



Breathline

Volume 33, Number 4

July/August 2013

INSIDE:

DEALING WITH CHALLENGES: Dealing with Challenges: Using Your Own Personal Strength to Empower Yourself

National Conference is a time of renewal and a gathering of ASPAN members ready to have a week of education, fun and new friendships. It is hard to believe that almost three months has passed since over 1800 attendees were in Chicago. The weather presented many challenges with flights being delayed or cancelled. I was fortunate that my family was able to finally arrive after they experienced four flight cancellations.

My theme for the year is "Dealing with Challenges: Winning with Power • Practice • Purpose." ASPAN members have powerful voices when they utilize evidence-based knowledge in all areas of perianesthesia practice. Each member has a power within that enables us to be the best and safest nurse for our patients. Empowerment is something that, I like to think, makes this possible. Empowerment is "about how you see yourself, what you do with your life and how you relate to other people."¹ These eight points should help you begin to discover the expert in yourself:

1. "Assess how you've lived your life in relation to your values. This is a painful process that you must get through if you want to feel empowered. Admit the dreams you haven't fulfilled and figure out what's stopping you.
2. Feel the control you have over your decisions. Empowerment isn't about doing everything right. Create an environment where you can make your own decisions and grow from your mistakes.
3. Write down goals based on what you've always wanted to achieve in your life. Concentrate on one goal at a time. Assess what information and skills you're missing.



Twilla Shrout
BSN, MBA, RN, CPAN, CAPA
ASPAN President 2013-2014

4. Learn to let go of mistakes. Accept that they're a gift because they show you when you're on the wrong path. Be brave enough to change course, even when you have to admit you're wrong.
5. Keep a journal where you record your growth. Write about your values and evaluate how well you stuck to them each day. Instead of reprimanding yourself for falling short, come up with creative ways you could have done better for next time.
6. Take time every week to assess your progress. Note how much closer you're getting to achieving your dream. Hold back expectations and instead take joy in what you've accomplished.
7. Seek out others who'll support you. Turn to family members who've always been on your side. Look for support groups in your community.
8. Give of yourself at least once a week. Empowerment is as much about sharing with others as it is about your self-esteem. Help a neighbor, donate to charity or volunteer. Be an inspiration to others around you."¹

With challenges comes a means of overcoming what may seem like an insurmountable task at hand, but through one's own inner strength, many great things can be accomplished. To think that I was in front of a crowd of over one thousand nurses giving my inaugural speech at the Conference's Closing Ceremonies is something that would have seemed overwhelming and impossible when I was growing up.



President's Message

President Twilla Shrout giving her inaugural speech during closing ceremonies



When I began first grade, only two of my classmates could understand me when I spoke. I had a severe speech impediment thought to be related to hearing loss when I was a toddler from recurrent tonsillitis and ear infections. It seemed that the hearing loss did not allow me to form the correct speech pattern. It was a time when schools did not have a speech therapist. Thus, my mother drove me twenty miles twice a week for therapy at our cost. When I was in second grade, it was determined that my speech was improving and I should be able to further improve on my own. This improvement did not happen. I was terrified to read aloud since our teachers had us do this numerous times a day. I would try to look ahead to the paragraph that I might read knowing the words that I could not pronounce. I knew there would be giggles and laughing when I did not say the words correctly. I would talk softly hoping that my classmates would not notice. Needless to say, I feared talking during school and did not want to raise my hand to answer questions because there were so many words that I could not pronounce. One of the happiest days of my life occurred when I was in seventh grade. My oldest sister came home from college and announced that she planned to major in speech

therapy. As she learned about speech therapy techniques, she would come home on weekends and help me with the words that I could not pronounce. Even with her help, I still went through high school and college afraid to talk during class, since I would sometimes still pronounce words incorrectly.

It has taken me a long time to feel comfortable in front of a crowd, even as I delivered presentations over the last few years. I was always very nervous. A few months ago, it hit me that I would be in front of over one thousand ASPAN members when I became the ASPAN president. I knew I needed to stand before the membership and give my speech or I would be letting the members down. That morning, I could not believe that I was not nervous while giving my address. I had an inner strength that came from a confidence of knowing that I would have the support of all of the members in the audience.

There is power that comes from the knowledge that one's professional organization provides all of us with the confidence to know that we are not alone. We are all here for one another to assist, mentor and share all that is right about ASPAN. I truly believe that none of my success would have been possible without the power of this organization. Power comes from within. Power comes from ASPAN's membership of over 15,500. Power comes from ASPAN members willing to volunteer numerous hours of dedication to ensure that ASPAN is the premier voice for all of us. Empowerment is that inner strength that comes from our willingness to put ourselves out there to be the one lending a helping hand, to be the one to call if you have questions. To know that ASPAN has 15,500 members that are just a phone



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

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.

Q. Does ASPAN have any position statement referring to a minor child waiting alone for the parent while the parent is in surgery?



A. ASPAN has no position statement directly addressing the presence of a patient's unaccompanied/unsupervised minor family members. ASPAN's 2012-2014 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* include the Scope of Perianesthesia Nursing Practice, which states that perianesthesia practice is "...systematic, integrative and holistic, and involves critical thinking, clinical decision making and inquiry. ASPAN strives to promote an environment in which the perianesthesia nurse can deliver quality care among a diverse population within a multidisciplinary healthcare team."¹ While our primary focus is the patient, we must also respond appropriately to the patient's family/significant other and their involvement in the patient's care.¹ Our responsibility to the patient and the family/significant other includes advocating for their spiritual comfort, welfare and safety.¹ How do we advocate for the conflicting needs of the patient and the minor child in this situation?

The first step is to review your facility's nursing or administrative guidelines. If you haven't addressed unaccompanied minors, you may want to develop a policy or written guidelines. Incorporate family needs in the preadmissions plan of

care. Remind parents that planning for child care during their stay at the facility is a vital part of the preparatory process. What are the short-term and long-term plans for the child's care? What social or community resources are available to the parent? Does the scheduled day and time for arrival or discharge allow the parent to arrange care for a minor child? If this is an outpatient procedure, is there a responsible adult to be with the patient and accompany him home?

Some facilities stipulate that the "responsible adult" or companion must be at least 18 years old. The parent needs to know the facility visitation policy regarding minors. Some facilities do not allow children under age 12 to be unaccompanied. Some PACUs restrict visits to adult family members and do not permit the adult to visit if it means leaving minor children unaccompanied. Some pediatric facilities instruct parents not to bring their non-surgical children to the hospital, and may cancel surgery if a second adult is not with the sibling. It is far better to disclose these regulations during the pre-admissions process than to try to handle it in pre-op on the day of surgery.

If a patient with a minor child reaches your pre-op area, you need to know what alternatives you can offer. In some facilities, surgery is automatically cancelled if no responsible adult is physically present to care for the minor before the parent goes to the OR. In other facilities, decisions are made on a case-by-case basis. Who is authorized to make decisions for the parent if an adverse perioperative event occurs? By definition, a minor is any person under age 18. Does the age of the child matter? Would we be concerned about a 15 or 16 year old in the waiting room while the parent is in the OR? What if that child is 12 or 8? How would we respond if the parent left that child in a car or at home alone? Should we be concerned about child neglect/abuse statutes if a child is unattended while the parent is in surgery and recovery? Is the facility liable if the parent is allowed to have surgery and the unattended minor child is injured in the facility? What liability does the facility have if someone from volunteer services is recruited to provide child care? Has the volunteer gone through a criminal background check and been trained to provide child care?²



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

Beta Blockers Compliance: Making it Work

Linda Beagley, BSN, MS, RN, CPAN – ASPAN Safety SWT Coordinator



Linda Beagley
BSN, MS, RN, CPAN
ASPAN Safety SWT
Coordinator

The time just prior to the patient going into the operating room is hectic due to many factors. A well-working team of both pre-op and operating room nurses, anesthesia provider and surgeon work together to ensure the patient is “ready” for the surgical intervention. A key element to consider is whether the patient is on a preoperative beta blocker and when the last dose was administered.

SCIP Measure

The Surgical Care Improvement Project (SCIP) from the Centers for Medicare and Medicaid Services (CMS) has developed measures or guidelines to help improve patient outcomes post procedural/surgical intervention. One of the measures is that patients on preoperative beta-blocker therapy will receive a dose during the perioperative period.¹ In the SCIP measure, the perioperative period starts the day before surgery through postoperative day two, with day of surgery being day zero. For an admission into the hospital lasting greater than two days, the measure requires the healthcare team to administer a second dose on either day one or two, unless the reason of withholding the medication is documented.

Rationale

The reasoning behind the SCIP measure is that studies demonstrated that those patients who skipped their beta-blocker prior to surgery had a 50% higher mortality rate than those whose beta-blockers were continued.¹ Continuous use of beta-blocker use is associated with a significantly lower one-year mortality than among nonusers. The American College of Cardiology declares maintaining beta-blocker therapy in the perioperative period is a class I indication for tight heart rate control.¹

Struggles to Fulfill the Measure

This author's preoperative department struggled with missed beta blocker documentation, and would be notified days later of the missed beta blocker by someone outside of the department who was auditing the charts. The PACU educator began daily audits of the surgical schedule for beta blocker compliance. An inservice to update staff on hospital formulary beta blockers was completed, along with the need to document date and time of the last dose. Individual nurses were counseled when documentation was not complete.

Addressing All Patients

What started as a clean-up project in the preoperative area turned into a hospital initiative.

Approximately 30 percent of the surgical patients came from the inpatient units or emergency department. When inpatient charts were included in the daily review, two problems were identified. First, beta blocker documentation was inconsistent, especially in patients sent from medical units. Second, there were a significant number of patients who did not have medication reconciliation completed prior to going to surgery. Hospital policy states that patients will have medication reconciliation completed within 24 hours of admission. When incomplete documentation was identified, the PACU educator notified the manager, director and chairperson of the nurse-pharmacy committee via email. The expectation was that the manager would then speak to the individual nurse who admitted the patient.

Hospital Success

Each month a report was given at both committee and hospital council meetings. At first, these initiatives were very labor intensive. Slowly, progress was made with improvement shown each month. By working together throughout the organization, the hospital has been able to increase beta blocker compliance from 80% to 93.6%, a 13% improvement. There is still room for continued improvement, but the institution has been successful by increasing the awareness of the importance of beta blocker compliance. 🌱

REFERENCE

- Centers for Medicare and Medicaid. SCIP-Card-2. *Specifications Manual for National Hospital Inpatient Quality Measures*. 2012; SCIP-Card-2-1-4.

In summary, advance planning reduces stress and anxiety for everyone. Having a policy in place guides the staff, optimizes patient care and clarifies expectations for everyone.

REFERENCES

- American Society of PeriAnesthesia Nurses. *2012-2014 Peri-anesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN;2012:6-8, 10-12.
- U.S. Department of Health and Human Services, Child Welfare Information Gateway, www.childwelfare.gov Accessed May 1, 2013.

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A "SCOOP" OF RESEARCH

Kim A. Noble, PhD, RN, CPAN – ASPAN Director for Research

Research

News Flash!!! Big Things Happening on ASPAN's Research Vision...

At the pre-conference Board of Directors meeting at ASPAN's 32nd National Conference meeting in Chicago, ASPAN's visionary leaders voted to support several grants to support ASPAN's aggressive research agenda slated for the next several years. Funding has been appropriated for the Joanna Briggs Institute (JBI) Research Scholars Training Program, which will be used for ASPAN's research leaders to obtain training for JBI Systematic Literature Review (SLR) Training. This is wonderful news, as increasing the number of ASPAN members able to complete JBI SLR will lead to an increased number of evidence based practice recommendations (PR) which can be completed annually. ASPAN membership receives over one hundred clinical practice questions monthly; each question is an opportunity to provide evidence for bedside perianesthesia practice. An application process is in development for the Research Scholars Program and ASPAN Research Committee Members or EBP Strategic Work Team members to receive this training. Those who receive this funding must be able to attend the week-long JBI training in San Francisco before the end of 2013.

The JBI SLR for the Unwanted Sedation PR remains in progress. As with any new process, speed bumps have been encountered! Each new challenge represents a learning opportunity that has resulted in the growth of a very robust final PR development process. A draft process opportunity is like the training wheels on a new bike... we have to climb on, hold tight, make sure everything is in good working order and that our balance and riding skills are correctly developed prior to removing the training wheels and letting go! The draft of the Unwanted Sedation PR will be brought to the face-to-face Standards and Guidelines meeting to be held in the fall of 2013, with the final goal of bringing the draft of the Unwanted Sedation PR to the Representative Assembly for discussion at the 33rd ASPAN National Conference in Las Vegas, Nevada in April of 2014. PR development represents the work of many ASPAN hands and skill levels in the critique and application of empirical evidence to the bedside care of the perianesthesia patient.

There are many wonderful opportunities for ASPAN members to be mentored in research activities in ASPAN. Many programs are already in place or under development to facilitate the continued growth of all levels of nurse researchers, as there is much to be accomplished!

My recommendation for all ASPAN members is to uncover your hidden research interest. Find an ASPAN committee or SWT that will foster your research interest development and go for it! Look at the charters for ASPAN committees and SWTs and look at the roles and responsibilities of membership. Each committee and SWT is tied to research; each offers an opportunity for your personal development and, in doing so, fosters the improvement of perianesthesia patient safety goals and outcomes. Embrace the horror! I did, and it represented a life-changing look at perianesthesia nursing for me. Join us, and add your voice to these wonderful opportunities! 🌱



**Kim Noble
PhD, RN, CPAN
ASPAN Director for
Research**



Volume 33, Number 4
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Susan Carter
BSN, RN, CPAN, CAPA
ASPAN Immediate
Past President
and Nominating
Committee Chair

CALL FOR NOMINATIONS

Create a Winning Team

ASPAN President Twilla Shrout presented us with a thought-provoking theme in her inaugural address during the close of ASPAN's National Conference in Chicago, Illinois – **Winning with Power, Practice and Purpose**. She challenged us all with the following quote written by Steve Maroboli:

"Do not dilute the truth of your potential. We often convince ourselves that we cannot change, that we cannot overcome the circumstances of our lives. That is simply not true. You have been blessed with immeasurable power to make positive changes in your life. But you can't just wish it, you can't just hope it, you can't just want it.... you have to live it, be it, do it."¹

ASPAN is seeking leaders willing to explore their potential, discover their power and work to continue making positive changes for perianesthesia practice. Qualified and eligible candidates are needed for 2014-2015 ASPAN Board of Director positions:

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

To be considered for a leadership position:

1. Declare your candidacy as soon as possible, via email to scarter@aspan.org
2. An *Intent to Place Name In Nomination Form* must be signed electronically and emailed with a date stamp **no later than October 1, 2013**. Late submissions will be returned.
3. An *ASPAN Candidate Profile Sheet* along with a curriculum vitae (max. two pages) must also be submitted electronically with a date stamp no later than October 1, 2013. Hard copies and faxes will NOT be accepted.

For more information visit the ASPAN Web site (www.aspan.org), or contact Jane Certo at the ASPAN National Office at jcerto@aspan.org or 1-877-737-9696, Extension 213.

REFERENCE

1. Shrout T. Presidential address. ASPAN's 32nd National Conference. Hilton Chicago Hotel, Chicago, IL. April 18, 2013.

Abstracts and Posters for the 2014 National Conference in Las Vegas!

Celebrate Successful Practices abstracts are due by **October 15, 2013**. Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, handoff communication/documentation, and unit/environment. Research abstracts are also due **October 15, 2013**. Start planning now to showcase your accomplishments! Visit the ASPAN Web site for more information.

Willingness to Participate

Jacque Crosson, MSN, RN, CPAN

Vice President/President-Elect 2013-2014

Greetings Colleagues!

Hope you are having a wonderful summer enjoying family and friends. This is a great time of year for relaxation, reflection and rekindling of relationships so important for our health and emotional balance. As perianesthesia nurses, we are so busy caring for others that we do not always take time to care for ourselves. A great way to regenerate personally is to participate in your professional organization. The collaboration, networking and relationships you develop both close to home and nationally elevate practice and allow for continued growth in our specialty. ASPAN has many opportunities for you. Participation in committees, strategic work teams, and specialty practice groups provide the platform to increase knowledge while developing a professional network. Take a moment to visit the ASPAN Web site and complete a Willingness to Participate form. There are so many choices and something for all practice settings. I look forward to hearing from you! **The deadline is October 31, 2013.** For more information,



LEADERSHIP DEVELOPMENT INSTITUTE

Leadership: Winning with Power • Practice • Purpose

September 6-8, 2013

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Kansas City, Missouri**

For more information,

Congratulations!

Congratulations to ASPAN members who were recognized in nomination for an award by their colleagues for 2013:

AWARD FOR OUTSTANDING ACHIEVEMENT NOMINEES

Susan Fossum, BSN, RN, CPAN
Nancy O'Malley, MA, RN, CPAN, CAPA
Jill Setaro, MSN, RN, CNS, CPAN

EXCELLENCE IN CLINICAL PRACTICE AWARD NOMINEES

Carole Capps, RN, CPAN
Patricia Crowley, MSN, RN, CPAN, CAPA
Carolyn Dietrich, MSN, RN, CPAN
Cynthia Kress, RN, CPAN
Gwen Newton, BSN, RN, CAPA

ABOVE AND BEYOND SERVICE RECOGNITION

There were 38 nominees for this award. These nominees are characterized by stepping forward to promote ASPAN and/or their

component, fill a component board or committee position suddenly left vacant, organizing and hosting seminars, acting as a resource for another ASPAN committee, or making sure that there is wide access to perianesthesia education. The following top ten winners were recognized for exemplary service to ASPAN and/or their component at the 32nd National Conference in Chicago, Illinois:

Jenny Burchett	Kathy Daley	Janice Strong
Matthew Bryne	Kim Kraft	Charlotte West
Kathy Jo Carter	Ernestine Nunes	Suellen Wilkins
	Teresa Passig	

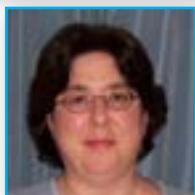
Visit the ASPAN Web site for information on how to nominate a deserving colleague for a 2013 Above and Beyond Service Award. for more information. 🌿

ASPAN NOMINATING COMMITTEE MEMBERS

Congratulations to the newly elected members of the 2013-2014 Nominating Committee!



Shay Glevy,
BSN, RN, CPAN, CAPA



Carol Silsby,
BSN, RN, CPAN



Donna Goyer,
BS, RN, CPAN, CAPA



Raymond Young,
BSN, BBA, RN, CPAN, CAPA

Congratulations to the 2013 National Conference Strategic Work Team (NCSWT) for organizing an awesome conference!

MEMBERS OF THE 2013 ASPAN NCSWT

Linda Ziolkowski –
Coordinator
Nancy Strzyzewski
Linda Beagley
Katrina Bickerstaff
Susan Carter
Susan O'Day

Teresa Passig
Jane Reinschmidt
Twillia Shrout
Judith Werkema
Courtney Papp
Kevin Dill
Linda Wilson



NCSWT Coordinator, Linda Ziolkowski, was visible throughout the conference, ensuring that all attendees were kept informed

Recruiter of the Year Award

Cynthia A Galarpe, BSN, RN
from PANAC

ASPAN News

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SAVE THE DATE

ASPAN's
33rd National
Conference

April 27-May 1, 2014
in Las Vegas, Nevada.



An enormous
"Thank You"
to all the
ASPAN
National
Office Staff.
You always
ensure that
this conference
goes off without
a hitch every
year!!

2013 ASPAN HONORS

ceremonies held

During Opening Ceremonies held at the 32nd National Conference in Chicago, Illinois, several individuals and one component were recognized with prestigious ASPAN awards.

EXCELLENCE IN CLINICAL PRACTICE AWARD

Carolyn Dietrich, MSN, RN, CPAN



▲ Carolyn Dietrich (left) accepting award from President Susan Carter

Carolyn Dietrich, MSN, RN, CPAN, epitomizes excellence in perianesthesia nursing at the University of Colorado Hospital in Aurora. Carolyn began her perianesthesia career at UCH as a new graduate in 2006. Within six short years, she became a CPAN, achieved the highest level on this Magnet hospital's clinical ladder and earned her MSN. Co-workers describe her as a leader, a resource and an expert perianesthesia nurse. Her manager describes her enthusiasm for improving patient care as "contagious." An exemplary patient advocate, she demonstrates cultural sensitivity, teaching student nurses the importance of respect for all. Carolyn pioneered the role of Quality and Safety Advocate in her unit, which was adopted throughout UCH. Her efforts to ensure patient safety resulted in a special accolade from her hospital: the 2010 Teddy Bear award for outstanding care. Congratulations, Carolyn!

PRESIDENT'S AWARD

Ernestine Nunes, RN, CPAN, CNOR



▲ President Susan Carter presenting the President's Award to Ernestine Nunes (left)

The ASPAN President's Award is the highest honor bestowed on a member of our society by the ASPAN president. This award is given to an individual who has made an important contribution to the advancement of the nursing profession through strong commitment to the profession and a willingness to work for the benefit of others. This person is also of particular support to the ASPAN president during the year of his/her term.

This year's recipient, Ernestine (Ernie) Nunes, has had a passion for perianesthesia practice, for mentoring others and for stimulating involvement. As a former nurse educator, she is a longstanding advocate for perianesthesia nursing at all levels and in many forms.

A long time member of ASPAN and her home component, PeriAnesthesia Nurses Association of California (PANAC), she has served as component president, education director and newsletter editor. She has been instrumental in stimulating local involvement throughout California, and has served on a variety of committees and work

teams. On the national level, she has coordinated the Publications Specialty Practice Group, edited many issues of the National Conference newsletter, *National PartiCULARs*, over the years and served on several work teams including the current Component Revitalization Strategic Work Team.

President Susan Carter further states that, "in the many years I have known her, she has given me courage, encouragement and

insight. She is always creative, always envisioning the way things could be, ever listening, critiquing, and providing words of wisdom and literary expertise as evidenced by receiving the Members Choice Component Newsletter Editor awards several years in a row. She knows what to say and what I need to hear even if it's not what I WANTED to hear. I respect her honesty, candor and vision. She keeps a focused sense of direction and purpose, never losing sight of our members and their needs – which is the true focus of our society." Congratulations, Ernie!

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GOLD LEAF COMPONENT OF THE YEAR

Congratulations, NYSPANA!

This year at National Conference in Chicago, the New York State PeriAnesthesia Nurses Association (NYSPANA) was announced as the winner of the Gold Leaf Award during opening ceremonies on Monday, April 15th. NYSPANA, led by President Dianne Lysarz, demonstrated a commitment to advancing the body of knowledge around perianesthesia nursing as corroborated by their 12 posters at National Conference. NYSPANA members explored “Improving Job Satisfaction in an Ambulatory Care Setting...”, “The Effects of Music on the Surgical Patient for Postoperative Pain Management”, and “The Effect of Unit Tours on Pediatric Patients in the Perioperative Setting”, as just a few of the questions the members asked and then investigated to find an answer. President Dianne Lysarz stated in the most recent edition of NYSPANA’s newsletter, *Up to Par*, “As nurses, we are always looking for solutions to perianesthesia concerns and find better practices.” NYSPANA certainly has an abundance of devoted nurses ready to share their findings with their perianesthesia colleagues.

Additionally, NYSPANA recognizes members’ accomplishments in the thrice yearly newsletter, *Up To Par*, and on its Web site. Member Jill Setaro was the winner at the New York State Fall Conference for Excellence in Clinical Practice, and had her nomination forwarded to ASPAN where she then was selected as the ASPAN Excellence in Clinical Practice award winner in 2012. NYSPANA also recognized Jean Gumina as its Recruiter of the Year, and Marcia Trawinski, with its Excellence in Clinical Practice award.



▲ NYSPANA President, Dianne Lysarz, (right) accepting the Gold Leaf Award from Membership/Marketing SWT Coordinator, Diane Swintek

NYSPANA members do not just care for their patients, they also demonstrate care for their communities. The caring is demonstrated through donations of food and money to local food pantries, a monetary donation to a Children’s Hospital, assisting a girl scout working towards her own Gold Leaf Award by hosting a Halloween party at a nursing home/senior center, or selling pins at the state conference to benefit nurses from Botswana to pursue nursing education.

NYSPANA has exhibited what all components hope to achieve - being a well-rounded, thriving component. ASPAN congratulates the 895 strong members of NYSPANA on achieving this prestigious award!

AWARD FOR OUTSTANDING ACHIEVEMENT

Susan Fossum, BSN, RN, CPAN

ASPAN Past President, Susan Fossum, won the Award for Outstanding Achievement at ASPAN’s 32rd National Conference in Chicago in April. Sue was recognized for her leadership at ASPAN and passionate promotion of advocacy and patient safety. She served PANAC, her home component, on governmental affairs and was instrumental in the 2010 revision of the ASPAN Governmental Affairs Primer. Sue was pivotal in launching the inaugural *International Conference for PeriAnesthesia Nurses* in Toronto 2011. Most recently, she was recognized for her literary efforts and won a Mary Hanna Journalism Award at National Conference in Orlando. These are a just a few of the reasons Sue was selected as this year’s winner of the Award for Outstanding Achievement. Congratulations Sue!



◀ Susan Fossum (left) accepting award from President Susan Carter

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DISTINGUISHED SERVICE AWARD OF THE PAST PRESIDENTS' COUNCIL

Marigrace Clarke, RN

On Monday, April 15, 2013, during Opening Ceremonies in Chicago, Marigrace Clarke, RN, was presented the 2013 Distinguished Service Award of the Past Presidents' Council. This award is presented to recognize distinguished lifetime contributions that have had a significant impact on fulfilling the core purpose of ASPAN. How fitting that Marigrace would be selected for this honor at the 32nd Annual ASPAN Conference, hosted by her home component, ILSPAN!

Marigrace has served ASPAN and ILSPAN for many years in a variety of capacities. She has been a component president and district director. She has also served as the ILSPAN editor for its component newsletter, *Peri-Scope*, and her skills and energy have provided insight and concrete support to other budding editors. She believes they will succeed - and after working with her, they believe it, too!

Her enthusiasm as a journalist is contagious - and she has willingly shared her skills and expertise in newsletter design at ASPAN's Component Development Institute.

Within ASPAN, Marigrace has served on a number of ASPAN committees and strategic work teams (SWT), most notably the Credentials, E-Component and Membership/Marketing SWTs. She has served at ASPAN's Representative Assembly to assist with accurately passing out and collecting the ballots during the election processes, and counting votes for resolutions. She embodies what it means to be an ASPAN Ambassador, and was among the first to attain CAPA certification when it became available.



▲ Marigrace Clarke (right) accepting award from Immediate Past President, Chris Price

Marigrace has been an extraordinary nurse and proponent of what it means to be a professional. Her practice defines and demonstrates accountability and follow through, and she is always among the first available to assist others as needed. She has opened her home to ASPAN speakers, and has hosted a number of ASPAN seminars within her component. She gives freely of her time and talents, and has served the homeless in her community as well. She is a familiar and noted presence for all things ASPAN, and carries her professional demeanor with her whenever and wherever she serves. Congratulations, Marigrace! 🌱

call or an email away from answering a question, providing a policy, or investigating the best and safest way to take care of patients during their perianesthesia experience is empowerment. I did not make it here on my own. I had the assistance from so many that made my journey possible, and who are now lifelong friends. I started out as that grassroots member who dreamed of what might be some day. Through perseverance and determination, my dream of being the ASPAN president has come true. "You have been blessed with immeasurable power to make positive changes in your life. But you can't just wish it,

you can't just hope it, you can't just want it - you have to live it, be it, do it."² Through the power of ASPAN, I have been able to follow my dreams from being a grassroots member. ASPAN offers the same to all of you as each of you aspire to be the best you can be.

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1. How to Be Empowered. Available at: http://www.ehow.com/how_2121554_be-empowered.html Accessed 4/27/2013.
2. Quote by Steve Maraboli. Available at: <http://www.goodreads.com/quotes/tag/dilute> Accessed February 16, 2013. 🌱

PUBLISHING AWARDS

Journal of PeriAnesthesia Nursing Awards

Publishing
Awards

*Congratulations to the Mary Hanna Memorial Journalism Award winners
for the 2012 Volume Year!*

BEST PRACTICE CATEGORY

1st Place

**Perioperative Pain Management in the Opioid-Tolerant Patient With Chronic Pain:
An Evidence-Based Practice Project**

Karen M. Dykstra

2nd Place

**Focused Anesthesia Interview Resource to
Improve Efficiency and Quality**

*Virginia C. Muckler
Charles A. Vacchiano
Edward G. Sanders
Janet P. Wilson
Mary T. Champagne*

3rd Place

**An Evidence-Based Checklist for the Postoperative
Management of Obstructive Sleep Apnea**

*Brian T. Gammon
Karen F. Ricker*

CLINICAL ARTICLE CATEGORY

1st Place

**Nursing Care of Patients Undergoing Isolated Limb
Procedures for Recurrent Melanoma of the Extremity**

Kathleen S. Ashton

2nd Place

**Caring for the Patient With Obstructive Sleep Apnea:
Implications for Health Care Providers in
Postanesthesia Care**

*Pamela D. Diffie
Michelle M. Beach
Norma G. Cuellar*

3rd Place

**Reduction of Preoperative Anxiety in Pediatric Surgery
Patients Using Age-Appropriate Teaching Interventions**

*Jennifer Perry
Vallire Hooper
Jim Masiongale*



▲ Practicing perianesthesia nurse and Mary Hanna's daughter, Karen Flanagan (center), along with JoPAN Co-Editor Jan Odom-Forren (right), present one of the journalism awards during Opening Ceremonies in Chicago, Illinois

RESEARCH CATEGORY

1st Place

**A Quasi-Experimental Study Examining the Safety
Profile and Comfort Provided by Two Different
Blanket Temperatures**

*Lori T. Sutton
Faye S. Baker
Nan J. Faile
Abbas Tavakoli*

2nd Place

**The Incidence of and Risk Factors for Emergence
Delirium in U.S. Military Combat Veterans**

Jason M. McGuire

3rd Place

**Postanesthesia Care Unit Visitation Decreases
Family Member Anxiety**

*Amy J. Carter
JoAnn Deselms
Shelley Ruyle
Marcella Morissey-Lucas
Suzie Kollar
Shelly Cannon
Lois Schick*



Volume 33, Number 4
July/August 2013

ASPAN's Development SWT organized a number of engaging activities during the 2013 National Conference in Chicago, Illinois. Sunday morning started out with the annual Dream Walk, with over 120 registrants who enjoyed an early morning stroll along historic Michigan Avenue and through Grant Park, while raising more than \$6,000!

At the Grand Opening of the Exhibit Hall Monday evening, hundreds of attendees converged to visit the array of exhibitors, learn more about the latest in medical equipment and supplies, and bid on items in the Silent Auction. The auction raise over \$3,400 for ASPAN, and the Exhibitor Bingo Contest, now in its second year, also drew hundreds of participants.

On Wednesday, the featured activity was the Development Luncheon. Dream Walk awards were given out by SWT Coordinator, Karen Flanagan, and guest speaker and Past President, Maureen Iacono, spoke inspirationally on our profession and how nurses can have a profound impact on patients and their loved ones.

The Luncheon also included *Hail, Honor, Salute!* pledges (to honor friends, colleagues, and loved ones), and the introduction of ASPAN's new *Legacy for Life* program, which supports the future of perianesthesia nursing through significant, enduring contributions that are applied to perianesthesia education, research, practice, and standards. Additional information is available by contacting ASPAN's Marketing and Communications Manager, Doug Hanisch, at the National Office (ghanisch@aspan.org).

The funds collected through Development efforts continue to support ASPAN and its many programs and activities for members, which include National Conference, the scholarship program, research, practice and standards, and more. All of these ensure that perianesthesia nurses stay up-to-date on current evidence-based practice and standards to provide safe patient care in their daily practice setting. We also gratefully acknowledge the following organizations and components for their generous sponsorship and support:

Corporate Sponsors

Arizant Healthcare, Inc., a 3M company (Platinum)
Sponsor of Component Night

Baxter Healthcare Corporation (Bronze)
Cadence Pharmaceuticals (Platinum)

Hill-Rom (Diamond)
Sponsor of President's Reception

I-Flow (Bronze)
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Pacira Pharmaceuticals, Inc. (Gold)

Sidra Medical and Research Center (Gold)
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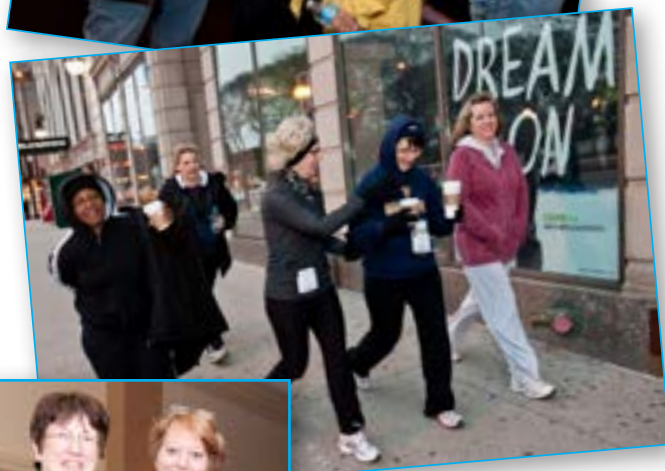
Stryker (Silver)
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Sponsor of Excellence in Clinical Practice Award
Sponsor of Award for Outstanding Achievement

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Chesapeake Bay Society of PeriAnesthesia Nurses
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Indiana Society of PeriAnesthesia Nurses
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Michigan Association of PeriAnesthesia Nurses
Missouri-Kansas PeriAnesthesia Nurses Association
New York State PeriAnesthesia Nurses Association
North Carolina Association of PeriAnesthesia Nurses
Ohio PeriAnesthesia Nurses Association
Pennsylvania Association of PeriAnesthesia Nurses
PeriAnesthesia Nurses Association of California
PeriAnesthesia Nurses Association of New Mexico
Rocky Mountain PeriAnesthesia Nurses Association
South Carolina Association of PeriAnesthesia Nurses
Texas Association of PeriAnesthesia Nurses
Vermont/New Hampshire Association of PeriAnesthesia Nurses
Virginia Society of PeriAnesthesia Nurses
West Virginia Society of PeriAnesthesia Nurses
Wisconsin Society of PeriAnesthesia Nurses

▼ Lots of layers was the way to go during the Dream Walk



▲ Early morning risers were sure to take their coffee with them during the annual Dream Walk



◀ Karen Flanagan (right), presents Judy Evans (once again!) with the individual award for most amount of money raised during the Dream Walk



The nurse you want to be is waiting. At a place where nurses are challenged, even expected to find their passions...to learn...to grow.

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UMMC is proud to support an environment of diversity and encourages inquiry from all applicants. EOE

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Development

continued from page 12

◀ Lots of exhibitors to visit during the conference



◀ Vendors enjoy talking with conference participants during the exhibit hours

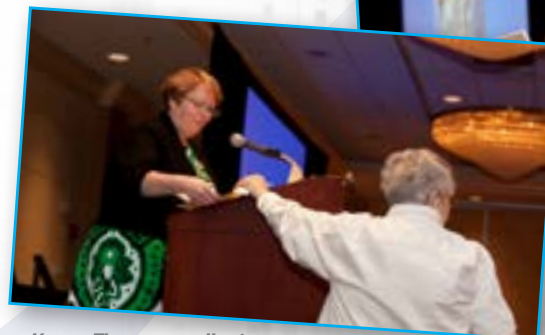
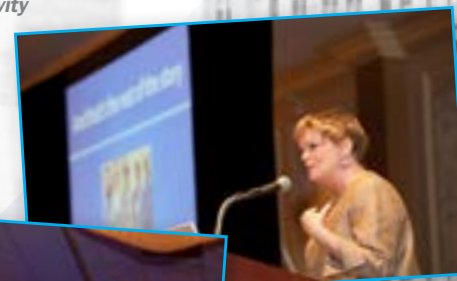


*Perusing the silent auction...
Oh, what should I bid on???* ▶



▲ The ASPAN booth was the home to the popular Standards Wheel, another development activity

Past President, Maureen Iacono, shared her passion about nursing and all of our nursing stories during the Development Luncheon ▶



▲ Karen Flanagan collects "Hail, Honor, Salute!" papers from Esther Watson during the Development Luncheon

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The Military and International Reception is held to honor those members in the military, and those attending the National Conference from abroad. This year, there were 32 attendees, with representation from the Air Force, Army, and Army Reserve, one Department of Defense civilian and one VA civilian. Also attending were two ABPANC BOD members, both Navy retirees. International attendees came from Britain and Ireland.

Military and International Reception



◀ Chris Price (right) visiting with military attendees



▲ Esther Watson (second from left) enjoying the company of international attendees



▲ Joni Brady (right) visits with one of the international attendees

ASPAN gratefully acknowledges Hill-Rom for its sponsorship of the President's Reception!



◀ Conference attendees having a fun evening at the President's Reception



▲ President Susan Carter takes a moment to address the reception attendees from the beautiful balcony in the ballroom

President's Reception



▲ These attendees from Korea enjoyed the President's Reception in their formal dress

“Get Your Game On” was a fabulous way to start off the week!

ASPAN gratefully acknowledges Arizant Healthcare, a 3M company, for its Component Night Sponsorship!



▲ The entrance to Component Night was a popular place for photos



◀ Selling raffle tickets for component prizes.... Who has the best raffle??



▲ Every component decorated their tables with sports gear and a raffle item



▲ Hotdogs and nachos.....



▲ HIPAN attendees having a great time



◀ Did she ever sit down???



◀ Decked out to support their favorite sports team/event



▲ NAPAN..... Husker supporters



◀ Can we guess Twilla's favorite sports star?

Congratulations to the 2013 ASPAN Component Newsletter Contest Winners!

1-8 Pages Nappin' News

Nebraska Association of PeriAnesthesia Nurses
Editor: Phylliss Bolton, RN, CPAN



Up to Par

New York State PeriAnesthesia
Nurses Association
Editor: Michele Rossignol, RN, CAPA



9-14 Pages

The Awakening

Wisconsin Society
of PeriAnesthesia Nurses
Editor: Stephanie Kassulke,
MSN, RN, CPAN



15+ Pages Peri-Scope

Illinois Society of PeriAnesthesia Nurses
Editor: Marigrace Clarke, RN



People's Choice

Peri-Scope

Illinois Society of PeriAnesthesia Nurses
Editor: Marigrace Clarke, RN



CERTIFICATION

A Record 22 Components Receive the ABPANC 2013 Shining Star Award

Component representatives accepted their Shining Star Awards at the 2013 CPAN/CAPA Celebration Luncheon

The American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) has announced the recipients of its annual Shining Star Award. A record 22 ASPAN components from across the country were recognized for their role in supporting and encouraging CPAN® and CAPA® certification.

2013 Shining Star Award recipients are:

California – PANAC
Chesapeake Bay – CBSPAN
Florida – FLASpan*
Georgia – GAPAN
Illinois – ILSPAN
Indiana – INSPAN
Louisiana – LAPAN
Maine – MESPAN*
Massachusetts – MASPAN*

Arizona – AzPANA*
Missouri-Kansas – MO KAN PANA
Nebraska – NAPAN
New York – NYSPAN
New Mexico – PANANM
North Carolina – NCAPAN
Northwest – NPANA*
Pennsylvania – PAPAN
Rocky Mountain – RMPANA
South Carolina – SCAPAN

Tennessee – TSPAN
Texas – TAPAN
Wisconsin – WISPAN
Pennsylvania – PAPAN
South Carolina – SCAPAN
Texas – TAPAN

* 5-Time Award Recipient



Component representatives accepted their Shining Star Awards at the 2013 CPAN/CAPA Celebration Luncheon



Contact ABPANC

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

Email:
abpnc@proexam.org

Web site:
www.cpancapa.org

CPAN®/CAPA® Fall Exams

Registration is Open
 July 15 – September 9

Exams held
 October 7 – November 16

Details Here: www.cpancapa.org/certification

Peggy Running Honored for Nursing Excellence as the 2013 ABPANC Advocacy Award Winner



ABPANC announced the winner of its annual Advocacy Award for promoting excellence in perianesthesia nursing at the CPAN®/CAPA® Celebration Luncheon at the ASPAN National Conference in Chicago. Peggy Running, BSN, RN, CPAN, CAPA, of Fairview Ridges Hospital in Burnsville, MN, is the 2013 Advocacy Award winner.

Peggy was selected for her role in managing a difficult situation by advocating for her patient and family, understanding and supporting their concerns, and taking the initiative to achieve a positive outcome for all. Peggy received a beautiful Lladro statue of a nurse, framed certificate, and a scholarship to cover her next recertification fee.

ABPANC also awarded Peggy's unit with a check for \$350 to be used for certification fees, continuing education, books or study guides. Virginia Maruish, MSN, RN, CPAN, CAPA, and colleague, nominated Peggy for the award and received a \$100 cash award.

Peggy Running (left) receives the 2013 ABPANC Advocacy Award from Deirdre Gage Cronin, ABPANC President

Board of Directors and Representative Assembly **HIGHLIGHTS**

April 2013 ~ Chicago, Illinois

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



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

The Windy City was a wonderful host for ASPAN's 32nd National Conference. In addition to many fun activities held throughout the week, the ASPAN Board of Directors (BOD) and Representative Assembly (RA) met to conduct the Society's important business. While numerous organizational activities are supported by hundreds of amazing volunteers throughout the year, this summary includes a small sampling of pre and post-conference board meeting information related to ASPAN's mission and purpose.

Resource Development SWT

The *Legacy for Life Campaign* debuted in Chicago, giving individual donors and components the unique opportunity to be specially recognized for making a significant and lasting impact on ASPAN and its vital mission through charitable giving. Individuals reaching a lifetime donation level of \$5,000, and components achieving the \$10,000 mark, earn the Legacy for Life designation – a very special honor indeed! Information on this program is available on the ASPAN Web site. for more information.

Clinical Practice Committee

ASPAN's hard working Clinical Practice Committee teams continue to respond to a large volume of questions submitted via the ASPAN Web site, and publish frequently asked question responses in *Breathline*. A Pediatric Competency Based Orientation and Credentialing Strategic Work Team (SWT) is currently discussing and developing a content outline for a proposed new ASPAN publication designed specifically for this perianesthesia practitioner and patient demographic.

Education Provider Committee

New [Education On-Demand Modules](#) are currently in the production and pilot testing phase and will be launched on the Web site in the coming months. New online programs being tested for release include "Foundations of Perianesthesia Practice" and "Perianesthesia Certification Review." A live Web broadcast was piloted in January 2013 with continued appraisal of this media format underway.

ASPAN will be collaborating with the Society of Anesthesia and Sleep Medicine to develop obstructive sleep apnea education for perianesthesia nurses.

Research Committee and Evidence Based Practice (EBP) SWT

The Board approved a motion to earmark funding to train four Joanna Briggs Institute (JBI) Fellows. This action was taken in support of a proposed change in the method used for practice recommendation (PR) development to a JBI platform for systematic literature reviews. A SWT will be appointed to develop recommendations on how to structure this new process and report its findings to the Board for consideration. Member access to JBI resources along with a tutorial and reference guide remains available via the [ASPAN Web site](#); this topic was reported on in more detail by ASPAN Director for Research, Dr. Kim Noble, during the RA informal hearings. The Research Committee and Standards & Guidelines and EBP SWTs will begin to collaborate this summer to update ASPAN's *Pain and Comfort Clinical Guideline*, using JBI methodology, to create a pain and unwanted sedation PR. The unwanted sedation systematic literature review protocol has been submitted to JBI.

Hurricane Sandy Relief Fund

This program was advertised and made available to all affected ASPAN Region 4 component members, but no members applied for funding during the call for applications. The Board approved a motion to donate the monies collected to the American Red Cross with the restriction they be used for Hurricane Sandy Relief only. Member donors will be contacted and given the opportunity to confirm or change their participation in the Red Cross donation.

Other News

A SWT will be commissioned to explore the feasibility of creating a special ASPAN award program designed to recognize perianesthesia unit excellence.

ASPAN continues to dialogue with international colleagues regarding formation of a global collaboration for the advancement of perianesthesia nursing. A multinational group meeting will be held during the 2103 international conference in Dublin to continue this discussion (www.icpan-conference.com).

A call for editor was reissued for ASPAN's *Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*. All members with a strong clinical background and interest in publishing were invited to apply for this prestigious position.

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ASPAN BOARD OF DIRECTORS

2013-2014

BOD
2013-2014

Twillia is a same day surgery staff nurse at the Veterans Hospital in Columbia, Missouri. She started her perianesthesia nursing career in 1981. Prior to becoming ASPAN president, she served as ASPAN Regional Director, Region Two for two terms. She has been active on numerous committees and SWTs including: Safety, Membership/Marketing, Education Provider, Education Approver, Credentials, Development, Publications, Nominating, Standards and Guidelines, Strategic Planning, and Succession Planning. She was on the 2000 National Conference Committee and was also the Go Green SWT Coordinator. She is a contributing author to *ASPAN's Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*, and a reviewer for ASPAN and Elsevier publications. She proudly received the ASPAN Excellence in Clinical Practice Award in 2011, was a past ASPAN Pat Hansen Memorial Scholarship honoree and an ASPAN Star. In May of 2012, she received the Harry S. Truman Memorial Veterans' Hospital Excellence in Nursing Award. She has served as President of MO-KAN PANA and as a representative assembly member. Twilla resides in Bunceton, Missouri.



Twilla Shrout
BSN, MBA, RN, CPAN, CAPA
President

Jacque is the Clinical Operations Manager of the preop and PACU for John C. Lincoln North Mountain Hospital in Phoenix, Arizona. She has over sixteen years of perianesthesia experience caring for patients from simple laparoscopic procedures to complex neurological traumas. A champion of certification, she has taught review classes across the state of Arizona as a Certification Coach and now as a member of ABPANC's Leader Resource Team. Jacque remains involved in her local component, Arizona PeriAnesthesia Nurses Association (AzPANA), where she has been a past president, and currently serves on the Phoenix education committee. She is active faculty on a variety of perianesthesia topics, including presentations at the component level and at the ASPAN Component Development Institute and ASPAN national conferences. Nationally, Jacque has served on ASPAN's Clinical Practice Committee, Research SWT, Strategic Planning Implementation SWT, Policy and Procedure SWT, Bylaws SWT and Credentials SWT. She served on the ASPAN Board of Directors as the immediate past secretary. Jacque resides in Phoenix, Arizona.



Jacque Crosson
MSN, RN, CPAN
Vice President/President-Elect

Joni is a Pain Management Nurse – Nursing Administration, and Clinical Practice Council mentor for the perianesthesia units and operating room at Inova Alexandria Hospital in Alexandria, Virginia. She has over 25 years of clinical, education and management experience in all aspects of perianesthesia care delivery including: preoperative patient screening, education, testing and preparation; conscious sedation administration; and PACU nursing. She also practiced with a university-based anesthesia group involved in pain treatment research, interventional procedures, and chronic pain management. Joni served as ASPAN's *Breathline* Editor, Web Site Redesign SWT Coordinator, and Publications Chairperson. Over the past two decades, she contributed to numerous ASPAN committees and SWTs, and served on the component level in California and New York. Joni is an organizing committee co-chair for the 2013 *International Conference for PeriAnesthesia Nurses*, the "Global Connections" columnist for the *Journal of PeriAnesthesia Nursing*, and has regularly published and presented perianesthesia nursing topics internationally. Joni is completing the second year of her first term. She resides in Alexandria, Virginia.



Joni Brady
MSN, RN, CAPA
Secretary



Katrina Bickerstaff
BSN, RN, CPAN, CAPA
Treasurer

Katrina practices as a staff nurse in the PACU at Brigham and Women's Hospital, Boston, Massachusetts. Katrina remains committed to ASPAN, serving as ASPAN Treasurer. She also served as Regional Director, Region Four from 2008-2010, serving the needs of eight components. Katrina is a contributing member to the Resource Development, Digital Media, and Membership/Marketing SWTs. Katrina is an active member of her component, Massachusetts Society of PeriAnesthesia Nursing (MASPAN), where she has served as treasurer, secretary, and president from 2003-2005. She currently serves on MASPAN's policy and procedure team. Katrina is a member of the Brigham and Women's Hospital PACU clinical practice committee, and has provided numerous presentations. In addition to her ASPAN membership, Katrina is a member of ASPMN, AACN, and NNSDO. Assembly in April in Chicago. Katrina resides in Sagamore Beach, Massachusetts.

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Susan Carter
BSN, RN, CPAN, CAPA
Immediate Past President

Susan has over 25 years in perianesthesia nursing including clinical and management roles. She is a nurse at the University of California (San Diego), where she has worked since 1993. She initially worked in perianesthesia care at the UCSD, and more recently in the student health center in urgent care, as a travel nurse consultant and as the tuberculosis case manager. She maintains her perianesthesia expertise and certifications by working per diem in the San Diego area. She has actively served ASPAN for a number of years in various roles: as a member of numerous diverse committees, as conference coordinator for the 2007 ASPAN National Conference in Anaheim, as Regional Director, Region One, treasurer, and president. She graduated cum laude from California State University with a B.S.N., and resides with her family in Oceanside, California.



Deborah Bickford
BSN, RN, CPAN
Regional Director, Region One

Debbie is a staff nurse currently working in the Same Day Surgery PACU at Torrance Memorial Medical Center in Torrance, CA. Her nursing and perianesthesia experience began many years ago when she entered the Army Nursing Corps and the PACU was her first assignment. She became a CPAN in 1986. She has been active in ASPAN committees including Governmental Affairs, Standards and Guidelines, Clinical Practice, and Education Approver. She is currently serving on the Membership/Marketing SWT, Strategic Planning SWT, Standards and Guidelines SWT, and the Finance Committee. Debbie is very active in her component, PANAC, and has held many offices and committees including president (two terms), and education chair. She has also been active in certification and was a member of the ABPANC Board for six years serving in all capacities including president and a certification coach. Debbie was re-elected to a second term as Regional Director, Region One. Debbie resides in Torrance, California.



Armi Holcomb
BSN, RN, CPAN
Regional Director,
Region Two

Armi is a SDS/PACU Staff Nurse II at Children's Mercy Hospital and Clinics in Kansas City. Her perianesthesia experience includes Preop and Phase I/II pediatric care in outpatient and inpatient settings. She is a team leader for the Clinical Practice Committee and Standards and Guidelines SWT. She serves on ASPAN's Leadership Development Committee, Membership/Marketing SWT and Strategic Planning SWT. Armi served as 2000 National Conference Co-Chair in Kansas City. She is active in MO-KANPANA and is currently the Metro KC PANA Treasurer. She has published in *JoPAN* and is a co-author of ASPAN's *Position Statement on the Pediatric Patient*. Armi is beginning the second year of her second two-year term. Armi resides in Overland Park, Kansas.



Tracy Underwood
BSN, RN, CPAN
Regional Director,
Region Three

Tracy began her perianesthesia nursing career in 2005. She is a clinical educator in a hospital-based surgery center and preadmission unit at a Level One trauma center. In her home component of the West Virginia Society of PeriAnesthesia Nurses (WVSPAN), Tracy has served as president, and is currently WVSPAN's component newsletter Web site editor and a member of the publication committee. She has served on the component bylaws, policy and procedure committee, and the conference planning work team. She and her peers in WVSPAN have been a driving force for component revitalization, and she was invited to serve on the Component Revitalization Focus Group in 2012. At the national level, Tracy has participated in ASPAN's Representative Assembly, and most recently the component development institute. She has provided Celebrate Successful Practices poster and oral presentations, and is currently a member of ASPAN's Membership/Marketing SWT and Research Committee. Tracy has written articles for *Breathline* and her component newsletter. She received an ASPAN Above and Beyond Award in 2012. Tracy is beginning the first year of her two-year term. She resides in Kingwood, West Virginia.



Laura Kling
MSN, RN, CNS, CPAN, CAPA
Regional Director,
Region Four

Laura practices in multiple perianesthesia settings at UPMC St. Margaret Harmar Outpatient Center, Pittsburgh, Pennsylvania. She has over thirty years of experience as a perianesthesia staff nurse, manager and executive nurse leader. As a charter ASPAN member, she has been active in many ASPAN committees and strategic work teams:

Research, Evidence Based Practice, Nominating, Up and Comer's (graduate) and SPGs: Advanced Degree and Management. Currently serving as Regional Director, Region Four, Laura holds membership in all Region four components. As a PAPAN charter member, she has held progressive board of director positions including president. Laura has presented at ASPAN national conferences and component development institutes, presented at an international conference, numerous component and local conferences, and is published in *Breathline* and *The Pulse of PAPAN*. She is completing the second year of her second term. Laura resides in Greensburg, Pennsylvania.



Sarah Cartwright
BA, RN, CAPA
Regional Director,
Region Five

Sarah is the Perioperative Informatics Nurse Manager for the Georgia Regents Medical Center in Augusta, Georgia. She has 16 years of experience in perianesthesia nursing, with specialization in pre-operative evaluation prior to her role in developing and implementing the electronic health record for perioperative patients at her facility. Sarah is active

in her home component of GAPAN, holding multiple local and state level offices to include president. Sarah is active in ASPAN working on multiple committees and SWTs to include Clinical Practice, Publications and Governmental Affairs. She was the past coordinator for the Preoperative Specialty Practice Group. She has been the column editor for Ambulatory Surgery for *JoPAN* for the past two years. Certified CAPA in 1999, she participates with ABPANC as a certification coach and ALRT team member. Sarah is serving her first year of a two-year term for Regional Director, Region Five. She lives in Martinez, Georgia.



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

Susan is a full-time perianesthesia nurse and educator at St. David's Medical Center in Austin, Texas. Her duties include direct patient care in the PACU and providing educational support for preop, phase II recovery, preadmissions and endoscopy. She has worked in perianesthesia for 24 years and held CPAN and CAPA

credentials since 2000. She maintains an active license as a Texas attorney, and uses that knowledge in researching and teaching about nursing practice. Susan joined ASPAN in 1980 as a charter member. She currently serves on Clinical Practice, Standards and Guidelines, Bylaws, Strategic Planning and as SCIP liaison. She is a past member of Governmental Affairs, PDE, and Credentials SWTs. She belongs to the Management, Preop Assessment, and Perianesthesia Nurse Educator SPGs. Susan has been a TAPAN member since 1980, and served as TAPAN president, policy and procedure coordinator and governmental affairs chair. Susan is in the second year of her first term. Susan resides in Austin, Texas.



Nancy Strzyzewski
MSN, RN, CPAN, CAPA
Director for Education

Nancy has held a variety of positions in perianesthesia nursing, starting as a PACU staff nurse, a nurse clinician and perianesthesia education specialist. Currently, she is an Education Nurse Coordinator in the PACU at the University of Michigan. Nancy has been a member

of ASPAN and MAPAN since 1989. She became a member of the ASPAN Education Provider Committee and an ASPAN national speaker in 2003. She is a member of the Pediatric and Perianesthesia Nurse Education (PNE) SPGs. She also serves on the MAPAN Board of Directors. Nancy is serving the first year of her second term as Director for Education. Nancy resides in Royal Oak, Michigan.

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Kim Noble
PhD, RN, CPAN
Director for Research

*K*im is an Assistant Professor of Nursing at Widener University in Chester, Pennsylvania. Kim teaches in the entry-level undergraduate and graduate nursing programs. Kim has been a perianesthesia nurse for 30 years, and now continues to work in PACU during semester breaks and on-call. Kim has served on several

research priorities as the chair of the ASPAN EBP committee, and now as the Director for Research for the completion of the OSA Practice Recommendation and the literature reviews for the addition of empirical data to ASPAN's Standards and Guidelines biannual revisions. Kim is on ASPAN's Education Provider committee, lecturing nationally and internationally. Kim has received several awards including the Teaching Excellence Award, College of Health Professions, Temple University and the Outstanding Achievement Award and Honorary Membership award from PAPAN. Kim resides in Ambler, Pennsylvania.

ASPAN Chief Executive Officer

Kevin Dill, Ex-Officio member (NJ)

ABPANC President

Deirdre Cronin, BSN, RN, CPAN, CAPA, – Ex-Officio member (MD)

ASPAN expresses its gratitude to these outgoing Board of Director members for their years of dedicated service:

Chris Price, MSN, RN, CPAN, CAPA

Martha Clark, MSN, RN, CPAN

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



Chris Price



Martha Clark



Tanya Hofmann



Representative Assembly members getting ready to vote

REPRESENTATIVE ASSEMBLY

In addition to the approval of Resolution 2013-1, "A Position Statement on Social Media and Perianesthesia Practice" (which is now posted on the [ASPAN Web site](#)), interesting informational updates were provided for the membership.

Election SWT

This SWT was commissioned after approval of Resolution 2012-05, presented last year by MNDKSPAN. Coordinator Amy Dooley shared a report on the team's research into the ASPAN election procedures (e.g., candidate recruitment, nominations, vetting, and education pertaining to the campaigning and election process) and analysis of its online survey conducted this past year. The SWT will continue its investigation and present a final recommendation at the 2014 RA.

Journal of PeriAnesthesia Nursing

Co-editors Dr. Jan Odom-Forren and Dr. Vallire Hooper presented the redesigned *Journal* cover which incorporates the colors and excitement of ASPAN's updated logo. The *Journal* recently joined a small number of peer reviewed nursing publications that have achieved a Thompson-Reuter impact factor, a true testament to its quality, placing it in some very prestigious company! 🌱

Component Education Programs

Education

September 28, 2013 The Illinois Society of PeriAnesthesia Nurses (ILSPAN) will present its fall conference at The Forum at Carle Foundation Hospital in Urbana, IL. For more information, please contact Keith Schumacher at kesrncpan10@yahoo.com or 217-482-3309

October 4-6, 2013 The Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) will hold its 15th Annual *Retreat In The Rockies*. The event will be held at the Indian Peaks Lodge at Snow Mountain Ranch YMCA of the Rockies, 12 miles past Winter Park, CO. For more information, please contact Lois Schick at schickles@aol.com

October 12, 2013 The Ohio PeriAnesthesia Nurses Association (OPANA) will hold its annual fall state seminar at Mt. Carmel East Hospital at the Seigel Center in Columbus, Ohio. The conference is titled "*Continue Growth Through Sharing*." For more information, please contact Rose Durning at rjdsuzie@aol.com or visit the OPANA Web site at www.ohiopana.org

October 25-26, 2013 The PeriAnesthesia Nurses Association of California (PANAC) will hold its 33rd Annual Meeting and Seminar at the Holiday Inn Capitol Plaza in Sacramento, CA. For more information, please contact Lori Silva at notgoquietly@clearwire.net or visit the Web site at www.panac.org

October 25-27, 2013 The Florida Society of PeriAnesthesia Nurses (FLASPAN) will hold its 44th Annual Conference at the Wyndham Resort in Lake Buena Vista, Florida. The conference is titled "*Perianesthesia Nursing-Pathway to Quality Care*." For more information, please contact Margarita Bouffard-Rodriguez at tatabouffard04@yahoo.com or visit the FLASPAN Web site at www.flaspan.com

October 26, 2013 The Chesapeake Bay Society of PeriAnesthesia Nurses (CBSPAN) is holding its annual fall conference at Franklin Square Hospital Center in Baltimore, MD. It is titled "*New Trends, PACU Emergencies, Integrative Therapies*." For more information, please contact Bea Hazzard at bhazzard@umm.edu or www.cbspan.org



**Foundations of
Perianesthesia Practice**
November 2, 2013
Medford, OR

**Perianesthesia
Pathophysiology and
Assessment: A Systems
Approach**
September 7, 2013
Baltimore, MD
September 28, 2013
Reno, NV
October 12, 2013
Missoula, MT
November 2, 2013
Sault Ste Marie, MI
November 9, 2013
Oak Brook, IL

**Refreshing Your
Perianesthesia Practice**
August 17, 2013
Kansas City, MO

September 27, 2013
(FRIDAY)
Syracuse, NY
September 28, 2013
Cheektowaga, NY
October 12, 2013
Lancaster, PA
November 2, 2013
East Peoria, IL
White Plains, NY
November 9, 2013
Medford, MA
Danville, PA
November 16, 2013
Altoona, PA

Pediatrics: Little Bodies, Big Differences
November 16, 2013
Lynchburg, VA

Perianesthesia Certification Review
August 10, 2013
Clovis, CA
August 24, 2013
La Jolla, CA
Atlanta, GA
Troy, MI
September 7, 2013
Elgin, IL
Brooklyn, NY
September 8, 2013
(SUNDAY)
Nashville, TN
September 9, 2013
(MONDAY)
Portland, OR
September 20, 2013
(FRIDAY)
Minneapolis, MN
September 28, 2013
Lexington, KY
Seattle, WA
October 5, 2013
Las Vegas, NV
October 12, 2013
Twin Falls, ID
Fairfax, VA
October 19, 2013
Everett, MA