along with supporting documentation for the Selection Committee to review. The scholarship application cannot be submitted electronically.

### Fill-In Form

When accessing the Scholarship Brochure/Application .pdf file online, the required information can be entered into the form and a copy can then be printed to include with the application packet. ASPAN's Fill-In Form uses the features provided with Adobe Acrobat Reader 5.0 or 6.0 software. An instruction page hyperlink is provided on our Web page for your convenience.

For questions, or to receive a copy of the brochure/application, please contact Jane Certo at the ASPAN National Office: 877-737-9696 ext. 13 or email [jcerto@aspan.org](mailto:jcerto@aspan.org) 



PANAW Celebrations  
continued from page 14

We enjoyed a catered lunch, sponsored by industry representatives, which helped us to build teamwork and enhance the PANAW spirit. Pictures and posters decorated the walls and we incorporated a Valentine theme for the lucky number awards drawings. Special recognition given to our certified nurses included a celebratory poster and cake for Carrie, a newly certified PACU nurse.

- Corinn Desmond, RN, CAPA

### AZPANA

The thirty-four PACU nurses at Chandler Regional Hospital celebrated PANAW in style. Daily themes included crazy socks, favorite t-shirts, bring your pet's picture to work day, large gold stars for the anesthesia providers, and special gift recognition for our ten certified nurses. Perianesthesia nurses throughout the region received a PANAW cele-

bration card in the mail while posters, ribbons, and signs throughout the hospital demonstrated pride in perianesthesia nursing to visitors, other staff members and physicians. Staff treats included multiple topic of interest speakers, lunches, desserts, raffled gift donations, and a fabulous breakfast and fun signage presented by our OR colleagues. The Clinical Director gave PANAW badges, manicure sets, posters, mylar balloons, and food. Our PACU nurses distributed PANAW explanation notes and candy to medical-surgical nurses during patient transfers. Similar to collaborative perianesthesia nursing practice, we enjoyed a great group effort!


- Pat Barrett, BS, RN, CPAN

### ILSPAN

Adventist Hinsdale Hospital celebrated PANAW in a big way! On Monday, newly certified nurses were recognized at a luncheon followed by a hospital wide presentation on "New

Directions in Pain Management" by Jeffrey Jundt, MD, FARC, CCD. On Tuesday, a second luncheon and education program featured "Treatment and Preventive Options for Postoperative Nausea and Vomiting" by Robert Ong, MD.

PANAW games and fun included a Candy Quiz, a Candy Count, and a medical terminology word find. Rewards included two amazing first prize trips to ASPAN's 25th National Conference in Florida! The lucky winners were Clinical III Cheryl VanDam, RN, CPAN and Clinical III Rose Ziffra, RN, CPAN, who received complimentary airfare, hotel, conference fees, and two paid leave days. Additional prizes included two \$100 education scholarships earmarked to help support ASPAN membership. During PANAW we proudly celebrated our PACU and Pre-Admission Testing staff members who can boast having 100% membership in ASPAN!

- Jackie Stege, BSN, RN 


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## Educational Offerings

**June 3-4, 2006** Northwest PeriAnesthesia Nurses Association (NPANA) Spring Conference, "Hot Topics in Perianesthesia Nursing." Embassy Suites Hotel-Portland/Washington Square, Tigard, Oregon. For more information, contact Phoebe Conklin at [pwinslow2@juno.com](mailto:pwinslow2@juno.com) or 503-693-1166.

**Saturday, June 3, 2006** NYS-PANA District 8 Annual Seminar, at Phelp's Memorial Hospital Center, Sleepy Hollow, NY. Topics include aesthetic oncology, peripheral artery disease, sleep apnea and surgery, respiratory conditions in the preoperative child, and cerebral aneurysm. For information, contact Maryanne Carollo, RN at [FCaro87624@aol.com](mailto:FCaro87624@aol.com) or 914-242-8061. 

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

## 2006 Winter/Spring Seminars

**May 20, 2006**  
**Educating the Educator**  
**Redmond, WA**

## COMING SOON! CPAN and CAPA Review Seminars

ASPAN is pleased to introduce new CPAN and CAPA seminars, debuting in August 2006. Successful certification testing involves critical thinking ability related to caring for patients in clinical situations. A portion of the new review programs is lecture based, but unlike previous presentations, the format design enhances participants' critical thinking by providing an opportunity to analyze and discuss case scenarios.

ASPAN is proud of these new seminar programs and we look forward to helping attendees prepare for certification as a CPAN or CAPA. Visit ASPAN's website [www.aspan.org](http://www.aspan.org) in the coming months for our Summer/Fall seminar schedule.



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