



## INSIDE:

## PRESIDENT'S MESSAGE: Renew Perianesthesia Passion...Start with Self-Determination

Armi Holcomb, BSN, RN, CPAN – ASPAN President 2015-2016

*H*t's hard to believe that it has been three months since coming together in San Antonio, Texas, for the 34th ASPAN National Conference! Year after year, attendees gather to learn, network and explore our changing practices. These gatherings are a testament to the strength of our collective desire to invest in, and fulfill our educational needs.

I recently read an article about a woman who is a highly paid consultant. Her success, in part, is due to the nature of her unique attitude that she brings to her job. She has the luxury of working with people she likes and respects. Scanning through the article, I realized this woman is in this enviable position because she was willing to identify and nurture her personal strengths. Her acknowledgment of her particular passions opened the doors to a rewarding profession that optimized her distinctive abilities.

### The Uniqueness of Perianesthesia Nurses

Nurses, especially perianesthesia nurses, are unique. Perianesthesia nurses are fortunate to work in a distinctive work environment. The nature of perianesthesia practices and the specialized environments in which we work make it difficult to replace the perianesthesia nurse during times of high patient volumes or staffing shortages. Many perianesthesia nurses have acknowledged their passion for this specialty and have embraced the practice that makes our work 'enviable.'

### What Motivates You?

Psychologists Ryan and Deci developed a theory of motivation<sup>1</sup> which suggests that people are driven by a need to grow and gain fulfillment.



Armi Holcomb  
BSN, RN, CPAN  
ASPA President 2015-2016

Growth, personal and professional, is the first step towards self-determination. Intrinsic motivation describes one's need to gain knowledge and independence. On the other hand, extrinsic motivation occurs when one is inspired by external rewards like money, recognition and power. Three concepts related to self-determination are critical steps for one to achieve growth:

**Competence:** People need to gain mastery of tasks and gain different skills. ASPAN's Practice Recommendation 4, "Recommended Competencies for the Perianesthesia Nurse,"<sup>2</sup> supports the notion that perianesthesia nurses have both the belief and the attitude to continue to learn, gain knowledge and remain at the top of their game.

**Relatedness:** People need to have a sense of belonging and attachment to other people. As perianesthesia nurses, we share a privileged practice. Each day we become involved in our patients' lives. Often, our first contact is the preoperative phone call. As a pediatric nurse, I feel attached to my patients, who, through no fault of their own, are often in difficult or scary situations. Perianesthesia nurses care. Caring is what makes us great nurses. Perianesthesia nurses demonstrate their attachment to patients in many ways, such as ensuring patients have everything they need on the day of surgery, or making sure they have a responsible adult to take care of them after surgery.

**Autonomy:** People need to be in control of their own behaviors and goals. This is true for all nurses, but especially for perianesthesia nurses. The 2010 Institute of Medicine (IOM) reports that "Nurses should practice to the full extent of their education."<sup>3</sup> ASPAN encourages members to continue





learning by participating in ASPAN's quality educational seminars and taking advantage of ASPAN's numerous educational scholarships. Hospitals, Magnet hospitals in particular, fully support staff to seek post-graduate education and they support the masters prepared nurse to function at the bedside.

## Moving Forward with Self-Determination

Renew your perianesthesia passion by following this self-determination theory. Most of us in this unique specialty continue to work based on our own intrinsic motivations. Continue to seek competence, uphold the unique relationships between nurse and patients and preserve the autonomous choice to work in this specialty. It is only when we think and do things outside of any material compensation that we can embrace what Florence Nightingale once said, "You do not want the effect of your good things to be, 'How wonderful for a woman!' nor would you be deterred from good things by hearing it said, 'Yes, but she ought not to have done this, because it is not suitable for a woman.' But you want to do the thing that is good, whether it is 'suitable for a woman' or not. It does not make a thing good, that it

is remarkable that a woman should have been able to do it. Neither does it make a thing bad, which would have been good had a man done it, that it has been done by a woman. Oh, leave these jargons, and go your way straight to God's work, in simplicity and singleness of heart."<sup>4</sup>

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▲ Armi is all smiles after she is sworn in as the new ASPAN president

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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

# Attend the 2015 Leadership Development Institute!

ASPN News

**M**eet me in St. Louis! Sounds like the movie, but St. Louis is the site for ASPAN's 2015 Leadership Development Institute (LDI). It will be held September 18-20, 2015, at the St. Louis Sheraton, Clayton, Missouri, under the shadow of the St. Louis Arch.... the Gateway to the West.

While at LDI, we will help you to:

- **LOVE it:** Share best practices among each other that work to encourage and inspire your colleagues at home to become more involved in component leadership.
- **LEARN it:** Do you need more help with strategic planning, budgets, Gold Leaf applications, clinical practice and research /EBP? ASPAN leaders will be available to teach and help you learn what you need to know to feel more comfortable with all the aspects of your component activities.
- **LIVE it:** Whether you are a seasoned leader, or new to your role in your component, LDI will help you get through the maze. We plan a mock Representative Assembly (RA) for you to participate in so that you will understand your role at the RA when you represent your component at national conference.



Plan now on joining your peers for a weekend of collegiality and knowledge sharing. We want YOU renewed with perianesthesia passion so you may inspire excellence back at your home front!

[Click here](#) for registration information and schedule of events. 



## CALL FOR NOMINATIONS! IGNITE YOUR PROFESSIONALISM!

Jacque Crosson, MSN, RN, CPAN

ASPN Immediate Past President and Nominating Committee Chair

**I**gnite your professionalism. Challenge yourself to seek a leadership role at the national level. ASPAN is seeking visionary leaders ready to collaborate with colleagues in advancing the unique specialty of perianesthesia nursing practice. Demonstrate your excellence in practice and leadership.

Qualified and eligible candidates are needed for the 2016-2017 ASPAN Board of Directors positions:

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

To be considered for a leadership position:

1. Declare your candidacy as soon as possible via email to [jcrosson@aspan.org](mailto:jcrosson@aspan.org).
2. An Intent to Place Name in Nomination Form and Conflict of Interest Form must be signed electronically and emailed with a date stamp no later than October 1, 2015. Late submissions will be returned.
3. An ASPAN Candidate Profile Sheet and Curriculum Vitae must be submitted electronically with a date stamp no later than October 1, 2015. HARD COPIES and FAXES will NOT be accepted.

For more information visit the ASPAN Web site, or contact Jacque Crosson at [jcrosson@aspan.org](mailto:jcrosson@aspan.org) or telephone (602) 717-0432.

The deadline to declare a candidacy is October 1, 2015. 

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July/August 2015

# Willingness to Participate

Katrina Bickerstaff, BSN, RN, CPAN, CAPA – ASPAN Vice President/President-Elect 2015-2016

**G**reetings, 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 often 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.

ASPN 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.

The deadline is October 31, 2015. For more information, [click here](#). 



## Start planning to showcase your accomplishments with abstracts and posters for the 2016 National Conference in Philadelphia!

**C**elebrate Successful Practices abstracts are due by **October 31, 2015**. Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, handoff communication and documentation, and unit/environment activities. Research abstracts are also due **October 31, 2015**. Start planning now to showcase your accomplishments! Visit the ASPAN Web site for more information.

## CONGRATULATIONS!

### Congratulations to ASPAN members who were recognized in nomination for an award by their colleagues for 2015:

#### Award for Outstanding Achievement Nominees

Martha Clark, MSN, RN, CPAN  
Brenda Gilliam, MSN, MSHA, BA, RN, CAPA  
Grace Walke, BSN, RN, CPAN

#### Excellence in Clinical Practice Award Nominees

Judy Chambers, BSN, MS, RN, CAPA  
Lynnae Elliotte, MSN, RN, CCRN, CPAN  
Maria Gutierrez, BSN, RN, CPAN  
Sandra Klein, MSN, RN, CPAN, CAPA  
Nancy Strzyzewski, MSN, RN, CPAN, CAPA

#### Above and Beyond Service Recognition

*35 names were placed in nomination for the Above and Beyond Service Recognition. These are the ten recipients of the award for this year:*  
Jennifer Allen, CBSPAN  
Linda Allyn, TAPAN  
Fe Castro, ILSPAN  
Regina Hoefner-Notz, RMPANA  
Carol Matthews, INSPAN  
Ernie Nunes, PANAC  
Helen Riedesel, ISPAN  
Wanda Rodriguez, NYSPANA  
Susan Russell, TAPAN  
Diane Swintek, CBSPAN

Visit the ASPAN Web site for information on how to nominate a deserving colleague for a 2016 Above and Beyond Service Award. The deadline to nominate a colleague is January 10, 2016.

[Click here for more information.](#) 

# GOLD LEAF COMPONENT OF THE YEAR AWARD

**Congratulations, TAPAN!**

**ASPN Awards**

The Texas Association of PeriAnesthesia Nurses (TAPAN) emerged as the clear winner for the 2014 Gold Leaf Component of the Year Award from a field of 14 components. The challenges of geography are no match for the members of TAPAN when it comes to promoting perianesthesia nursing practice, offering educational opportunities, succession planning, or welcoming all of ASPAN for its 34th National Conference. TAPAN offers conferences that have diverse topics and speakers – a little something for everyone. Members are encouraged to recognize their peers with a 'TAPAN Star' nomination for their contributions and service to perianesthesia nursing practice in the preceding year. In addition, TAPAN's Web site hails all the good work that TAPAN members are doing collectively and in their individual regions. To keep membership thriving, they campaign all year, beginning in the spring, and promote membership at chapter, regional and state meetings. TAPAN is a component that actively promotes perianesthesia nursing education, practice, community service, research and networking. Congratulations to the members of TAPAN for exemplifying the values of ASPAN, and for its well deserved recognition as the 2014 Gold Leaf Component of the Year!



▲ TAPAN President Sylva McClurkin, right, accepts the Gold Leaf Award from Diane Swintek, Membership/Marketing SWT Coordinator

## ASPN NOMINATING COMMITTEE MEMBERS

Congratulations to the new members of the 2015-2016 Nominating Committee!



Pamela  
Champigny,  
MSN, RN



Rose Durning,  
MHS, BSN, RN,  
CAPA



Shelly Rinfret,  
BSN, RN, CPAN



Donna Wollman,  
MSN, RN,  
CAPA, APRN



Janet Woulfe,  
RN, CAPA

### Recruiter of the Year Award

For the second time, the winner of the ASPAN Recruiter of the Year Award is Cielito Ascio of TAPAN. Her enthusiasm for ASPAN is evident in her ability to attract new members to TAPAN and ASPAN. She continually encourages people to join ASPAN, promoting the benefits of membership, growing ASPAN stronger each year. Cielito doesn't stop with just recruiting new members; she actively pursues communication with members that have allowed their membership to lapse. Congratulations Cielito!

For more information on ASPAN's annual recruitment campaign and how you can participate to win some great prizes, [click here](#).

### Congratulations to the 2015 National Conference Strategic Work Team (NCSWT) for organizing an awesome conference!

#### Members of the 2015 ASPAN NCSWT

Cindy Hill, Coordinator  
Nancy Strzyzewski  
Laura Kling  
Tracy Allen  
Linda Allyn

Prudence Nietupski  
Susan O'Day  
Jacque Crosson  
Armi Holcomb  
Katrina Bickerstaff

Linda Wilson  
Courtney Papp  
Kevin Dill

# Distinguished Service Award of the Past Presidents' Council

## Barbara Godden, MHS, RN, CPAN, CAPA

Each year, the ASPAN Past Presidents' Council nominates individuals and votes for the one person who has exemplified distinguished lifetime contributions which have had a significant impact on fulfilling ASPAN's core purpose – to advance the unique specialty of perianesthesia nursing. On Monday, April 27, 2015, during ASPAN's 34th National Conference Opening Ceremonies in San Antonio, Texas, Barbara Godden, MHS, RN, CPAN, CAPA, was presented the 2015 Distinguished Service Award of the Past Presidents' Council.

Barbara has represented ASPAN and her home component, RMPANA, as a board member and officer, as well as being active on component and national committees for many years. She has a strong focus on education, orientation, clinical practice, standards and publications. She is a CPAN and CAPA, as well as a member of Sigma Theta Tau. She is a past editor for the *ASPN Competency Based Orientation and Credentialing Manual for RNs*, as well as a contributing author to three editions of the *Perianesthesia Core Curriculum*. When she was Chair, Council of Component Presidents on the ASPAN Board of Directors in 2003-2004, it was her recommendation to change that position to a 5th Regional Director. She was Chair of the ASPAN Standards and Guidelines Committee from 2006-2008, and on the ASPAN Board of Directors as the Director for Clinical Practice from 2008-2012. In 2012, she became the Editor of *Breathline*, and is still in this position. Congratulations, Barbara! 



▲ Barbara Godden, right, receives award from Immediate Past President, Twilla Shrout

On Monday, April 27, 2015, during ASPAN's 34th National Conference Opening Ceremonies in San Antonio, Texas, Barbara Godden, MHS, RN, CPAN, CAPA, was presented the 2015 Distinguished Service Award of the Past Presidents' Council.

# Excellence in Clinical Practice Award

## Lynnae Elliotte, MSN, RN, CCRN, CPAN

Congratulations to this year's honoree, Lynnae Elliotte, MSN, RN, CCRN, CPAN. Lynnae began her perianesthesia journey in 1993 as a staff nurse at Suburban Hospital in Bethesda, Maryland. She is currently the Clinical Education Coordinator for Perioperative Services at the University of Maryland Medical Center in Baltimore. In October 2014, Lynnae was selected as the recipient of CBSPAN's Excellence in Clinical Practice Award. Her former colleagues at Georgetown University Hospital describe her as a mentor, educator and excellent clinician who supported newly hired nurses through the orientation process. Among the many attributes they listed are her spirit, her warmth, her compassion and her sincerity. Lynnae is credited with designing and implementing the annual unit based competency program, as well as a Perianesthesia Nurse Residency Program at Medstar Georgetown University Hospital, where she served as Clinical Educator of Pre and Postoperative Services from 2005 to 2014.

Lynnae obtained her BSN from Pennsylvania State University in 1988, and her MSN from University of Phoenix in 2008. She earned her CPAN in 1995 and her CCRN in 1996. In addition to her many achievements in the hospital setting, Lynnae is involved in community service with the First Baptist Church of Highland Park, Landover, MD. She has been a member of the Wellness/Nurse Ministry since 2006 and founded the PowerFIT Fitness Program at the church in 2012. Congratulations, Lynnae! 



▲ Lynnae Elliotte, left, receives award from President Jacque Crosson

# Award for Outstanding Achievement

## Martha Clark, MSN, RN, CPAN

## ASPN Awards

The winner of the ASPAN Award for Outstanding Achievement at the ASPAN National Conference in San Antonio was Martha Clark, MSN, RN, CPAN, a member of KSPAN. Martha has been a devoted advocate for the recognition of our nursing specialty of perianesthesia practice. Martha served two terms as the Regional Director for Region 3 from 2009-2011 and again 2011-2013. As a regional director, she was always available to provide words of encouragement to component leaders. In addition to her service on the ASPAN Board of Directors, she served on the Standards and Guidelines SWT, Leadership Development SWT, Component Revitalization SWT, e-Component SWT, and Membership/Marketing SWT, to name a few.

Her dedication to perianesthesia nursing led to her being a speaker on perianesthesia practice topics, or expounding on the value of being a member of ASPAN at many component conferences. Martha conducted research on the benefit of warming patients to prevent hypothermia in the PACU, presenting her findings as a poster presentation at the KSPAN conference and to the staff at her hospital. She is tireless in promoting how the skills of perianesthesia nurses positively impact patient outcomes throughout the perianesthesia continuum. At KSPAN, she served as the newsletter editor from 2009-2011, initiating the transition to an electronic format in 2007. As if her work schedule and ASPAN activities did not claim a significant amount of her waking hours, Martha has also been the 'go to nurse' on 11 humanitarian trips to Central and South America. Congratulations, Martha! 



▲ Martha Clark, left, receives award from President Jacque Crosson

# President's Award

## Ellen Dalton, RN

The ASPAN President's Award is the highest honor bestowed on a member of ASPAN 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 her term. A truly caring and compassionate perianesthesia nurse, the recipient of the President's Award from President Jacque Crosson went to Ellen Dalton.

Ellen has been a very special friend to me since the early 90s. As a new nurse in the PACU, she was responsible for helping me orient to a brand new specialty, which has become my love. Always being a resource for everyone in the department, she has been that "go to" person for all of her peers. Known as the "Mayor of Shea," she ensures that all new physicians feel welcome and that all volunteers feel valued and cherished. We even used to take call on the same night so that I could pick her up on my way to the hospital. She has been a confidant and always a cheerleader for my work with AzPANA and ASPAN. When a member of my family needed surgery, she was always there to recover them and ensure they awaken from anesthesia. It is not often that you find someone with unconditional support and unwavering friendship. Ellen continues to work at the bedside recovering patients and leaving her imprint on them forever. Congratulations, Ellen!



▲ Ellen Dalton, left, receives award from President Jacque Crosson

# Publishing Awards

## Journal of PeriAnesthesia Nursing Awards

Congratulations to the Mary Hanna Memorial Journalism Award winners for the 2014 volume year!

### BEST PRACTICE CATEGORY

#### First Place:

*Is Dexmedetomidine More Effective Than Remifentanil for Neurologic Outcomes in Patients Undergoing CEA Surgery Using Regional Anesthesia?*

Ryan Carter  
Aly Richardson  
Jennifer Santoro  
Stephanie Beddows  
E. Jane McCarthy

#### Second Place:

*A Review of Sedation Scales for the Cardiac Catheterization Laboratory*

Aaron Conway  
Karen Page  
John X. Rolley  
Linda Worrall-Carter

#### Third Place:

*Using Systematic Reviews to Guide Decision Making About Family-Witnessed Resuscitation*

Susan W. Salmond  
Lisa M. Paplanus  
Anita Avadhani

### CLINICAL ARTICLE CATEGORY

#### First Place:

*Partnering for Perioperative Skin Assessment: A Time to change a Practice Culture*

Linda Minnich  
Jason Bennett  
Jennifer Mercer

#### Second Place:

*Reconsidering Do-Not-Resuscitate Orders in the Perioperative Setting*

Susan M. Byrne  
Svetlana Mulcahy  
Myra Torres  
Anita Catlin

#### Third Place:

*An Overview of Systematic Review*

Kathy A. Baker  
Susan Mace Weeks

### RESEARCH CATEGORY

#### First Place:

*Association of Abdominal Obesity in Children with Perioperative Respiratory Adverse Events*  
Olubukola O. Nafiu  
Vivian Onyewuchi

#### Second Place:

*Improvement of Nutritional Care After Colon Surgery: The Impact of Early Oral Nutrition in the Postanesthesia Care Unit*

Louise Bang Grode  
Anette Søgaard

#### Third Place:

*Intradermal Lidocaine or Bacteriostatic Normal Saline to Decrease Pain Before Intravenous Catheter Insertion: A Meta-Analysis*

Kathleen S. Oman  
Regina Fink  
Catherine Kleiner  
Mary Beth Flynn Makic  
Barbara Wenger  
Lilian Hoffecker  
Mary Mancuso  
Sarah Schmiege  
Paul Cook



► Jan Odom-Forren, center, JoPAN co-editor, and Karen Flanagan, right, daughter of Mary Hanna, hand out the publishing awards during opening ceremonies

# ASPAN Resource Development Activities at National Conference

Development

Karen Flanagan, MSN, RN – ASPAN Resource Development SWT Coordinator

**A**SPAN members and components contributed over \$30,500 in support of ASPAN's Scholarship Programs and the National Conference this year!

## Dream Walk: Treasure Quest

One hundred and thirty-two nurses signed up for The Dream Walk, Treasure Quest, where participants teamed up with colleagues and solved clues leading to the finish. Congratulations to Judy Evans, who raised the most money, and earned the Dream Walker of the Year award. PANAC had the most walkers with 12, though several smaller components, including my home component, VT/NH APAN, came close with eight participants. NPANA, Judy Evans' home component, raised the most money. We would like to give a big thank you to CBSPAN for sponsoring the event, which ended at Starbucks, where participants enjoyed a beverage along the River Walk.

## Development Reception

The Development Reception was held in the western-style Lonesome Dove Room on Monday evening. Many thanks go to Nurses Service Organization for sponsoring this year's reception.

Attendees had the opportunity to enjoy a great meal and music, and honor their colleagues and friends through the "Hail, Honor, Salute!" campaign. Along with the Dream Walk award winners being honored, the 17 scholarship winners for 2014-15 were also recognized. This year's Pat Hansen Memorial Scholarship Award honoree (named after the late ASPAN Board member and presented to the National Conference Attendance Scholarship applicant scoring the highest number of points) was Donna Goyer.

## Silent Auction

The Silent Auction raised over \$3,000, and featured many exciting items on which to bid. Thank you to everyone who donated items, and to those who bid on the items.

## Component and Corporate Sponsors

Twenty-six components stepped up to the challenge of supporting the National Conference this year. We are happy to recognize each one below. We also want to thank ASPAN's corporate sponsors. A big thanks to y'all for stepping up to the challenge and making the year such a success!



## Corporate Sponsors:

**Baxter Healthcare (Bronze)**

**Mallinckrodt Pharmaceuticals (Platinum)**

**Soothing Scents (Silver)**

**Stryker Medical (Silver)**

**Teleflex (Platinum)**

## Component Supporters:

Alabama Association of PeriAnesthesia Nurses

Chesapeake Bay Society of PeriAnesthesia Nurses

Florida Society of PeriAnesthesia Nurses

Georgia Association of PeriAnesthesia Nurses

Illinois Society of PeriAnesthesia Nurses

Indiana Society of PeriAnesthesia Nurses

Iowa Society of PeriAnesthesia Nurses

Kentucky Society of PeriAnesthesia Nurses

Louisiana Association of PeriAnesthesia Nurses

Massachusetts Society of PeriAnesthesia Nurses

Michigan Association of PeriAnesthesia Nurses

Minnesota-Dakotas Society of PeriAnesthesia Nurses

Missouri-Kansas PeriAnesthesia Nurses Association

Nebraska Association of PeriAnesthesia Nurses

New York State PeriAnesthesia Nurses Association

North Carolina Association of PeriAnesthesia Nurses

Northwest PeriAnesthesia Nurses Association

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

Texas Association of PeriAnesthesia Nurses

Vermont/New Hampshire Association of PeriAnesthesia Nurses

Virginia Society of PeriAnesthesia Nurses

Wisconsin Society of PeriAnesthesia Nurses

# Development



▲ Walkers stop for a photo op during the Dream Walk, Treasure Quest



▲ The "treasure" at the end of the walk was Starbucks coffee!



▲ Vendors speak to attendees about their product



▲ There was great variety in the types of vendors



▲ From left, Diane Swintek, Doug Hanisch, and Karen Flanagan at the Development Reception

▼ The Silent Auction always draws a lot of interest. Who doesn't like to shop?



▲ Karen Flanagan, left, presents Judy Evans with the award for the most money raised by an individual during the Dream Walk, Treasure Quest



► There are many items upon which to place your bid

# Military and International Reception

The Military and International Reception is held to honor those members in the military, and those attending the National Conference from abroad. This year, the reception was attended by a total of 55 people. Of these 55 attendees, 16 were active duty, retired, veterans, or civilian employees from the Department of Defense, Veterans Administration, Army, Navy and Air Force. Ten international attendees were present, including two from Ireland, four from Denmark, and four from Australia. 



▲ Military and international attendees pose for photos



▲ President Jacque Crosson, right, talks with international attendees



▲ Jennie Allen, right, greets everyone coming to the reception



## President's Reception

► President Crosson, center, poses with guests at the President's Reception

◀ A nice buffet at the President's Reception



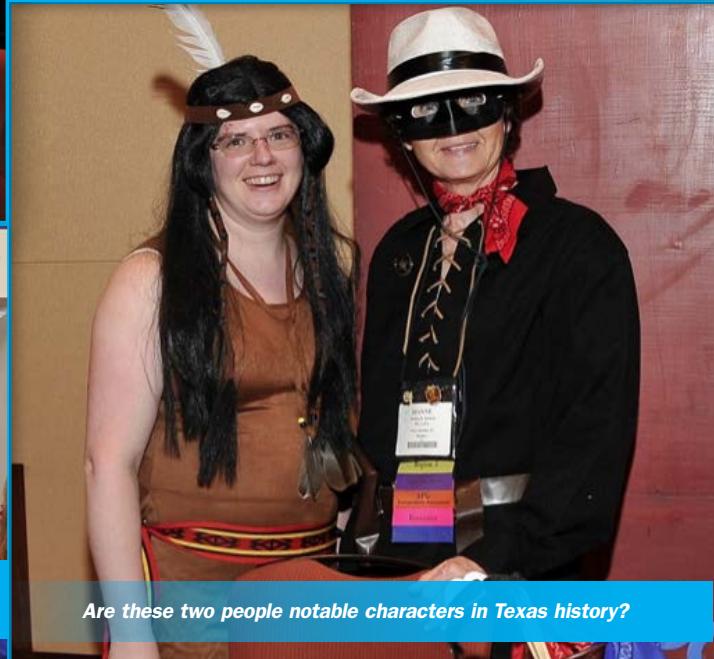
▼ The President always has to learn some new dance moves



▼ Fun for everyone at the Reception







## National Conference Collage





## National Conference Collage



# Frequently Asked Questions

## Fall Risk Assessment

Susan Russell, BSN, RN, JD, CPAN, CAPA – ASPAN Director for 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 a frequently asked question related to fall risk assessment.*

**Q. What is ASPAN's standard for pre-procedural and post-procedural "fall risk" assessment?**

**Q. What fall risk tools are perianesthesia areas using?**

**A.** Fall prevention is a National Patient Safety Goal (NPSG).<sup>1,2</sup> Regulatory bodies, such as the Joint Commission and Centers for Medicare and Medicaid Services (CMS), include fall reduction in the elements of performance for this NPSG.<sup>1,2</sup> The Centers for Disease Control (CDC) reports that in 2013, falls were the leading cause of fatal and nonfatal injuries to persons age 65 and older, and resulted in \$34 billion in direct medical costs. While the elderly are not the only ones who fall, younger patients have a much lower rate of serious injury.<sup>3</sup>

### ASPN Standards

The ASPAN 2015-2017 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* include patient assessment in "Practice Recommendation (PR) 2: Components of Assessment and Management for the Perianesthesia Patient." While the PR does not use the phrase "fall risk assessment," it does call for assessing the patient's mobility and physical limitations.<sup>4</sup>

### Questions to Ask

Begin collecting information during the preadmission assessment. Ask questions about physical and sensory limitations, mobility, history of falls, and use of assistive devices. Obtain a complete list of the patient's medications and any side effects these cause which may impair mobility or balance. Address safety needs, including the need for special equipment such as a low-boy bed, bed alarm, or bedside commode. Interview outpatients about their home environment. Will the patient need to climb stairs? Will the patient have a caregiver who is physically capable of assisting with ambulation and daily activities? Will weight-bearing be restricted? Will the patient require crutches, a cane, a walker or a wheelchair after the

procedure? Will the patient have a sling/cast which may restrict arm movement and affect balance? What type of anesthesia is planned? Are regional or neuraxial blocks anticipated?

### Day of Surgery Assessments

On the day of the procedure, assess the patient care area for potential hazards. Assess the preoperative patient for physical impairments and limited mobility. If the patient will be using assistive devices to ambulate postoperatively, allow time for training before the procedure. On admission to the PACU and at discharge, assess the patient for sensory and motor limitations as well as dizziness and nausea associated with movement. Begin lifting the head of the bed in PACU, unless contraindicated by the procedure or an aggravating factor for pain/comfort management. Assess for undesirable effects of anesthesia, such as dizziness, nausea and hypotension as well as for these same side effects from any opioids/sedatives administered.

In Phase II, assess muscle response and strength, as well as progression of mobility. Consider the patient's balance, especially if the patient had extremity surgery, a cranial procedure including ventriculoperitoneal (VP) shunt or an inner ear/eye muscle procedure. Assess for dizziness and nausea due to movement. Assess the environment for hazards. Prior to discharge, assess patient's ability to ambulate.

In the extended care environment, assess for ability to ambulate consistent with baseline/procedural limitations. Evaluate for undesirable side effects from opioids/sedatives when preparing a patient for ambulation.

### Assessment Tools

ASPN does not endorse any specific tool for fall risk assessment. There are many tools available. Two tools frequently mentioned in the literature include Morse and Hendrich II.<sup>5,6</sup> Some facilities, such as Johns Hopkins, have developed institutional tools. Note: fall risk assessment tools may be copyrighted and require a license for usage. Check with your institutional risk department prior to implementing a fall risk assessment tool.



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

# Understanding Postoperative Pain Assessment Tools

Elizabeth Card, MSN, RN, APRN, FNP-BC, CPAN, CCRP – ASPAN Director for Research

Ellen L. Poole, PhD, RN, CPAN, CNE – ASPAN Practice Recommendation/Clinical Guideline SWT Coordinator

**W**hile we continue on our cruise among the research islands, you decide to take an excursion to “pain assessment tools.” This sounds fascinating, and, naturally, your curious mind yearns to learn more.

Postoperative pain, unfortunately, is an expected phenomenon of a surgical procedure.<sup>1</sup> As a perianesthesia nurse, much of your time is spent in assessing and treating acute postoperative pain. For the most part, this is accomplished using a patient self-report tool of some kind. The most common self report tools utilized for this task in the cognitively intact adult patient are the Numerical Rating Scale (NRS), the Verbal Rating Scales (VRS) and the Visual Analogue Scale (VAS). These tools are available in multiple forms.

## Numerical Rating Scale

The Numerical Rating Scale measurement instrument is available in a variety of forms, from a pen and paper form, a computer generated image and lastly a plastic ruler form in which patient points to the appropriate level which describes their pain. The numbers used in the tool vary in NRS scores, ranging from 6 steps (NRS 6 scale ranges from 1-6) to 11 steps (NRS 11-ranges from 0-10) which is commonly used in cancer research. However, the NRS 10 (scale 1-10), is the most prevalent tool used in measuring pain intensity overall.<sup>2</sup> It is important to note that the endpoints of the scale have descriptors for the pain, for example the left is, “No pain at all” to the far right described as “worst pain imaginable.” The literature that was reviewed mentions the standardized format and ease of use as reasons for the popularity of use of NRS 10.

## Verbal Rating Scale

The Verbal Rating Scale assessments are ordered categorical scales, and are available in four to seven levels of pain intensity described with adjectives and associated with a number. The scale descriptors range from “no pain” (0 or 1) inclusive of several mid-levels described as: “mild pain,” “moderate pain,” “extreme pain” and the highest descriptor for intense pain: “most intense pain imaginable” (associated with either a number 4 or 7). VRS appears in the literature with four different abbreviations: Verbal Descriptor Scale (VDS) that utilizes adjectives to describe or rate the pain experienced,<sup>3</sup> the Verbal Pain Scale (VPS) that is a paper version of the VRS,<sup>4</sup> and lastly, the Graphic Rating Scale (GRS)

appears in the literature, but is sometimes described as a VRS-7.<sup>5</sup> All of these scales associate a number with a descriptor for the pain intensity experienced.

## Visual Analog Scale

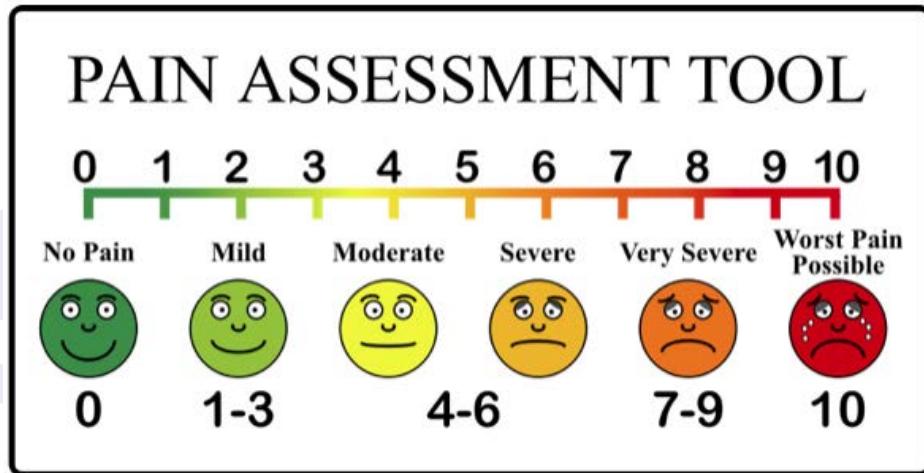
The Visual Analog Scale (VAS) is typically displayed as a straight horizontal line, 100 cm in length, and measured after the patient marks where his/her pain intensity falls upon the line, with the far left representing absence of pain and the far right the highest intensity of pain imaginable. The patients mark on the line with pen or pencil where their pain intensity is located. The corresponding number obtained when measuring the line with a 100 cm clear plastic ruler is then used in charting.<sup>6</sup>

## Nurses’ Role

It is paramount to recognize that poorly managed acute pain can develop into chronic pain, so appropriate assessment and treatment of acute postoperative pain is a very important task.<sup>7</sup> For the hospitalized patient, nurses are the primary assessor, and consequently are those who treat postoperative pain.<sup>8</sup> Nurses’ accurate assessment of acute pain in the immediate postoperative period is crucial for successfully addressing and treating surgical pain. Pain assessment tools used during this period assist in successful postoperative pain management, may reduce opportunities for overmedication and sedation, and provide a means for improving patient satisfaction with postoperative care. 

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## Conclusion

Perianesthesia nurses should assess and document each patient for fall risk. Refrain from categorizing every patient as "high risk" based on anesthesia alone. Although every patient has the potential to fall,<sup>7</sup> identifying individual risk factors can decrease and mitigate that risk. 

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## ASPAN Board of Directors 2015-2016



### ASPAN President

#### Armi Holcomb, BSN, RN, CPAN

Armi is a SDS/PACU Staff Nurse II at Children's Mercy Hospital and Clinics in Kansas City. She served as the ASPAN Regional Director for Region 2 for two terms prior to becoming vice president/president-elect, and now president. She also served as a team leader for the Clinical Practice Committee and Standards and Guidelines Strategic Work Team (SWT). Armi has participated on the ASPAN 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 MOKAN PANA. She has published in *JoPAN* and is a co-author of ASPAN's *Position Statement on the Pediatric Patient*. Armi resides in Overland Park, Kansas.



### ASPAN Vice President/President-Elect

#### Katrina Bickerstaff, BSN, RN, CPAN, CAPA

Katrina has over twenty-five years of perianesthesia experience as a staff nurse at Brigham and Women's Hospital, Boston, Massachusetts. Katrina completed two terms as ASPAN treasurer from 2011-2015, and served one term as Region Four Director from 2008-2010. Katrina remains committed to her home component, MASPN, where she served as president from 2003-2005. Katrina has provided numerous perianesthesia lectures and poster presentations for components, ASPAN and other organizations. Katrina resides in Sagamore Beach, Massachusetts.

### ASPAN Secretary

#### Teresa Passig, BSN, RN, CCRN, CPAN, CAPA

Terri is a learning specialist for the Pre-Op, PACU at Arnold Palmer Hospital for Children in Orlando, Florida. She has been a perianesthesia nurse since 2001, this following 20 years in Pediatric Critical Care. She holds CPAN, CAPA and CCRN certifications. Her passion is caring for children in the perianesthesia setting. Terri resides in Orlando, Florida.



### ASPAN Treasurer

#### Deborah Bickford, BSN, RN, CPAN

Debbie works as a staff nurse in the PACU at Torrance Memorial Medical Center, Torrance, California. Prior to becoming ASPAN treasurer, she served as ASPAN Regional Director, Region One for two terms. She served as a member on many of ASPAN's SWTs, including Finance, Membership/Marketing, Education Approver, Standards and Guidelines, Strategic Planning, and Governmental Affairs. She has served on the American Board of Perianesthesia Nursing Certification, including a term as president. Debbie is active in her component of PANAC. She resides in Torrance, California.



### **ASSPAN Immediate Past President**

#### **Jacque Crosson, MSN, RN, CPAN**

Jacque is a staff RN at Mayo Clinic Hospital in Phoenix, Arizona. She has over twenty years of perianesthesia experience. 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 is involved in her local component, AzPANA, where she has been a past president, and currently serves as the vice president/president-elect. She teaches on a variety of perianesthesia topics at the component and national levels. Jacque has served on ASPAN's Clinical Practice Committee, Research Strategic Work Team (SWT), Strategic Planning Implementation SWT, Policy and Procedure SWT, Bylaws SWT and Credentials SWT. She served on the ASPAN Board of Directors as secretary, vice president/president-elect and president. Jacque resides in Phoenix, Arizona.

### **ASSPAN Regional Director, Region 1**

#### **Regina Hoefner-Notz, MS, RN, CPAN, CPN**

Regina has spent the past 34 years caring for pediatric patients in multiple settings. She has been amazed by miracles in the PICU/CICU, and humbled by shared moments as a pediatric hospice/homecare nurse when she lived in Massachusetts. She moved to Children's Hospital Colorado and Phase I PACU in 2000, and never looked back. She is actively involved in her home component of RMPANA. Within ASPAN, she is on the Clinical Practice Committee, Standards & Guidelines SWT, and is currently the editor of the soon to be published *Pediatric Competency Based Orientation Program for Registered Nurses*.



### **ASSPAN Regional Director, Region 2**

#### **Jennifer Kilgore, BSN, RN, CPAN**

As a perianesthesia nurse at Singing River Hospital in Pascagoula, Mississippi, Jennifer has been at the bedside for fifteen years. She graduated in 1996 with her ADN and completed her BSN at the University of Southern Mississippi. As a member of ASPAN, she participates on the Education Approver Committee and has served on the Governmental Affairs SWT. Jennifer enjoys being involved in her state component MSPAN, serving as membership chair, Web site designer, and as a board member. Jennifer resides in Moss Point, Mississippi.



### **ASSPAN Regional Director, Region 3**

#### **Sylvia Baker, MSN, RN, CPAN**

Sylvia began her nursing career in 1977, and has worked in perianesthesia since 1987, becoming certified in 1991. She has cared for a full complement of patients, enjoying the diversity of this patient population. Sylvia has served on multiple committees and SWTs within ASPAN and her home component of ILSPAN. Currently, she works per diem in her local PACU, and full time as a Clinical Education Specialist in Rockford, Illinois.

**ASPAN Regional Director, Region 4****Amy Dooley, MS, RN, CPAN**

Amy has worked within the perianesthesia arena for over thirty years. This is Amy's second year as Region 4 Director. Her committee work within ASPAN includes the Research Committee, Evidence Based Practice Strategic Work Team (SWT), and Strategic Planning SWT. Amy speaks professionally at the component, state, national and international level. Within the VT/NH component, she has served as president and many other board positions. She maintains membership in the New Hampshire Nurses Association, Sigma Theta Tau, International, and the National League for Nursing. Amy also works as a clinical professor at St. Anselm College. Amy resides in Nashua, New Hampshire.

**ASPAN Regional Director, Region 5****Kim Godfrey, BSN, RN, CPAN**

Kim has been the Clinical Specialty Coordinator of PAT/Pre-op/PACU at St. Vincent's Clay County Hospital in Florida since its opening in October, 2013. Prior to this position, Kim was the Clinical Specialty Coordinator of HA/PACU at St. Vincent's Riverside. Kim has 14 years' experience in perianesthesia nursing. She has served as a member of several ASPAN committees and strategic work teams, including National Conference, Safety, Publications, Membership/Marketing, Resource Development, and Evidenced Based Practice. Kim has been a member of the Management SPG. Kim is active in her component, FLASPAN, and has served as president, membership chair, and has been on the seminar planning committee. In her local district, JASPA, Kim is currently treasurer and has served two terms as president. Kim resides in Middleburg, Florida.

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

Susan is the perianesthesia educator at St. David's Medical Center in Austin, Texas. She is a CPAN/CAPA certification coach. She joined ASPAN as a charter member, and has over 25 years of experience in perianesthesia nursing. Her current ASPAN roles include: chairing the Clinical Practice Committee, Board liaison and member of the Standards & Guidelines SWT, Board liaison for the Pediatric CBO SWT, member of the Strategic Planning SWT, the Surgical Care Improvement Project (SCIP) liaison, member of the Bylaws/P&P SWT and the Practice Recommendations/Guidelines SWT. She is licensed by the Texas State Bar.

**ASPAN Director for Education****Linda Beagley, MS, BSN, RN, CPAN**

Linda has been in perianesthesia nursing for 33 years, and is currently working as a clinical nurse educator. Her involvement in ASPAN includes the Clinical Practice, Education Approver, Education Review SWT, Standards and Guidelines, and Safety SWT coordinator. Linda is active in her home component, ILSPAN, having served as secretary and vice-president/president. Linda has written for the Safety column of *Breathline*, is co-editor of the 2010 *Redi-Ref*, and 2014 ASPAN's *A Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*. She has been a speaker at ASPAN national conferences and ILSPAN conferences. Linda resides in Bloomingdale, Illinois.



**ASPAN Director for Research**

**Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP**

Elizabeth has been a practicing RN since 1990, with 14 years of perioperative experience. She is an experienced investigator with a passion for nursing research. She is a nursing research consultant at Vanderbilt University Medical Center, assisting nurses with design, analysis and dissemination. An experienced reviewer for ASPAN's conference abstracts, and a recipient of an ASPAN research grant, she has also written articles for TSPAN's newsletter, *Eyeopener*, and *Breathline*. She is currently a Joanna Briggs Institute reviewer. Elizabeth resides in College Grove, Tennessee. 



**ASPAN Chief Executive Officer**

Kevin Dill – Ex-Officio member (NJ)

**ABPANC President**

Linda Lakdawala, DNP, RN, CPAN – Ex-Officio member (PA)

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



**Sarah Cartwright**  
**MSN-PH, BAM,**  
**RN, CAPA**



**Kim Noble**  
**PhD, RN, CPAN**



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



**Nancy Strzyzewski**  
**MSN, RN, CPAN,**  
**CAPA**



**Tracy Underwood**  
**MSN, RN, CPAN,**  
**FNP-BC**

# Board of Directors and Representative Assembly Highlights

April 25-26, 2015, San Antonio, Texas

Terri Passig, BSN, RN, CPAN, CAPA, CCRN – ASPAN Secretary



San Antonio served as a beautiful, historic setting for ASPAN's 34th National Conference. Once again, those attending were not disappointed. Educational offerings were plentiful and very innovative and informative; networking opportunities were in abundance, and the Board of Directors and Representative Assembly were hard at work representing you, the ASPAN members.

## Clinical Practice Committee (CPC)

The hard-working Clinical Practice teams, under the direction of Susan Russell, responded to 1,000 questions over the past year coming from almost every state in the United States, with several international questions. The Clinical Practice Committee continues to submit clinical practice articles to the *Breathline*.

## Education Approver and Provider Committee

ASPA continues to review, process and pilot test "on demand" library modules. This year, two new eight-hour seminars and four new four-hour seminars were developed. Look for more offerings and topics in the future. ASPAN has recruited three new seminar speakers. February 2015 marked the first live webcast for education from ASPAN. This form of educational offering will be evaluated to determine how to best meet the needs of ASPAN members. An Education Review SWT has been developed to integrate information received from educational evaluations, and will survey members to determine needs.

## Pediatric Competency Based Orientation SWT

Under the direction of Regina Hoefner-Notz, this group has made enormous strides towards development and dissemination of materials geared towards the care of pediatric patients in the perianesthesia setting. Publication and release of their final product is anticipated sometime this fall.

## Joanna Briggs Institute (JBI) Update

Three teams of scholars have been identified to attend JBI scholars training. Reviews currently include: Elizabeth Card/Ellen Poole: "Effectiveness of self-report pain assessment tools in immediate post-operative period for the cogni-

tively intact adult patient; "Myrna Mamaril/Terry Clifford: question identification still in progress; Dina Krenzischeck/Christina Lemanski: "The effects of acetaminophen and NSAIDS on the total opioid dose in the PACU."

## Coming Attractions

Look for upcoming review and update of the ASPAN's "Normothermia Clinical Guideline" and "Pain and Comfort Clinical Guideline."

## Representative Assembly Update

A big "thank you" to all who participated in this year's Representative Assembly. The Assembly approved "A Position Statement on Alarm Management," and participated in this year's ASPAN elections. There was discussion surrounding current use of JBI by members. Additional discussions related to JBI will occur at a later date. 



▲ Component leaders engaged in the Representative Assembly activities

# CERTIFICATION

## A Record 27 Components Received the ABPANC 2015 Shining Star Award at Annual Conference

The American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) has announced the recipients of its annual Shining Star Award. A record 27 ASPAN components from across the country were recognized for their role in supporting and encouraging CPAN® and CAPA® certification.

### 2015 Shining Star Award recipients are:

Arizona – AzPANA  
California – PANAC  
Chesapeake Bay – CBSPAN  
Connecticut - CSPAN  
Florida – FLASPA  
Georgia - GAPAN  
Illinois – ILSPAN  
Indiana – INSPAN  
Kentucky - KSPAN  
Louisiana – LAPAN  
Maine – MESPAN  
Massachusetts – MASPAN  
Michigan - MAPAN  
Minnesota-Dakota - MNDAKSPAN  
Missouri-Kansas – MOKAN PANA  
Nebraska – NAPAN  
New York – NYSPANA  
New Mexico – PANANM  
North Carolina – NCAPAN  
Northwest – NPANA  
Ohio - OPANA  
Pennsylvania – PAPAN  
South Carolina – SCAPAN  
Tennessee – TSPAN  
Texas – TAPAN  
Vermont-New Hampshire – VT/NH APAN  
Wisconsin – WISPAN

▼ Component representatives accepted their Shining Star Awards at the 2015 CPAN / CAPA Celebration Luncheon



### 2015 ABPANC Advocacy Award Winner

Gloria Luu, MSN, RN, CPAN, CAPA

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 San Antonio, Texas. Gloria Luu, MSN, RN, CPAN, CAPA, is the 2015 Advocacy Award winner. She is a charge nurse in the PACU at the Department of Veteran's Administration, San Francisco, California.

Gloria was selected from many qualified nominations because of her consistent contributions above and beyond normal job responsibilities that directly impact the quality of patient care. Gloria received a beautiful Lladro statue of a nurse, framed certificate and a scholarship to cover her next recertification fee.

ABPANC also awarded Gloria's unit with a check for \$350 to be used for certification fees, continuing education, books or study guides. Mary Schacher, her nurse manager, nominated Gloria for the award and received a \$100 cash award.

▼ *Gloria Luu, right, receives the 2015 ABPANC Advocacy Award, presented by ABPANC Board Members, Stuart Smith and Zoni Gazy*



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## Certification





**AMERICAN SOCIETY OF PERIANESTHESIA NURSES**

**2015 Summer/Fall Seminars & Webcasts**

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THE SOURCE FOR  
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**PAIN MANAGEMENT IN THE PERIANESTHESIA  
AND CRITICAL CARE SETTINGS**

**September 20, 2015 SUNDAY**  
*Fairfax, VA*

**October 24, 2015**  
*Harrisburg, PA*

**November 14, 2015**  
*Santa Clara, CA*

**PEDIATRICS: LITTLE BODIES,  
BIG DIFFERENCES**

**October 3, 2015**  
*Bozeman, MT*

**October 24, 2015**  
*Midland, TX*

**November 14, 2015**  
*Oak Lawn, IL*

**PERIANESTHESIA CERTIFICATION REVIEW  
UPDATED!**

**August 23, 2015 SUNDAY**  
*Memphis, TN*

**August 29, 2015**  
*Burbank, CA*  
*Cleveland, OH*

**September 26, 2015**  
*Little Rock, AR*  
*Gulf Breeze, FL*  
*Houston, TX*

**October 3, 2015**  
*Joliet, IL*  
*Lexington, KY*  
*Milwaukee, WI*

**PERIANESTHESIA PATHOPHYSIOLOGY AND  
ASSESSMENT: A SYSTEMS APPROACH**

**September 26, 2015**  
*Syracuse, NY*

**SAFETY BEGINS WITH US**

**August 29, 2015**  
*Park Ridge, IL*

**LIVE WEBCASTS – FULL DAY PROGRAMS**

**FOUNDATIONS OF PERIANESTHESIA  
PRACTICE - UPDATED!**  
**August 8, 2015**

**PAIN MANAGEMENT IN THE PERIANESTHESIA  
AND CRITICAL CARE SETTINGS**  
**September 20, 2015 SUNDAY**

**PERIANESTHESIA CERTIFICATION REVIEW  
UPDATED!**  
**August 23, 2015 SUNDAY**

**October 10, 2015**  
**November 14, 2015**

**PERIANESTHESIA PATHOPHYSIOLOGY AND  
ASSESSMENT: A SYSTEMS APPROACH**  
**November 21, 2015**

**PERIANESTHESIA STANDARDS AND  
IMPLICATIONS FOR PRACTICE**  
**November 7, 2015**

**REFRESHING YOUR PERIANESTHESIA  
PRACTICE**  
**August 22, 2015**

**SURROUNDING YOUR PRACTICE WITH  
EXCELLENCE: LEGALITIES, STANDARDS AND  
ADVOCACY**  
**October 31, 2015**

**LIVE WEBCASTS - HALF DAY PROGRAMS**

**FOUNDATIONS OF PEDIATRIC  
PERIANESTHESIA CARE**  
**October 17, 2015**

**PERIANESTHESIA ESSENTIALS I**  
**October 3, 2015**

**PERIANESTHESIA ESSENTIALS II**  
**September 26, 2015**

**PERIANESTHESIA ESSENTIALS III**  
**October 24, 2015**

**PERIANESTHESIA ESSENTIALS IV - NEW!**  
**August 15, 2015**

**PERIANESTHESIA ESSENTIALS V - NEW!**  
**August 15, 2015**

**PERIANESTHESIA FOUNDATION - NEW!**  
**October 11, 2015 SUNDAY**