



# Breathline

Volume 31, Number 6

November/December 2011

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## It's All About Perspective: Focusing on Present and Future Practice

At the inaugural International Conference for PeriAnesthesia Nurses (ICPAN) in Toronto, Canada, Keynote Speaker Jan Odom-Forren, PhD, RN, CPAN, FAAN, reminded us to view life and career changes as they relate to society and work. She presented challenges, changes and tools, and showed us that our choices can make or break a positive impact for both. I thought about her presentation, and those presented by our international colleagues from a variety of countries, and realized the importance that "perspective" plays in our work and relationships, whether local, regional, national, or even international. While at ICPAN, I sat with International Conference Planning Committee colleagues in a debriefing and discussion to review the conference results - knowing that all perspectives from our nursing colleagues were similar to our own – with optimizing perianesthesia patient care and promoting research, clinical practice, and education a priority.



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

variety of practice settings: rural, urban, community-based hospitals and large academic medical centers. The result was to produce practice recommendations, guidelines and standards that are credible and meaningful to all perianesthesia nurses.

The impact of perianesthesia perspectives occurred again during the 2011 American Society of Anesthesiologists (ASA) Conference in Chicago. ASPAN Vice President/President-Elect

Sue Carter, BSN, RN, CPAN, CAPA, and Immediate Past President Kim Kraft, BSN, RN, CPAN, and I attended. Our presence assures that ASPAN remains recognized with a 'place at the table' to give voice to collaboration on clinical practices, patient safety, outcome measures, and perianesthesia nursing initiatives. As our Liaison to the Anesthesia Patient Safety Foundation (APSF), Kim is building on the relationship that former liaison Sue Fossum, BSN, RN, CPAN, (ASSPAN President 2007-2008) forged. Kim attended the APSF Workshop, "Current Anesthesia Safety Issues: Help Set the Priorities for Short-term Resolution." This contained brief presentations on a variety of topics, e.g., checklists, cerebral perfusion, medication safety in the OR, fire safety in the OR, residual neuromuscular blockade and postoperative visual loss. The audience, charged to develop safety priorities, was asked, "Do we have evidence/agreement for the etiology of the problem? Do we have evidence/agreement for the solution of the problem? Does anesthesia have control/influence over introducing the solution to the problem? Do we have a way to measure the incidence for baseline and post-intervention data?" Data collection will provide the APSF with information needed to move forward with patient safety issues.<sup>2</sup> As an inducted APSF Board member, Kim will serve on its Newsletter Editorial Board and Committee on Education and Training.

**Celebrate**  
**PeriAnesthesia**  
**Nurse**  
**Awareness**  
**Week**  
**February 6-12,**  
**2012**

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

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

*continued on page 2*

# President's Message

continued from page 1

ASPAN's Presidents together in Toronto at the Inaugural 2011 ICPAN.

Front row from left:  
Jan Odom-Forren,  
Denise O'Brien,  
Chris Price,  
Dina Krenzischek,  
Meg Betrone.

Back row: Kim Kraft,  
Terry Clifford, Lois Schick,  
Sue Fossum, Pam Windle,  
and Linda Wilson



## Perianesthesia Outlook

Sue Carter and I attended the Surgical Anesthesia Committee meeting as ASPAN representatives. This committee brings disciplines together to discuss care and safety issues that are relevant to both nursing and anesthesia. Membership includes anesthesiologists and nursing representation from ASPAN and the Association of periOperative Registered Nurses (AORN). Committee members engaged in dialogue with a vested interest in quality, safety, and care experiences involving perioperative, perianesthesia and periprocedural patients. The committee also reviews, discusses, and presents educational topics for the ASA Annual Conference via a discussion panel, workshops, and/or didactic podium presentations. ASPAN's ASA Liaison, Dr. Scott Groudine, remains a staunch supporter of perianesthesia practice, and he engaged ASA support of ICPAN through sponsorship of attendee conference bags.

Dr. Groudine, AORN President Ann Marie Herlehy, DNP, RN, CNOR, and I held a 90-minute panel discussion, "Satisfaction at Work: What the OR Team Can Do to Help Each Other." We each shared our perspectives related to the patient health information needed to provide optimal patient care. With a perianesthesia perspective, I presented the information deemed vital during the hand-off exercise between levels of care, as well as what communication perianesthesia nurses find most helpful regarding care delivered during both the elective surgery schedule and off hours. Anesthesia providers were clearly interested, interactive, and shared questions and perspectives about perianesthesia nursing practice recommendations and positions statements on safe staffing. A lively question and answer session followed with the exchange of what we most value when working collaboratively in caring for our patients. It was evident that, as critical team members, the perianesthesia perspective is a valued commodity by our physician colleagues. I discovered that we clinicians share a passion about our perspectives, thus encouraging us to broaden our views to become more global and inclusive.

Realize and value the perspective that you bring to your unit and your daily practice. Relish in the sharing of ideas and initiatives that improve patient outcomes. Focus on the future of our practice: consider what you bring to our specialty as a clinician, educator, journalist, editor, researcher and colleague. Know the impact that you can make. Take a moment to visit ASPAN's Web site, fill out the Willingness to Participate form, and consider that next step in sharing your own unique perspective. We need you!

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Issue .....Deadline

January .....November 1

March .....January 1

May .....March 1

July .....May 1

September .....July 1

November .....September 1

# Breathline

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# PeriAnesthesia Nurse Awareness Week (PANAW)

## February 6-12, 2012



H ave you noticed how time seems to just fly past? One minute, you're sitting on the porch sipping lemonade, and when you turn around it seems the leaves are falling from the trees with Christmas quickly approaching. We're at one of those junctures ... because it's already time to be thinking about your PeriAnesthesia Nurse Awareness Week (PANAW) celebration! PANAW will be held February 6-12, 2012, and you might be thinking, "But that is such a long time away!" In one way, you're absolutely correct; yet, NOW is the perfect time to begin planning how to celebrate our nursing specialty's commemorative week. For example, how will you get the "word" out about this nursing specialty practice?

### A Vital Role

"PeriAnesthesia Nurses: A Vital Role in Patient Care" is this year's chosen theme to help us tell others about the importance of perianesthesia nurses in the care of patients throughout the anesthesia continuum. So, how will you use this theme to capture the essence of what perianesthesia nurses do, and how can you best inform the public about this vital role in patient care?

One great way to get the word out is to solicit your state's governor and request the issuance of a formal proclamation. If this request sounds daunting, it isn't because ASPAN makes this very easy! PANAW information

is available on the ASPAN Web site ([www.aspan.org](http://www.aspan.org)). Simply access the "Events" tab and then select "PANAW" from the dropdown menu. The sample proclamation content can be sent to your elected officials, including your local mayor! While on the PANAW Web page, check out the public announcement information to be sent to local media outlets, such as radio and television stations or the local newspaper. Also, plan ahead and place informative announcements in employee-based publications and e-mails. Remember, PANAW is all about educating the public and other healthcare professionals on the unique value of our work.

### Go for Logo

The PANAW 2012 logo item catalog is now available. Please take time to submit an order before the winter holidays to allow maximum time to prepare for a festive PANAW at your workplace. Preparation of a PANAW clothing and professional items display for colleagues and visitors is another way to invite them to enter our professional world and see our work. Providing a cake or other treats is another great way to get others involved.

Now that PANAW really is right around the corner, what will you do to promote others' knowledge of this specialty nursing practice? Let your imagination run wild and, before you know it, the celebration will be happening. Enjoy PANAW 2012!

[Click here to access ASPAN Web site PANAW resources.](#)  
[Click here to view the 2012 PANAW logo item catalog.](#)

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# Title VIII of the Public Health Service Act

## Nursing Workforce Development Programs

Cindy Hill, BSOE, RN, CPAN, CAPA – ASPAN Liaison to the Nursing Community  
 Donna Goyer, BS, RN, CPAN, CAPA – ASPAN Governmental Affairs SWT Coordinator

The ASPAN Governmental Affairs Strategic Work Team (GA SWT) disseminates legislative information to its components. The GA SWT Coordinator, Donna Goyer, shares legislative information from multiple sources to keep members informed about current issues and potential laws affecting nursing practice. It's no secret that the nursing shortage in the United States is projected to grow more serious over time. While there are approximately 3.1 million registered nurses currently in the U.S., the Bureau of Labor Statistics projects that a 22% increase in the RN workforce (581,500 new positions), will be needed by 2018.<sup>1</sup> The number of nurses projected to leave the workforce by the end of the decade, in addition, leads to the U.S. facing a deficit of over one million nurses.<sup>2</sup>

### Nurses Needed

This isn't the first time a nursing shortage existed. Title VIII of the Public Health Service Act was enacted in 1964 as the Nurse Training Act to address the nursing shortage during that era.<sup>3</sup> Since that time, programs have been reauthorized and extended, repealed, or new programs added in its evolution to support today's nursing education. Nursing Workforce Development Programs were created to meet the demands of growing public healthcare needs, particularly in underserved, vulnerable populations. Multiple areas of nursing education, described below, are covered under Title VIII to entice more citizens to become professional nurses.<sup>4</sup>

- The **Nursing Student Loan Program** provides loans at a pre-set interest rate to both undergraduate and graduate nursing students. The loans are to be repaid, allowing the continuation of the loan program offered to new nursing education students. The **Nurse Loan Repayment and Scholarship Program** has a two-pronged approach. This scholarship requires a commitment to work in a facility with a critical nurse shortage, or teach in an accredited school of nursing for up to two years. Up to 85% of the loan may be repaid by serving as faculty at an accredited school of nursing or working a set number of years at qualifying institutions.
- **Advanced Nursing Education (ANE) Grants, ANE and Nurse Anesthetist Traineeships** support nurses in pursuit of graduate and doctoral advanced degree programs. The traineeships provide full or partial reimbursement of costs associated

with advanced nursing education. **Comprehensive Geriatric Education Grants** are sought by nurses who wish to provide direct care to the elder population on various specialized levels.

- **Workforce Diversity Grants** aid disadvantaged students. These grants are awarded to nursing schools and other entities to recruit from poorly represented ethnic and racial minority groups in the RN population. The grants aid in the progression of, and preparation for, education on different levels, as well as retention activities. **Nurse Education, Practice, Quality, and Retention Grants** aid schools in providing programs that lead to nursing advancement and retention activities.
- **Nurse Faculty Loan Program Grants** are directed at increasing nurse faculty through loans offered from grants that are managed by schools of nursing. A commitment is required from the recipient to teach for at least four years in return for cancellation of up to 85% of the funds plus interest.

### Stay Professionally Involved

Over the years, ASPAN, in conjunction with other professional organizations, has signed on in support of Title VIII to advocate for program funding. It is not unusual for nurses to receive requests to notify legislators to ask for support of the budget year amount requested. When you receive such a request, please call, write or e-mail your representative to let him/her know the importance of this funding for the growth and stability of the nursing profession.

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## Health Literacy

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

**H**ealthy People 2010 defines health literacy as the ability to, “obtain, process, and understand basic health information and services needed to make appropriate health decisions.”<sup>1</sup> Patients frequently make important decisions regarding their health, but, for some, reading medication labels or deciphering a physician’s instructions is a challenge.



*The elderly is one vulnerable population identified to have poor health literacy*

Health literacy is a complex term that encompasses the patient’s ability to understand prescription drug instructions, appointment slips, doctor’s instructions and consent forms while navigating through the healthcare system. Education level or reading ability does not necessarily predict the patient’s level of health literacy. An individual may function sufficiently at home or work, but, at best, has marginal health knowledge. It is not enough for the patient to read health information; he/she must also articulate specific health concerns and describe symptoms experienced. Vulnerable populations have been identified with poor health literacy. These populations include:<sup>1</sup>

- Persons 65 and older
- Minority populations
- Immigrant populations
- Low income background
- Persons with chronic mental and/or physical health conditions

Other populations of concern are those with a high school education level or less, those with learning disabilities, and older adults with cognitive decline. Establishing an environment that promotes health literacy is an important element for the patient to be successful.<sup>2</sup>

### Provide Clarity

Several strategies can be employed to improve a patient’s understanding during healthcare encounters.<sup>2</sup>

- **Prepare the patient to navigate the health system.** For example, the completion of registration forms, health histories and consent forms is a challenge for those with low health literacy. Assist the patient in finishing required health documents in a confidential manner. Keep explanations simple by using clear language, avoiding non-medical terms when possible, and offering an easy-to-read format.
- **Prepare the patient to interact effectively with healthcare providers.** Help the patient prepare for the appointment. Report new or different symptoms. Bring a list of all their medications or the actual bottle. Prepare a list of two or three questions to ask the physician. Have a family member or friend come to the appointment or day of surgery.
- **Provide a respectful and supportive environment.** The patient with low health literacy skills may be ashamed or unwilling to acknowledge his/her deficit. Show respect for the patient by addressing him/her by “Mr.” or “Mrs.” and follow this with the individual’s last name. Be sure to act attentive and use a warm, friendly tone along with a smile to acknowledge the patient’s presence. Develop a good rapport whenever possible.

Due to the transitional nature of care in the peri-anesthesia setting, detecting the patient’s medical knowledge level can be difficult for the perioperative nurse. By keeping in mind which populations are most susceptible to a low health literacy level, and by creating an environment that promotes understanding, both the patient and nurse can be more successful during the encounter.

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1. National Network of Libraries of Medicine. Health literacy. Available at <http://nnlm.gov/outreach/consumer/hlthlit.html#A1>. Accessed August 25, 2011
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*“Nurses play a major role in providing leadership that meets the challenge of low health literacy in our society, both at the individual level of care and within our organizations.”<sup>2</sup>*

## **Call for Resolutions for the 2012 ASPAN Representative Assembly**

*The ASPAN Resolutions Task Force is announcing the Call for Resolutions for the 2012 Representative Assembly (RA) meeting on April 15, 2012 in Orlando, Florida.*

The RA is the voting body and voice of ASPAN. As the chief governance and policy determining structure of ASPAN, the RA reviews and acts upon resolutions regarding ASPAN bylaws, policy matters, position statements and other issues related to perianesthesia nursing. If you, as a member, believe there is an issue of this nature that needs to be brought before the RA, please contact the National Office to have a sample resolution form sent to you.

Amendments to the ASPAN bylaws or any general resolution not requiring a bylaws change must be proposed by at least five (5) Active category members acting as one group. Examples include, but are not limited to:

- A Component Board of Directors - OR -
- The ASPAN Board of Directors - OR -
- A Standing Committee or Strategic Work Team

### **SUBMISSION DEADLINE:**

Resolution forms relating to **bylaws** changes or relating to **position statements, policy matters** or **other issues** must be received by the ASPAN National Office no later than **January 16, 2012**.

Upon receipt of a resolution form, the Resolutions Task Force will begin its review and, if questions arise, the lead author will be contacted for clarification. At the RA meeting, the lead author of the resolution needs to be prepared to speak to the issue.

Please contact Kevin Dill at the ASPAN National Office: 877-737-9696 ext. 11 or [kdill@aspan.org](mailto:kdill@aspan.org) to obtain a sample resolution form and instruction sheet.

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[www.nursing-alliance.org](http://www.nursing-alliance.org)

# Gold Leaf Component of the Year Award

## A Journey Worth Taking

Nancy McGushin, BSN, RN, CPAN – Membership/Marketing Strategic Work Team Member

ASPAN  
News

During the 2010 ASPAN National Conference Opening Ceremonies in New Orleans, Louisiana, it was my honor to accept the 2009 ASPAN Gold Leaf Component of the Year Award for the Ohio PeriAnesthesia Nurses Association (OPANA). We began the Gold Leaf journey four years prior to attaining this prestigious award. During that time we became a stronger and better organization, more capable of serving our members and our specialty practice.

The purpose of the Gold Leaf Award is to recognize excellence in leadership, communication, education, and community service at the membership level. The Award also highlights the efforts of members who engage in activities that build a strong component. Elements of a successful Gold Leaf application include: the organization's goals and strategic plan, new officer orientation and transition process, a current policy and procedure manual, new member welcome materials, current editions of the component newsletter, and validated published articles by component members. The component may also receive points toward the award by offering continuing education programs and member scholarships, and through participation in the research process.

### Planning the Trip

When the OPANA Board of Directors first decided to start the journey toward Gold Leaf, it began to make improvements in the organizational structure by starting a Web site ([www.ohiopana.org](http://www.ohiopana.org)) and recruiting a new newsletter editor. We revitalized our annual Fall Seminar, offering speakers with cutting-edge topics in the medical field and legislative updates for Ohio nurses. Other efforts that helped to keep us on the right path included encouraging our seven districts to track and report all of the good work already being done for our specialty and for the local communities. We were fortunate to have one board member volunteer to assume the responsibility for collecting and documenting all data reported by the districts. This led to the creation of a "Gold Leaf Chair" position, under the direction of the Awards Committee.

Through these efforts, the members and leaders of OPANA were able to complete the journey and gain recognition for excellence in our specialty, support of our specialty organization and, most importantly, achieve recognition as a strong, vital group of nurses working for the advancement of specialized knowledge in caring for perianesthesia patients across the state of Ohio.



### Award Rewards

The winning component receives a check for \$500, an engraved plaque, and a perianesthesia nursing book or publication of the component's choice. The Gold Leaf component also receives recognition in *Breathline* and the *Journal of PeriAnesthesia Nursing*. Each winning component member in attendance at National Conference also receives a ribbon signifying her or his membership in the ASPAN Component of the Year.

ASPAN has many components that are deserving of this award. [The 2011 Gold Leaf Component of the Year Award submission deadline is February 1, 2012.](#) The application can be accessed on the ASPAN Web site ([www.aspan.org](http://www.aspan.org)) by clicking on "Members" and then selecting "Awards" from the dropdown menu. I encourage every component's journey toward Gold Leaf recognition. I promise that it is worth the trip. 



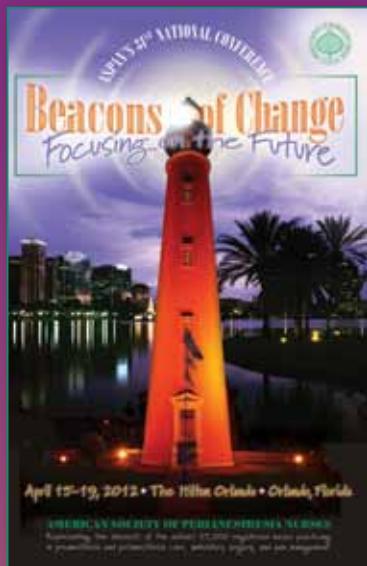
Former OPANA President, Nancy McGushin, BSN, RN, CPAN, accepted the 2009 Gold Leaf Award on behalf of the Ohio component

# ASPAN's 31st National Conference

## "Beacons of Change ... Focusing on the Future"

### April 15-19, 2012 – Orlando, Florida

Please join us in Orlando, "The City Beautiful!" While well-known for its major theme parks, Orlando has so much more to offer because there is something for *everyone* to enjoy in the diverse Central Florida area! Here are *just a few* of the things to do while visiting the area:



#### Theme Parks

- Magic Kingdom
- Epcot
- Animal Kingdom
- Universal Studios
- Islands of Adventure
- Sea World
- Legoland (new in 2011)

#### Water

- Gulf Coast Beaches
- Daytona Beach
- Wet 'n Wild
- Typhoon Lagoon
- Discovery Cove
- Orlando Watersports Center

#### Action

- Helicopter tours
- Golfing
- Airboat rides
- Daytona International Speedway
- Richard Petty Driving Experience
- Zipline Safari

For more information on Orlando area attractions visit <http://www.visitorlando.com/plan-your-trip/>

Online Conference registration is available at  
[www.aspans.org](http://www.aspans.org).

The Hilton Orlando room reservation deadline  
is March 1, 2012.

Reservations made beyond this date are based  
upon space and rate availability basis only.

#### Room Sharing

If you would love to attend Conference, but don't have anyone with whom to share a room, consider partnering with another conference attendee! This way, you can lessen the expense of attending and potentially make a new friend!

For those interested in sharing a hotel room, submit your name to be included on the "Willingness to Share a Room" list. Please include your full name, complete mailing address, e-mail address, home and work contact phone number, preferred method for communication, and any other information you would like to share with a potential roommate.

- The room sharing request deadline is January 20, 2012
- A room sharing list will be distributed in February 2012 to all those who asked to be included
- Participants must directly contact others on the list to coordinate room sharing arrangements and reservations

E-mail (or mail) a Willingness to Share a Room Request to:

Kim Godfrey  
1330 Hawks Crest Drive  
Middleburg, FL 32068  
[pacurn32068@hotmail.com](mailto:pacurn32068@hotmail.com)

#### Become a Conference Host/Hostess

ASPAN would love to have you participate by serving as a Host/Hostess during the Orlando National Conference! Hosts/Hostesses may earn contact hours and a small stipend for assisting onsite. Host/Hostess responsibilities include providing directions within the conference area, staffing the registration booth, facilitating session seating and collecting event tickets. Please consider this opportunity to make the annual Conference a success! To sign up for the Host/Hostess program, or for further information, please contact Patricia Legg at 904-868-1392 or [leggpc@att.net](mailto:leggpc@att.net).

# Directors' Connection

## Region 1 Roundup

Deborah R. Bickford, BSN, RN, CPAN - ASPAN Regional Director, Region One

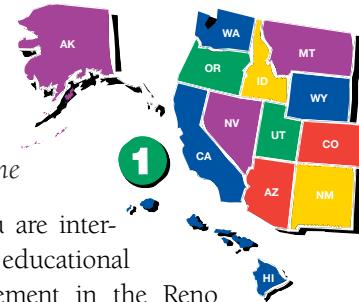
Fall is such a beautiful time of the year! As the leaves change into glowing colors, it inspires our inner self to shine. We become even more inspired with such incredible energy surrounding us during all of the fall component meetings held. In September, our component leaders gathered in Philadelphia for ASPAN's Component Development Institute (CDI). For me, this was especially wonderful as I got to develop more friendships with existing leaders and some newer faces entering into component leadership positions. The CDI was fun and enlightening as we had many interactive discussions and idea exchanges between the ASPAN leadership and component attendees. I believe we all came away with a rekindled common passion, new concepts to undertake, and a regenerated excitement to spread the word about belonging in one's professional organization. So, for the members of Region 1, I look forward to seeing all of the inspired changes emerging within your component.

Region 1 covers a huge territory, but with the creative seminars held within the components, members can hear about the newest and best practices and share professional issues with other perianesthesia nurses. Remember, just as the leaves start to glow, we do as well. I encourage you to attend component meetings and take that extra step outside of your comfort zone to assist your component's leaders with its mission. Start with small steps ... because, who knows where that first little step may lead? Hopefully, it can lead to new challenges and inspiring paths. Please visit your component Web site and Facebook page, and review the ASPAN Web site Regional Portal to find out more about component activities and new leadership. Do not be afraid to see what other components have to offer, and plan on attending a nearby component meeting. You can always combine family and professional life into one trip. Region 1 has the best to offer!

### Regional News

**AzPANA** ([www.azpana.org](http://www.azpana.org)) Congratulations to all on achieving and celebrating the 30<sup>th</sup> component anniversary in June 2011! Sue Carter represented ASPAN at this meeting.

**HIPAN** ([www.hipan.net](http://www.hipan.net)) component nurses spent the beginning of last summer creating the Hawaiian Islands PeriAnesthesia Nurses Facebook page. Good work! They hosted an annual meeting on October 29<sup>th</sup> in Honolulu, with ASPAN President Chris Price as one of the featured speakers.



**ASPA  
Regions**



**Deb Bickford  
Region 1 Director**

**NevPANA** If you are interested in Nevada educational activities or involvement in the Reno area, please contact Carlito Baginda at [carl.baginda@va.gov](mailto:carl.baginda@va.gov). For activities in the Las Vegas area contact Donna Wollman at [dwollmanrn@cox.net](mailto:dwollmanrn@cox.net).

**PANAC** ([www.panac.org](http://www.panac.org)) hosted its annual meeting in Lake Tahoe in October. Split between California and Nevada, Lake Tahoe attracts members from both components. PANAC is composed of several districts which have seen an increase in member involvement and the establishment of local chapters. My hat is off to all those who have taken the initiative to host local perianesthesia meetings.

**PANAM** The PeriAnesthesia Nurses Association of New Mexico is on Facebook - take a peek! The annual meeting was held in Albuquerque last September with Nancy O'Malley representing ASPAN while serving on the program faculty slate. The board is busy working on a strategic plan.

**NPANA** ([www.npana.org](http://www.npana.org)) had a successful conference in Vancouver, Washington, this year. It offered 12 contact hours in 1.5 days; boy, they had lots of topics! The board has been busy attending CDI and starting preparation for next year's conference in Anchorage, Alaska ... before the snow, we hope!



*Region 1 leaders gathered in Philadelphia at the 2011 ASPAN CDI*

**RMPANA** ([www.rmpana.org](http://www.rmpana.org)) completed its annual meeting and retreat in the Rocky Mountains. The meeting was held at a YMCA camp in the mountains, relaxing the mind and body while providing nutrition for the brain. Chris Price was in attendance to present a lecture along with other very informative speakers. Good job, everyone!

**USPAN** had its annual meeting last September in Salt Lake City. If you're interested in component activities or assisting the leadership, please contact Robbyn Perry at [robbyn.perry@imail.org](mailto:robbyn.perry@imail.org).

### Breathline

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## Beacons to Our Future: Providing Safe Harbor 2011 Component Development Institute Report

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



**A**ye, Matey, while it wasn't the Caribbean, there was no shortage of pirates, treasure maps and gold doubloons at ASPAN's Component Development Institute (CDI) held September 9-11, 2011, in Philadelphia, Pennsylvania. Each year, ASPAN presents an educational event for component leaders - current and future. Topics presented are of importance in running, leading and advancing strong component associations.

Friday kicked off with the creative Regional Director team of Debbie Bickford, Martha Clark, Armi Holcomb, Laura Kling and Tanya Spiering, posing as pirates and leading attendees on a treasure hunt and discovery of component best practices. There were gold doubloons and plenty of pearls of wisdom shared by all for hoisting their Web sites, newsletters and succession planning to the top of the mast.

### Chartered Territory

Saturday sessions, led by ASPAN officers and mission directors, included a leadership topic designed to assist in navigating the perilous waters and treacherous seas of effectively leading a component and nurturing members, future leaders and current members of its board of directors. There were even fireworks to get the day started with a bang! Next up, break-out sessions offered options for attendees to learn the basics of developing and monitoring component budgets, charting a course and navigating the Representative Assembly (RA), as well as creating a safe harbor for patients and individual practice through ASPAN standards, guidelines and evidence based practice.

ASPA<sup>N</sup> Regional Directors  
(from left) Martha Clark,  
Laura Kling, Deb Bickford,  
Tanya Spiering, and  
Armi Holcomb together  
with President Chris Price

Rounding out the morning was a presentation on developing effective educational programs.

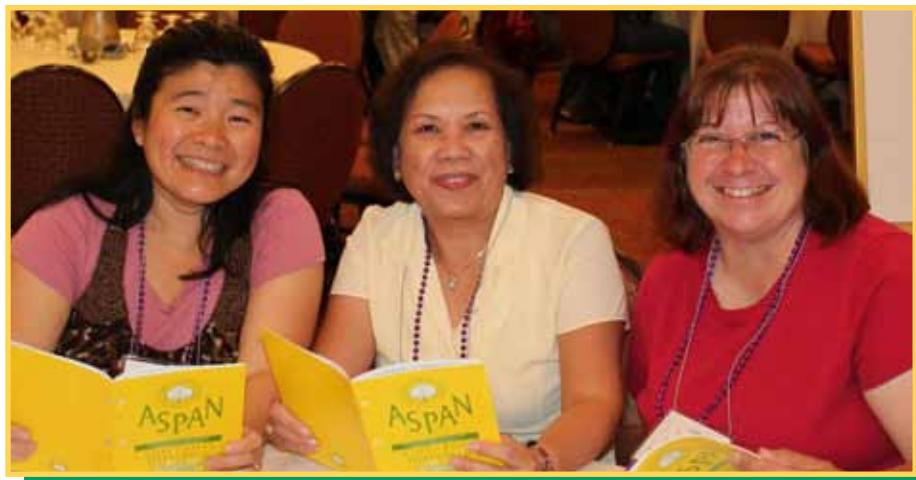
Following a networking lunch, the day moved on to additional breakout sessions focusing on succession planning, alternatives to face-to-face meetings by using Skype, an Internet software application, and discussions on social media options. A lively discussion was held on strategies for achieving the coveted Gold Leaf Award. Wrapping up a jam-packed day of learning and camaraderie, the attendees heard how certification is the beacon to our practice followed by a fun and spirited Mock RA, complete with roll call and presentation of a spoof on a RA resolution with discussion and a vote.

### Never Forget

Sunday morning brought the 2011 CDI to a close with a poignant tribute to the 10<sup>th</sup> anniversary of the World Trade Center bombings, the reading of an e-mail from ASPAN Past President Myrna Mamaril, currently serving in Kandahar, Afghanistan (see page 14), and a huge thanks for the volume of "goodies" collected from attendees to be sent to Myrna and her unit. The emotional opening to the day ended with presentations focusing on professional and practice-related advocacy insights, strategic planning tips, and a discussion on the future focus of ASPAN.

Although now a fond memory, the CDI offered attendees an opportunity to gather gems of knowledge and pearls of wisdom. When added to one's personal treasure chest of unique skills, the attendees were assured the ability to be visionary beacons with a focus on the future of perianesthesia specialty practice and component leadership.





CDI attendees peruse  
the 2011-2012  
ASPARTN Directory



Georgia Representatives  
cast a ballot at the Mock RA



President Chris Price (standing)  
presided over the 2011 CDI



A Mock RA  
provided some  
education  
and levity

## **International Conference for PeriAnesthesia Nurses (ICPAN)**

*Jan Odom-Forren, PhD, RN, CPAN, FAAN – ICPAN 2011 Organizing Committee Co-chair*



**O**n October 2-5, 2011, almost 500 nurses convened at the Sheraton Centre Hotel in Toronto, Ontario, Canada, for the first-ever international perianesthesia/anaesthetic and recovery nursing conference. This first meeting was organized by the National

Association of PeriAnesthesia Nurses of Canada (NAPANC), American Society of PeriAnesthesia Nurses (ASPAN), British Anaesthetic and Recovery Nurses Association (BARNA) and Irish Anaesthetic and Recovery Nurses Association (IARNA). The goal of the meeting was to promote multicultural cooperation, education, research and standards of practice in the perianesthesia nursing specialty.

According to participants who talked to me, that goal was met with the delivery of quality speakers and topics, research and practice posters from all over the world, and exhibitors who braved uncharted territory to attend this first meeting. The speakers were from many countries including Canada, Australia, United States, Ireland, United Kingdom, New Zealand, Greece, and Denmark.

### **Conference Highlights**

After beginning the conference with an exhibition grand opening and delegate networking reception, the meeting opened the next morning with flags representing the convening countries and a Canadian Mountie who addressed the delegates. The chair of the ICPAN organizing committee, Sue Fossum (ASPAN) welcomed everyone to the meeting and Paula Ferguson (NAPANC) welcomed all to Canada.

The first speaker from Canada was a recognized author and expert anesthesia provider, Dr. Frances Chung, who discussed safe care and discharge from ambulatory surgery. She has written and conducted extensive research on this topic. Other speakers during the first day discussed clinical events and indicators, orientation issues, PACU complications, preoperative/preadmission issues, and sleep apnea. The day ended with oral poster presentations and hospital visits for those who were interested in touring a local hospital.

The second day began with Fionuala O'Gorman (IARNA) speaking on the topic of end-of-life care in acute hospitals. The discussion included implications for the perianesthesia nurse and discussed experiences of families, nurses, physicians, and other

healthcare personnel directly involved with the dying patient. The topic was timely and pertinent, and the speaker was asked many questions. Other topics this day included pain management, care of prisoners in PACU, clinical information systems, evidence based practice and care of patients. One of the most popular sessions was a panel discussion where panelists from five countries were present and discussed current topics.



*A Canadian Royal Mountie with ASPAN Historian Esther Watson*

The third day began with a keynote from this author (ASPAN) discussing changes that are occurring in our specialty, challenges that can occur from those changes, and choices that achieve a positive impact. Other topics on the last day included postoperative pain in children, surgical cancellations, pain assessment tool, the fiscal crisis in Greece and impact on nursing practice, and a closing keynote by Pat Smedley (BARNA) who role played a nurse in the time of Florence Nightingale, followed by closing ceremonies.

The highlights of the meeting for me were the sessions, the networking, and a valuable cultural experience. We tend to experience nursing in our facilities giving little thought at times to the practices of other nurses across the globe. This conference highlighted those perianesthesia concerns that are consistent across countries: concern for patient safety, quality nursing care delivery, and the need for continuing education.



*2011 International Conference Chairperson  
Sue Fossum*

## **Breathline**

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There was overwhelming support for another international conference. The questions to be answered are how often the conference should be held (2, 3, or 4 years) and the location of the next conference. An application has been developed for countries/organizations who wish to apply as the host for the next conference site. I am sure we will hear more in the future. Stay tuned! 

Gena Near (left) represented ASPAN and sold its wares in the Conference Store



Opening Ceremonies featured international organizing committee members



Photos courtesy of Terry Clifford, Thao Le and Twilla Shrout.

Thank you for serving as ICPAN 2011 photographers!

[Click here](#) to view more conference photos on the ICPAN Facebook page or visit [www.icpan.info](http://www.icpan.info).



ICPAN Organizing Committee Co-chairs Joni Brady (left) and Angie Winter



ASPAK Region 4 Director Laura Kling (left) and Director for Research Kim Noble at the Delegate Reception



ASPAK member Phyllis Mesko, from Ohio, assisted with conference pin sales and presented an award winning research poster



Organizing Committee members at Closing Ceremonies. Front from left: Bente Buch (Denmark), Markku Viherlahti (UK), Sue Fossum (USA); Back: Ann Hogan (Ireland), Manda Dunne (UK), Joni Brady (USA), Pat Smedley (UK), Angie Winter (Canada), Fionuala O'Gorman (Ireland), Paula Ferguson (Canada)

## Member Spotlight



Captain Mamaril (left) and Navy Nurse Corps Captain Lena Jones, Senior Nurse Executive, pictured by a base ambulance in the hospital trauma bay

## Proudly Serving Our Country

Last summer, ASPAN President (1999-2000) and U.S. Navy Nurse Corps Captain Myrna Mamaril, MS, RN, CPAN, CAPA, FAAN, began serving a tour of active duty as part of a multinational NATO medical mission in Kandahar Province, Afghanistan. She will remain deployed until March 2012. The hospital team works very long, arduous shifts while treating both military and civilian patients, to include children sometimes injured by clandestine improvised explosive devices.

While the Internet connection at the post is not always working well, Myrna is sometimes able to communicate with ASPAN friends and family members by e-mail. Due to ASPAN President Chris Price's advocacy efforts in spreading the word about the NATO medical mission, many ASPAN component members have collected and donated various support items and written personal letters in support of medical personnel and troops stationed in Kandahar Province.

Approximately 1% of Americans have volunteered to serve in the armed forces and truly deserve our gratitude and support. Please give a salute to all of the brave men and women who selflessly serve in the U.S. military. This is an excerpt from a message sent from Captain Mamaril (personal communication, September 2, 2011):

*"There is a website [[www.govf.org](http://www.govf.org)] that provides us with quilts to cover our wounded soldiers for their medivac journey through Germany to the States. These quilts are so meaningful as they come from the heartland...and there usually is a note from the makers...It really is touching to see those quilts put over the injured soldiers and sailors. The Army General comes to award the purple heart sometimes in the middle [of] the night. We sent 2 intubated soldiers out 2 nights ago. The General went right up close to their faces and told [each] how proud he was of their [service to our country], bravery and sacrifice. Those beautiful quilts were over them with their Purple Hearts - there was [not] a dry eye in the ICU when they left. Thanks again for your interest and ASPAN's interest in helping our coalition hospital and our Troops."*



U.S. Navy Nurse Corps Captain and ASPAN President (1999-2000) Myrna Mamaril, MS, RN, CPAN, CAPA, FAAN (left), pictured with a military colleague, is currently serving a tour of active duty in Kandahar Province, Afghanistan

Kandahar is located in the southeastern part of Afghanistan near the Pakistan border.



Photo available at [afghanistan101.blogspot.com](http://afghanistan101.blogspot.com)



Captain Mamaril (right) is assigned to the ICU/PACU in a NATO Coalition Hospital based in Kandahar Province



**Freedom isn't free. Please remember all of our ASPAN members, and the many thousands of American men and women, serving in the military and stationed far from home this holiday season.**

# Changing Seasons

Joni M. Brady, MSN, RN, CAPA, CLC – Breathline Editor 2006-2011



While walking through our Virginia neighborhood last week, I marveled at the colorful foliage and reflected on how quickly fall transitions into winter. As a military spouse, I lived in many different geographic locations. Some places did not have the appreciable change of seasons I experienced as a youngster growing up in the Adirondack region of New York, and I actually missed having nature's cyclic milestones because each signals an opportunity for change, growth and renewal.

As Sylvia Baker noted in her PANAW message found in this edition, time really does pass quickly. Now, at the conclusion of a second three-year term serving as an ASPAN Editor, I fondly look back on six incredible years and a wonderful professional experience. This publication, which showcases the important and ambitious work of our Society, would not exist without the contributions of so many perianesthesia nurses united in the common cause of practice

advocacy. Witnessing the evolution of and transitions within ASPAN during this time, and participating in that process, has truly been rewarding.

## A New Day Dawning

It has been an honor and privilege to serve as your editor for these many years, and now the season for a new *Breathline* Editor has arrived. Applicant interviews were scheduled by ASPAN CEO Kevin Dill and the Editor Selection Team for early December, and I look forward to meeting, supporting and mentoring my successor after a decision has been made. I have so enjoyed and appreciated working closely with ASPAN Director of Programs & Project Development Jane Certo, who has been a guiding light, professional partner and good friend throughout this journey. I deeply thank the entire National Office staff for everything done to make this publication and the Society thrive, and the many presidents and ASPAN mission leaders who tirelessly provided editorial support and informative columns over the years.

My greatest joy was found in mentoring and assisting novice nurse writers to publish a peer reviewed article for the first time. I will keep a cherished collection of memories related to the excitement and pride shared by many of these authors when his/her article was finally published for all to see. Please continue to build on the library of perianesthesia nursing evidence by contributing clinical article submissions to your new *Breathline* Editor, and give him/her the same level of gracious support you have provided me over the years. I wish you a wonderful winter filled with peace and happiness.

## From the Editor



**Joni Brady**  
**Breathline Editor**

**The American Board of Perianesthesia Nursing Certification, Inc., (ABPANC) is the certification organization for perianesthesia nurses earning their CPAN® and/or CAPA® credentials. ASPAN and ABPANC are two separate and independent organizations. ABPANC is solely responsible for the development and administration of the CPAN and CAPA certification programs.**

**Please visit the ABPANC Web site for complete perianesthesia certification information.**

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# Component Education Programs

**January 28, 2012** Rocky Mountain Perianesthesia Nurses Association District I presents "Survivor: Perianesthesia Stressors" at St. Anthony's Hospital Auditorium, 11600 W. 2nd Place, Lakewood, CO. For information contact Courtney McClellan at [mcclellancourt@yahoo.com](mailto:mcclellancourt@yahoo.com)

**February 25, 2012** Perianesthesia Nurses Association of California (PANAC) will hold its Winter Conference at the Hilton Santa Clara in Santa Clara, CA. For information please go to [www.panac.org](http://www.panac.org) or contact Chris Bowens at [christina.bowens@cshs.org](mailto:christina.bowens@cshs.org) or Lori Silva at [notgoquietly@clearwire.net](mailto:notgoquietly@clearwire.net)

**April 14, 2012** MEAPAN Spring Conference at Lehigh Valley Hospital in Allentown, PA. For more information contact Karen Griffith at [Karen.Griffith@LVHN.org](mailto:Karen.Griffith@LVHN.org)



## ASPN Seminars

**January 14, 2012**  
**Perianesthesia Certification Review**  
Los Angeles, CA

**January 21, 2012**  
**Foundations of Perianesthesia Practice**  
Houston, TX

**Perianesthesia Certification Review**  
Oakland, CA

**January 28, 2012**  
**Perianesthesia Certification Review**  
Costa Mesa, CA

**February 4, 2012**  
**Safety Begins With Us**  
Pasadena, CA

**Surrounding Your Practice with Excellence: Legalities, Standards and Advocacy**  
Loveland, CO

**February 11, 2012**  
**Perianesthesia Certification Review**  
Cape May, NJ

**Surrounding Your Practice with Excellence: Legalities, Standards and Advocacy**  
Tacoma, WA

**February 18, 2012**  
**Complexities and Challenges of Perianesthesia Nursing: Across the Ambulatory and Perianesthesia Continuum**  
Collinsville, IL

**February 25, 2012**  
**Perianesthesia Certification Review**  
Albuquerque, NM  
Grapevine, TX  
Rockville, MD

**Pediatrics: Beyond the Basics**  
Murfreesboro, TN

**March 3, 2012**  
**Surrounding Your Practice with Excellence: Legalities, Standards and Advocacy**  
Torrance, CA

**March 10, 2012**  
**Complexities and Challenges of Perianesthesia Nursing: Across the Ambulatory and Perianesthesia Continuum**  
Omaha, NE  
Missoula, MT  
San Antonio, TX

**Perianesthesia Certification Review**  
Pittsburgh, PA

**March 17, 2012**  
**Perianesthesia Certification Review**  
Rochester, MN

**March 24, 2012**  
**Foundations of Perianesthesia Practice**  
Warwick, RI

**Pediatrics: Beyond the Basics**  
Coeur d'Alene, ID

**March 31, 2012**  
**Pediatrics: Beyond the Basics**  
White Plains, NY

**April 28, 2012**  
**Perianesthesia Certification Review**  
Raleigh, NC

**May 12, 2012**  
**Pediatrics: Beyond the Basics**  
Ontario, CA

**May 19, 2012**  
**Pediatrics: Beyond the Basics**  
Sacramento, CA

**June 2, 2012**  
**Pediatrics: Beyond the Basics**  
Johnson City, TN

**June 23, 2012**  
**Surrounding Your Practice with Excellence: Legalities, Standards and Advocacy**  
Springfield, IL

**June 30, 2012**  
**Pediatrics: Beyond the Basics**  
San Antonio, TX