



Breathline

Volume 33, Number 1
January/February 2013

INSIDE:

OPPORTUNITIES AND POSSIBILITIES OF A NEW YEAR...

*H*appy New Year! Are you part of the over 45% of all Americans who made a New Year's resolution?¹ Have you ever wondered where that tradition started? I did, and in doing a bit of research, actually found a definition for New Year's resolution on Wikipedia that is short and sweet. A resolution "is a commitment that a person makes to one or more personal goals, projects, or the reforming of a habit."² Additionally, the Romans had a huge part in what we know and celebrate today as New Year's.

The tradition of the New Year's resolution goes all the way back to 153 B.C. Janus, a mythical king of early Rome, was placed at the head of the calendar. The Romans named the first month of the year after Janus, the god of beginnings, and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head, and one on the back. Thus, he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new. Janus became the ancient symbol for resolutions, and many Romans looked for forgiveness from their enemies. They also exchanged gifts before the beginning of each year. The Roman tradition of exchanging gifts on New Year's Eve began by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts.³

The New Year has not always begun on January 1, and even today, there are places in the world where it does not begin on that date. It begins on January 1 only for cultures that use a



Susan Carter, BSN, RN, CPAN, CAPA
ASPAN President 2012-2013

365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars.³

In reading about Janus and the beginning of New Year's traditions, we can all look back at the past year and reflect on successes and achievements. But one of Janus' two faces looks toward the future. The future is a book filled with plain white, blank pages. This book has an outward appearance that is very different for each and every one of us, but inside it is exactly the same. It is empty, and the pages wait for every one of us to fill it with our own unique stories, triumphs, challenges and opportunities. An unknown author once said, "It is better to believe than to disbelieve. In so doing you bring everything to the realm of possibility." Take your book full of blank pages and fill it with possibilities. Create opportunities unique to your life.

In this issue of *Breathline*, you will find a superb slate of candidates for office. The slate was pulled together by Immediate Past President, Chris Price, and ASPAN Nominating Committee members Connie Hardy-Tabet, Sonia Huff, Debra Morgan, Susan Norris and Charlotte West. This year's candidates for office are individuals, not unlike yourselves, who have made a resolution to advance ASPAN, and in so doing, filling a blank page in their book by having placed their name in candidacy for an elected ASPAN position. They have committed to a personal goal to volunteer their skills, knowledge and time to serving you, the perianesthesia nurse.

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*"Take your
book full of
blank pages
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Create
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your life."*

President's Message

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"It is not too late to make a New Year's resolution of your own and take an active part in deciding the future of your society."

They are exploring the realm of future possibility. But the candidates need you to also make a resolution, by committing to taking the time to get to know them. Read what they have written regarding their goals and reasons for seeking office. Commit to accessing the Web page and provide feedback to your component leaders who are tasked with the difficult decision, at ASPAN's Representative Assembly this coming April, of furthering their knowledge of each candidates goals and vision, and of casting the actual votes for ASPAN's next leaders. It is not too late to make a New Year's resolution of your own and take an active part in deciding the future of your society. Odds are, this would be one resolution you can make and actually keep.

One of my very favorite quotes that I have used and relied upon often comes from

Mahatma Gandhi. He is quoted as having said, "The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems." It's never too late to commit to something and resolve to make it happen. This year, take the easy step to committing to being a part of ASPAN's future. That way, next year, like Janus, you too can look both forward and backward, and know you had a hand in creating the future of ASPAN.

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1. The d Infographics. Available at: <http://thedinforgraphics.com/2012/01/06/new-years-resolutions-facts/> Accessed November 23, 2012.
2. New Year's Resolutions. Available at: http://en.wikipedia.org/wiki/New_Year's_resolution Accessed November 23, 2012.
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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

Gold Leaf Award

The deadline for the Gold Leaf Component of the Year Award submission is February 1, 2013! Components competing for the Gold Leaf Award must submit their applications to the ASPAN National Office by February 1st. The award reflects the activity of your component from January 1, 2012 through December 31, 2012. The members of the Membership/Marketing Strategic Work Team look forward to reviewing the applications from the components, and announcing the winner at National Conference in Chicago. For information, guidelines, and the application,



NEW STANDARDS AVAILABLE NOW!

**2012-2014 Perianesthesia
Nursing Standards,
Practice Recommendations
and Interpretive Statements**

now available!

Order online:



PERIANESTHESIA NURSES
COMPASSIONATE, CARING, COMPETENT

PeriAnesthesia Nurse Awareness Week (PANAW)

February 4-10, 2013

PeriAnesthesia Nurse Awareness Week, February 4-10, 2013, is just around the corner. So take time to celebrate both you and your fellow perianesthesia nurses! And be sure to take photos of your celebrations to submit for the next issue of *Breathline*! The PANAW theme, **Perianesthesia Nurses: Compassionate, Caring, Competent** and its logo, reflect the role that perianesthesia nurses play in caring for patients throughout the perianesthesia continuum. **Please submit your photos and stories no later than February 20, 2013 to bgodden@aspan.org**

**Nurse In Washington Internship (NIWI)
in Washington, DC
March 17-19, 2013
for more information**



2012 ASPAN SCHOLARSHIP RECIPIENTS

ASPAN National Conference Attendance Scholarship (\$500 each)

For the 2013 National Conference in Chicago

Marilyn Dianne Jackson RN CAPA
West Columbia, SC

Rhonda Mense RN CAPA
St. Libory, IL

Pacita Nagaran BSN RN CPAN
Glendale, AZ

Lori Silva RN CCRN CPAN
Modesto, CA

Cindy Stehno BSN RN CPAN
Omaha, NE

Debbie Wilson MSN RN CPAN
Sylvania, OH

Humanitarian Mission Scholarship (\$500 each)

Linda Beagley BSN MS RN CPAN
Bloomington, IL

Candace Taylor BSN RN CPAN
Jonesboro, AR

BSN Scholarship (\$1,000 each)

Catherine Scheck BS RN CAPA
Pine Grove, PA

NIWI Scholarship (\$1,250)

Sally Morgan MS RN ANP-BC GNP-BC
Columbus, OH

MSN Scholarship (\$1,000 each)

Shari DuGuay BS RN NE-BC CAPA
Albany, NY

Rebecca Ettien BSN RN CAPA
Missoula, MT

Carolyn Ring BSN RN CPAN
Lake Odessa, MI

Mary Rachel Romero BSN RN CPAN CAPA
Denver, CO

Diane Stadmeyer BS RN CAPA
Bolton, CT

Suzanne Steele BSN RN CPAN
Columbia, SC

Lori Sutton BSN RN CPAN CAPA
Columbia, SC

Doctorate Scholarship (\$1000 each)

Kathleen Menard MS RN CPAN CAPA
Worcester, MA

Maureen Schnur MS RN CPAN
Framingham, MA

Total: \$ 15,250 🌿

HELP YOUR FELLOW ASPAN MEMBERS:

Hurricane Sandy
ASPAN Member
Relief Fund
Please help fellow members today

The American Society of PeriAnesthesia Nurses invites you to help fellow members who have been devastated by the effects of Hurricane Sandy this past fall. You can do so by contributing to the Hurricane Sandy ASPAN Member Relief Fund, every dollar of which will go directly to ASPAN members who have experienced a loss or critical need as result of the storm. Additional information is available by visiting:

Hurricane Sandy ASPAN Member Relief Fund or by contacting Doug Hanisch, ASPAN's Marketing and Communications Manager, at: dhanisch@aspan.org or 877-737-9696 x15.

Sincerely,
ASPAN's Board of Directors

This campaign will go through March, 2013. 🌿

CERTIFICATION

CPAN® / CAPA® Examination Dates

There's never been a better time to get certified. Join over 10,000 perianesthesia nurses who have become certified, and increase your own personal knowledge and skills for patient care, while enhancing the awareness and respect of perianesthesia nursing.

The Spring 2013 Examination schedule is set with the following dates:

Registration Window - Online	January 14 - March 11
Examination Administration Window	April 8 - May 18
Period for Scheduling Exam Appt. with Prometric	Upon receipt of ATT letter through May 16
Deadline for Rescheduling or Cancelling Appt. with Prometric	31 calendar days before scheduled test date

Learn more about CPAN and CAPA Certification at www.cpancapa.org

A new 12-week Study Plan is available online at:
www.cpancapa.org > Certification > Exam Preparation

Contact ABPANC

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New York, NY 10115-0089
Phone: 800-6ABPANC
Fax: 212-367-4256

Email:
abpnc@proexam.org

Web site:
www.cpancapa.org

ASPAN News continued from page 4

2013 ICPAN Registration Fee Scholarships from ASPAN

ASPAN is pleased to offer registration fee scholarships to the 2013 International Conference for PeriAnesthesia Nurses (ICPAN) being held September 19-22, 2013, in Dublin, Ireland.

The special postmark deadline for ICPAN scholarships is **May 1, 2013.* DON'T DELAY!**

Instructions and required forms are available on the ASPAN Web site. Please read instructions carefully for eligibility requirements.

Visit *Members / Scholarship Program / 2013 ICPAN Scholarships* or

*Applications/information for ASPAN's annual Scholarship Program (offering BSN degree, MSN degree, Doctorate degree, ASPAN National Conference, Certification Exam, Humanitarian Mission and Nurse in Washington Internship scholarships) will be available on ASPAN's Web site beginning in February, with a postmark deadline date of July 1, 2013.



ASPAN's 2012 - 2013 SLATE OF CANDIDATES

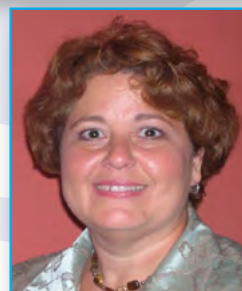
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MSN, RN, CPAN



Jacque Crosson
MSN, RN, CPAN

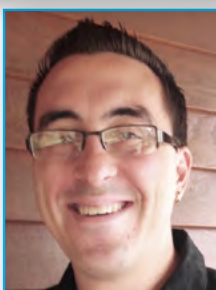


Tanya LeCompte-Hofmann
MSN, RN, ACNS-BC, CPAN

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BSN, RN, CPAN, CAPA



Matthew Byrne
PhD, RN, CPAN

Regional Director; Region 1



Deborah Bickford
BSN, RN, CPAN

Regional Director; Region 3



Nancy McGushin
MSN, RN, CPAN



Tracy Underwood
BSN, RN, CPAN

Regional Director; Region 5



Sarah Cartwright
BA, RN, CAPA



Nancy Zarczynski
RN, CPAN

Director for Education



Nancy Strzyzewski
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PhD, RN, CPAN

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Donna Goyer
BS, RN, CPAN, CAPA



Carol Silsby
BSN, RN, CPAN



Raymond Young
BSN, BBA, RN, CPAN, CAPA

PROFILES: Your Input is Requested

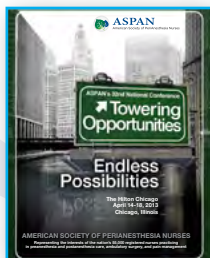
ASPAN's slate of candidates for the 2013-2014 year is impressive, and each candidate brings talent and skills to the role he/she is seeking to lead ASPAN in the coming year. ASPAN will be utilizing Web technology to provide its members with all candidate qualifications and background information, as well as what each Board candidate visualizes as his/her immediate long-term goals and strategic priorities for ASPAN within the next two years.

Your component is looking for your input! Here's what you do by **February 28, 2013**:

- Go to ASPAN's home page (www.aspan.org) and select the "About Us" button on the top navigation bar. Click on "Governance" and then select "**2013-2014 Candidate Profiles**." There you will be able to read the 2013-2014 Candidate Profiles and submit your candidate recommendations to your component.
- You must be a current ASPAN member to review the **2013-2014 Candidate Profiles** page.
- Click the PROFILE link next to each photo to read about the candidate.
- On the Candidate Selection Feedback Form page, click the box next to the candidate's name of your choice for each position.
- Complete the form and click *Send*. You **must** select one candidate for each Board position and four candidates for the Nominating Committee for your submission to be valid.
- This input will be forwarded to your component representatives to assist them in casting their votes at the 2013 Representative Assembly meeting in Chicago, Illinois.
- Only **one** 2013-2014 Candidate Selection Feedback Form submission per ASPAN member will be accepted. Submissions are accepted online only.

Your feedback must be submitted no later than February 28, 2013. Do this today! 🍀





REGISTER FOR NATIONAL CONFERENCE TODAY!

ASpan's 32nd National Conference, April 14-18, 2013

"Towering Opportunities, Endless Possibilities"

Chicago, Illinois

Jane Reinschmidt, BS, RN, CAPA – National Conference SWT member

*ASpan invites you to the Windy City for an exciting conference, packed with educational offerings intended to enrich and develop perianesthesia nursing knowledge. ASpan members received a registration brochure in the mail, and this brochure, also posted on the ASpan Web site (www.aspan.org), offers complete details on all education sessions and social activities to be held during the conference. **DON'T MISS OUT. REGISTER NOW.***

The hotel room reservation deadline at the Hilton Chicago is March 6, 2013. Reservations made beyond this date are based upon a space and rate availability basis only.

Opportunities abound for learning, networking, volunteering, and fun. From pre-conference on Saturday, the Certification Review Course on Sunday, through post-conference on Thursday afternoon, you'll find plenty to keep you busy.

Component Night

Join your friends, new and old, as we celebrate the love of sports. Wear something to represent your favorite team and come prepared for fun!

Interested in Being a Host or Hostess?

You can help ASpan by serving as a Host or Hostess during the ASpan National Conference! Hosts and Hostesses may earn contact hours at sessions where they host, and earn a small stipend for their assistance. Host/Hostess responsibilities include providing directions within the conference area, staffing the registration booth, facilitating session seating, and collecting event tickets. Consider this opportunity to assist with ASpan's efforts to make its annual conference a success! To sign up for the Host/Hostess program, or for further information, please contact Linda Beagley at 630-817-6001, or beagley@ameritech.net

Will You Need a Hotel Roommate at National Conference?

Not a problem! Submit your name to be included on the "Willingness to Share a Room" list. The room sharing list will be distributed to all those who have asked to be included. It will be your responsibility to contact others on the list to coordinate room sharing arrangements and make your own hotel reservation.

The following information is required to be included on the list: Your full name, complete mailing address, email address, home and work telephone numbers, and fax number, if applicable. Indicate how you would prefer to be contacted. Provide any information which will help you and a potential roommate determine compatibility. Information must be received no later than February 8, 2013. The list will be distributed in the middle of February.

Please mail, or email your request to:

Jane Reinschmidt
2117 Lake Shore Circle
Arlington Heights, IL 60004
Email: jane280@comcast.net

Hope to see you in Chicago!



Chicago skyline reflecting off the Cloud Gate Sculpture in Millennium Park



Grant Park: Buckingham Fountain

NATIONAL CONFERENCE DEVELOPMENT ACTIVITIES

National
Conference

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18th Annual ASPAN Dream Walk will be Truly Amazing

Rise and shine, and join the Development Team in completing an amazing walk. The 18th Annual Dream Walk on Sunday morning will allow you to start off the conference by exercising with your colleagues, enjoying some beautiful Chicago views, and raising money to support ASPAN programs. Begin by completing the National Conference registration form and mark the box for "ASpan Development Dream Walk." Then, recruit friends, coworkers, and family as sponsors. Your participation helps support ASPAN's vital mission and vision.



The Annual Development Dream Walk is a great way to start conference!



Recognition, entertainment, and education at the Development Luncheon

Development Luncheon

On Wednesday, April 17, ASPAN Past President, Maureen Iacono, will speak on how perianesthesia nurses make a difference, by sharing actual accounts that recognize and reward the tremendous work of our nurses. Come break bread with colleagues and be revitalized through this educational offering, while hearing about perianesthesia nurses and their positive impact on patients and nursing. For registration information, see page 24 of the conference brochure. Space is limited so please register early.

Silent Auction

Members and components can support ASPAN Development by donating items for the Silent Auction. Simply bring the item(s) you wish to donate to the Registration Desk at National Conference, and leave them for Debby Niehaus or Doug Hanisch. All donations are greatly appreciated, and will be made available for bidding during Exhibit Hall hours.



Volume 33, Number 1
January/February 2013

Levels of Evidence

Daphne Stannard, PhD, RN, CNS – EBP SWT Coordinator



**Daphne Stannard,
PhD, RN, CNS
EBP SWT Coordinator**

Aligning ASPAN's research and evidence-based practice (EBP) materials with Joanna Briggs Institute (JBI), is a priority for the Research Committee and EBP SWT for this coming year. One of the first tasks was to adopt the JBI Levels of Evidence scale called the FAME Scale.

Even if you are not familiar with the Level of Evidence scale that ASPAN has used in the past (the Stetler Evidence Hierarchy), many of you are familiar with the concept of "levels of evidence" if you have ever taken an ACLS or PALS course. Remember drugs like Isuprel, Bretylium, and Atropine? They had Class I, IIa, IIb, or III recommendations for use in their day, but as more research has been conducted, these drugs have fallen by the wayside as front line agents. What is the origin of the American Heart Association (AHA) levels of evidence and why does it matter?

The AHA uses a combination of two scales developed by the federal government: the Agency for Healthcare Research and Quality (AHRQ) Evidence Hierarchy (Levels 1-V),¹ and the Strength of Evidence scale developed by the United States Preventive Services Task Force (A-D).² Taken together, these two scales provide the end-user with information regarding the type of study design and the strength of the evidence from the actual study. For example, a "Ia" study, using these scales, is a meta-analysis (or combination of data from many primary studies) with

good evidence, and is strongly recommended. A IIIC study, on the other hand, is a well-designed quasi-experimental design (without randomization or control group, and thus, is more prone to bias) with the balance of benefits and harm too close to justify a recommendation. The benefit of using these two scales is that they are the gold standard for the federal government and many medical and nursing organizations. Additionally, the combination of the two scales informs the end-user of the strength of the study design, as well as the strength of evidence. However, these scales are focused exclusively on ranking effectiveness research (what is the effectiveness of drug x, intervention y, or therapy z?), and leave no room for other types of research. As nursing is a pluralistic profession that uses many types of research and evidence to inform our multi-faceted practice, it makes sense that nursing should also use an evidence scale that recognizes all forms of data.

The JBI FAME Scale, developed by JBI, is a scale that combines study design and quality of the study into one scale.³ Effectiveness research can still be ranked, but so can studies focusing on Feasibility, Appropriateness, and Meaningfulness. Additionally, the JBI FAME scale allows for expert opinion, which is occasionally the best available evidence on a given topic that has a paucity of research behind it.

Table 1. JBI FAME Scale

Level of Evidence	Feasibility	Appropriateness	Meaningfulness	Effectiveness
1	Meta-synthesis of research with unequivocal ¹ synthesized findings	Meta-synthesis of research with unequivocal ¹ synthesized findings	Meta-synthesis of research with unequivocal ¹ synthesized findings	Meta-analysis (with homogeneity) of experimental studies One or more large experimental studies with narrow confidence intervals
2	Meta-synthesis of research with credible ² synthesized findings	Meta-synthesis of research with credible ² synthesized findings	Meta-synthesis of research with credible ² synthesized findings	One or more smaller RCTs with wider confidence intervals Quasi-experimental studies without randomization
3	Meta-synthesis of text/opinion with credible ² synthesized findings One or more single research studies of high quality	Meta-synthesis of text/opinion with credible ² synthesized findings One or more single research studies of high quality	Meta-synthesis of text/opinion with credible ² synthesized findings One or more single research studies of high quality	Cohort studies with control group Case-controlled Observational studies without control group
4	Expert opinion	Expert opinion	Expert opinion	Expert opinion Physiology bench research Consensus

¹ Relates to qualitative evidence beyond reasonable doubt

² Relates to plausible qualitative evidence in light of data and theoretical framework

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Board of Directors Mid-Year Meeting Highlights

November 9 and 10, 2012

Joni M. Brady, MSN, RN, CAPA, CLC – ASPAN Secretary

Each year the ASPAN Board of Directors (BOD) meets in November to review the Society's Strategic Plan and advance the primary goals and activities of this premier organization for perianesthesia nursing practice. On the first day, under the direction of President Susan Carter, the Board sought to strategically incorporate recommendations from the comprehensive Institute of Medicine/Robert Woods Johnson report *The Future of Nursing: Leading Change, Advancing Health*¹ into its plan. During the afternoon session, a presentation on waste anesthetic gas in the PACU setting and its potential impact on health care practitioners was delivered by Teleflex Medical.

The Board Meeting on Saturday included an ambitious agenda filled with activity updates and agenda items comprising current and future ASPAN Core Purpose activities and initiatives. Your BOD representatives accomplished a great deal of brainstorming and progress over this two-day period! Here is a brief summary of its efforts:

Clinical Practice Committee

The Clinical Practice Network continues to accept questions submitted via the ASPAN Web site. Over the past six months, 23 teams composed of sixty-seven members responded to approximately 500 questions. 58% of the queries come from members. *Breathline* continues to publish responses to frequently asked questions (FAQs) trending from Web site queries; the site hosts [34 FAQs](#) (recently revised; Web page under construction) based on current clinical practice trends. The Committee is currently exploring development of a pediatric competency based orientation and credentialing program for perianesthesia nurses.

Education Provider Committee

[Geriatric Education On-Demand Modules](#) were launched in October 2012. Additional Web-based programming has been slated for production and pilot testing. Announcements will be made as new programs become available for purchase.

Education Approver Committee

Revised American Nurses' Credentialing Center (ANCC) requirements were published, and are now mandatory for all accredited nursing education programs presented after January 2013. The ASPAN Education Approver forms are being

revised and formatted, and will be posted on the [ASPAN Web site](#).

Research Committee & Evidence Based Practice (EBP) Strategic Work Team (SWT)

ASPAN member access to the Joanna Briggs Institute (JBI) is now available on the [ASPAN Web site](#). A JBI tutorial, FAQs and reference guide are also located on the Web page. The Standards and Guidelines SWT, EPB SWT and Research groups will collaborate this year to update and revise ASPAN's Pain and Comfort Clinical Guideline; this will likely transition to a pain and unwanted sedation practice recommendation (PR). The creation of a PR development document is underway, and will serve to outline necessary steps involved in the development of future ASPAN PRs. An Institutional Review Board application is in process, with related plans to initiate a component grassroots program for participation in a study focusing on perianesthesia nurse fatigue.

Resource Development SWT

During this application cycle, 19 ASPAN Scholarships were awarded to eligible members. These scholarships included:

- ASPAN National Conference 2013 attendance – six (\$500 each)
- Humanitarian Mission – two (\$500 each)
- BSN – one (\$1000)
- NIWI – one (\$1250)
- MSN – seven (\$1000 each)
- Doctoral – two (\$1000 each)

Discussion continues on the development of a philanthropic lifetime member level of donor.

Membership/Marketing SWT


A recommendation was made, stemming from comment and concerns presented during the 2012 Representative Assembly (RA) in Orlando, to revise the ASPAN bylaws description of Affiliate Members, and to increase Affiliate Member Category dues. This recommendation was endorsed by the BOD. The decision was made to return this issue to the seated 2012 RA members for a vote. As a result, resolutions will be developed and sent to the 2012 RA members for review, comment and vote as defined in the RA Standard Procedures.



Joni Brady,
MSN, RN, CAPA, CLC
ASPAN Secretary

Why is it important to understand levels of evidence? Using a standardized scale ensures that what is being cited is actually high quality evidence. Secondly, using such a scale also standardizes what one considers to be “high quality” evidence. As the Research Committee and EBP SWT move forward with creating more evidence-based practice recommendations, it is important to have a level of evidence ranking tool that can accommodate all types of research, be easy for ASPAN members to understand and use, and be flexible enough to be used for other purposes across the organization (such as the ASPAN Online Journal Club). ASPAN believes the JBI FAME Scale meets all of these criteria, and we look forward to embedding it into the important research and EBP work for which ASPAN is known!

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1. Helfand M, Blashem H. AHRQ Series Paper 2: Principles for developing guidance: AHRQ and the Effective Health Care Program. *J Clin Epidemiol*. 2010;63:484-490.
2. Sawaya GF, Guirguis-Blake J, LeFevre M, et al: *Update on the Methods: Estimating Certainty and Magnitude of Net Benefit*. Originally published in *Ann Intern Med*. 2007;147: 871-875. Available at: <http://www.uspreventiveservicestaskforce.org/uspstf07/methods/benefit.htm> Accessed September 9, 2012.
3. Pearson A, Weeks S, Stern C. *Translation science and the JBI model of evidence-based healthcare* [electronic resource]. Philadelphia, PA: Lippincott Williams Wilkins Medical Research; 2011.
4. *Imprint*. Philadelphia, PA: Lippincott Williams Wilkins Medical Research; 2011. 

Digital Media SWT

A Web-based membership survey was conducted last spring with its results currently under analysis. A proposed position statement on the use of social media in perianesthesia practice is planned for development and presentation to the BOD.

Election Review SWT

This group was appointed by President Carter subsequent to approval of a Resolution presented at the 2012 RA. The work team has been actively researching and analyzing the election process, and its findings and recommendations will be brought to the 2013 RA this April in Chicago.

ASPAN Publications Update

The 2012 edition of *A Competency Based Orientation and Credentialing Program for the Unlicensed Assistive Personnel in the Perianesthesia Setting* is now available for purchase on the [ASPAN Web site](#). The current edition of ASPAN's *PeriAnesthesia Nursing Core Curriculum: Preprocedure, Phase I and Phase II PACU Nursing* is due

for updating and revisions. The process of soliciting an editor(s) will begin under the direction of the Publications SWT. Revisions will also soon begin, following the appointment of an editor(s), on ASPAN's *Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*.

Hurricane Sandy ASPAN Member Relief Fund

The Board approved establishing a designated fund for ASPAN members to apply for assistance if they have been affected by Hurricane Sandy. ASPAN provided the initial funds with a \$2,000 donation, and also donated \$1,000 to the American Red Cross' general hurricane relief fund. A special *Hail, Honor, Salute!* program was established to allow members to donate funds designated specifically for the Hurricane Sandy ASPAN Member Relief Fund.

REFERENCE

1. Initiative on the Future of Nursing. IOM Recommendations. Available at <http://thefutureofnursing.org/recommendations> Accessed December 12, 2012. 

American Medical Informatics Association (AMIA) Update

Patricia Legg, MSN, RN, LHRM, CPAN—ASPAN Liaison to AMIA

Do the words “information technology, meaningful use, nursing informatics or clinical information systems” immediately put your brain in the snooze mode? However, do you pick up your smart phone and text friends and family, post pictures on Facebook, and use cloud technology to keep your information at your fingertips no matter what device you are using? Do you think that nursing informatics is a relatively new field? It was developed by nurses looking into the future, as far back as the late 1980s. Those nurses, who some would call pioneers, knew they would need to be involved in order to help formulate documentation in the new electronic format.

Fast forward to today, 2013, and there are several variations of informatics, including those which are clinically-based. The American Medical Informatics Association (AMIA) is a professional scientific association that was formed by the merger of three organizations in 1989: the American Association for Medical Systems and Informatics (AAMSI); the American College of Medical Informatics (ACMI); and the Symposium on Computer Applications in Medical Care (SCAMC). (<http://www.allian-ceni.org/documents/ANICoreValuePostcard.pdf>)

AMIA has taken technology and uses it to keep all members informed by using electronic journals, webinars, power points, and e-mails. The information I receive consists of Health



Information Exchange (HIE), Meaningful Use (MU), white papers on electronic documentation initiatives, research on the effectiveness of an electronic record and more.

Nursing informatics is a growing field, and with that, there will more challenges and more information to come. 🌱

Association for Radiologic and Imaging Nursing (ARIN) Update

Kathy Daley, MSN, RN, CCRN-CMC-CSC, CPAN—ASPAN Liaison to ARIN

The Association for Radiologic & Imaging Nursing (ARIN) is a network of dynamic professionals who are committed to the development and growth of nurses who advance the standard of care in the imaging environment. ARIN represents nurses who practice in the diagnostic, neurological/cardiovascular, interventional, ultrasonography, computerized tomography, nuclear medicine, magnetic resonance, and radiation oncology. Another word for “liaison” is connection or link. It is my responsibility, as liai-

son, to be the connection between ASPAN and ARIN, and to communicate any relevant information that I have obtained from the *Journal of Radiology Nursing*, the ARIN Clinical Practice Guidelines, ARIN Position Statements, and other practice issues to the ASPAN Board of Directors and to the membership. Many preoperative and PACUs care for imaging and interventional radiology patients, and ASPAN’s association with this organization is vital in order to insure collaboration between these nursing specialties. 🌱

THE DIRECTOR'S CONNECTION

Armi Holcomb, BSN, RN, CPAN – Regional Director, Region 2



Armi Holcomb,
BSN, RN, CPAN
Region 2 Director

Greetings! It was a very busy fall season as I traveled to some of the Region 2 components. This coming spring brings seminars in Mississippi, Missouri/Kansas and Oklahoma. Please contact me if you are interested in attending any of these spring seminars.



Region 2 Highlights

PeriAnesthesia Care Nurses of Arkansas:

PACNA President Dorothy Byford continues to work on succession planning. With ASPAN President Susan Carter's suggestion, PACNA leadership used SurveyMonkey to assess member needs.

Mississippi Society of PeriAnesthesia Nurses:

MSPAN President Marsha Loftin reports that although attendance was small for its annual Fall Brown Bag seminar, the speakers were well received. She and Vice President/President-Elect Theresa Bhatt are preparing for the Spring seminar in Jackson, Mississippi. Greater attendance will be encouraged for this seminar.

Missouri-Kansas PeriAnesthesia Nurses Association:

MO KAN PANA has won ABPANC's Shining Star Award two years in a row, with President Patricia Welch at the helm. At the fall seminar held September 22nd, MO KAN PANA had about 130 attendees, and with the vigorous member-get-a-member campaign during the seminar, they recruited 20 new ASPAN members. "Harvesters" was the charity of choice this year. The 20th Perioperative Clinical Update held in Columbia, MO on October 11th was co-sponsored by MO KAN PANA and the University of Missouri Sinclair School of Nursing. ASPAN Past Presidents Kim Kraft and Terry Clifford, as well as Vice President/President-Elect Twilla Shrout, were featured speakers at this conference.

Nebraska Association of PeriAnesthesia Nurses:

NAPAN held its fall conference in Hastings, Nebraska, about a five hour drive from my home in Overland Park, Kansas. NAPAN President Judy Mink inducted the new president Caroline (Bernie) Larsen and her board on September 22, 2012. I provided an overview of the changes to the ASPAN standards.

Oklahoma Society of PeriAnesthesia Nurses:

OSPAN had a successful spring seminar, and plan their next seminar for April 26-28, 2013. President Emily Allen and Vice President/President-Elect LaTonya Mason-Wilson attended CDI in St. Louis in September.



Region 2 representatives
together at the 2012 CDI
in St. Louis

Iowa Society of PeriAnesthesia Nurses:

ISPAN is proud to have long-time ASPAN and ISPAN member Helen Reidesel in its component. Helen's stamina and passion for perianesthesia nursing is admired by everyone who knows her. Helen is education chair for ISPAN. The component had another well-attended fall seminar in Davenport, Iowa. Nancy Strzyzewski, ASPAN Director for Education, was the featured speaker. ISPAN continues to send out welcome letters monthly to new members.

Louisiana Association of PeriAnesthesia Nurses:

LAPAN outgoing president Cheryl Cotton inducted the new officers for LAPAN at its fall conference. President Clara Boudreaux warmly welcomed the attendees. She has many fresh ideas to keep moving LAPAN forward. Clara will bring the next LAPAN seminar to the Baton Rouge area to better serve the midsection of Louisiana. In fact, on her way home to Lafayette, she scoped the hospital/conference center where the conference will be held.

Frequently Asked Questions

Susan Russell, BSN, RN, JD, CPAN, CAPA – ASPAN Director for Clinical Practice

Clinical
Practice

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

How Frequently Should Postanesthesia Scores Be Recorded?

Q. Does ASPAN have a standard or recommendation as to the frequency of recording postanesthesia scores during Phase I and Phase II recovery? Is upon arrival and at discharge sufficient?

A. While ASPAN Standards neither require nor endorse any postanesthesia scoring system, perianesthesia nurses recognize that these scores have been an integral part of discharge criteria for decades. Postanesthesia scoring systems are used internationally. ASPAN's 2012-2014 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* include "Practice Recommendation 2, Components of Assessment for the Perianesthesia Patient," which states that a postanesthesia score **may** be a component of initial, ongoing, and discharge assessment. Practice Recommendation 2 does not address how frequently the postanesthesia score should be assessed, leaving this decision to the individual facility and the department of anesthesia. Often, written discharge criteria stipulate that a minimum postanesthesia score be achieved prior to discharge.

Facility Practices

Because the ASPAN Clinical Practice Committee receives numerous requests for a recommended interval, committee members were asked for input. The responses corroborated the lack of a standardized practice related to assessing postanesthesia scores. Frequencies ranged from scoring with every set of vital signs, scoring with each change in the patient's status, or scoring at prescribed intervals which ranged from every five minutes for the first 15 minutes, to hourly. The minimum requirement was on admission and on discharge for each level of postanesthesia care. Some facilities obtain a baseline score in the preoperative area.


Joanna Briggs Institute

The Joanna Briggs Institute (JBI) includes a 2011 systematic review related to discharge scoring systems. The review does not include recommendations related to scoring frequency or intervals between assessments. JBI also has a best practice section on postanesthetic discharge scoring criteria. The best practice information includes essential components of the discharge assessment, but makes no reference to the assessment intervals.

Conclusion


ASPAN makes no specific recommendations regarding postanesthesia scoring frequency. Practice Recommendation 2 lists a postanesthesia score as one **possible** component of the initial, ongoing, and discharge assessments.

REFERENCES

1. American Society of PeriAnesthesia Nurses. 2012-2014 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretative Statements*. Cherry Hill, NJ: ASPAN; 2012: 36-42.
2. JBI. Post-anesthetic discharge scoring criteria. *Best Practice: evidence-based information sheets for health professional*. 2011; 15(17): 1-4. 

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Texas Association of PeriAnesthesia Nurses:

TAPAN President Hermie Robles inducted the 2013 TAPAN officers during its 36th annual conference. It was an honor to have two past ASPAN Presidents, Susan Shelander and Pamela Windle, in attendance. At the TAPAN board meeting, bylaw changes were approved and posted on the TAPAN Web site. TAPAN supports its five districts by paying for their application for Employer Identification Number (EIN). 



Susan Russell,
BSN, RN, JD, CPAN, CAPA
ASPAN Director for
Clinical Practice

Component Education Programs

February 9, 2013 The PeriAnesthesia Nurses Association of California (PANAC) Winter Conference features Linda Callahan, PhD, CRNA, PMHNP. The conference will be held at the Marriott Los Angeles Burbank Airport Hotel in beautiful downtown Burbank, CA. For information, go to www.panac.org or contact Lori Silva at 209-968-4895 or notgoquietly@clearwire.net

March 2, 2013 The Illinois Society of PeriAnesthesia Nurses (ILSPAN) will hold its Spring Conference at the Meridian Banquet & Conference Center in Rolling Meadows, IL. For information, contact Alexis Nicpon at 630-605-4266 or ajnicpon@comcast.net

March 9, 2013 The Vermont/New Hampshire Association of PeriAnesthesia Nurses (VT/NH APAN) will hold its Spring Conference at Portsmouth Regional Hospital in Portsmouth, NH. Topics will include bariatric surgery considerations and acute pain in the chronic pain patient. For information visit www.vtnhapan.org or contact Trish Clark at clark@vtnhapan.org

March 23, 2013 The Massachusetts Society of PeriAnesthesia Nurses (MASPAN) will hold an all day seminar in Westin, MA. The title of the seminar is "Challenges in Pain Assessment." Chris Pasero will be the featured speaker. For more information and registration, visit www.maspan.org



Foundations of PeriAnesthesia Practice

March 2, 2013

Petoskey, MI

Pediatrics:

Beyond The Basics

May 18, 2013

Oak Brook, IL

Pediatrics:

Little Bodies, Big Differences

March 2, 2013

Berlin, VT

Perianesthesia Certification Review

February 16, 2013

Baltimore, MD

Rochester, MN

San Antonio, TX

February 23, 2013

Coeur d' Alene, ID

Jefferson, LA

Tarrytown, NY

Philadelphia, PA

March 2, 2013

Cleveland, OH

Wheeling, WV

March 9, 2013

New Haven, CT

Richmond, VA

Perianesthesia Pathophysiology and Assessment: A Systems Approach

February 9, 2013

Harrisburg, PA

Lynchburg, VA

February 16, 2013

Morgantown, WV

February 23, 2013

Albuquerque, NM

March 2, 2013

Edgewood, KY

Rockville, MD

March 9, 2013

Oakland, CA

Lake George, NY

May 18, 2013

Springfield, IL

June 1, 2013

White Plains, NY

June 15, 2013

Santa Clara, CA

Refreshing Your PeriAnesthesia Practice

March 9, 2013

West Reading, PA

May 18, 2013

Sacramento, CA

June 22, 2013

Bristol, VA

Safety Begins With Us

June 1, 2013

Baltimore, MD

Surrounding Your Practice With Excellence: Legalities, Standards And Advocacy

June 22, 2013

San Antonio, TX