



# Breathline

Volume 31, Number 4

July/August 2011

## Become a Beacon of Change for Your Practice

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A lot can change in 30 years. We all recognize that 30 years is a milestone indeed, be it personal or professional. ASPAN celebrated its 30<sup>th</sup> Anniversary this past year. At the Seattle Conference in April 2011, Immediate Past President Kim Kraft challenged us to “Reinvest in Our Potential” related to our practice as clinicians, researchers, educators and managers, never once believing that we would be unsuccessful in that very wise investment. During her tenure, as well as those of other past presidents, ASPAN experienced a variety of changes that made it the dynamic and functioning organization it is today.

Change is a constant, wholesome and necessary part of growth, progress and maturation. From childhood to adulthood, we could not wait to be able to go to that first day of kindergarten, or high school, or nursing school, or to make that very first new graduate nursing career choice while feeling ready to take on healthcare, the nursing profession, the world! Thirty years ago we had as a profession just begun to see the impact of research, practice, education and technology, as well as a commitment to perianesthesia practice that was embraced and pushed ahead of its time by visionary ASPAN leaders. Those leaders had high hopes for this Society; they knew that this foundation was to be the start of something big!

### Forward Vision

Over the past 30 years, a series of positive changes occurred that prompted a metamorphosis for this fledgling organizational membership, taking it to approximately 13,400 members strong today. Because of those who committed to make a positive change in their nursing practice, we now have practice guidelines and standards paired with a clear and compelling vision for practice, education, and research. ASPAN has references that not only guide our practice, but also provide clear direction to best practice



**Chris Price, MSN, RN, CPAN, CAPA**  
**ASPAN President 2011-2012**

in institutions nationally and internationally. And to think it all started because nurses wanted to make a change, not only in their clinical practice, but also to make sure that the practice was recognized as a critical care specialty practice. ASPAN, the organization and its members, are indeed a fine example of what collective, positive change can create.

As our specialty evolved and changed from the recovery room to the post anesthesia care unit (PACU), so, too, did the nursing skill set and minimum education and experience requirements. Suddenly, critical care experience, ACLS and PALS became prerequisites to work in this specialty area. With the emergence of ambulatory surgery in the 1980s, perianesthesia nurses began expanding care delivery to the preoperative and same day surgery arena, Phase II PACU and extended observation.

### Practice Validation

Professional certification became a goal for many a PACU nurse (and manager!). The CPAN® credential was recognized as a validation for clinical expertise, soon to be followed by the CAPA® certification. We grew from being post anesthesia nurses to perianesthesia nurses, broadening our practice scope and boundaries. Through it all, as a specialty, we never once lost sight of whom and what was at the center of our care model – the patient and our national practice guidelines.

ASPAN is entering its fourth decade for this practice specialty. This is no time to lose momentum. We are moving toward the future impact of healthcare reform. The recent Robert Wood Johnson Foundation/Institutes of Medicine report, *The Future of Nursing: Leading Change, Advancing Health*, lists challenges we all must address to prepare for and meet the healthcare demands of the future. Key messages from

*continued on page 2*



**Component  
Development  
Institute**

September 9-11, 2011  
Philadelphia, PA

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

*Serving nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management.*

this report require a shift in our thoughts about the nursing education and preparation paradigm, and the need to embrace the changes that will help to meet those demands. In moving forward, all health professionals should practice to the full extent of his/her education and training. We must improve nursing education to better prepare nurses to lead change, and improve workforce data collection and analysis. It is expected that by 2020, 80% of all nurses should have a BSN, and that the number of nurses that have a doctorate should double. Our real challenge is to recognize that the environment has changed, and we must change as a profession in response.<sup>1</sup>

## What to Change

Recently, I read a title from a keynote speaker advertisement that said, "Change is easy ... you go first."<sup>2</sup> How appropriate that statement was for me personally, until my ASPAN colleagues, work place mentors and a particular CNO pushed me to set some attainable professional goals. Knowing I was a diploma graduate, that CNO took every opportunity to ask me about my goals. Every time she saw me, she would ask, "Chris, are you back in school yet?" Visionary ASPAN leaders guided and encouraged me to become active in our organization, fueling my desire to change. They were my beacon, providing a guiding light to achieve those goals. As a result of persistence, mentoring, coaching and faith, I attained my CPAN and CAPA certifications, completed my undergraduate and postgraduate programs, and remained active in our organization. These colleagues pushed, prodded and encouraged me to achieve educational and professional goals of which I could only have dreamed.

I challenge each and every one of you to pick one goal related to your own educational and professional development for which to strive. Plan your positive change one step and one year at a time. It really doesn't matter how long it takes - envision yourself achieving success, and then move on to your next goal. Keep a list on your end table, desk, or bathroom mirror. Stay focused and steadfast. Become a "Beacon of Change" for your practice, and you will inspire others to do the same!

## REFERENCES

1. Nurse in Washington Internship. Editors' panel discussion. March 13, 2011; Washington, DC.
2. Sue Hansen Speaks! Keynotes. Available at [http://www.suehansenspeaks.com/personal/change\\_is\\_easy.htm](http://www.suehansenspeaks.com/personal/change_is_easy.htm). Accessed May 29, 2011.

## Erratum

An omission occurred on page 13 of the April/May 2011 *Breathline* listing of members with continuing ASPAN Board service. Regional Director-Region 2 Armi Holcomb, BSN, RN, CPAN, is serving the second year of a two-year term. We thank Armi for her dedicated service and apologize for this oversight.

## 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

# ASPAN COMPONENT DEVELOPMENT INSTITUTE

## *Beacons to Our Future: Providing Safe Harbor*

Crowne Plaza Philadelphia Downtown

Philadelphia, Pennsylvania

September 9-11, 2011

ASPAN is committed to providing frontline leaders with the knowledge and tools needed for success. The Component Development Institute (CDI) program, as requested by component leaders, is structured into small group hands-on exercises and general sessions. Contact hours will be provided. This year's topics include:

- De-mystifying the Representative Assembly
- Budget Development
- Web-based Meeting Strategies
- Strategic Planning
- Identifying Award Winning Practices
- Leadership Development Tips
- Succession Planning

Please call (888) 233-9527 to reserve your hotel accommodations at the Crown Plaza Philadelphia Downtown, 1800 Market Street, Philadelphia, PA 19103. ASPAN's room block reservation cut-off date is August 10, 2011. After that date the hotel will continue to accept reservations at the prevailing rate, subject to availability. The room rate is \$129.00 Single/Double (plus tax). The Crowne does not offer an airport shuttle from the Philadelphia Airport. The hotel recommends taking a taxi or using the Lady Liberty Shuttle.

ASPAN will take CDI registrations online through August 26, 2011.

**The CDI is open to ASPAN members only.**

Visit [www.aspan.org](http://www.aspan.org), click on the "Events" tab, and select "2011 CDI" from the dropdown menu for complete details and online registration services. 

*Our components' success is ASPAN's triumph!*

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# Proposed Changes to Safe Medication Administration Position Statement

Linda Beagley, BSN, MS, RN, CPAN – ASPAN Safety Strategic Work Team Coordinator



A recurring question submitted to the Clinical Practice Committee involves how to safely store opioids when titrating doses in the PACU. Many ASPAN members and non-members seek guidance for handling this issue in their respective institutions. Horror stories have been reported regarding unattended syringes diverted by a family member and/or patient, or staff opening a bedside drawer to find several unidentified medication syringes left from the day before.

Over the past few months, the Safety Strategic Work Team (SWT), formerly the Safety Committee, has been writing an addendum to the *Perianesthesia Nursing Standards and Practice Recommendations 2010-2012* "Position Statement on Safe Medication Administration." "The existing position statement did not address the perianesthesia nurse's responsibility for the administration and storage of opioids and/or sedatives in the PACU setting.<sup>1</sup> After identifying this need, the Safety SWT began developing an addendum.

## Do No Harm

Perianesthesia nurses preparing for site visits from The Joint Commission (TJC) have frequently looked to ASPAN for direction on properly securing opioids and sedatives when titrating doses of these medications in the PACU. Many of TJC Hospital 2011 National Patient Safety Goals (NPSG) are centered on the use of effective communication techniques between healthcare providers and patients. NPSG Goal 3 addresses safety when using medications by specifically identifying the need to: use two patient identifiers; label the medication with its name, strength and quantity and to complete this task while the medication is being prepared.<sup>2</sup>

In response to a need, the Safety SWT developed and recommended that the following verbiage be added to the safe medication administration position statement:

*The perianesthesia nurse is responsible for the safe administration and storage of all opioids and/or sedatives.*

- a) *All opioids and sedatives are labeled with the name of the medication, dose and concentration unless the entire medication (i.e., syringe volume) is given immediately after preparation by the perianesthesia nurse.*
- b) *When medication(s) is(are) prepared by someone other than the perianesthesia nurse responsible for administering the medication, a label containing the patient's name and a second identifier must be present.*
- c) *The perianesthesia nurse secures all controlled medication including those at the bedside per institutional policy.*
- d) *Any unused opioids and/or sedatives must be discarded with another licensed professional present as a witness.*

## High-Alert Medications

Some other minor changes were made to the position statement to clarify the directions for handling high-alert medications. While the goal of the Safety SWT was to present the related changes to the Representative Assembly (RA) during the 30<sup>th</sup> National Conference in Seattle, unfortunately, it did not make the RA notification deadline. The changes have been submitted to the Standards and Guideline Committee for addition to the *Perianesthesia Nursing Standards and Practice Recommendation Guideline* fall 2011 review.

## REFERENCES

1. American Society of Perianesthesia Nurses. A position statement on safe medication administration. *Perianesthesia Nursing Standards and Practice Recommendations 2010-2012*. Cherry Hill, NJ: ASPAN; 2010: 122-123.
2. The Joint Commission. 2011 National patient safety goals - NPSG.03.04.01. Available at [http://www.jointcommission.org/assets/1/6/NPSG\\_EPs\\_Scoring\\_HAP\\_20110706.pdf](http://www.jointcommission.org/assets/1/6/NPSG_EPs_Scoring_HAP_20110706.pdf). Accessed June 24, 2011.

# Come to Toronto and Meet the World

Joni M. Brady, MSN, RN, CAPA, CLC – Breathline Editor

It's hard to believe that an idea sparked by conversation among several perianesthesia nurse colleagues in London just three years ago would become a bonafide global conference this October. I am excited to report, both as a member of that original idea group and a Marketing Chair for ICPAN 2011, that our dream is now a reality! A great deal of collaboration and work was accomplished through the multinational volunteer organizing committee, and with a base of financial support from four partnering perianesthesia nursing organizations: Canada's NAPANc, the United Kingdom's BARNA, Ireland's IARNA, and ASPAN. ICPAN 2011 Conference Chair Sue Fossum is doing a phenomenal job directing progress and coordinating volunteers across time zones and continents. Her leadership and contributions are inspirational and monumental.

## The Importance of Collaboration

There are many compelling reasons to reach out and unite perianesthesia nurses across the globe. These include shared clinical practice challenges, a paucity of perianesthesia nursing research, and scarcity of fiscal and human resources needed to advance the science of nursing. Over the past two years, I discussed and explored the rationale for international perianesthesia nurse partnerships in the *Journal of PeriAnesthesia*

Nursing "Global Connections" column. If you have not yet had the opportunity to do so, I encourage you to take some time to read those articles.

The world became much smaller as communication and transportation systems advanced over time. Now, more than ever, people across cultures are connected in just seconds or hours through technology and travel. In fact, much of the ICPAN planning was accomplished through time zone coordination and cost-free virtual meetings conducted via the Internet. In addition, several previously unknown perianesthesia nursing organizations were found through virtual marketing outreach and will be represented at the conference this year.

## Transcultural Practice

Each of us has a professional responsibility to broaden our perspectives and engage in respectful, meaningful and collegial relationships. This first international conference, with its speakers and delegates representing all corners of the globe, offers fantastic opportunities to advance perianesthesia nursing science and practice, and cross-cultural awareness. This is the beginning of a great future for perianesthesia nursing partnerships. We hope that you can come to Toronto and be a part of history in the making! 🌍

## From the Editor



Joni Brady

## 1st International Conference for PeriAnesthesia Nurses



*"Many Practices ... Just One World"*

**October 2-5, 2011  
Toronto, Ontario, Canada**

Register online @ [www.icpan.info](http://www.icpan.info) before August 31, 2011 to beat the regular registration fee deadline!



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## 2012 NATIONAL CONFERENCE ABSTRACTS

ASPAN's 31st National Conference in Orlando, Florida, will feature abstracts/posters displayed in two categories: the Celebrate Successful Practices (CSP) category, and the Research and Evidence Based Practice category. There are very specific guidelines and requirements for each grouping. **It is the members' responsibility to select the appropriate category and to meet the appropriate calendar deadline for submission.**



Posters present new information and provide sound practice improvement strategies

### Celebrate Successful Practices Abstracts

“Celebrate Successful Practices” is a great opportunity to present new ideas that you found to be successful and share them with ASPAN colleagues. This program offers a way for members to showcase amazing work being done at the point of care. Topics may be drawn from any successful practice related to perianesthesia nursing. For example, process improvements, patient education, leadership strategies, improved patient care and staff education are just a few of the topics you may want to consider.


Please consider submitting your successful practice to the committee for review. Abstracts will undergo an anonymous peer review process. A team of reviewers will examine your abstract for specific criteria. If your abstract is accepted, you will be

assigned to a poster presentation or invited to participate in a Celebrate Successful Practice PowerPoint Presentation/Discussion in a specific lecture room. In this latter format, you would join other colleagues in presenting a seven-minute PowerPoint Presentation of your successful practice followed by five minutes of questions and discussion with the audience.

### Important CSP information and dates:

- Celebrate Successful Practices is intended to be an interactive poster session with at least one member of the project team present to answer questions during Grand Rounds. Acceptance of your poster is conditional pending this verification. If you receive a letter of acceptance you will be asked to confirm which member of the team will be present during Grand Rounds.
- Identified project leaders must be ASPAN members.
- Abstract submissions will be accepted only via e-mail in the indicated format.
- Applications MUST be emailed by the October 15, 2011 deadline to be considered. Any applications received after this date are returned and not reviewed.
- Applicants are contacted with a notification of acceptance to the poster session or PowerPoint oral presentation by February 2012.

For complete Celebrate Successful Practices Abstract submission information, click on the “Clinical Practice” tab, and then select “CSP Abstracts” and “2012 CSP Call for Abstracts” from the menu options.

A successful practice that generates a lot of interest and discussion at National Conference may prompt you to consider writing an article on your chosen topic for the *Journal of PeriAnesthesia Nursing*. 



# 2012 NATIONAL CONFERENCE ABSTRACTS

Call for  
Submissions

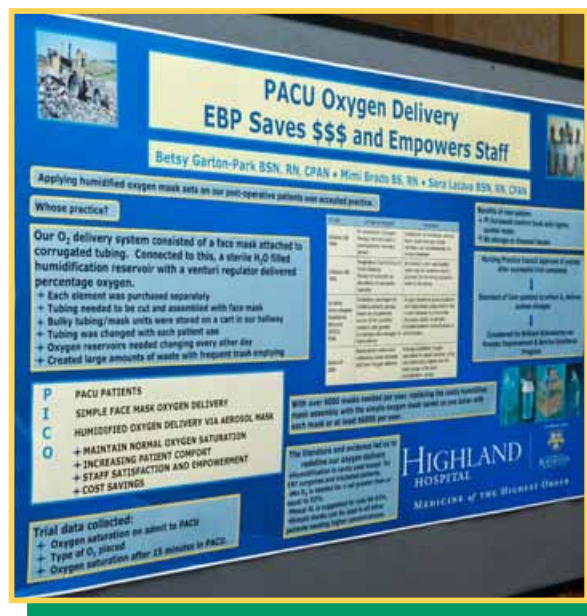
*As stated on page 6, abstracts/posters will be displayed in two categories, each with very specific guidelines and requirements. It is the members' responsibility to select the appropriate category and to meet the appropriate calendar deadline for submission.*

## Research and Evidence Based Practice Abstracts

The ASPAN Research Committee provides active perianesthesia nurses with an opportunity to present previously completed, unreported, original research findings from studies pertaining to all phases of perianesthesia nursing. A choice of oral and/or poster format may be selected for the 2012 National Conference presentations. Oral papers will be presented during the "Oral Research Presentations" session. Poster display and poster grand round dates have yet to be determined. Dates will be posted on the ASPAN Web site when the schedule is finalized. Poster presenters are required to be in attendance to answer questions during Grand Rounds. Posters for Research and Evidence Based Practice will be displayed together but marked to make a distinction.

A copy of the Institutional Review Board approval letter must be submitted for research abstracts. The evidence based practice format may not require such approval. Those submitting oral and poster abstracts are given the opportunity to have their abstracts published in the June issue of the *Journal of PeriAnesthesia Nursing (JoPAN)*. Past issues of *JoPAN* may be helpful for abstract development. Other helpful resources are available in the Research section of ASPAN's Web site.

If you are interested in presenting research and or evidence based findings, please submit an application for anonymous peer review. Research and evidence based practice evaluation tools and the required formatting for each type of submission are posted on the ASPAN Web site. Acceptance of abstracts is based on scientific merit and strict adherence to submission guidelines. All project contributors receive a participation certificate. The ASPAN Research Committee thanks you in advance for your interest, participation and support of perianesthesia research!



Evidence based practice and research posters share new perianesthesia nursing science

## Important Research and Evidence Based Practice Abstracts information and dates:

- If interested in presenting research and or evidence based findings at the 31<sup>st</sup> National Conference in Orlando, Florida, please carefully follow the guidelines available on the ASPAN Web site ([www.aspan.org](http://www.aspan.org)) for abstract submission.
- Complete and submit the ASPAN Research/Evidence Based Abstract Submission Form.
- **Abstract submissions will only be accepted via e-mail in the indicated format.**
- Submissions for Oral Paper Presentation and Poster Display Presentation **MUST be emailed by October 15, 2011.** Any applications received after this date will be returned and not reviewed.
- Applicants will receive notification from the reviewers by February, 2012.

For complete Research and Evidence Based Abstract submission information, visit the ASPAN Web site, click on the "Research" tab, and then click "Research Abstracts" and "2012 Research & EBP Call for Abstracts" from the menu options.

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# CALL FOR NOMINATIONS

## Guiding the Future

Kim Kraft, BSN, RN, CPAN - ASPAN Immediate Past President and Nominating Committee Chair



**Kim Kraft**

During her inaugural address, ASPAN President Chris Price called on members to be Beacons of Change and focus on the future.<sup>1</sup> American University professor John M. Richardson Jr. describes three kinds of people when speaking about the future, "... those who let it happen, those who make it happen, and those who wonder what happened."<sup>2</sup> Become a person that makes the future happen!

ASPAN is seeking leaders willing to guide its future as the premier organization for perianesthesia nursing. Qualified and eligible candidates are needed for 2012-2013 ASPAN Board of Director Positions:

- Vice President/President-Elect (three-year term)
- Secretary (two-year term)
- Director for Clinical Practice (two-year term)
- Regional Director-Region 2 (two-year term)
- Regional Director-Region 4 (two-year term)
- Nominating Committee (one-year term)

To be considered for one of these positions you must: meet the position's specific eligibility requirements; hold a minimum of three years' ASPAN Active Category membership immediately prior to nomination; and have a minimum of three years' perianesthesia nursing experience. The candidate must also possess a current clinical, management, education or research role in the perianesthesia setting and have a CPAN or CAPA certification. **Nominating Committee candidates are also needed.** Five members will

be elected (one-year term). Prerequisites include any Active or Retired category member of ASPAN knowledgeable of the Society and its mission.

### To be considered for a leadership position:

1. Declare your candidacy as soon as possible, via e-mail, to [kkraft@aspan.org](mailto:kkraft@aspan.org)
2. An 'Intent to Place Name in Nomination Form' must be signed electronically and e-mailed with a date stamp **no later than October 1, 2011.**
3. An 'Intent ASPAN Candidate Profile Sheet' must also be submitted electronically with a date stamp no later than October 1, 2011. Hard copies and faxes will NOT be accepted.

For more information visit the ASPAN Web site or contact Jane Certo at the ASPAN National Office at [jcerto@aspan.org](mailto:jcerto@aspan.org) or 1-877-737-9696, Extension 13.

**THE DEADLINE TO DECLARE A CANDIDACY IS  
OCTOBER 1, 2011.**

### REFERENCES

1. Price C. Presidential address. ASPAN 30<sup>th</sup> National Conference. Washington State Convention Center, Seattle, WA. April 7, 2011.
2. ThinkExist.com. John M. Richardson, Jr. quotes. Available at [http://thinkexist.com/quotes/john\\_m.\\_richardson,\\_jr./](http://thinkexist.com/quotes/john_m._richardson,_jr./) Accessed May 1, 2011.

Nurses' stories clarify a frequently blurred role in healthcare delivery

## Tell Your Story

Every nurse has an important story to share. In fact, first-hand experiences and professional actions as told through personal stories serve to enhance the public image of perianesthesia nursing by presenting an accurate portrayal of the work of nurses. Such accounts enhance the lay public's understanding of the caring practices of nurses.

ASPAN is accepting clinical narrative submissions to share with the perianesthesia community and greater public as a special feature on its Web site. Please visit [www.aspan.org](http://www.aspan.org), click on the "Clinical Practice" tab, and then select "Clinical Narratives" from the dropdown menu. To share a clinical narrative or give feedback, please contact [tclifford@aspan.org](mailto:tclifford@aspan.org).

## Any Good News to Share?

We want to recognize our members' accomplishments in *Breathline*. If you have some good news to share related to professional accomplishments or awards, please contact *Breathline* Editor Joni Brady, MSN, RN, CAPA, CLC. Editor contact information is located on page 2.



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# Quality Award Honors Illinois Nurses

**ASPAN  
News**

*SwedishAmerican Health System in Rockford, Illinois, honored ASPAN/ILSPAN members Tammy Bloom, Dena Boehm, and Karen Wessels for contributions made to its Obstructive Sleep Apnea (OSA) Team. The June 2011 award recognized the OSA Team's profound contribution to organizational quality excellence.*

## About the Award

About a decade ago, SwedishAmerican chartered the Dr. Henry C. Anderson Quality Award to honor individuals making important improvement contribution. The award signifies a commitment to leadership, integrity, role modeling and sound judgment, and it exemplifies service distinction. In this case, the OSA Team comprises a diverse group of proactive practitioners unified by the goal to identify patients at risk for primary and secondary OSA. Team members include: John Shiro, MD, Bryan Apple, MD, Jon Michel, MD, Rick Deming, MD, Tammy Bloom, Dena Boehm, Karen Wessels, Christ Swartout, Judy Shlafer, Kay Blair and Patti Loveland.

Two years ago, the team was challenged to concentrate on the issue of OSA in perioperative patients. Healthcare providers increasingly encounter sleep apnea in patients receiving anesthesia during elective surgical procedures. The OSA team enlisted departmental support of the STOP BANG screening tool, which was imbedded in the electronic record and then used to identify patients at risk for OSA thereby enhancing patient safety. The OSA Team, nominated by the hospital's Chief Quality Officer, continues to implement patient safety measures to promote safe care delivery.

## Inspirational Colleagues

Possessing a personal commitment to excellence, the team's perianesthesia nurses Tammy Bloom and Karen Wessels are scheduled to take the CAPA exam in November 2011, and Dena Boehm will take the CPAN exam at that time. Our sincere congratulations are given to these exceptional nurses for their ongoing support of practice advancement and commitment to perianesthesia patient safety. Great job!



OSA Team members (front row from left): Dr. Kathleen Kelly, Tamara Bloom BSN, RN, John Shiro, MD, Karen Wessels, MSN, RN, CPAN, Jon Michel, MD, Henry Anderson, MD; (back row) Dena Boehm BSN, RN, Christopher Swartout RRT, Sleep Lab's Megan Whiting

Submitted by Karen Wessels, MSN, RN, CPAN, a PACU/Surgicare Clinical Nurse Educator and ASPAN Clinical Practice Committee Team 9 member. 🌱



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## Building the Future of ASPAN

Susan Carter, BSN, RN, CPAN, CAPA - ASPAN Vice President/President-Elect



**Susan Carter**

**H**ave you ever given thought to how the work of ASPAN is accomplished? Do you ever ponder how you might become involved with your professional organization or if you have what it takes to be part of an ASPAN Committee or Strategic Work Team (SWT)? It is likely that the visionary leaders who worked tirelessly to lay the foundation of our specialty organization probably felt much the same and asked themselves many of the same questions you have about becoming involved. Where would we be today if they had stepped back, questioned their abilities and thought someone else could take the lead and map out the basic blueprint for what ASPAN has become today?

You have the skills, knowledge, expertise and passion to take up the charge and be part of ASPAN's future. You work as part of a team every day and deliver exceptional care to your patients. Each of you are leaders, visionaries and innovators in your own right. You can transform those skills into being part of a team that helps ASPAN achieve its goals and reach our compelling vision to be recognized as the leading association for perianesthesia education, nursing practice, standards and research. Each of ASPAN's members possesses unique skills and talents. You bring the possibilities for ASPAN's future development and growth. Put your new found strength to work and build new skills, friendships and pride in your abilities while being part of a team that will carry ASPAN forward. Complete and submit a submit a Willingness to Participate (WTP) form for a committee or Strategic Work Team (SWT) of interest to you.

### Invitation to Participate

During the 2010 Representative Assembly held in New Orleans, Louisiana, approval was given to change the bylaws and to remodel ASPAN's committee and SWT footprint. During the past year, the ASPAN Board of Directors has been working diligently, based on

recommendations from a strategic planning consultant. You will see some of that remodeling reflected in the varied options to participate as you review the WTP form and select your area(s) of interest. For example, a new Advocacy Committee formed that includes the Safety and Governmental Affairs SWTs (formerly committees), as well as other public and professional advocacy liaisons and roles. If you select participation on the Advocacy Committee, you will have the opportunity to select the area that most interests you: legislative, professional, or patient advocacy. The newly formed Leadership Development Committee encompasses the Succession Planning SWT, as well as other work teams that will focus their energies on the various leadership needs and mentoring others.

There are, of course, committees you are familiar with whose names have not changed. These include Education Approver and Provider, Research, and Clinical Practice, to name a few. SWTs have also retained their familiar faces: Membership and Marketing, Resource Development, Evidence Based Practice, Standards and Guidelines. Review the WTP form to find these and others that spark your interest or ignite your passion.

You are now invited to take up the call and join past and present ASPAN volunteers by completing your WTP form today. **The deadline for submission is October 31, 2011.** If you are currently part of a work team and wish to continue your participation, you must complete and submit a new form demonstrating your willingness to continue. To obtain a copy of the 2012-2013 WTP form, please go to the ASPAN Web site ([www.aspan.org](http://www.aspan.org)), or call the National Office toll free @ 877-737-9696. Ext 16. Your talents and unique skills are needed for ASPAN to continue building on the foundation of excellence started over 30 years ago. You will be glad you accepted the challenge. Do it for ASPAN, do it for yourself and your patients, do it today. 🌱

## Journal Earns Prominent Status

**T**he *Journal of PeriAnesthesia Nursing (JoPAN)* was accepted for coverage in Thompson Reuters' abstracting and indexing services, including the *Journal Citation Reports (JCR)*. JCR follows the world's most influential journals in the sciences and social sciences and establishes each publication's impact factor. An impact factor measures the number of times an article is cited within scholarly publications

and ultimately relates to a publication's influence. This milestone is a testament to the quality and relevance of content presented in the *Journal*. 🌱

**All ASPAN members receive a complimentary subscription to *JoPAN* and can directly access its Web site ([www.jopan.org](http://www.jopan.org)) from the ASPAN Web site homepage.**

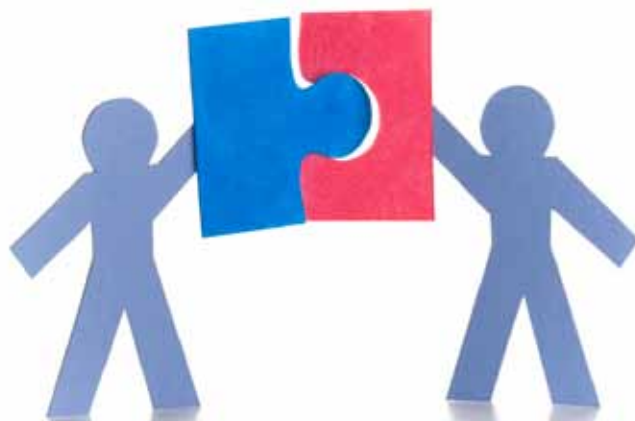


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# Member-Get-A-Member Campaign

Membership




*“Act as if what you do makes a difference. It does.”*

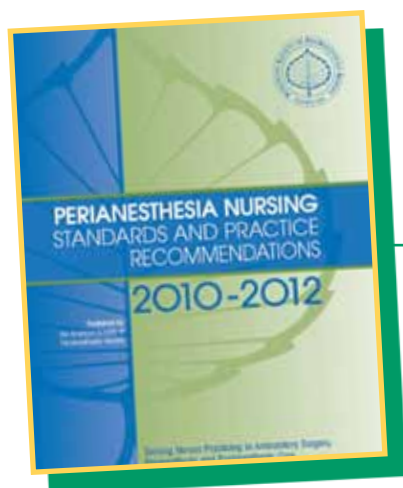
*~ William James*

## EVERY MEMBER, GET A MEMBER ...

Building the future of our professional advocacy organization through member recruitment supports the practice of every perianesthesia nurse. ASPAN NEEDS YOU to ignite the passion and participation of colleagues not yet involved in the organization. Please share the many benefits of belonging enjoyed by all active ASPAN members and encourage every colleague to join today!

The 2011 Member-Get-A-Member (MGM) Campaign added 694 new members as of June 30, 2011. There are many months left to make your mark on recruitment. Go to [www.aspan.org](http://www.aspan.org) and click on the “Members” tab to view 2011 Recruiter Standings and the recruitment award categories. Membership applications are also available on the Web site. Remember to have all new recruits place your name and ASPAN membership number directly on the application form. 

## ASPAN Clinical Resources



*ASPAN members receive a discounted purchase price for these fantastic publications and they're available right at your fingertips! Simply visit the Web site ([www.aspan.org](http://www.aspan.org)) to place an order online in the ASPAN Store.*

*Perianesthesia Nursing Standards and Practice Recommendations 2010-2012*

*2010 Redi-Ref for Perianesthesia Practices, 4th Edition*



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**Martha Clark**

## **The Directors' Connection** *A Year in the Life of Region 3*

Martha L. Clark, MSN, RN, CPAN – ASPAN Regional Director, Region 3

*“Five hundred twenty five thousand six hundred minutes. Five hundred twenty-five thousand moments so dear. Five hundred twenty five thousand six hundred minutes. How do you measure, measure a year?”<sup>1</sup>*

These lyrics are from a song in the original Broadway musical *Rent*. The song, called “Seasons of Love”, has been playing in my head for months. I often hear it when thinking about relationships that develop within ASPAN. I have personally developed so many friendships over two decades as an ASPAN member! It’s difficult to walk down a hallway at National Conference and not smile, say hello, or stop to visit with friends made through joint service on ASPAN committees or projects. With that said, Region 3 experienced a fast paced year filled with multiple educational activities, formation of new districts, and development of many new friendships through networking activities such as Region 3 component meetings and the ASPAN Component Development Institute (CDI).

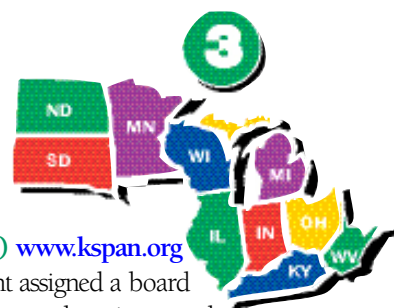
The following highlights are just a small representation of regional component activities. I encourage every ASPAN member to visit each component’s Web site to learn more.



Region 3 component representatives at 2010 CDI in Louisville, Kentucky

**Illinois (ILSPAN)** [www.ilspan.org](http://www.ilspan.org) In support of ASPAN’s “Go Green” effort, one Board of Directors meeting was conducted using virtual meeting software. Other green initiatives included: dissemination of its Research Grant, finalization of PACU visitation with Illinois Department of Public Health, and placement of the ILSPAN Manual on a USB drive for each board member.

**Indiana (INSPAN)** [www.inspan.org](http://www.inspan.org) A major initiative this year has been to scan and store documents on external storage devices to decrease storage, transport, and use of paper. Several members have expressed a desire to establish a Research SPG.



**Kentucky (KSPAN)** [www.kspan.org](http://www.kspan.org)

This year, the component assigned a board member to each new member, increased presidential and vice-presidential terms to two years, and chartered two new districts (Somerset and Northern Kentucky). National Conference awards included an ABPANC Shining Star and a Component Recruiter Award.

**Michigan (MAPAN)** [www.mapan.org](http://www.mapan.org). Once again, the spring conference featured a national speaker. Laura Gasparis Vonfrolio, PhD, RN, CCRN, CEN, presented “Caring for the Critical Care Patient” at the Bavarian Inn in Frankenmut. MAPAN, established in 1976, celebrates its 35<sup>th</sup> anniversary.

**Minnesota/Dakotas (MNDKSPAN)** [www.mndakspan.org](http://www.mndakspan.org) President Julie Somheil carried on her presidential duties in addition to having a baby last November. Congratulations, Julie! This component has initiated many proactive green initiatives.

**Ohio (OPANA)** [www.ohiopana.org](http://www.ohiopana.org) Congratulations on receiving 2011 The Gold Leaf Award! OPANA consists of several districts. One district was so successful in fund raising that its President, Nancy Post, was able to send all WYSPAN members a check to pay for ASPAN renewal dues! Kudos for earning an ABPANC Shining Star Award and recognition of *The Snooze News* as the best newsletter in the 9-14 page category at National Conference.

**West Virginia (WVSPAN)** [www.wvspan.org](http://www.wvspan.org) Revitalized over the past several years with assistance from ASPAN, the component co-hosted an education program and product fair with AORN of North Central West Virginia last November, asking for a \$20 fee for members of ASPAN or AORN. Of the 79 registered attendees, the majority were perianesthesia nurses! WVSPAN is now celebrating 20 years as a chartered ASPAN component!

**Wisconsin (WISPAN)** [www.wispan-aspan.org](http://www.wispan-aspan.org) The Fall 2010 Conference, held at The Landmark Resort in Egg Harbor, was coordinated by Valerie Dethloff. Education sessions were held during the morning, followed by some fun events like a trolley tour after lunch and a “Fish Boil” in the evening. This component is also engaging in many green business methods.

And one final thought from “Seasons of Love”...  
*“It’s time now, to sing out, though the story never ends.  
Let’s celebrate, remember a year, In the life of friends.”<sup>1</sup>*

Contact Martha Clark at [mclark@aspan.org](mailto:mclark@aspan.org).

### **REFERENCE**

1. Larson J. Seasons of love. Available at <http://artists.letsingit.com/rent-lyrics-seasons-of-love-t95lx2h>. Accessed June 28, 2011.

## Component Programs

**September 16-18, 2011** Texas Association of PeriAnesthesia Nurses (TAPAN) 35<sup>th</sup> Annual State Conference will be held at the Austin Marriott North in Round Rock, TX. For more information visit [www.tapan.org](http://www.tapan.org) or contact Linda Allyn at [lallyn@flash.net](mailto:lallyn@flash.net) or Susan Russell at [sprautx@aol.com](mailto:sprautx@aol.com)

**September 17, 2011** PeriAnesthesia Nurses Association of New Mexico (PANANM) will hold its fall conference "Lighting Your Path to the Future" in Albuquerque at the Domenici Center on the University of New Mexico campus. Expert speakers will present a variety of relevant topics with six contact hours provided. For more information contact Mary Ann Lewis at [byebyeazy@yahoo.com](mailto:byebyeazy@yahoo.com)

**October 1, 2011** Illinois Society of PeriAnesthesia Nurses (ILSPAN) Annual Fall Conference in the Jardine Center at Trinity Medical Center in Rock Island, IL. For more information contact Debbie Walker at 309-236-6859 or [beade55@yahoo.com](mailto:beade55@yahoo.com)

**October 14-15, 2011** PeriAnesthesia Nurses Association of California (PANAC) meets at Harrah's Casino and Hotel in Lake Tahoe, NV, for its 32nd Annual Meeting and Conference. For information visit [www.panac.org](http://www.panac.org) or contact Chris Bowens at 818-766-9118 or [Christina.Bowens@csch.org](mailto:Christina.Bowens@csch.org)



## ASPAN Hosted Seminars

**August 27, 2011** Complexities and Challenges of Perianesthesia Nursing: Across the Ambulatory and Perianesthesia Continuum in Fletcher, North Carolina. Hosted by Mountain Area PeriAnesthesia Nurses - NCAPAN District 1. Contact Joyce Hillman at 828-298-7911 ext. 5511 or [jah354@morrisbb.net](mailto:jah354@morrisbb.net)

**September 17, 2011** Perianesthesia Certification Review in Kansas City, Missouri. Hosted by MO-KAN PANA. Contact Patricia Welch at 913-469-0118 or [pjwelch@aol.com](mailto:pjwelch@aol.com) or Teresa Guevara at 816-304-4433 or [cherriguevara@yahoo.com](mailto:cherriguevara@yahoo.com)

**September 17, 2011** Surrounding Your Practice with Excellence: Legalities, Standards and Advocacy in Rochester, New York. Hosted by NYSPANA District 14. Contact Jean Gumina at 585-752-1978 or [jgumina@rochester.rr.com](mailto:jgumina@rochester.rr.com)

**September 18, 2011** Perianesthesia Certification Review in Round Rock, Texas. Hosted by TAPAN. Contact Susan Russell at 512-940-6911, [sprautx@aol.com](mailto:sprautx@aol.com) or [lallyn@flash.net](mailto:lallyn@flash.net)

**September 24, 2011** Perianesthesia Certification Review in Cheektowaga, New York. Hosted by NYSPANA District 15. Contact Dianne Lysarz at 716-891-2725 or [dllysarz@roadrunner.com](mailto:dllysarz@roadrunner.com)

**September 24, 2011** Perianesthesia Nursing: A Systems Review of Pathophysiology in Indianapolis, Indiana. Hosted by INSPAN. Contact Karen Garten at 317-948-7323 or [kgarten@iuhealth.org](mailto:kgarten@iuhealth.org)

**October 1, 2011** Perianesthesia Certification Review in Camp Hill, Pennsylvania. Hosted by Holy Spirit Hospital. Contact Michelle DeFabio at 717-972-4260 or [medefabio@hsh.org](mailto:medefabio@hsh.org)

**October 22, 2011** Perianesthesia Certification Review in Cleveland, Ohio. Hosted by University Hospitals-Case Medical Center. Contact Kathleen Frato at 216-844-8639 or [kathleen.frato@uhhospitals.org](mailto:kathleen.frato@uhhospitals.org)

**October 29, 2011** Perianesthesia Certification Review in Edgewood, Kentucky. Hosted by St. Elizabeth Healthcare. Contact Elizabeth Schoulties at 859-301-5913 or [elizabeth.schoulties@stelizabeth.com](mailto:elizabeth.schoulties@stelizabeth.com)

**November 5, 2011** Pediatrics: Beyond the Basics in Danville, Pennsylvania. Hosted by Geisinger Medical Center. Contact Andrea Ignaszewski at 570-271-6692 or [amignaszewski@geisinger.edu](mailto:amignaszewski@geisinger.edu)

**December 10, 2011** Perianesthesia Certification Review in Philadelphia, Pennsylvania. Hosted by Temple University Hospital. Contact Cynthia Blank-Reid at 215-707-7150 or [cindy.blank-reid@tuhs.temple.edu](mailto:cindy.blank-reid@tuhs.temple.edu)



# American Board of Perianesthesia Nursing Certification (ABPANC)

## Fall 2011 Certification Exam Testing Information

Registration window – Online	July 11 – September 5
Registration deadline – Online	September 5 by 11:59 p.m. ET
Time period for scheduling examination appointment with Prometric	Upon receipt of your ATT letter through November 10
Examination administration window	October 3 - November 12
Deadline for cancelling appointment	3 business days before scheduled test date
Postmark deadline for requesting withdrawal, refund, rollover from PES	On or before last day of examination administration window

## Online CPAN®/CAPA® Practice Exams

Practice Exams are available for online CPAN and/or CAPA certification study. Access to the practice exams is on the ABPANC Web site, located under the “Certification” tab. A new methodology for constructing the Practice Exams supplies a virtually unlimited number of 50-question practice exams available to take! Each practice exam costs \$35 and contact hours may be earned.

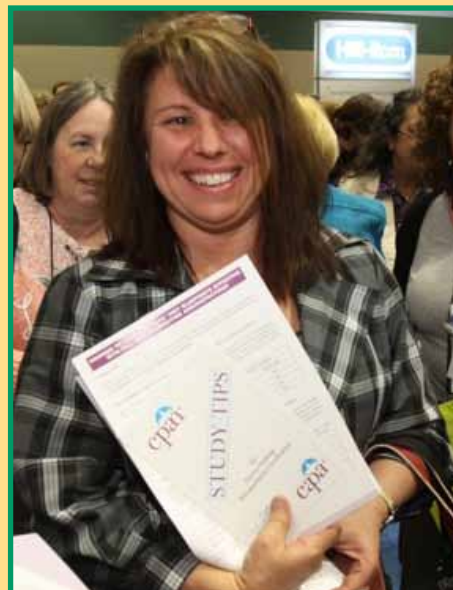
**Buy one practice exam and get another one free from now through December 31, 2011!**

## Nominations Sought for ABPANC Board of Directors

ABPANC is accepting nominations for selected Board positions for the 2012-2013 terms of office. Service on the ABPANC board is a truly exceptional way to fulfill a desire for professional involvement and to influence the nursing care given to perianesthesia patients and their loved ones through national certification. Visit [www.cpancapa.org](http://www.cpancapa.org) for complete information about the nomination process. Get involved!

**For complete perianesthesia certification testing information, visit [www.cpancapa.org](http://www.cpancapa.org).**

ABPANC offers helpful certification exam study tips on its Web site





## **ASPAN Seminars**

### **August 13, 2011**

Perianesthesia Certification Review  
Louisville, KY

### **August 27, 2011**

Pediatrics: Beyond the Basics  
Springfield, IL

### **September 10, 2011**

Perianesthesia Certification Review  
Sacramento, CA  
Safety Begins With Us  
Warwick, RI

### **September 17, 2011**

Complexities and Challenges of Perianesthesia  
Nursing: Across the Ambulatory and Perianesthesia  
Continuum  
Coraopolis, PA

### **September 24, 2011**

Perianesthesia Certification Review  
San Diego, CA

### **September 25, 2011**

Surrounding Your Practice with Excellence:  
Legalities, Standards and Advocacy  
Dulles, VA

### **October 8, 2011**

Perianesthesia Certification Review  
Schaumburg, IL

### **October 22, 2011**

Pediatrics: Beyond the Basics  
Charlottesville, VA

### **October 29, 2011**

Foundations of Perianesthesia Practice  
Baltimore, MD

### **November 5, 2011**

Complexities and Challenges of Perianesthesia  
Nursing: Across the Ambulatory and Perianesthesia  
Continuum  
Burbank, CA

### **November 12, 2011**

Complexities and Challenges of Perianesthesia  
Nursing: Across the Ambulatory and Perianesthesia  
Continuum  
Medford, MA

ASPAN

2011

Summer

Fall

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ASPAN'S 31<sup>ST</sup> NATIONAL CONFERENCE



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