



# Breathline

Volume 34, Number 2

March/April 2014

## INSIDE:

## PRESIDENT'S MESSAGE: Challenges Lead to the Greatest of Expectations

This past year has proven to be more than I ever expected it to be in my role as ASPAN's president. It is a rewarding and once in a lifetime experience. In my travels, I have met so many members who are committed to perianesthesia practice. ASPAN is over 15,500 perianesthesia nurses strong, and it must continue to be the premier perianesthesia nursing specialty organization for research, education, standards and nursing practice. On April 27, the Representative Assembly will have the opportunity to review the next edition of ASPAN's *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Along with the business of the Representative Assembly, the ASPAN National Conference is a time to renew friendships and be surrounded by other perianesthesia nurses. We all have a purpose of attending education sessions to use in our everyday practice upon return to our workplaces to improve care for our patients.



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

cases are today. There were no laparoscopic cases until several years later---so we have come a long way with technology and techniques related to the surgical patient.

My perianesthesia nursing care unofficially started in 1980 when I received a call from the nursing supervisor informing me that a patient would be coming directly to the room for his recovery. I was told to have suc-

tion and oxygen ready. Joe Giacchi was the first nurse anesthetist I met. He would come to the floor on the afternoon prior to surgery to discuss the plan of care with the patients. I would listen to him talk with the veterans, and soon learned that he was very caring and compassionate about his practice. He also was a veteran, and would thank the patients for their service. Needless to say, that first patient that came to me from Joe was awake and his protective reflexes were intact. Joe would stay with the patient in the operating room until the patient was more awake. I actually received three patients directly from the operating room during the next few months. Joe suggested that I volunteer to recover patients in the intensive care unit after hours. For the most part, the surgery patient after 1700 in the afternoon would go there for postanesthesia care.

### Changing Times

My first nursing job was at a veterans' hospital in 1978. I worked on a general surgery and vascular floor. We had 35 beds, and back then we would have one registered nurse and one aide on the night shift. I remember some nights with 25 IVs, and central lines, Heparin drips, NG tubes with the Riopan regime every two hours, hourly urine output, central venous pressure readings using the glass monometer. Does this sound familiar? We had our patients for a longer period of time, and there were not the "outpatients" as the majority of our

### Evolution from Intensive Care to Recovery Room

I did start to volunteer to recover patients after hours if the unit was too busy and they needed



someone to be there for postanesthesia care. Joe would bring the patient to me and give a thorough report. I would ask him questions about the different anesthesia agents and why one was chosen over the other one,

along with different techniques that he used. He would stay sometimes for twenty minutes to tell me more about anesthesia and possible complications that could happen. I started to buy some anesthesia books, which at the time were just a few with a nursing focus. There came a time for an opening in the "Recovery Room." I interviewed for the job, but did not get selected. There was an opening at the university across the street a few months later. I applied for that position and, surprisingly, was chosen. During the interview, I shared about the times that I recovered patients after hours in the intensive care unit. I was able to demonstrate that I did have experience, just not in an actual recovery unit. The teaching from Joe gave me a good base of anesthesia knowledge that impressed the manager enough to hire me.

## More Learning

I soon found out about the "real world" of a designated level 1 trauma center "recovery room." My first preceptor was Dixie Wyckoff-Raney, RN, CPAN, CAPA, and I thank her so much for taking the time to be my first preceptor during my orientation. I did not have the ICU experience, but she helped me with "critical thinking" during the first few months as well as critical care classes. We would take call together and she would ask me questions about what I should be expecting when the patient came to us. We took care of multiple traumas that would have been in surgery for hours with three to four services all involved during the operative case. I still remember many patients that came through being involved in motor vehicle accidents, and the tragedies when siblings came to be recovered in the middle of the night to ask for their mother or another brother. It was at that time that I knew the benefit of family visitation so they could be there to comfort the child when they heard the devastating news that not all of the family members survived.

We all had tears by the time the patient was ready to go upstairs. I remember one time we waited for the father to come out of surgery so his child was not afraid any more once he saw him.

## The Importance of Mentors

None of us can do this alone. We all need mentors along the way to be there to answer ques-


tions or assist in finding the answer. I could have not done this without Joe and Dixie to assist me in my perianesthesia journey. I hope they will both be able to join me at this year's National Conference so that I can share my presidency that started with them believing in me—to believe that I could grow to be the president of the greatest organization. The author Rich DeVos has written a book entitled *Ten Powerful Phrases for Positive People*. The ten phrases are as follows:

- "I'm wrong
- I'm sorry
- You can do it
- I believe in you
- I am proud of you
- Thank you
- I need you
- I trust you
- I respect you
- I love you."<sup>1</sup>

These powerful phrases epitomize the development of a trusting relationship with family, friends, peers and people you may meet during your journey to shaping your own personal power, practice and purpose in life and nursing career.

In this, my final *Breathline* article, I want to thank the ASPAN Board of Directors, the past presidents of ASPAN, the National Office staff, as well as my co-workers and the leadership where I work. I could not have done this role without the help and support of all these people. In addition, I want to thank Barb Godden, the *Breathline* editor, my family, friends and so many ASPAN members who have contributed to the success of this past year. Thank you. See you in Las Vegas!

## REFERENCES

1. Blog regarding Ten Powerful Phrases for Positive People by Rich DeVos. <http://www.blogface2face.com/2010/12/ten-powerful-phrases.html>. Accessed Jan. 18, 2014. 



## ASPAN® Breathline

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Deadlines for inclusion in *Breathline*:

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

# NATIONAL CONFERENCE

## DEVELOPMENT ACTIVITIES

**D**on't miss out on several opportunities to support your professional nursing organization at National Conference 2014! This year's events include:

### **Dream Walk: Treasure Quest**

Team up with two or three of your colleagues to solve clues that lead to the finish, where secret treasure awaits. Sunday, April 27, 6:30 a.m.

### **Development Reception, Poolside**

This lovely poolside gala will feature food, music, giveaways and program, including *Hail, Honor, Salute!* gifts. Monday, April 28, 7:30 p.m.

### **Silent Auction**

Support ASPAN by donating an item of interest, bidding on auction items – or both. The Silent Auction is open during Exhibit Hall hours.

For additional information, contact Doug Hanisch, Marketing and Communications Manager, at [ghanisch@aspan.org](mailto:ghanisch@aspan.org) or 877-737-9696, ext. 215.

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▲ Start your Sunday morning with the "Dream Walk: Treasure Quest"



# ARE YOU READY FOR LAS VEGAS?

## ASPAN's 33rd National Conference, April 27-May 1, 2014

Sue O'Day, MEd, RN, CPAN – National Conference SWT Coordinator

*Pack your bags for fabulous Las Vegas! The ASPAN 33rd National Conference begins in just over a month. Renowned speakers from across the United States will provide presentations on topics to help you deal with challenges, and ignite your attitude with power and purpose. Whether you work in procedures, preadmission, preoperative or postanesthesia services, the diverse topics were chosen to enhance your everyday practice.*



▲ Fremont Street in  
Downtown Las Vegas



▲ The Fountains of Bellagio

One of the best things about attending conference is the opportunity to network with nurses from across the country and the world. Get out of your comfort zone and sit with new people. Pick a conference first-timer and show him or her the ropes! Ask your practice questions of attendees at the many conference social events, or while dining at the various Las Vegas Hotel and Casino restaurants between classes.

Our community project fundraiser is for the Veterans Village in Las Vegas. So many of us work for the Veterans Administration and military facilities, and all of us have cared for veterans at some time in our careers. This is our opportunity to help those brave men and women to have a safe place to live and transition back into the civilian society. Details will be available at the conference.

**Preconference** education by dynamic speakers commences on Saturday and Sunday. The conference continues through Thursday morning, followed by a **post conference** offering on Thursday afternoon presented by an inspiring and knowledgeable speaker.

The **Representative Assembly** convenes on Sunday, and if you have never attended, come see how the business of ASPAN is conducted. Sunday is opening night, with this year's theme of **"Viva Las Vegas"** where each component represents its geographic area for fun-filled festivities.

Tuesday is ASPAN President Twilla Shrout's reception, complete with music and dancing. Come celebrate with Twilla and other attendees the successes and achievements of the past year.

It is truly an exciting conference, and I assure you that you will come away motivated to be the best perianesthesia nurse you can be! 🌿

Photos courtesy of: Las Vegas News Bureau

# VEGAS FIRST-TIMERS

Deb Ebert, BSN, RN, CCRN, CNOR, CPAN, CAPA - National Conference SWT Member

National  
Conference

So you've never been to Vegas? What's kept you away? Never mind, there is no point in wasting any more time. The important thing is that you're ready for the time of your life, and there's no better place to celebrate than here. First up - people watching. It may sound mundane, but with the cross-section of visitors and celebrities who come to Vegas, it's usually primetime entertainment. And there's no better spot to partake than **Mon Ami Gabi** at **Paris Las Vegas**, a French bistro right on the Strip, with the bonus of being directly across the street from the famous **Fountains of Bellagio**. Another great spot to grab a bite and observe your surroundings is **PBR Rock Bar & Grill** at **Planet Hollywood**, where you can scan City Center, the Bellagio and the Strip all at once.

Cruising the Strip is required for any first-timer, by car or by foot, and since we're on the Strip, now's a good time to start. As you cruise, check out the signs for the Cirque du Soleil shows. There are seven permanent shows on the Strip, including the heralded "**O**" at **Bellagio** and **KÀ** at **MGM Grand**, and the people back home will expect you to see at least one of them.

There's so much to do in Las Vegas besides gaming, but if this is your first time in town, you almost have to play a little. Many hotels offer free lessons for novices - the **Golden Nugget** among them.

Hungry yet? Las Vegas used to be famous for buffets. Nowadays, you can also enjoy the culinary

creations of any number of celebrity chefs. But as a first-timer, a buffet is in order. The **Buffet at the Bellagio** will satisfy your palate with international selections, while **Cravings Buffet** at the **Mirage** offers 11 live cooking stations. Also, don't miss one of Las Vegas' premier dining destinations, and one of New York City's most historic restaurants, the Old Homestead Steak House in Caesars Palace. But don't eat too much! Part of any first trip to Vegas should include staying out all night and eating breakfast before you head back to the room.

Looking for adventure? We've got you covered whether you like thrills by air, land or sea. Start with the **SkyJump** at the **Stratosphere**. At 108 stories, it's the longest controlled free fall of its kind. Soon, you'll be able to experience Slotzilla - a spectacular high-flyin' attraction where you get hooked to a harness and zip line right over the crowds on **Fremont Street** and under the giant video canopy. Not daring enough? How about swimming with the sharks at the **Shark Reef Aquarium** at **Mandalay Bay**?

See you soon in Las Vegas! 🍷



▲ Hard Rock Cafe

► Mon Ami Gabi,  
Paris Las Vegas



▲ Las Vegas Monorail  
The Las Vegas Monorail has a stop at the Las Vegas Hotel and Casino. This is an easy, safe, and fast way to get around Las Vegas and up and down the Strip. You can get single ride tickets or multiday passes. You may want to get your tickets before you arrive at [www.lvmonorail.com](http://www.lvmonorail.com).

Photos courtesy of: Las Vegas News Bureau

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## ASSIST AT NATIONAL CONFERENCE AS A HOST/HOSTESS!

Lori Silva, RN, CCRN, CPAN

National Conference SWT 2014 Hostess Coordinator

There is still time to sign up to help ASPAN by serving as a host or hostess during the National Conference in Las Vegas. Don the host/hostess green apron and provide the attendee's with directions within the conference area, staff the hospitality booth, facilitate session seating, and collect event tickets. Hosts and hostesses may earn contact hours at sessions where they host, and earn a small stipend for their assistance.

Please 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 Lori Silva at (209)968-4895, or [loris@panac.org](mailto:loris@panac.org). Hope to see you in Vegas! 🌵



▲ Hostesses are available to help in many areas

## VIVA LAS VEGAS!

Deb Bennett, RN, CAPA

NevPANA President

You heard right. The National Conference is right around the corner and we have plans to educate and entertain you. Do you have your feather boa packed? What



▲ An educational session

about that rhinestone jumpsuit? You better start thinking about your costume for Component Night because Elvis HAS NOT left the building. We have a fun-filled event planned for you to meet new friends and connect with old ones. Enjoy an interactive

photo booth that gives you and your friends the opportunity to live it up here in the Glitter Gulch and share those memories instantly with all your friends and family. Join the festivities and don't miss out on the great food, music and dancing!

Are you tempted yet? We hope so, because we're not done. Sure, you want to have fun... and there'll be plenty of that. But you want to be the best nurses ever, right? No worries, we've got you covered. You're dealing with

challenges every day, but we're "Winning with Power, Practice and Purpose." Every day, you strive to do your best, and this year we've done the same. The learning opportunities are as bright as the Las Vegas Strip with an itinerary of great speakers to educate and motivate you.

So share the news with your colleagues and coworkers and join us for a day or for the week. No matter how long you can stay, we'd love to see you here. Plus, with room rates at only \$119 a night, how can you resist?

One more thing, what happens in Vegas, stays in Vegas. We won't tell. 🌵

▼ Feathers, glitter and Elvis... time for fun after the education



▲ Attendees use opportunities to meet with vendors



# SPECIALTY PRACTICE GROUPS

ASPAN Specialty Practice Groups (SPG) allow perianesthesia sub-specialty practice nurses to network and nurture their commitment and desire to provide safe practice, sound clinical practice standards and quality patient care. Any Active, Affiliate or Retired Category member may join an unlimited number of SPGs, with each membership requiring a nominal participation fee.

SPG members are encouraged to network with each other and share information on perianesthesia practice and professional issues associated with the SPG's specialty area.

**For more information and to contact a SPG Coordinator, please review the list below or visit the SPG Web page.**

## SPG Coordinators and Contact Information:

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### Perianesthesia Nurse Educator SPG

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### Publications SPG

Keith Schumacher BSN RN CPAN  
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## 2014 NATIONAL CONFERENCE SPG MEETING SCHEDULE\*

**MONDAY, APRIL 28, 2014**

**7:15 pm – 8:30 pm**  
**Geriatric, Informatics**

**TUESDAY, APRIL 29, 2014**

**12:15 pm – 1:30 pm**  
**Pain Management, Pediatric,  
Perianesthesia Nurse Educator**

**WEDNESDAY, APRIL 30, 2014**

**7:15 am – 8:30 am**  
**Advanced Degree, Publications**

**5:15 PM – 7:00 PM**

**Management, Preoperative Assessment**

**\*Annual SPG meetings are limited to current SPG members only. Any ASPAN member may join a SPG at the National Conference Registration Desk in order to attend a SPG meeting.**



**Coming in the May/June issue:  
A finance report to include ASPAN's  
operational expenses**

# Promoting Safety through Competence

Karen Flanagan, MSN, RN, VHA-CM - ASPAN Safety SWT member



**Karen Flanagan**  
MSN, RN, VHA-CM  
ASPAN Safety  
SWT member

Professional nursing organizations, state boards of nursing, government and regulatory agencies provide standards, guidelines, scopes of practice for safe competent care. Evidence-based practice documents that competence and confidence improves when nurses are provided time for training. This training has been shown to decrease preventable medical errors.<sup>1,2</sup> Organizations have adopted the implementation of lean methodologies through a culture of continuous improvement at the department level. At the same time, staff are identified as the experts to trial the changes that improve safety and decrease steps.

Although healthcare organizations have identified the importance of these changes, the American Association of Justice in 2012 documented medical errors continued to be the sixth cause of death in the United States.<sup>3</sup> In addition, "75,000 hospitalizations per year are due to adverse events that occur in ambulatory settings in the US, resulting in 4,839 serious permanent injuries and 2587 deaths."<sup>4</sup> The identified leading preventable medical errors involved medication ordering, reconciliation and communication of medication instructions and complications from ambulatory surgeries.<sup>4</sup>

## Commitment to Safety

The American Society of PeriAnesthesia Nurses (ASPAN) has been at the forefront to meet the challenges of providing safe interdisciplinary care. This is done through the development of evidence-based practice standards, recommendations, guidelines and competency based orientation manuals. Each day, perianesthesia nurses, leaders, educators and administrators strive to practice in a culture of continuous improvement in order to prevent adverse events from occurring. Demonstrating competence includes but is not limited to:

- Airway Management
- Fluid Resuscitation
- PONV/PDND
- Pain and Comfort
- Safety and Infection Control

## Simulated Environment for Training

One way to document competencies is through interdisciplinary activities in a simulated environment. Simulation is a method to decrease or prevent medical errors by providing a non-threatening learning environment to practice skills and foster team building through interactive interprofessional communication. Simulation can prevent adverse events from occurring through

realistic training scenarios without risk to the patients and healthcare providers. This allows employees to practice their clinical and communication skills, and to develop expertise in patient care.

After a healthcare professional becomes licensed, he or she may find it difficult to maintain proficiency in the skills not used. By providing simulation, the employee can maintain competence in specific skills and prevent adverse events from occurring. In one study, experienced nurses made the same mistakes as novice nurses, administering the wrong medication in a simulation scenario. Deliberate practice has been identified "as the single most important ingredient in the development of expertise."<sup>5</sup>

## Documenting Competence

Some organizations have space and budgetary constraints preventing them from using simulation to demonstrate competence. However, there are many ways to demonstrate competence among employees. Each perianesthesia nurse, leader, educator and administrator is responsible for maintaining competence, and to collaborate with peers to ensure that safe, quality, cost-effective care is provided to patients. What is important is that each healthcare organization provides employees the required time for training. This can be done through skills demonstration and documenting performance. The training will allow for the development of new skills to meet changing technology advances, and allow evidence-based practice to support the plan that medical errors can be prevented. 🌱

## REFERENCES

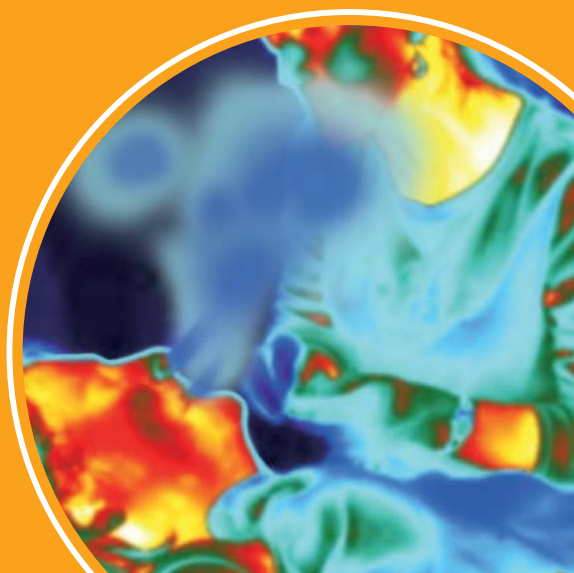
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## Call for Editors!

ASPAN will be accepting applications for the position of editors of:

- *A Competency Based Orientation and Credentialing Program for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting (CBO)*
- *2015 Redi-Ref for Perianesthesia Practices 5th Edition*

For a full description of either editor's requirements and instructions on how to apply, please contact [kdill@aspan.org](mailto:kdill@aspan.org).



## ASPAN Member-Get-A-Member Campaign January 1 – December 31, 2014

Invite your colleagues to join ASPAN today! To thank you for your recruitment work, a **variety of new awards** are available for members who participate.

You can obtain promotional materials and membership applications by contacting ASPAN's National Office toll free at 877-737-9696 or emailing: [ghanisch@aspan.org](mailto:ghanisch@aspan.org). Request as many copies as you like, and be sure to place your name as the recruiting member on each application you distribute. 🌱

## CERTIFICATION

### CPAN® / CAPA® Study Tools

ABPANC offers a wide range of resources to help you study and prepare for the CPAN and CAPA certification exams. The Spring 2014 Exam Administration Window is April 7 – May 31.



#### Certification Handbook

This booklet explains how the exams are developed and graded, with valuable information to help you prepare.

#### Appendix D Reference List

This list of 15 text books and reference guides is what ABPANC uses to verify correct answers.

#### Webinar – Test Taking Strategies

20-minute webinar full of useful tips and strategies to pass the exams.

#### 12-week Study Plan

Organizes subject matter into topics that can be reviewed in approximately four hours per week.

#### Study Tips

A quick reference guide with tips for organizing a study outline, identifying study resources, and dealing with test anxiety.

#### FAQs

Frequently Asked Questions about the registration and testing procedures.

#### Practice Exams

50 multiple choice questions are similar in form and content to the actual exam. Includes the correct answers and references. Buy One, Get One Free – 100 test questions for \$50.

These study tools can be downloaded from the ABPANC website at: [www.cpancapa.org](http://www.cpancapa.org) > Certification > Exam Preparation 🌱

### Nursing Passion in Action

**You are making a difference through your commitment to CPAN® and CAPA® Certification: *Nursing Passion in Action®*.**

**You are an inspiration and leader to your peers by your demonstrated care and compassion for all patients.**



A *Nursing Passion in Action* Award has been created by the American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) and will recognize CPAN and/or CAPA certified perianesthesia nurses who go far beyond their normal job responsibilities to provide outstanding care for their patients.

Recipients of this award will be recognized in our unit and may be eligible for an award from ABPANC. Please watch this board for our next award winner.

*Thank You for Making a Difference.*



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



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# American Society of PeriAnesthesia Nurses (ASPAN) Members are at the Front Line of Pain Management

Sharon McCarroll, Amber Sears - Pacira Pharmaceuticals, Inc.

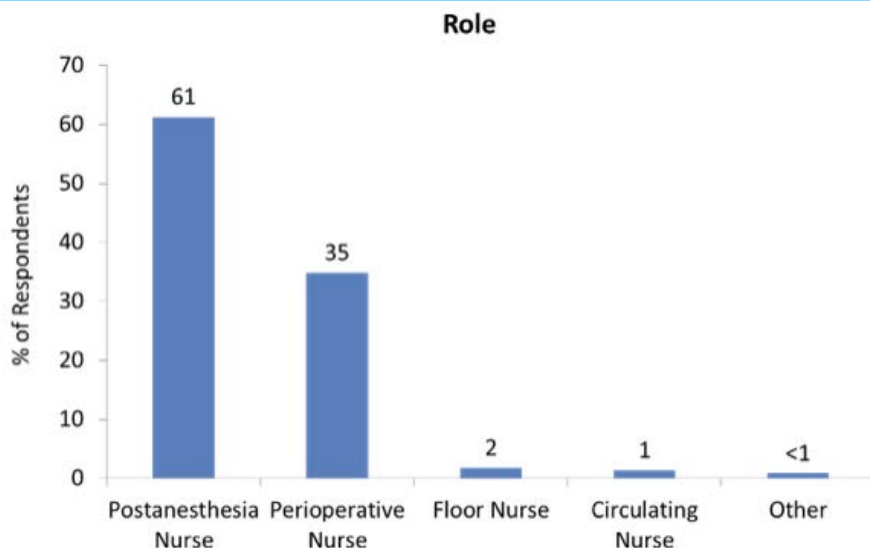
Nurses serve at the front line of pain management. Often, they are the primary healthcare professionals responsible for assessing a patient's pain, managing pharmacological treatment and providing pain counseling. Representatives of Pacira Pharmaceuticals, Inc., manufacturers of EXPAREL® (bupivacaine liposome injectable suspension; Parsippany, NJ) a long-acting formulation of bupivacaine indicated for single-dose infiltration into the surgical site to produce postsurgical analgesia, attended the 2012 National Conference of the American Society of PeriAnesthesia Nurses (ASPAN) in Orlando, Florida, to gain insight into the experiences of nurses regarding the management of postsurgical pain at their institutions. A pain management survey was distributed to ASPAN members who visited the Pacira Pharmaceuticals, Inc. exhibit booth at the meeting.

A total of 197 nurses participated in the survey; nearly all were postanesthesia or perioperative nurses (Figure 1). Consistent with guidelines established by the American Society of Anesthesiologists and recommendations from The Joint Commission, which have endorsed use of opioid-sparing multimodal approaches whenever possible for postsurgical pain management,<sup>1,2</sup> approximately 90% of nurses indicated that their hospitals use multimodal therapy for postsurgical pain control and, in fact, approximately 55% of survey respondents indicated their hospital had instituted specific policies/guidelines/initiatives in the last 24 months directed toward reducing

the use of opioids after surgery. The hospital's performance in managing postsurgical pain was rated as good or very good by approximately 90% of respondents.

Nearly all respondents (98%) indicated that pain relief is "very important" to a patient's overall satisfaction with his/her experience at the hospital, and 72% indicated that their hospital has recently implemented policies/guidelines/initiatives focused on the improvement of postsurgical pain management. The majority of respondents (86%) indicated that postsurgical pain management strategies are either already being used, or may be used in the near future to measure the clinical performance of their hospital. Given the emergence of Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) Survey scores to assess institutional performance and determine financial reimbursement rates based on patient experiences, these findings are not unexpected – especially since pain management is specifically covered in the HCAHPS survey.<sup>3,4</sup> Additionally, recent data indicate that improved management of postsurgical pain remains an unmet patient need.<sup>5</sup> Responses to the ASPAN-member survey also indicate that hospitals are evolving their pain management protocols toward more attentive care, whether by attempting to decrease response time with pain medication, creating higher awareness and earlier interventions, conducting more frequent pain assessments and administering pain medications

Figure 1





# A Face-to-Face Review of Obstructive Sleep Apnea (OSA)

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



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

The Joanna Briggs Institute (JBI) is an international organization which has nursing research and education as a core focus for its activities. Membership in JBI provides access to many evidence-based publications relating to the application of empirical data to bedside patient care and education. In April of 2011, the ASPAN Representative Assembly (RA) voted to increase its membership dues in part to fund an organizational membership in JBI for each active ASPAN member. JBI houses a database for systematic literature reviews, and these reviews are then used to provide institutional policy, educational materials and the interpretation of the evidence to the care of patients. In August of 2013, JBI merged with Lippincott, an international publishing company, and this access to OVID provided more streamlined search availability for JBI materials. ASPAN membership use of JBI and interest in research education continues to increase!

The ASPAN Research Committee and Evidence Based Practice (EBP) Strategic Work Team (SWT) have been very busy with the development of JBI-based materials for use in the ASPAN Board of Directors research activities. Our experience with the Obstructive Sleep Apnea (OSA) Practice Recommendation was pivotal in the identification of the need for rigorous evidence review in the development of clinical recommendations used to guide perianesthesia practice. The ASPAN EBP Review tools have been updated using the JBI Evidence Appraisal Tools as a template. These revised ASPAN review tools have been piloted and approved by the ASPAN Research Committee and EBP SWT.

In October of 2013, members of ASPAN's Standards & Guideline SWT joined the ASPAN leadership for its biannual review and revision of the 2012-2014 ASPAN's *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. This group was joined by myself and the EBP SWT Co-Chairs, Kathy Daley and Barbara Krumbach. An OSA literature review was completed prior to the meeting, and articles were identified to be used to update the OSA PR. Teams were created and each team was given an OSA research question and a set of articles to review using the draft EBP review process and the ASPAN review tools. Team members used the newly revised ASPAN Journal Club as a template for their review. We conducted long, rigorous reviews and ranked the evidence for recommendations to be added to the existing OSA PR.

We were sequestered with our colleagues for our weekend review of the Standards and Guidelines document, and spent long hours updating the document. Based on the literature reviews that were completed by ASPAN leadership, ASPAN National Office staff, Standards and Guidelines SWT, EBP SWT and Research members, leveled recommendations have been added to the next edition of ASPAN's *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* document which will be brought to the Representative Assembly meeting for endorsement and approval at ASPAN's 2014 National Conference in Las Vegas. As always, I am very humbled to work with the extraordinary ASPAN members whose forethought and vision is translated to maintain an excellent level of bedside perianesthesia practice. 🌱

earlier, understanding that pain is a critical component of recovery and therefore dealing with pain as a vital symptom, or all of the above.

We would like to thank all of the ASPAN members who participated in this survey. The management of postsurgical pain remains an ongoing challenge. However, the promising results of this survey indicate that pain management strategies are continuously evolving and improving.

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# PANAW CELEBRATIONS

## PeriAnesthesia Nurse Awareness Week (PANAW)

February 3-9, 2014



CBSPAN celebrated PANAW with an excellent seminar featuring Dr. Kim Noble on "Excellence in Nursing Practice Through Research, EBP and the Application to Bedside Patient Care." The purpose of this seminar was to enable the perianesthesia nurse to incorporate research and evidence-based practice into care provided at the bedside. Dr. Noble discussed the Joanna Briggs Institute and the tools needed to conduct research and evidence based practice. We had a great time networking and in our group activities. All attendees received a complimentary gift celebrating PANAW.



▲ CBSPAN members enjoying PANAW celebrations



◀ What nurse doesn't like cake?



▲ From left, speaker Dr. Kim Noble and CBSPAN President Nickcole Price

**CBSPAN**

### University of Colorado

▼ University of Colorado nurses having fun during PANAW



The University of Colorado Hospital celebrated PANAW with an inservice on bladder augmentation by Dr. Shandra Wilson. Community service events were undertaken to include a food drive for the Food Bank of the Rockies, and a patient and family education event. Lunch and treats were provided by the anesthesia department, nursing department and the CRNAs and AAs. A new activity this year was the PANAW photo booth. 🌿

▼ Perianesthesia props during University of Colorado PANAW celebrations



▲ PANAW poster at the University of Colorado





► PANAW fun at Harry S. Truman Memorial Veteran's Hospital in Columbia, Missouri

**Columbia,  
Missouri**



▲ Celebrating PANAW at Harry S. Truman Memorial Hospital, Columbia, Missouri



**Houston,  
Texas**

▲ Celebrating PANAW at Baylor St. Luke's Medical Center

► Seminar with tables of the handmade scarves



**Ohio**



▲ Certified nurses in attendance at the DAPANA seminar

DAPANA (Dayton Area PeriAnesthesia Nurses' Association) began PANAW with their 14th Annual "Change and Innovation in PeriAnesthesia Nursing." The seminar also included a continental breakfast and handmade scarves for everyone in attendance. DAPANA president, Bonita Woodin from Kettering Medical Center, made these scarves as a special project. Many people also donated non-perishable foods that were then given to the Good Neighbor House in Dayton. 🌿



# THE DIRECTOR'S CONNECTION

Laura Kling, MSN, RN, CNS, CPAN, CAPA - Region 4 Director

## Region Report

4



Laura Kling,  
MSN, RN, CNS,  
CPAN, CAPA  
Region 4 Director

*The PeriAnesthesia Nurse Awareness Week (PANAW) Theme this year is "Perianesthesia Nurses - Caring Every Step of the Way." During my four year tenure as Region Four Director, I have had the honor and privilege to associate with many of the caring, experienced, educated and expert 3,086 perianesthesia nurses throughout Region Four! Its geography has allowed us to attend each other's conferences, share ideas and strategies and develop new partnerships. Our collegiality has evolved into a true team spirit. I know this teamwork will continue, as we have the passion, the power and determination to maintain the promise of our unique specialty, and to inspire and encourage others. Thank you for this wonderful opportunity. Here are the highlights of the Region IV Components...see you in Las Vegas!*

## Region 4 Highlights

### Connecticut Society of PeriAnesthesia Nurses: [www.ctspan.org](http://www.ctspan.org)

CSPAN had a successful fall conference entitled "Reviewing for Perianesthesia Certification." Check the CSPAN Web site for more information on future conferences. CSPAN leadership has partnered with AORN local members to create engaging and diverse educational opportunities and strengthen membership.

### Maine Society of PeriAnesthesia Nurses: [www.mespan.org](http://www.mespan.org)

Congratulations to MESPAN for receiving the ABPANC Shining Star for the last eight years. MESPAN has redesigned its Web site, revised its new member packet and updated its bylaws. Check the MESPAN Web site for educational offerings.

### Massachusetts Society of PeriAnesthesia Nurses: [www.maspan.org](http://www.maspan.org)

MASPAN continues to offer many conferences throughout the year. Its spring conference is April 5, 2014 at UMass Medical School, UMass Memorial Medical Center Worcester, MA. Congratulations to MASPAN for its sixth time as an ABPANC Shining Star winner.

### New Jersey/Bermuda PeriAnesthesia Nurses Association: [www.njbpana.org](http://www.njbpana.org)

NJBPAN held its fall conference October 13 in Parsippany NJ. The spring program is May 4 in Sewell, NJ.

### New York State PeriAnesthesia Nurses Association: [www.nyspana.net](http://www.nyspana.net)

Congratulations to NYSPAN for an outstanding year! They won the ASPAN Gold Leaf Award for Component of the year 2013-2014, they were an ABPANC Shining Star winner and also won the newsletter of the year award. New York continues to revitalize the New York City District 6. Many of the districts are offering educational forums/ASPAN seminars throughout the winter and spring months. Check out the educational calendar on its Web site.

### Pennsylvania Association of PeriAnesthesia Nurses: [www.papanonline.org](http://www.papanonline.org)

PAPAN is now using as an online conference payment option. PAPAN PRIDE, its annual fall conference, is scheduled for September 27 – 28, 2014 at the Eisenhower Hotel and Conference Center in Gettysburg, PA.

### Rhode Island Association of PeriAnesthesia Nurses: [www.riapan.org](http://www.riapan.org)

RIAPAN continues to grow in membership, from 61 to 72 members! The fall conference was held in beautiful Providence, and added six new members that day. Check out RIAPAN's calendar on its beautiful new Web site. Meetings are held the first Monday of every month.

### Vermont New Hampshire Association of PeriAnesthesia Nurses: [www.vtnhapan.org](http://www.vtnhapan.org)

Check out VTNH APAN's awesome new Web site for information and meetings. VTNH APAN has been actively investing in its component leadership development. Congratulations to its leadership for their commitment and success in this development. 🌱

## Component Education Program

**May 17, 2014** The Northwest Ohio PeriAnesthesia Nurses Association (NOPANA) will host the Ohio PeriAnesthesia Nurses Association (OPANA) spring conference. The event is titled "Continued Growth Through Sharing" and will be held at ProMedica St. Luke's Hospital in Maumee, OH. For more information, visit [www.ohiopana.org](http://www.ohiopana.org) or contact Debbie Wilson at 419-291-5533 or [dlwilson19@aol.com](mailto:dlwilson19@aol.com). 🌿



### FOUNDATIONS OF PERIANESTHESIA PRACTICE

**June 7, 2014**  
*Sacramento, CA*

### PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

**May 31, 2014**  
*Santa Clara, CA*

### REFRESHING YOUR PERIANESTHESIA PRACTICE

**May 31, 2014**  
*Cleveland, OH*

**June 28, 2014**  
*San Antonio, TX*

### SAFETY BEGINS WITH US

**May 31, 2014**  
*Fairfax, VA*

## ASPAN Scholarship Program Accepting Applications

**A**SPAN Scholarship Program is a member benefit designed to provide financial assistance to ambulatory surgery, postanesthesia, preanesthesia and pain management nurses aspiring to enhance their abilities to contribute to the perianesthesia nursing community.

Applicants must be current Active Category members of ASPAN and a component for the past two full years prior to the application deadline. Scholarship information is available online only. Specific eligibility requirements for each type of scholarship are detailed in the instructions and required items lists on the Scholarship Program Web page, or from [www.aspan.org](http://www.aspan.org), select Members / Scholarship Program.

### Scholarships Offered:

- \$1,000 for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing
- \$500 for ASPAN National Conference Attendance
- \$285 for CPAN or CAPA Certification Exam fees
- \$500 for Humanitarian Mission
- Two Nurse in Washington Internship (NIWI) program scholarships

**ASPAN's Scholarship Program postmark deadline is July 1, 2014.** 🌿