



Newsletter of the American Society
of PeriAnesthesia Nurses

Breathline

Volume 29, Number 1

January/February 2009

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I Believe: Leaders' Dreams Create ASPAN's Legacy

During my frequent airplane travels, there isn't much to do other than chat about my seat mate's life and beliefs, sleeping and listening to my iPod. I find music very inspirational. Recently, while listening to Elvis sing "I Believe", I recognized how much I believe in ASPAN and each of you who create ASPAN's legacy.

Do you remember the good old ASPAN days? They began in the 1970s when "recovery room" nurses and managers from around the country met to discuss specific needs for this fledgling specialty. Nineteen nurses dreamed of an organization that would serve to educate and strengthen recovery room nursing practice. These dedicated nurses ultimately turned a dream into reality by defining the preoperative and postoperative clinical nursing specialty. In 1980, ASPAN was born.

A Green Legacy

Each year, ASPAN leaders identify key initiatives and accomplish so much for our nursing specialty and YOU, the member. Our organization is beginning this New Year with a "Going Green" campaign. As I explained in my last *Breathline* column, our organization has chosen to participate in a journey toward preserving resources and the environment.

One major step toward resource preservation involves reducing the



Lois Schick
MN, MBA, RN, CPAN, CAPA
ASPN President 2008-2009

use of paper and transitioning from printed materials to an electronic format. Electronic publications are increasingly being adopted by professional specialty organizations to alleviate the use of massive amounts of paper. ASPAN is joining this movement.

This *Breathline* edition is the last issue that will be printed and mailed to members. *Breathline* will continue to publish bimonthly and be available to all members on the ASPAN Web site, as it has since 2004. Every active member can access, read and save an electronic copy of *Breathline* by logging on to our fantastic new Web site (www.aspan.org). Printing the pdf file is easy and is always an option if you prefer a hand-held copy.

An overall reduction in paper use will truly serve to care for the environment. We ask for your support in this initiative. Many other conservation strategies will be incorporated into ASPAN's

"Going Green" initiative. Our Go Green Strategic Work Team will keep members informed regarding the project's activities, beginning with several articles presented in this edition.

Taking Action

ASPN's history, its leadership and the commitment of so many members grew this organization into the present day. ASPAN continues to be the only professional nursing organization to address and advocate for the diverse needs of the perianesthesia nurse. Our first president, Ina Pipkin, hailed from Seattle, Washington. She once said, "Many nurses felt a national association would be very helpful to draw us together for better communication, and to speak for our interest to those groups whose action influences our practice and meets the educational needs of the greatest number of nurses."

Since ASPAN's birth, the organization has had the typical, and some not so typical, ups and downs. Many organizations and families go through similar cycles. Such trials, tribulations and challenges ultimately create new opportunities. I believe we are blessed because ASPAN has endured the challenges and developed into a successful not-for-profit organization.

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ASPN National Conference
Dreams Create Lasting Legacies
April 19 - 23, 2009



Realizing Dreams

Our past presidents and boards of directors took us from nonexistence and an original dream, to a strong, reputable organization that gives voice to the delivery of safe, quality care and the needs of all perianesthesia patients.

The annual ASPAN National Conference themes, generally related to the host city, reflect both ASPAN's growth and pertinent nursing issues of the day. (See Table 1). When looking at

the Conference titles, note common messages emerge across the years that chronicle our past and guide our future.

Like Elvis, I believe. I believe that there is so much more to learn and develop for our specialty. I believe it starts with each of you. Become involved! Participate in the Go Green initiative and embrace change! Please send me your ideas, thoughts and dreams (lschick@aspan.org). I really believe we can best continue to create OUR LEGACY together! 

Year	President	National Conference Theme	Conference Site
1980-1982	Ina Pipkin	OUR Beginning	Saint Louis, MO
1983	Hallie Jane Ennis	Nurses in Action	Washington, D.C.
1984	Jeanne R. Maher	New Horizons	San Diego, CA
1985	Marilyn Schneider Glaser	Caring, Sharing and all that Jazz	New Orleans, LA
1986	Clara Conn	Spirit of '86: PACUnity	Boston, MA
1987	Meg Danielson Alexander	ASPA Directions for Change	Los Angeles, CA
1988	Jean Sutton	Challenge of Excellence	Fort Worth, TX
1989	Anne Allen	Magic of Caring	Orlando, FL
1990	Deborah Johnson	Sailing into the Future	Seattle, WA
1991	Debby Niehaus	Bridging Knowledge and Growth	Cincinnati, OH
1992	Cindy Smith	In Session	Nashville, TN
1993	Jan Odom-Forren	Goldmine of Knowledge	Reno, NV
1994	Dolly Ireland	Reaching for Excellence	Chicago, IL
1995	Denise O'Brien	Champions of Caring	Atlanta, GA
1996	Lois A. Roberts	Proud Past Bright Future	Phoenix, AZ
1997	Terry McLean	Attaining New Heights, Change and Transition	Denver, CO
1998	Lisa Jeran	Professional Growth through Knowledge and Fitness	Philadelphia, PA
1999	Maureen Iacono	New Milestones in a New Millennium	Honolulu, HI
2000	Myrna Mamaril	Creating Visions for the Future	Kansas City, MO
2001	Nancy Saufi	Making the Connection: Through Teaching, Touch, & Technology	Boston, MA
2002	Susan Shelander	Transforming Visions into Reality Our Journey, Our Legacy	San Diego, CA
2003	Linda Wilson	Reach Beyond the Horizon – Make Dreams a Reality	Albuquerque, NM
2004	Sandra Barnes	Circles of Influence: Shaping Tomorrow's Definition of Perianesthesia Nursing	Philadelphia, PA
2005	Dina Krenzischek	Vision in Action: Values, Power, Unity, Passion	Chicago, IL
2006	Meg Beturne	Perianesthesia Nursing Diversity... Touch the World that Touches You	Orlando, FL
2007	Pamela Windle	Soaring on the Magical Journey to Excellence	Anaheim, CA
2008	Susan Fossum	Be the Voice: Advocacy through Education, Practice, Research and Legislative Involvement	Dallas, TX
2009	Lois Schick	Dreams Create Lasting Legacies	Washington, D.C.

Table 1. ASPAN'S Leadership Legacy

ASPA Breathline

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Deadlines for inclusion in *Breathline*:

IssueDeadline

JanuaryNovember 1

MarchJanuary 1

MayMarch 1

JulyMay 1

SeptemberJuly 1

NovemberSeptember 1

Register for National Conference Now!

28th National Conference, April 19 - 23, 2009

Washington,
D.C. in 2009

ASPN invites you to the nation's capital for a unique conference designed to meet the educational needs of perianesthesia nurses. Members have received a registration brochure and optional tour booklet in the mail. The brochure offers complete details on all education sessions and social activities. Here is a quick peek at a few exciting places and Conference events taking place in Washington, D.C.

ASPN Development

14th ANNUAL DREAM WALK

Join us early Sunday morning to see the Washington, D.C. sunrise, share an invigorating walk with colleagues and raise money to support ASPN programs. Participants can compete for several awards: the component having the most walkers, the component with most pledged monies, and the individual who brings in the most walker pledges. Come one, come all, and WALK for ASPN!

2009 SILENT AUCTION

Start planning now to make your contribution to the Silent Auction. This fun event is held in the exhibit area, with all items up for bid during the exhibit hours. The frenzy occurs as the clock counts down to the closing bids taken on Wednesday morning. Be there to bid on some fabulous items while supporting ASPN Development. Silent Auction items can be donated at the Registration Desk on Sunday and Monday during registration hours.

ASPN DEVELOPMENT LUNCHEON CRUISE

This year, attendees can enjoy a festive lunch as we cruise down the Potomac. There will be sightseeing, photo opportunities and fun for everyone. Don't miss out on this exciting journey! Space is limited.

Please register early. See the brochure for registration information.

A nation's dreams created a legacy of freedom for us all!

Component Night ~ Celebrating American Legends

This year's Component Night theme pays tribute to legendary statesmen and women, scientists and inventors who demonstrated the ingenuity and leadership that broadened opportunities for Americans today. We will celebrate the United States of America, complete with red, white, and blue décor! Component members are encouraged to choose a historical character from their region of the country and, while decked out in costume, participate in our "Parade of Legends." Costumes judged to be most authentic, best, funniest, and most imaginative flair will be awarded a prize.

Sponsored by Arizant Healthcare

D.C. is the Place to Be!

Washington, D.C., steeped in history and metropolitan flair, offers a multitude of activities for first-time and repeat visitors alike! A fantastic subway system allows for easy access to many parts of the city. Visit Capitol Hill, Union Station, the Reflecting Pool in Constitution Gardens and the Smithsonian Institution, the world's largest museum complex. Check out Penn Quarter, a neighborhood found just north of Pennsylvania Avenue, halfway between the White House and the Capitol Building. This area boasts quality museums, theaters, designer clothing stores, destination restaurants and contemporary art galleries. Cool down and relax at Hains Point, a jutting peninsula located at the confluence of the Potomac River and the Washington Channel. Nearby Old Alexandria, Virginia, and Prince George's County, Maryland, are filled with interesting places to visit and fabulous dining options. Come and experience wonderful Washington, D.C. in springtime!

The 2009 National Conference brochure and optional tour booklet are available on the ASPN Web site (www.aspan.org).

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ASPA^N's 2009 – 2010 SLATE OF CANDIDATES

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BSN, RN, CPAN**REGIONAL DIRECTOR, REGION 5****Kathy Daley**
MSN, RN, CNS,
CCRN-CSC-CMC, CPAN**Tanya Spiering**
BSN, RN, CPAN**NOMINATING COMMITTEE MEMBERS****Renee Burnsed, RN****Marigrace Clarke, RN, CAPA****Kathleen Donohue**
BSN, RN, CAPA**Nancy Meronuck**
RN, CPAN**Ernestine Nunes**
RN, CPAN, CNOR**Keith Schumacher, BSN, RN****Valerie Watkins**
BSN, RN, CAPA

2009-2010 Candidate Profiles: Your Input is Requested

ASPAN's impressive slate of candidates brings each candidate's talent and skills to the role he/she is seeking to lead ASPAN in the coming year(s). ASPAN is again utilizing Web technology to provide its members with all candidate qualifications and background information, the candidate's vision for immediate and long-term goals and strategic priorities for ASPAN within the next two years.

Go to ASPAN's home page (www.aspan.org) and select "Candidate Profiles". There you will be able to read and/or download

the 2009-2010 *Candidate Profiles* and submit your candidate recommendations to your component.

Your component wants your participation!

Here's what you do:

- Review the 2009-2010 *Candidate Profiles*
- Scroll to the bottom of the screen and click the box next to the candidate's name of your choice for each position
- Select your component from the list of component names, and click it to submit

- Your input will be forwarded to your component representatives to assist them in casting their votes at the Representative Assembly meeting in Washington, DC.
- Only one candidate selection submission per member will be accepted
- Beginning this year, submissions are accepted online only

Your input must be submitted no later than February 28, 2009. Don't delay! 

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Paper, Plastic or Digital? Incorporating Important Rs

Terry Clifford, MSN, RN, CPAN – ASPAN Vice President/President-Elect

Early childhood education has long been associated with three basic Rs: reading, writing and arithmetic. Nursing education introduced us to essential Rs of clinical practice: the RIGHT patient, RIGHT drug, RIGHT dose, RIGHT time and RIGHT route. Nursing managers and administrators learned the Rs of retention: relationships, respect and recognition.

Nearly 30 years ago, American culture was introduced to another important series of Rs: reduce, reuse, and recycle.¹ Today, innovative organizations are supporting the quest for a cleaner, healthier environment by seeking ways to implement the 5 Rs: **reduce, reuse, recycle, restore and rethink.**

While waste reduction is the preferable choice, exploring ways to reuse waste products is a practical alternative. The process of recycling and/or restoring is an option for materials which were neither reduced nor reused. Rethinking is perhaps the most vital step toward the preservation of planetary well-being.

Rethinking Actions

The “Go Green” culture is gaining momentum. What does this mean? Equally important, what does it NOT mean? ASPAN is embarking on a “Go Green” journey to join forces with many other healthcare organizations and institutions.² The primary purpose of this action is to minimize environmental impact from conducting *business as usual* by engaging in a proactive state of rethinking and strategizing operations for a strong and vital future.

The world has a finite quantity

of natural resources. Researchers and scientists have shown that some natural resources are already depleted. The global population, expanding at astonishing rates, is expected to exceed 9 billion by 2050. Per capita distribution of the earth’s natural resources in 2050 will allow only 25% of the resources that individuals enjoyed in 1950.³

In spite of fewer resources, the growing population continues to place strain on the limited resources. People currently “save” for college educations, orthodontia, tummy tucks, new homes and a rainy day. One of the greatest challenges facing current generations is to “save” clean air, water, fuel sources and soil for the future. This challenge falls on each of us as stewards of health and health promotion, citizens, and individuals.

Use Less, Not More

The phrase ‘paperless’ is a bit of a paradox. Current healthcare infrastructure cannot adequately support a completely paperless business model. On the other hand, modifications in work practices and output will go a long way to support the vision for a healthier, cleaner world.⁴

The greatest threats to future resources come from things we produce and/or throw away every day. Common batteries and electronics often contain dangerous chemicals that, if sent to a local landfill, may contribute to groundwater pollution. The use of energy efficient lighting, simple adjustments to energy settings and other electrical devices produce impressive energy savings.

What can ASPAN do? The National Office can consider purchasing recycled products, including paper towels, napkins, printing paper and vegetable-based inks for environmentally friendly printing. In-office recycling can be done. ASPAN publications, including conference materials and certain educational materials, can be burned onto CD-ROM or posted online, rather than using traditional printing methods.^{4,5,6}

What can components do? Create a plan to cut down on unnecessary or excessive publications and/or printing. Explore ways in which technology can replace travel and meeting costs. Utilize instant messaging, video conferencing, webinars or phone conferences to disseminate education or bring board members together for meetings. Organize community outreach projects, such as bottle drives or neighborhood park and playground clean-ups. Pledge component funding support for environmental projects.^{4,5,6}

What can individuals do? Simplify and eliminate the excess. Ensure work units have small recycling bins. Trade shifts to work a few longer hours but fewer days a week, instead of commuting to work more often. Buy and use only what is needed. Reuse plastic cups and paper bags. Explore ways to improve energy efficiency for heating and electrical resources within the home.^{1,3}

Live the 5 Rs

Join ASPAN on this critical journey. Observe important guidelines to reduce, reuse, recycle,

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Green is the color of our NEW ASPAN Web Site!

www.aspan.org

ASPA is proud to present its new Web site! This site features:

- An account registration page. Please start here to register your NEW personal account
- Easy-to-find homepage listings and dropdown navigation menus
- Downloadable pdf files with a one-click printing option
- Online registration for education programs
- The ever-popular ASPAN Forum

Log-in every time you visit the site to gain immediate access to all ASPAN member benefits! Please register and set up your member account immediately in order to access ASPAN member-only features.

Welcome to the new ASPAN Web site!

Please note that the privacy of your information is protected by your selected log in and password information. If you have used this Web site before then kindly enter your login details now.

Login (Username):
Password:

[Forgot your Password?](#)

If this is your first time on the ASPAN Web Site kindly click on the button below so we may assist you in gaining access to your account.

On the Web



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American Society of Permanente Physicians

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ASPA Highlights

- Now Available 2008-2010 Standards
- JOPAN Call for Manuscripts
- ASPAN's 28th National Conference

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restore and rethink. Seek to educate yourself, family members, friends and colleagues. Implement an eco-friendly lifestyle to better preserve the earth's health and positively impact environmental issues. Then, spread the word!

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2. Warnke S. Health care organizations are becoming eco-friendly. Available at: <http://www.maplegrovehospital.org/newsreleases/EchoFriendly.pdf>. Accessed November 28, 2008.
3. Go Green Initiative. What's the problem? Available at: <http://www.gogreeninitiative.org/content/WhyGoGreen>. Accessed November 27, 2008.
4. Upstream Waste Management. Greening your company and its supply/distribution chains. Available at: <http://www.wmupstream.com/documents/SustainabilityWhitepaper.pdf>. Accessed November 28, 2008.
5. Hattam J. 10 ways to go green at work. San Francisco, CA: Sierra Club; 1-2, 2007.
6. United States Environmental Protection Agency. It's easy being green! A guide to planning and conducting environmentally aware meetings and events. Available at <http://tugis.towson.edu/docs/O16F2392.pdf>. Accessed December 2, 2008. 

Breathline is Going Green

As part of the ongoing national initiative to care for the environment and conserve resources, ASPAN Green has taken on a whole new meaning! In taking a major step toward paper conservation and elimination of disposable waste, beginning in March 2009, ASPAN members will receive an e-mail containing a link to the new paperless, electronic version of *Breathline*.

In addition, members can log-in to ASPAN's Web site to view, download and save a copy of every *Breathline* edition published since 2004.

[Click here to open the latest Breathline edition, or to see archived editions dating back to 2004. Members must first create an ASPAN Web site account and then log-in, using their username and password, to access Breathline](#)

NOTE: If you have difficulty accessing Breathline online, please contact us (aspan@aspan.org) for assistance.

**Thank you for supporting ASPAN's "Go Green" initiative.
Every ecological action matters!**

2. Warnke S. Health care organizations are becoming eco-friendly. Available at: <http://www.maplegrovehospital.org/newsreleases/EchoFriendly.pdf>. Accessed November 28, 2008.
3. Go Green Initiative. What's the problem? Available at: <http://www.gogreeninitiative.org/content/WhyGoGreen>. Accessed November 27, 2008.
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6. United States Environmental Protection Agency. It's easy being green! A guide to planning and conducting environmentally aware meetings and events. Available at <http://tugis.towson.edu/docs/O16F2392.pdf>. Accessed December 2, 2008. 

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Scholarships Awarded

Each year, our members are encouraged to apply for ASPAN scholarship dollars that are earmarked to support professional enhancement. ASPAN Development proudly acknowledges the 2008 scholarship winners. Congratulations!

BSN Scholarship (\$1,000 each)

Beth Brown, RN, CAPA
E. Syracuse, NY

MSN Scholarship (\$1,000 each)

Paula Agrodnia, BSN, RN, CAPA
Greenland, NH

Amy Dooley, BSN, RN, CPAN
Nashua, NH

Sylva McClurkin, RN, CAPA
Sugar Land, TX

Kathleen Menard, BSN, RN,
CPAN, CAPA
Worcester, MA

Kathleen Saball, BSN, RN,
CPAN, CAPA
Townsend, MA

Debra Thompson, BSN, RN
Paw Paw, MI

Doctorate Scholarship (\$1,000 each)

Matthew Byrne, MS, RN, CPAN
St. Joseph, MN

Perianesthesia Certification Exam Scholarship (\$285 each)

Kathleen Jurrus, BSN, RN, CPAN
Perrysburg, OH

Winola Kizzee, RN
Ogden, KS

ASPA 2009 National Conference Attendance Scholarship (\$500 each)

Gayle Jordan, MS, RN
Kettering, OH

Jeffrey Landau, RN, CPAN
Tucson, AZ

Theresa Shine, BA, RN, CAPA
Wickliffe, OH

Michelle Stieffel, RN, CPAN
Harahan, LA

Deborah Wadsworth, BSN, RN,
CAPA
New Orleans, LA

Joann Wood, RN, CPAN
Lookout Mountain, GA

NIWI Scholarship (\$1,250 each)

Helen Riedesel, BSN, RN, CPAN
Davenport, IA

Renee Smith, MS, RN, CPAN, CAPA
Sunbury, PA



Pain Legislation Update

Advocacy Strategic Work Team

H.R. 2994: National Pain Care Policy Act of 2007, introduced by Rep. Lois Capps (D-CA) and Rep. Mike Rogers (R-MI), was a topic of discussion and debate at the 2008 Representative Assembly. The bill sought to amend the Public Health Service Act with respect to pain care by improving pain care research, education, training, access and outreach. The U.S. House of Representatives passed H.R. 2994 in September 2008. The bill was subsequently referred to the Senate and its

Committee on Health, Education, Labor, and Pensions.^{1,2}

House bills begin in House committees and, when passed, enter Senate committees. In the 2007-2008 110th Congress, S. 3387: National Pain Care Policy Act of 2008 was introduced and is still pending committee consideration with the session soon coming to a close. Please note that with the huge amount of legislation introduced each year, most bills do not receive any committee consideration and are never reported out of committee.²

To track the status of a bill, please visit www.house.gov, www.senate.gov, or <http://thomas.loc.gov>.

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1. GovTrack.us. H.R. 2994-110th Congress (2007): National Pain Care Policy Act of 2007. Available at: <http://www.govtrack.us/congress/bill.xpd?bill=h110-2994>. Accessed December 1, 2008.
2. GovTrack.us. S. 3387--110th Congress (2008): National Pain Care Policy Act of 2008, Available at: <http://www.govtrack.us/congress/bill.xpd?bill=s110-3387&tab=committees>. Accessed Dec 1, 2008.



Windle Inducted by Academy

The American Academy of Nursing (AAN) inducted ASPAN Past President Pamela Windle, MS, RN, NE-BC, CPAN, CAPA, FAAN, as a Fellow during its 35th Annual Conference held in November 2008 in Scottsdale, Arizona. AAN fellowship recognizes an individual's professional accom-

plishments and provides an opportunity to work with other nursing leaders to focus on national and international trends in health-care. Ms. Windle was recognized for extensive involvement in professional activities and contributions to nursing research. *Congratulations, Pam!* 

Pamela Windle with her Academy induction certificate and congratulatory flowers



ASPN Receives National Accreditation

ASPN successfully retained national accreditation status from the American Nurses Credentialing Center (ANCC) Commission on Accreditation. ANCC is the largest and most prominent nurse credentialing organization in the United States. Its system for accreditation of continuing nursing education is a voluntary, peer-reviewed process.

The ANCC conducted an in-depth analysis of ASPAN's contin-

uing nursing education program to determine the capacity to provide quality continuing education activities for nurses. Re-accreditation was recognition of a continuum of excellence in the provision and approval of high quality continuing nursing education. Attaining ANCC re-accreditation status for a full 6-year cycle is a testament to the education provided by and approved by the Society. 

ANCC accreditation as a Provider and Approver of continuing nursing education confirms ASPAN's resolve to deliver high quality continuing education, and underscores ASPAN's commitment to meeting the needs of perianesthesia nurses. ASPAN's ANCC accreditation status, which includes annual reviews, is valid from August 2008 – August 2014. 

Council on Surgical and Perioperative Safety

ASPN, a member of the Council on Surgical and Perioperative Safety (CSPS), encourages our members to visit the CSPS Web site (www.cspsteam.org) to become more familiar with CSPS and its activities. We are requesting our members provide suggested topics for the next Joint Commission/CSPS meeting. Please contact ASPAN CSPS Liaison Pamela Windle (pwindle@sleh.com) to submit your suggestions.

Volunteer mission involvement is an important CSPS initiative. The Council supports the American College of Surgeons (ACS): Operation Giving Back. Information on this program is available on the ACS Web site (www.operationgivingback.facs.org). 

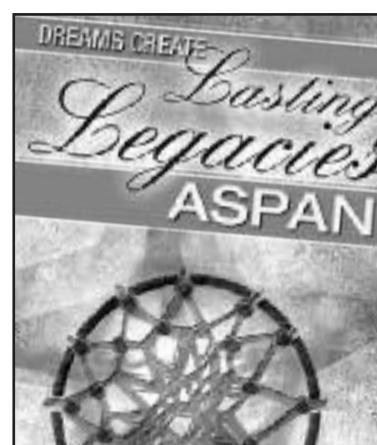
Creating Legacies Member-Get-A-Member Campaign

Our ASPAN membership campaign is off to a great start! As of October 31, 2008, over 700 new ASPAN members were recruited by 532 members. Nine ASPAN members have recruited over five new members each!

Remember, the top recruiter is awarded a complimentary one-year ASPAN membership, complimentary registration to the 2010 National Conference and a lovely engraved plaque! For every new member you recruit, your name will be placed into a random drawing for one complimentary registration to the 2010 ASPAN National Conference. The component with the largest percentage of its membership serving as recruiters receives two compli-

mentary registrations to the 2010 ASPAN National Conference.

KEEP RECRUITING! The Member-Get-A-Member campaign continues until March 31, 2009. Recruitment awards will be presented at the 2009 National Conference in Washington, D.C. 



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Board of Directors Mid-Year Meeting Highlights

November 14-16, 2008 ~ Miami, Florida

Jacque A. Crosson, MSN, RN, CPAN – ASPAN Secretary

COMMITTEE/STRATEGIC WORK TEAM (SWT) UPDATES

Advocacy SWT: Continues to investigate collaboration with other nursing groups on endorsing legislative issues and with ASPAN Education Provider Committee to develop informative seminars on the legislative process.

Clinical Practice Committee: Maintains the busiest committee schedule. More than 120 questions are answered per month, most within two weeks of receipt. The Celebrate Successful Practices (CSP) program will have a slightly different format this year. Some participants will be giving an oral presentation along with their poster presentation.

Development: Eighteen scholarships were awarded in 2008. The certification exam scholarship amount will increase to \$285.00. A new Humanitarian Mission scholarship was approved by the Board and will be offered beginning in 2009. Currently, fourteen vendors have signed on for space at National Conference in Washington, D.C. ASPAN's Silent Auction will offer a new, exciting format. More information will be coming soon.

Education Approver/Provider Committees: American Nurses Credentialing Center (ANCC) has awarded ASPAN accreditation for six years. To achieve this honor, a provider must have scored 100% accuracy in meeting very stringent guidelines. The Education Approver Committee continues to assist members with their contact hour approval application process. The Education Provider Committee continues to provide education programs across the country with relevant information presented for all perianesthesia nurses.



Evidence Based Practice

(EBP) Committee: Research based discharge criteria and hypothermia guidelines are currently under review and, as data becomes available, revision of the standards/guidelines will be recommended.

Membership/Marketing

Committee: PeriAnesthesia Nurse Awareness Week (PANAW) will be celebrated February 2 - 8, 2009. This year's theme is *Perianesthesia Nurses: Catch the Spirit*.

Nominating Committee

Immediate Past President Susan Fossum presented the 2009-2010 candidate slate. Please see pages 4-5 for a complete listing of ASPAN candidates and election information.

Perianesthesia Data Elements

(PDE) Committee: Published material will soon become a reality. The PDE team continues to work toward production of available data elements in 2009.

Research Committee:

Thirteen members participated in a Research Workshop offered during the 2008 National Conference. These participants will continue to be mentored and present their information at National Conference in Washington, D.C. It is anticipated that components will be able to participate in research studies in the next year. ASPAN's *Research Primer* is very near completion and should be available online soon.

Safety Committee:

This committee continues to gather information for Situation, Background, Assessment, Recommendation (SBAR) development relative to patient safety scenarios.

Standards and Guidelines

Committee: The 2008-2010 *Standards of Perianesthesia Nursing Practice* are available for purchase and are effective December 26, 2008.

Policies & Procedures/Job

Descriptions: Many ASPAN policies & procedures and job descriptions were reviewed, updated and/or revised.

BOARD ACTIVITIES

Go GREEN SWT: ASPAN will be looking for ways to contribute to the "Go Green" initiatives. This includes an effort to decrease the amount of paper utilized at conferences, seminars and Board meetings and publishing the *Breathline* online. The midyear Board meeting was conducted electronically, with very little paper (agenda only). As we move into the future, emphasis will continue on environmentally friendly ways to conduct our members' business.

Research: ASPAN's Research Committee was granted approval to pursue a perianesthesia nurse work environment study. There is a need for further evidence and results will be published.

Strategic Plan Implementation

Ad Hoc: Members of the Ad Hoc will again meet with Bud Crouch, an organizational consultant, to continue to refine and shape ASPAN's Strategic Plan. The group members will meet in January 2009 as they add new vision and dimension to ASPAN's future.

Hypothermia Guideline: Initial revision will be ready in late December or early January. Representative Assembly (RA) endorsement will be requested in April.

Web Site Redesign: The new ASPAN Web site has launched! Its increased functionality will allow members a more interactive site including membership sign-up and renewal as well as Conference registrations. The National Office and Web Site Redesign SWT have spent much time facilitating this upgrade. 

We're Going Green!

Twilla Shrout, BSN, MBA, RN, CAPA – Go Green Strategic Work Team Coordinator

**ASPN
News**

Three keys to a greener life in our work, organization and home include the 3 Rs: reduce, reuse and recycle. ASPAN recently commissioned a strategic work team (SWT) to direct its “going green” initiative. For an organization of this size, a greener approach makes a difference in many ways.

ASPN began this movement by publishing bylaws, policies and procedures, forms, several specialty practice group newsletters, and component president resources on the ASPAN Web site. The purpose of the Go Green SWT is to gather ideas, suggestions and solutions, and then operationalize strategic organizational changes to conserve and become more environmentally friendly.

Conservation is Key

A few years ago, I attended a Magnet conference in Miami. The host organization offered an online syllabus which allowed me to choose the handouts I wanted to review ahead of time. During the lectures I took notes as needed, and then attached the notes to the handouts. I survived just fine without the big printed syllabus that I originally thought I would miss.

My Internet search for “green meeting guide” produced some helpful hints to direct our activities:

- Provide online registration-confirmation by e-mail
- Communicate and conduct initial deliberations via e-mail
- Make two-sided copies when hard copies are needed

- Use paper with a 50% recycled material
- Recycle name badge holders
- Limit speaker handouts and post the presentations online
- Offer water in pitchers versus individually bottled
- Provide placement of well-marked recycling bins
- Eliminate the use of disposable items such as paper plates and cups

Virtual Business

The World Wide Web has dramatically advanced and changed the way business is conducted. Last September, at ASPAN's Component Development Institute, attendees were given the opportunity to discuss and share alternative communication methods and educational opportunities. For one session, the presenter was speaking to the group from Michigan while attendees viewed the presentation slides in Salt Lake City. Another real-time Internet demonstration showed how to develop and use an online research questionnaire. Component representatives reported that webinars and conference calls are replacing traditional face-to-face board meetings.

ASPN is joining the green movement along with many other environmentally friendly organizations. ASPAN will now provide a Web link for conference syllabi. **Beginning with the 2009 National Conference, a printed syllabus will no longer**

be included with the onsite registration materials. The session outlines will be available for downloading from a specified Web site beginning April 1, 2009 through June 1, 2009. If desired, every attendee will have the ability to print the entire syllabus, or just the sessions of interest, thereby saving many thousands of sheets of paper!

Green Theme

ASPN hosts its 28th National Conference during the same week that the next Earth Day celebration occurs. On April 22, 2009, the spirit of Earth Day offers a perfect way to celebrate many ways that ASPAN can go even greener. Ultimately, your professional organization is committed to caring for resources and the planet.

We understand that change is an adjustment which takes time. Together, with members, ASPAN will become more environmentally involved. Please think of ways in which a green living lifestyle can: “conserve energy, protect your family's health and help save the environment.”¹ I invite you to contact me (tshroud@aspan.org) to share your thoughts and ideas.

Let's GO GREEN!

REFERENCE

1. McDilda DG. *Everything green living book: Easy ways to conserve energy, protect your family's health, and help save the environment*. Avon, MA: Adams Media; 1, 2007.



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A Trip to the Emerald Isle

Irish Anaesthetic and Recovery Nurses Association Annual Conference

Susan Fossum, BSN, RN, CPAN – ASPAN Immediate Past President

In October 2008 I represented ASPAN at the Irish Anaesthetic & Recovery Nurses Association (IARNA) 6th National Conference in Limerick, Ireland. ASPAN *Breathline* Editor Joni Brady, MSN, RN, CAPA, was invited by IARNA to present lectures. Joni was also elected to serve with IARNA as its International Representative/Liaison during the organization's 2008 Annual General Meeting.

Participation at the conference provided an excellent opportunity to discuss international peri-anesthesia practice similarities and challenges. The variety of

sessions included: advanced trauma, preserving forensic evidence with trauma patients, cardiac shock, difficult airway management, and the bariatric patient. Joni presented "Treatment of the Burn Patient in the Perioperative Setting" and I delivered a lecture on hypothermia. Together, we gave the closing address, "Advocacy in Nursing".

Shared Practice

While networking with colleagues from several countries, it became obvious that advocacy is a timely, relevant and global topic for nurses. Several nursing and health-related issues dominated the Irish media that week. Public outrage involved a controversial announcement regarding proposed funding cuts for the "over 70" advanced age group and its access to healthcare. Organized marches occurred throughout the country to protest the potential cuts to current services.

A wrong site kidney removal sparked concern over surgical safety and the need to implement universal protocol for wrong site/side surgery. Nursing school funding was being cut 16% with

one of the solutions for their nursing shortage being the reliance on foreign nurses. Each example illustrates why nurses benefit greatly from collaborative pursuit of evidence based practice and unity of voice regarding workplace shortages and working conditions.

A visit to the Limerick's Mid-Western Regional Hospital PACU allowed us to see how the unit was set up and managed. It was interesting to see "trolleys" (gurneys) with individual, stylish temperature control duvet covers! Thank you to IARNA Immediate Past Chair Fionuala O'Gorman, MSc, Ed, BSc, Hons, and the entire conference committee for such wonderful hospitality throughout the conference.

I greatly value the opportunity to participate in this conference and thank ASPAN's leadership for supporting representation at international conferences. Although our practice settings may be oceans apart, this experience validated that many patient care issues and the fundamental desire to provide optimal care are shared by perianesthesia nurses worldwide. 



*Mid-Western Regional Hospital PACU
in Limerick, Ireland*

FREE PANAW CONTACT HOURS - ONLINE ONLY!

ASPA members may complete up to four (4) CE articles **ONLINE** on ASPAN's Web site during PeriAnesthesia Nurse Awareness Week (PANAW), February 2 -8, 2009. **ASPA will waive the usual contact hour fee!**

As part of ASPAN's "Go Green" initiative, **only online submissions** will be accepted. For detailed submission information, please visit www.aspan.org.

Happy PANAW!

Frequently Asked Questions

Barbara Godden, MHS, RN, CPAN, CAPA – ASPAN Director for Clinical Practice

The Clinical Practice Committee receives many questions via the ASPAN Web site each month. Committee members then research the answer and respond to the query. This is one frequently asked question.

Q. How long should we keep patients in the PACU after they have received a narcotic?

A. Several factors must be kept in mind when evaluating a patient for discharge from Phase I or Phase II PACU after narcotic (opioid) administration. Such factors include the specific drug's dosage, route, onset of action, peak action, half-life and duration of action.

Intravenous (IV) drugs have a quicker onset and shorter duration of action. Most IV opioids, including morphine, hydromorphone (Dilaudid) and Fentanyl, have a 1-5 minute onset of action and peak within 5-20 minutes. The duration of action for morphine and hydromorphone is 2-4 hours, while the duration of action for Fentanyl is 30 minutes to 1 hour. Morphine and Fentanyl have a half-life of 3-4 hours, while Dilaudid has a half-life of 2 hours. Oral opioids have an onset of 30-60 minutes and peak in 60-90 minutes.



Stay or Go?

The nurse must always consider patient safety when assessing a patient for transition to the next level of care. IV

drugs peak in 5-20 minutes. It is prudent for the nurse to closely observe and assess a postanesthesia patient during this time period because adverse respiratory effects can occur.

Patients will generally oxygen de-saturate when they are not stimulated. A nurse should monitor a Phase I patient after opioid dosing to assess how he/she may respond without PACU stimulation upon return to a quiet patient room. Ensuring that a patient can metabolize a narcotic without concurrent oxygen de-saturation is a key component of safe patient transfer to another level of care.

When an oral narcotic is to be administered, the nurse should ask the patient if he/she received this medication before and, if so, was it effective? If the patient answers in the affirmative, the nurse can administer that same medication with relative assurance that it will be effective and the patient will be safe.

If a patient has never received a prescribed oral pain medication, the dose can be administered just prior to transitioning to Phase II care. This allows time for the medication to take effect, generally in 30-60 minutes. The Phase II nurse can assess for any adverse reactions and evaluate whether the medication was effective for pain management.

Stay Safe

The goal of observation after medication administration is to progress the patient to the next

phase of care in the safest, most efficacious manner. So, what is an appropriate time frame for discharge after opioids administration? Because IV narcotics generally peak in 20 minutes along with any adverse respiratory effects, 30 minutes after administration is generally a safe



time to discharge the patient from Phase I care. With oral opioids administration, the nurse can observe the patient and assess for medication effectiveness in 30-60 minutes. If no untoward reactions are encountered during this time period, the patient can transition to home.

RESOURCES

1. Drain CB, Odom-Forren J, eds. *Peri-anesthesia Nursing: A Critical Care Approach* (5th ed). St. Louis, MO: Saunders; 2008.
2. Quinn DM, Schick L. *PeriAnesthesia Nursing Core Curriculum: Preoperative, Phase I and Phase II PACU Nursing*. Philadelphia, PA: Saunders; 2004.
3. Thomson Healthcare Staff. *Physicians' Desk Reference 2008: Hospital/Library Edition*. Atlanta, GA: Physicians' Desk Reference, Inc.; November 2007.

Collaboration and Commitment

Twilla Shrout, BSN, MBA, RN, CAPA – Regional Director, Region 2

A collection of words sums up the positive outcomes I have encountered during my journey through Region 2: cooperation, commitment, credibility, competence, courage, caring, celebration, collaboration and communication. Our components are embracing ASPAN's core purpose to advance the unique specialty of perioperative nursing.

I want to acknowledge the component leaders who are spearheading significant and

ongoing component activities and contributions:

PACNA - Jenifer Thornbrugh, RN
ISPAN - Marsha Sabotta, BSN, RN, CAPA
LAPAN - Rachael Ballas, BSN, RN, CPAN
MSPAN - Jenny Kilgore, RN
MO-KAN PANA - Carol Cooper, BSN, RN, CPAN
NAPAN - Mary Simpson, BA, RN, CAPA
OSPAN - Jo Baggs, BSN, RN, CPAN, BC
TAPAN - Linda Allyn, RN, CPAN, CAPA

Over the past several years, the members of Region 2 set new goals, dreamed of success, and made those goals a reality. As always, I feel



so fortunate to work together with such a committed group of nurses while striving to meet the needs of our members. 



Region 2 members were together at the 2008 Component Development Institute in Salt Lake City. From left to right: Marsha Loftin, Donna Casey, Jo Baggs, Betty Gibson, Linda Buchmueller, Teresa Guevara, Susan Norris, Twilla Shrout, Linda Allyn, Carol Cooper, Candace Taylor and Cathy Tigges

Certification



www.cpancapa.org

Computer-Based Testing Begins Some things you should know...

The CPAN and CAPA examinations will be given via computer beginning in April 2009! The content of the examination is unchanged; only the delivery method changes. Candidates will register online* during the online registration window, open from January 26 – March 9, 2009.

There is no longer a late application deadline. The last day for the registration window is a FINAL deadline. Applications submitted electronically after midnight of the final day will NOT be accepted. CPAN and CAPA examinations will be administered April 6 - May

16, 2009 at numerous computer testing centers across the country. Candidates may sit for **both** CPAN and CAPA certification in the same testing window, and even on the same day!

For complete information about CBT, please go to the ABPANC Web site (www.cpancapa.org).

*While candidates may submit a paper application (located in the Candidate Handbook) candidates are strongly encouraged to register for an examination online. Numerous advantages to the online registration process are described on the ABPANC Web site. 

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Recertification

- April 2009 CPAN and/or CAPA recertification application materials are due **postmarked no later than April 1, 2009**. Any applications postmarked after the deadline will be returned unopened.
- Beginning with those CPAN and/or CAPA certified nurses due to renew in the November 2009 period, the recertification application may be submitted online beginning July 1, 2009.

Contact ABPANC for Certification Information

ABPANC
475 Riverside Drive, 6th Floor
New York, NY 10115-0089
Phone: 1-800-6ABPANC
Fax: 212-367-4256
www.cpancapa.org

Clinical Specialists

Patient care and nursing practice in the Operating Room don't get any more challenging than at Massachusetts General Hospital. Our patient population spans the range from neonates to seniors with 15 subspecialties and 52 operating rooms. The Same Day Surgery PACU is a 24-bed unit. Staff care for a mix of the inpatient and outpatient populations.

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Main Operating Room, Day Shift

Job ID # 2176754

Master's degree in Nursing and OR or perioperative staff nurse experience required. OR or perioperative CNS experience, research and writing experience preferred.

Same Day Surgery PACU, Day Shift

Job ID # 2183388

Must have Master's degree in Nursing and clinical background in PACU, SICU or ambulatory surgery. CNS experience strongly preferred.

To apply, please visit www.SimplyTheBestNursingJobs.org and search using Job ID number.

By embracing diverse skills, perspectives and ideas, we choose to lead: EOE



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www.SimplyTheBestNursingJobs.org

UAB HOSPITAL

UAB Hospital, a member of the UAB Health System, is currently recruiting for the following opportunity:

Nurse Manager

Post Anesthesia Care Unit

Bring your talents to our nationally ranked, 900+ bed academic medical center, located in Birmingham, Alabama, where you'll work closely with a team of highly skilled professionals to provide care for our patients.

The Post Anesthesia Care Unit provides care for patients in the pre-operative and post-operative phases of surgery. The patient population consists of pediatric, adult and geriatric. This 92-bed unit consists of state-of-the-art equipment and serves as a vital part of a healthcare institution with ongoing national research.

This position requires a minimum of 5 years relevant nursing experience and a current Board of Alabama RN license. A BSN is required and a MSN or a Master's degree in a related field is preferred. Proven leadership and organizational skills are also required.

UAB Hospital offers an excellent benefit package, competitive salary and flexible shifts. For more information, please email: tcollins@uabmc.edu or call: 205-934-8103. For detailed position information, please visit uabhealthcareers.org. AA/EOE

uabhealthcareers.org

2009 PANAW Action

ASPAN invites members to share pictures and happenings from this year's component or facility PANAW celebration. Your submission may be featured in the next issue of *Breathline* and/or on the ASPAN Web site. Please e-mail this information to jbrady@aspn.org. The *Breathline* submission deadline is February 15, 2009.



PeriAnesthesia Nurses
Catch the Spirit

Breathline

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Educational Offerings

February 7, 2009 WISPAN

Winter Seminar at the Promega Center in Madison, WI. For more information contact Carroll Peeper at 608-837-8212 or go to www.wispan-aspan.org

February 21, 2009 PANAC

Winter Conference at the Marriott Hotel in Visalia, CA. Contact Sheryl Michelson at 408-252-8723 or

michelson.clayborn@sbcglobal.net,
or visit the PANAC Web site at
www.panac.org

March 21, 2009 PANANM

25th Anniversary celebration Spring Conference "Legacies; Past, Present, Future" at Memorial Hospital in Las Cruces, NM. ASPAN President Lois Schick is the keynote speaker. For more information contact Corinne Flores at 505-521-5489 or corinne.flores@yahoo.com

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Correction

The last *Breathline* contained an inaccurate date for the Washington, D.C. seminar. The program was rescheduled due to the U.S. presidential inauguration. Please note the correct date. We apologize for the error.

ASPA Hosted Seminars

February 7, 2009 Legally Speaking: Just the Facts in Knoxville, TN

Hosted by TSPAN. Contact Chris Buck at 865-387-3863 or mombuck@hotmail.com

February 21, 2009 Complexities & Challenges of Perianesthesia Nursing: Across the Ambulatory and Perianesthesia Continuum in Washington, DC.

Hosted by Georgetown University



January 24, 2009

Pediatrics: Little Bodies, Big Differences
San Antonio, TX
Perianesthesia Certification Review
Kansas City, MO

January 31, 2009

Foundations of Perianesthesia Practice
Memphis, TN

February 7, 2009

Safety Begins with Us
Binghamton, NY
St. Louis, MO

February 28, 2009

Perianesthesia Certification Review
Durham, NC
Foundations of Perianesthesia Practice
Loveland, CO

Hospital. Contact Lynnae Elliotte at 202-444-5591 or lzb1@gunet.georgetown.edu

February 28, 2009 Perianesthesia Certification Review in Grand Blanc, MI

Hosted by Genesys Regional Medical Center.

Contact Alice Buck at 810-606-

5760 or abuck@genesys.org

February 28, 2009 Perianesthesia Certification Review in W. Columbia, SC

Hosted by Lexington Medical Center. Contact

Denise Connolly at 803-791-2044

or dwconnolly@lexhealth.org

March 7, 2009

Complexities and Challenges of Perianesthesia Nursing:
Across the Ambulatory and Perianesthesia Continuum
Seattle, WA

Legally Speaking: Just the Facts Albany, NY

March 14, 2009
Legally Speaking: Just the Facts
Brownsville, TX
Perianesthesia Certification Review
San Diego, CA

March 21, 2009

Perianesthesia Certification Review
Sacramento, CA
Complexities & Challenges of Perianesthesia Nursing:
Across the Ambulatory and Perianesthesia Continuum
Mt. Kisco, NY

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

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