



# Breathline

Volume 37, Issue 4

July/August 2017

## INSIDE:

### PRESIDENT'S MESSAGE:

## Detecting Greatness: The Proof is in Our Practice "I'M HERE."

Susan Russell, BSN, RN, JD, CPAN, CAPA – ASPAN President 2017-2018

Two months ago, the ASPAN family sat spellbound as Marcus Engel, the keynote speaker at ASPAN's 36th National Conference, stood before us explaining what compassionate care means to him, and what being truly present means to a patient. To Marcus, the simple words, "I'm here," spoken in the darkness and pain surrounding him, the gentle touch of a young woman's hand, assured him that he was not alone. At the age of 18, Marcus's life was irrevocably altered by a horrific car accident that shattered his face, mangled his body, and left him blind. He clung to the two words spoken by a caregiver he didn't know and couldn't see, "I'm here." In his book, *I'm Here: Compassionate Communication in Patient Care*, Marcus Engel says:

*"...Those two little words are a verbal embrace, a warm, safe place of protection for your patient...Those words...give an anchor of security and reassurance."*<sup>1</sup>

Nursing is a demanding profession. We must keep pace with a constantly shifting and uncertain healthcare environment as well as rapidly evolving technology. We are cognizant of legislative and regulatory actions which affect healthcare delivery and reimbursement. Traditional healthcare models no longer work with "pay for performance." We are constantly reminded to watch unit productivity, target and stop unnecessary waste, evaluate patient satisfaction scores based on an "always" or "never" scale, and strive to do more with diminishing resources. We live in a bean counter's world. Or do we?

Nurses assume that patients know our intention is to be kind, compassionate and caring. We are nurses because we care about *people* from all walks of life, and we want to be advocates for their care and safety. After all, nursing has ranked first among



Susan Russell  
BSN, RN, JD, CPAN, CAPA  
ASPAN President 2017-2018

professions as the most ethical and honest for fifteen years in a row.<sup>2</sup> The science of nursing is advancing with research and evidence-based standards. Patient outcomes improve when we implement evidence-based nursing practices. But our patients need and deserve more from us. Historically, nursing is described as both an art and a science. In the immortal words of Florence Nightingale:

*"Nursing is an art: and if it is to be made an art, it requires an exclusive devotion..."*<sup>3</sup>

Why, then, are there days when we can't find the time to engage in the "art" of nursing? We are troubled and disappointed when patient satisfaction scores fall short of expectations. Low scores are a negative reflection, and a counterpoint on how our patients see us versus how we see ourselves in the role of caregiver. If meaningful patient communication is as simple as two words of reassurance and the gentle touch of a hand, isn't it time we rediscover the "art" of nursing? Even when patient turnover moves at the speed of light in the world of perianesthesia care, I have the time to let my patients know "I'm here." Right here. For each one of them. 🌿

### REFERENCES

1. Engel M. *I'm Here: Compassionate Communication in Patient Care*. Kindle e-book, 2010.
2. American Nurses Association. Nurses Rank #1 Most Trusted Profession for 15th Year in a Row. Press Release, Dec 19, 2016. Available at: <http://www.nursingworld.org/FunctionalMenuCategories/MediaResources/PressReleases/Nurses-Rank-1-Most-Trusted-Profession-2.pdf>. Accessed July 24, 2017.
3. Today in Science. Florence Nightingale Quotes. Available at: [https://todayinsci.com/N/Nightingale\\_Florence/NightingaleFlorence-Quotations.htm](https://todayinsci.com/N/Nightingale_Florence/NightingaleFlorence-Quotations.htm). Accessed May 6, 2017.



# Leadership Development Institute

September 15-17, 2017 · Kansas City, Missouri

The 2017 ASPAN Leadership Development Institute is about growing and building your component. One of the featured presentations takes a peek at Gold Leaf strategies and winning ideas with Rosemary Durning, ASPAN Membership/Marketing SWT Coordinator. ASPAN's certified meeting planner, Courtney Papp, brings us tips and tricks for conference planning. ASPAN's Director for Education, Linda Beagley, presents ASPAN education products that give your component options and alternatives for bringing the latest in education to less accessible geographic areas which may not qualify for live ASPAN presentations. ASPAN Treasurer Deborah Bickford and ASPAN CEO Kevin Dill are ready to assist components with advice on financial planning and budget preparation. Immediate Past President Katrina Bickerstaff and her Nominating Committee members will be making a final push for candidates for the 2018 ASPAN elections. Don't miss out! Come to Kansas City, Missouri. Let's network, brainstorm and share those great ideas!

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



Kansas City Skyline

## CALL FOR NOMINATIONS!

**Katrina Bickerstaff, BSN, RN, CPAN, CAPA**  
**ASPAN Immediate Past President and Nominating Committee Chair**

*A LEADER IS ONE WHO KNOWS THE WAY, AND SHOWS THE WAY.<sup>1</sup>*

Take the opportunity to become more involved in ASPAN! ASPAN is seeking visionary leaders ready to collaborate with colleagues in advancing the unique specialty of perianesthesia nursing practice. Be the one to show the way and demonstrate your excellence in practice and leadership.

Qualified and eligible candidates are needed for the 2018-2019 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:

- Declare your candidacy as soon as possible via email to [kbickerstaff@aspan.org](mailto:kbickerstaff@aspan.org)
- 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, 2017. Late submissions will be returned
  - An ASPAN Candidate Profile Sheet and Curriculum Vitae must be submitted electronically with a date stamp no later than October 1, 2017. HARD COPIES and FAXES will NOT be accepted

For more information visit the ASPAN Web site, or contact Katrina Bickerstaff via email at [kbickerstaff@aspan.org](mailto:kbickerstaff@aspan.org) or by telephone 774-313-7000.

**The deadline to declare a candidacy is October 1, 2017.** 🌿

### REFERENCE

1. John Maxwell Brainy Quotes. Available at: <https://www.brainyquote.com/quotes/quotes/j/johnmaxw383606.html>. Accessed May 8, 2017.



### ASPAN® Breathline

*Published by the American Society of  
PeriAnesthesia Nurses™*

*Indexed in the  
Cumulative Index to Nursing  
Allied Health Literature (CINAHL)*

*Address changes and administrative  
correspondence to:*

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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

# Willingness to Participate

Regina Hoefner-Notz, MS, RN, CPAN, CPN – ASPAN Vice President/President-Elect 2017-2018

ASPAN News

Greetings, colleagues! Summer is a great time of year for relaxation, reflection and rekindling of relationships so important for a healthy work/life 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.

ASPAN has many opportunities for you. Participation in ASPAN national committees and strategic work teams 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 to sign up is **October 31, 2017**. 🌿

## Start Planning to Showcase Your Accomplishments with Abstracts and Posters for the 2018 National Conference in Anaheim!

Celebrate Successful Practices abstracts are due by **October 31, 2017**. Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, hand-off communication and documentation, and unit/environment activities. Research abstracts are also due **October 31, 2017**. Start planning now to showcase your accomplishments! Visit the ASPAN Web site for more information.



## Consider Nominating Someone for an ASPAN Award for 2018!

### Excellence in Clinical Practice

Do you know someone who is a recognized expert in clinical nursing practice, or participates actively in nursing programs, committees or projects resulting in contributions to perianesthesia nursing? If so, consider nominating them for ASPAN's prestigious Excellence in Clinical Practice Award. The deadline to do so is November 30, 2017. Please visit the ASPAN Web site under Members>Awards for more information.

### Award for Outstanding Achievement

Do you know someone whose dedication to excellence has furthered the art and science of perianesthesia nursing? If so, consider nominating them for ASPAN's prestigious Award for Outstanding Achievement. The deadline to do so is November 30, 2017. Please visit the ASPAN Web site under Members>Awards for more information.

### Above and Beyond Service Recognition

The ASPAN Above and Beyond Service Recognition Awards are given to individuals in recognition of exemplary service to ASPAN and/or their component. Please visit the ASPAN Web site under Members>Awards for more information on how to nominate a deserving colleague for a 2017 Above and Beyond Service Award. The deadline to do so is January 10, 2018.

### Gold Leaf Component of the Year Award

The deadline for the Gold Leaf Component of the Year Award submission is February 1, 2018! Components competing for the Gold Leaf Award must submit their applications to the ASPAN National Office by February 1. The award reflects the activity of your component from January 1, 2017 through December 31, 2017. The Membership/Marketing Strategic Work Team is looking forward to reviewing the applications from the components, and announcing the winner at the national conference in Anaheim. Please visit the ASPAN Web site under Members>Awards for more information. 🌿

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# CONGRATULATIONS!

## Award for Outstanding Achievement Nominees

Joni Brady DNP RN CAPA  
Kim Noble PhD RN ACCNS-AG CPAN  
Ellen Poole PhD RN CPAN CNE  
Lisa Spragins RN CPAN CAPA

## Excellence in Clinical Practice Award Nominees

Elizabeth Budig BSN RNC CPAN  
Robell Calucag BSN RN CPAN  
Virginia Farley ADN RN CPAN  
Meredith Gutmann BSN BA RN CAPA  
Jessica Herr BSN RN CPAN CAPA  
Amy Pippin MSN RN CPAN  
Sandra Price MS RN CAPA

## Above and Beyond Service Recognition

Twenty-two names were placed in nomination. Congratulations to the ten ASPAN 2017 Above and Beyond Service Recognition recipients:

Jacque Crosson, AZPANA  
Jennyfer Giffin, NJBPANA  
Deanne Horter, MNDKSPAN  
Jennifer Kilgore, MSPAN  
Dina Krenzischek, CBSPAN  
Lauri Ledbeter, NPANA  
Marlene Nahavandi, WISPAN  
Jocelyn Rhodes, MOKANPANA  
Melissa Schmidt, NPANA  
Rose Ziffra, ILSPAN





# CONGRATULATIONS TO THE NEW MEMBERS OF THE 2017-2018 NOMINATING COMMITTEE!

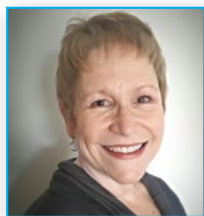
ASPAN Awards



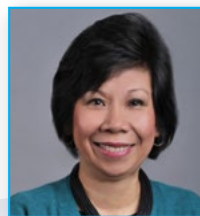
**Alphonzo Baker**  
BSN, RN, CAPA



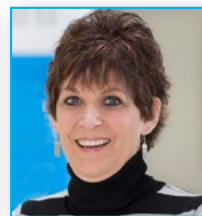
**Amy Berardinelli**  
DNP, RN, CPAN



**(Evelyn) Chris Skinner**  
MSN, RN, CAPA



**Rose Ziffra**  
MSN, RN,  
CPAN, CAPA



**Antoinette Zito**  
MSN, RN,  
CPAN



## Recruiter of the Year Award

Cynthia Galarpe, BSN, RN, from Spring Valley, California, member of PeriAnesthesia Nurses Association of California (PANAC), won the Recruiter of the Year Award for recruiting 10 new members to ASPAN and PANAC. It is because of efforts like Cynthia's that ASPAN remains a strong, thriving organization today. There is no secret to her success – just a passion for peri-anesthesia nursing and ASPAN. Congratulations, Cynthia!

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

**"Thank You" to the ASPAN National Office Staff: Kevin, Courtney, Jane, Terry, Pam, Doug, Jean, Donna, Connie, Linda, Eileen, and Marie! Your hard work, dedication and attention to detail made the conference run smoothly, once again!**

## Congratulations to the 2017 National Conference Strategic Work Team (NCSWT) for Organizing an Awesome Conference!

**NCSWT Coordinator: Kim Kraft**

### NCSWT Members:

Linda Beagley  
Carol Matthews  
Charlotte West  
Katrina Bickerstaff  
Deborah Bickford  
Courtney Papp  
Lori Silva

Grace Walke  
Laura Kling  
Susan Russell  
Linda Wilson  
Kevin Dill



▲ **President Katrina Bickerstaff, left, thanks NCSWT Coordinator Kim Kraft for organizing a fantastic conference**



▲ **From left, Donna Ingram and Marie Gallagher, were two of several ASPAN National Office staff always ready to assist**

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## ASPAN President's Award

### Kathleen Saball, MS, RN, CPAN, CAPA

The ASPAN President's Award is the highest honor bestowed on a member of our society by the ASPAN president. This award is given to an individual who has made an important contribution to the advancement of the nursing profession, and is also of particular support to the ASPAN president during the year of her term. Here is this year's presentation in Katrina Bickerstaff's own words:

"The ASPAN President's award goes to my very special friend Kathi Saball. I met her many years ago at our national conference in Boston where we were both hostesses at the door of the exhibit hall. I was active on the Massachusetts (MASPAN) Board of Directors at the time. I suggested to her that she should come and join us at a board meeting and that she would enjoy meeting the rest of the Board. Kathi did attend the next meeting, and from that point on she became very active on the board of directors. Kathi went on to hold many positions on the MASPAN Board of Directors, including president.

Her continued support for ASPAN, both at the state and national level, is special. Professionally, we had a great deal of fun staying involved within our component and ASPAN. We attended national conferences together, sat for the CAPA exam together in New Mexico, and even ran against each other for Region Four Director.

Kathi has been my go-to adviser and my biggest supporter for me becoming more involved nationally by convincing me to run for my past ASPAN Treasurer position, and then for Vice President/President-elect. Kathi still maintains her MASPAN membership and continues to be an active member of ASPAN, but life sent her down to Florida and now she belongs to them. Kathi now holds the treasurer position for her new home component of FLASPAN. This award could not have gone to anyone else. Thank you, my dear friend, Kathi Saball."



▲ From left, Kathi Saball accepts the President's Award from President Katrina Bickerstaff

## Distinguished Service Award of the Past Presidents' Circle of Honor

### Grace Walke, BSN, RN, CPAN

This award is given to an ASPAN member in recognition of his/her lifetime contributions that have a significant impact in fulfilling the core purpose of ASPAN. The Past Presidents' Distinguished Service Awardee for 2017 is Grace Walke from Indiana (INSPAN).

Grace is a current member of ASPAN and has been a member of both ASPAN and her home component since 1985. She has held multiple positions in her home component board of directors, including president, secretary and as a Representative Assembly delegate to ASPAN conferences, as well as co-editor of INSPAN's newsletter.

She mentors new component board members, serves as a resource, speaks out for her component and embraces change to better the organization. She has been a chapter reviewer for the *PeriAnesthesia Nursing Core Curriculum* texts, and has been certified as a CPAN since 1995.



▲ From left, Immediate Past President Armi Holcomb, presenting the Distinguished Service Award of the Past Presidents' Circle of Honor to Grace Walke



She supports ASPAN's core purpose and values by cultivating passion as a cheerleader of others in their accomplishments and goal setting; modeling respect with continual support of her component and ASPAN and being a spokesperson about the perianesthesia profession; building integrity with her teachings and caring for others; honoring diversity by recognizing all involved in her component and ASPAN; and upholding excellence by being that role model with her dedicated caring philosophy. She certainly embraces ASPAN's core purpose "to advance and promote the unique specialty of perianesthesia nursing."<sup>1</sup>

Since joining ASPAN, she has participated on the following ASPAN committees: Educator Approver Committee team leader and Credentialing SWT member, serving as Credentialing SWT coordinator from 2011-2014. She volunteers at ASPAN National Conferences and, if not representing her component at the Representative Assembly, she is frequently serving as a volunteer during these sessions. She is currently serving on the Credentials SWT, Education Approver Committee, Governmental Affairs SWT, and the 2017 National Conference SWT

On a personal note, she is known to have supported ASPAN leaders in many ways including welcoming them to her "bed and breakfast."

#### REFERENCE

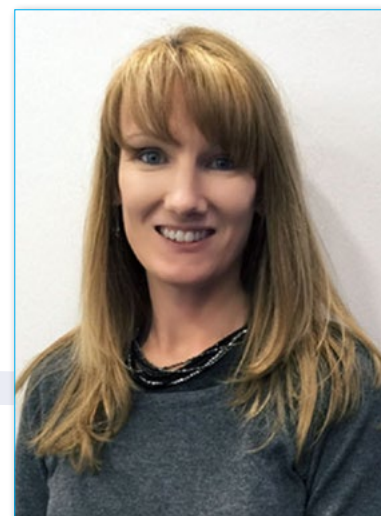
1. ASPAN's Core Purpose. Available at: <http://www.aspan.org/About-Us/Core-Ideology>. Accessed July 24, 2017. 🌿

## Excellence in Clinical Practice Award

### Sandra Price, MS, RN, CAPA

The winner of the 2017 ASPAN Excellence in Clinical Practice Award is a recognized leader in her work facility and in her component, NYSPANA. Sandra Price, MS, RN, CAPA, is a tireless advocate for quality patient care and safety, which is evident in the many presentations she has given over the preceding five years. She has promoted evidence-based practice as the future of healthcare, and educated nurses to recognize that pain assessment is not just a number. Sandra was the prime motivator, and creator, of a cross-training program, an innovative staffing initiative, at her facility that improves efficiency, provides flexibility, and responds to workload imbalances to ensure nurse competence in delivering safe patient care. Her focus is always tuned to providing quality, safe patient care.

Sandra has been recognized by the University of Rochester Medical Center (URMC) with several 'Strong Stars' for exceptional patient care delivery, was inducted into Sigma Theta Tau Epsilon Xi chapter for her excellent academic performance, holds certifications for perianesthesia nursing (CAPA), EBP mentor, IVAD certified (expert in intravenous insertions) and was recognized by NYSPANA for her excellence in clinical practice. She is a most worthy recipient of this award. Congratulations, Sandra! 🌿



▲ Sandra Price, MS, RN, CAPA

## Award for Outstanding Achievement

### Kim Noble, PhD, RN, ACCNS-AG, CPAN

The Award for Outstanding Achievement was bestowed on Kim Noble, PhD, RN, ACCNS-AG, CPAN, from Ambler, Pennsylvania. She is a member of Pennsylvania Association of PeriAnesthesia Nurses (PAPAN). Her peers nominated her for this award in recognition of her distinctive contributions to nursing, perianesthesia practice and ASPAN.



◀ From left, President Katrina Bickerstaff, presenting the Outstanding Achievement Award to Kim Noble

Kim completed her Doctorate in Physiology in 2006. She is a certified clinical nurse specialist and an associate professor of physiology at Widener University. She has been an ASPAN member for many years, and since 2009 has assisted in providing education to the Standards & Guidelines SWT on incorporating research-based evidence into the ASPAN Standards. She has recently served as the ASPAN Director for Research, and is Chair of PAPAN'S Research Committee. She is an extremely active educator and has delivered 78 presentations over the last six years to local, state, regional, national and international meetings. In addition to numerous publications and book contributions, she is an abstract reviewer for The National Association of Clinical Nurse Specialists (NACNS) and the International Conference for PeriAnesthesia Nurses (ICPAN). She is on the Editorial Board of *JoPAN*. In addition to her professional responsibilities, she has volunteered her time and nursing expertise with Habitat for Humanity and the ROTC program for professional nurses. Congratulations, Kim, on this well-deserved recognition! 🌱

## Gold Leaf Component of the Year Award Missouri-Kansas PeriAnesthesia Nurses Association (MOKAN PANA)

The Missouri-Kansas PeriAnesthesia Nurses Association (MOKAN PANA) is the winner of the Gold Leaf Component of the Year Award for 2016, announced at Opening Ceremonies in Indianapolis, Indiana. MOKAN PANA was one of sixteen components that applied for this coveted award. MOKAN PANA attributes its success to the strong team members of its component, working together throughout the year. They have encouraged advancement of education, as evidenced by the fact that 72% of their component nurses are certified. In addition, they provide financial assistance to the leaders on their board, along with scholarships to other members, for educational and clinical achievements.

MOKAN PANA uses its newsletter to communicate the component's goals and plans to members four times a year. They continue to recognize individual members' achievements, accomplishments and activities by various modalities such as newsletters, at general membership meetings, board meetings, and Facebook. Encouraging members to be active at the state and/or national level is successful, in that 7.6% of component members hold ASPAN committee positions.

These are a few of the reasons that MOKAN PANA stood out as the Gold Leaf winner. MOKAN PANA gives back to the community through its active presence within Harvesters Community Food Network to feed the hungry, Franciscan Mission Volunteer Service, Morrison House, The Leukemia and Lymphoma Society, and the Philippine Nurse Association sorting medical supplies to support medical missions. Congratulations to the Missouri-Kansas PeriAnesthesia Nurses Association for winning a well-deserved Gold Leaf Award for 2016! 🌱



▲ From left, Rose Durning presents the Gold Leaf Award to members of MOKAN PANA, Cindy Ladner and Jo Rhodes



# Newsletter Winners

## Congratulations to the 2017 ASPAN Component Newsletter Contest Winners!

## Newsletter Winners



**PANAC Ventures to Ventura**

Angie Winkler, MNNMBA, RN, PANAC

Location, Location, Location! It doesn't get much more for changing the name than the location. The city of San Bernardino was founded by Franciscan missionaries in 1761. According to legend, the name was shortened to San Bern in 1776, and the name was changed to San Bernardino in 1777.

PANAC, back in 2017 with a vision to preserve history, located 43 miles north of Los Angeles and followed on Santa Highway 101, the King Highway to the Sea, to the historic town of Ventura, located on the California coast. The town of Ventura, located on the California coast, is a vibrant and historic town. The town of Ventura, located on the California coast, is a vibrant and historic town. The town of Ventura, located on the California coast, is a vibrant and historic town.

**President's Message: Sharing Our Passion**

By Sue Smith, RN, CCRN, CPAN

We had a wonderful October conference at PANAC. This Annual Meeting and Luncheon in beautiful San Diego. The program was packed with great speakers and topics. I especially enjoyed Catherine Howard's presentation, where she gave PANAC nurses shared exciting practices from their facilities.

The Board President's message to the relationship between PANAC and ASPAN. In 1979, the Recovery Room Nurses Association of California was founded by Mary Kerner, RN, from Sacramento. The name of the organization was later changed to PeriAnesthesia Nurses Association (PANAC). In 1980, the American Society of PeriAnesthesia Nurses (ASPAN) was founded, with PANAC, one of the founding components.

ASPAN is the national organization for perianesthesia nurses and PANAC is one of 40 components. Each component is an independent organization with its own officers, bylaws, policies, and mission. ASPAN maintains membership and dues collection, offers standards, provides national information services, seminars, and publications (bulletins, JPNAC, and PeriAnesthesia Nursing Standards, Practice Recommendations, and PeriAnesthesia Standards). ASPAN components are divided into five regions, each represented by a Regional Director on ASPAN's Board of Directors. Our Region 1 Director is Regina Holston-Neri of California.

ASPAN membership in October 1 is 14,438. PANAC's 1,341 members make us the largest component accounting for over 10% of ASPAN PANAC, also has over 1,000 in the nation's CHSAC/CAHNS certified nurses. In other words, we need!

We have a lot to celebrate, but cannot not on our achievements. There are over 800 California hospitals, with many perianesthesia nurses who have been part of PANAC/ASPAN or the many membership benefits. We need your help! Participate in ASPAN's Member Get a Member Campaign, share your passion for our profession and the great things happening in PANAC. The campaign runs from January 1 - December 31 each year. Participate by sending your colleagues to join ASPAN. There are a variety of awards available for participants. For promotional items in membership materials contact the National Office at (916) 751-4601 or email: info@aspan.org or chsac@aspan.org.

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▼ **9-14 pages Award**

**PAR Excellence**

Minnesota-Dakotas Society of PeriAnesthesia Nurses (MNDKASPN)

Editor: Robert Davidson, BSN, RN, CCRN, CPAN



**Going for Gold**

It is now the Olympic season. A time for all of us to watch the world's best athletes compete for the gold medal. In perianesthesia nursing we are in the season of competition, though our prize is not a gold medal, but the gold leaf award. This is a time for our component to show our best and strive for the ultimate goal.

The goal for ASPAN is to have components work towards the gold leaf award in all they do. The gold leaf award is designed to recognize excellence in component leadership and member development, communication, education services and community relations. The award drives us to encourage quality component management and recognition, with distinction and visibility, the efforts and results of meaningful activities that build a strong component. There are seven different categories on the gold leaf application: governance, membership/customer service, financial health/stability, participation at the national level, certification, community/information to the public, and research/EBP/educational successful practices. The application requires documentation for a minimum of sixteen of the thirty-six criteria. Each area is allotted points which a committee uses to determine the winner. The gold leaf is a vast accomplishment for a component to win of which MNDKASPN has not yet done.

The board of directors worked very hard to create a strategic plan to help us get a little closer to the ultimate gold leaf award. You will notice this year we have included some initiatives to increase our membership, involve us in the community and promote evidence based practice. By using our strategic plan to help guide us to fulfill some of the requirements of the gold leaf we will get a little closer each year.

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**President's Message**

By Vincent Von Oegh

"If you hear a voice within you say you cannot paint, then by all means paint and that voice will be silenced"

Vincent Von Oegh

As I begin my term as NAPPIN President, I am very humbled and excited to have the opportunity to say hello and affirm my commitment to you, our members and all perianesthesia nurses.

My NAPPIN career began in 1979 after graduation from Nebraska Wesleyan School of Nursing in Omaha, Nebraska. I worked at St. Anthony's Hospital in Omaha, Nebraska. Omaha is located in Nebraska's heartland and is a town of about 400,000. Omaha is known for its architecture, sports, and its location.

Celebrations and Irish Traditions. You may have heard of it or even had a green beer there. The hospital had 27 beds. The nurses were required to have ACLS, PALS, NALS, and Trauma Certifications. In working in a small community hospital you covered ER, OB, Nursery, Medical-Surgical, Pre-op and Post-op, and cared for critical patients on ventilators. I was also cross-trained to work in OR and worked one day a week in chemotherapy. It was truly a colorful mixture of everything. This broad base of nursing experience where we had to do everything gave me the opportunity to do anything when I moved to Omaha 8 years ago.

I have worked at CHI Lakeside Hospital Procedure Center for 7 1/2 years. I truly love and am passionate about perianesthesia nursing and continue to learn new things every day. I have been an ASPAN/NAPPIN member for many years and I received my CAPA certification while working in Omaha and my CPAN certification in May of 2012. After moving to Omaha I became Member at Large and was on Finance Committee. Over the years I also served as secretary and the last 2 years as Vice President.

I would like to thank Pat Stevens for her commitment and leadership these past 2 years as president of NAPPIN. She has been a mentor to me and I will continue to rely on her experience and insights. I would also like to thank and acknowledge the NAPPIN Board and Committee chairs and members for their solid record in leadership in providing this organization with outstanding educational programs, for maintaining membership recruitment and retention and for promoting certification, governance and fiscal

▲ **15+ pages Award**

**Nappin' News**

Nebraska Association of PeriAnesthesia Nurses (NAPAN)

Co-editors: Phylliss Bolton, RN, CPAN Judy Mink, BSN, RN, CPAN

## 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.

The Air Force nursing corps was well-represented, having the most active and retired members attending the reception. We were lucky to have representatives from the other military services Army, Navy and Air National Guard. We had attendees from England and Canada, and many others who were veterans or those from the ASPAN leadership who were there to support our military and welcome our international attendees. Hope to see and welcome more next year! 🌿



▲ Attendees enjoying the annual Military and International Reception



▲ International attendees enjoying the reception

◀ An opportunity for military and international members to relax and share commonalities



## President's Reception



▲ President Katrina Bickerstaff (center) with other members at the President's Reception



◀ From left, Regional Director Jenny Kilgore, and NAPAN members Carolyn Carr and Kristy Iwansky

▼ Dressed up and enjoying the President's Reception



▼ The dancing always draws a crowd and participation





# Members Provide Tremendous Level of Support at National Conference

Thanks to so many individual members and components, ASPAN raised over \$34,500 in support of the National Conference and Scholarship/Award Programs. Thank you to everyone who helped make this year's fundraising activities such a tremendous success. We couldn't have done it without you!

Some of the fundraising highlights for this year included:

## Dream Walk

The inclement weather on April 30 forced a last-minute change of route. Participants walked approximately one mile indoors using skyways that connect the JW Marriott, Indiana Convention Center, and Center Circle Mall. Special thanks to President Katrina Bickerstaff and INSPAN member Grace Walke for leading the walk and quickly plotting the new route. Following the event, each walker enjoyed a beverage at Starbucks®, which was graciously provided by CBSPAN. PANAC had the most walkers (with 10), and NPANA once again raised the most money, thanks in large part to Judy Evans, who was awarded the Dream Walker of the Year.



## Corporate Sponsors:

AcelRx Pharmaceuticals (Mary Hanna Memorial Journalism Award)  
Dignity Health (Passport)  
Evolution Medical Products (Passport)  
Exergen Corporation (Passport)  
Mallinckrodt Pharmaceuticals (Gold and Passport)  
Nihon Kohden America (Passport)  
Nurses Service Organization (Mobile App)  
Sommetrics Acute Care (Passport)  
Soothing Scents (Silver and Passport)  
Stryker (Silver and Passport)  
The Medicines Company (Bronze)

## Development Breakfast

On Wednesday morning, 140 people attended the Development Breakfast. Our featured speaker, Past ASPAN President Susan Shelander, inspired the audience with her presentation, "Nurses—A Difference That Matters." Awards were presented, including the Dream Walk winners. Nancy Fishman was recognized as the Pat Hansen Memorial Scholarship honoree for scoring the most points on her National Conference scholarship/award application. Additionally, ASPAN recognized two more individuals and the first component in our history, to reach Legacy for Life status:

- Grace Walke, BSN, RN, CPAN
- Charlotte West, BSN, RN, CPAN
- Missouri-Kansas PeriAnesthesia Nurses Association (MOKAN PANA)

Congratulations, and thanks to each of you, for your historic level of support!

## Silent Auction

Approximately 65 items were donated for the Silent Auction this year. Bids on these items helped raise over \$3,300 in scholarship support! Thanks to everyone who donated an item (or two), and the many people who bid on them.

## Development Activities



ASPAN's Legacy for Life program began in 2013, and was created to foster significant, enduring support for the preservation of the Society. All of your *Hail, Honor, Salute* gifts! (which recognize others), and all gifts designated towards *Legacy for Life*, are counted towards membership. People who reach the momentous level of \$5,000 of support—and components that reach \$10,000 of support—are officially named as permanent members of *Legacy for Life*. To date, six individuals and one component have reached *Legacy for Life* status. The benefits of membership are extensive and explained in the *Legacy for Life* brochure, which is available by [clicking here](#).

## Component and Sponsor Support

Twenty components made gifts in support of this year's conference. We are happy to recognize each one below. We also want to thank the many corporate sponsors that supported ASPAN this year.

### Component Supporters:

Arizona PeriAnesthesia Nurses Association  
Chesapeake Bay Society of PeriAnesthesia Nurses  
Georgia Association of PeriAnesthesia Nurses  
Florida Society of PeriAnesthesia Nurses  
Illinois Society of PeriAnesthesia Nurses  
Indiana Society of PeriAnesthesia Nurses  
Iowa Society of PeriAnesthesia  
Kentucky Society of PeriAnesthesia Nurses  
Michigan Association of PeriAnesthesia Nurses  
Massachusetts Society of PeriAnesthesia Nurses

Missouri-Kansas PeriAnesthesia Nurses Association  
New York State PeriAnesthesia Nurses Association  
North Carolina Association of PeriAnesthesia Nurses  
Northwest PeriAnesthesia Nurses Association  
Pennsylvania Association of PeriAnesthesia Nurses  
PeriAnesthesia Nurses Association of California  
Rocky Mountain PeriAnesthesia Nurses Association  
Texas Association of PeriAnesthesia Nurses  
Tennessee Society of PeriAnesthesia Nurses  
Wisconsin Society of PeriAnesthesia Nurses



## Development Activities

► The Dream Walk quickly changed to an indoor venue due to lightning in the area

▼ Participants in the Dream Walk arose early to support funding for scholarships



▼ The Silent Auction always draws large crowds. Should I bid on this?



▼ Development Breakfast participants filling out Hail, Honor, Salute! forms after the meal



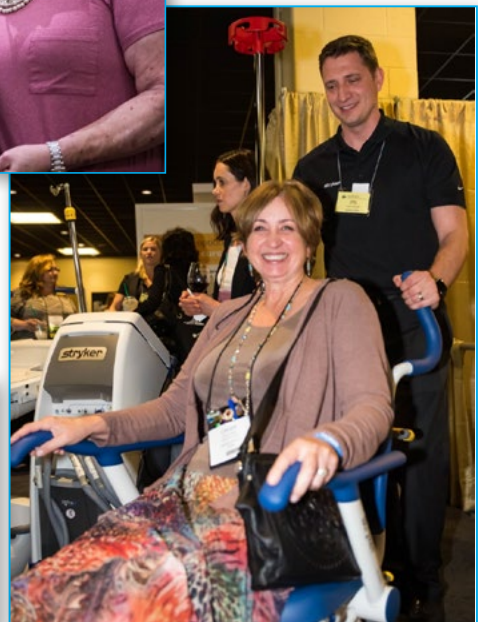
▲ Past President Susan Shelander inspired us with her talk: "Nurses: A Difference That Matters"



◀ From left, Armi Holcomb recognizes Nancy Fishman as the Pat Hansen Memorial honoree



◀ From left, Grace Walke, Armi Holcomb, Charlotte West, and Doug Hanisch. Grace and Charlotte are the two newest individuals to reach Legacy for Life status



▲ The Exhibit Hall, along with corporate sponsors, contribute greatly to ASPAN's success



► Jo Rhodes, MOKAN PANA president, (center) accepts the Legacy for Life award for her component



# Publishing Awards

## Journal of PeriAnesthesia Nursing Awards

*Congratulations to the Mary Hanna Memorial Journalism Award winners for the 2016 volume year!*

### BEST PRACTICE CATEGORY

#### First Place:

*A Quality Improvement Project: Using the STOP-BANG Tool in a Military Population to Improve Equity in Preoperative Screening*

Samuel E. Dixon  
Shelia A. Haas  
Audrey Klopp  
Judy Carlson

#### Second Place:

*Implementing Capnography in the PACU and Beyond*

Lois Oswald  
Terry Zeuske  
Joyann Pfeffer

#### Third Place:

*Structured Handover in the Pediatric Postanesthesia Care Unit*

Emily Funk  
Brad Taicher  
Julie Thompson  
Kelly Innaello  
Brett Morgan  
Sharon Hawks

### CLINICAL CATEGORY

#### First Place:

*Perianesthetic Considerations for the Breastfeeding Mother*

Amber Brook Smathers  
Shawn Collins  
Ian Hower

#### Second Place:

*Reducing the Incidence of Postoperative Nausea and Vomiting Begins with Risk Screening: An Evaluation of the Evidence*

Christopher A. Smith  
Lisa Ruth-Sahd

#### Third Place:

*Postoperative Management of the Physiological Effects of Spinal Education*

Jennifer O'Neill  
Elizabeth Helwig

### RESEARCH CATEGORY

#### First Place:

*Local Anesthesia Combined with Sedation Compared with General Anesthesia for Ambulatory Operative Hysteroscopy: A Randomized Study*

Lone Dragnes Brix  
Theis Muncholm Thillermann  
Lone Nikolajsen

#### Second Place:

*Demographic Predictors of NPO Violations in Elective Pediatric Surgery*

Betsy Beazley  
Catherine M. Bulka  
Ira S. Landsman  
Jesse M. Ehrenfield

#### Third Place:

*The Effectiveness of Nurse-Led Preoperative Assessment Clinics for Patients Receiving Elective Orthopaedic Surgery*

Chan Sau-Man Conny  
Ip Wan-Yim



▲ Jan Odom-Forren, left, presenting one of the Mary Hanna Journalism awards

# ASPAN 2017 National Conference EBP/Research Poster Winners

1<sup>ST</sup>



## FIRST PLACE WINNER

Comparing the Use of iPad™ Distraction Versus Oral Versed to Reduce Pediatric Preoperative Anxiety

Terri Pearcy, BSN, RN, CPN

*Cook Children's Medical Center, Fort Worth, TX*

◀ First place winners in the poster display area in Indianapolis

## SECOND PLACE WINNER

Eliminating Medical Device-Related Pressure Ulcers (MDRPU)  
Caused by Continuous Blood Pressure Cuff Monitoring

Rebecca Killian, BSN, RN, CPAN

*Mercy Medical Center, Baltimore, MD*

2<sup>ND</sup>



## THIRD PLACE WINNER

Don't Ignore My Snore: Reduce Perioperative Complications Related to Obstructive Sleep Apnea

Ludy P. Lemus, BSN, RN, CAPA

*The Queen's Medical Center, Honolulu, HI*

◀ Staff from The Queen's Medical Center in Honolulu, HI show off their poster

3<sup>RD</sup>

## PEOPLE'S CHOICE WINNER

Making the Bladder Gladder: Decreasing POUR in the Ambulatory Care Setting

Lori Dager, RN

*University of Michigan Health System, East Ann Arbor Surgery Center, Ann Arbor, MI* 🌿



# ASPAN Board of Directors Meetings and Representative Assembly Highlights

*April-May, 2017, Indianapolis, Indiana*

Valerie Watkins, BSN, RN, CAPA – ASPAN Secretary 2016-2018

Indianapolis served as the location for the 36th ASPAN National Conference. ASPAN's Board of Directors (BOD) met for a preconference meeting, the Representative Assembly (RA) gathered, and the postconference Board of Directors' meeting was held after closing ceremonies.

Highlights of the ASPAN Board of Directors' meeting included President Katrina Bickerstaff's review of ASPAN activities and accomplishments during the past year. ASPAN currently has 14,239 members. ASPAN's first perianesthesia public service video was introduced during PANAW and was viewed over 5,900 times!

Diane Swintek, Director for Clinical Practice, reported 1220 clinical practice questions were received and answered this past year (April 2016-April 2017). There were ninety-two submissions selected for poster presentations at this year's National Conference.

Linda Beagley, Director for Education, reported the first four months of 2017 have been tremendous for education opportunities. For the ASPAN Select program, the Board approved the return of 10% of total money earned to the requesting component for a trial period of one year.

Armi Holcomb, 2016-2017 Immediate Past President, opened a discussion on the establishment of a fellows program. The Board, under the direction of current Immediate Past President Katrina Bickerstaff, requested the formation of a strategic work team to investigate the possibility of creating a perianesthesia fellowship program.

Jacque Crosson, Standards & Guidelines Strategic Work Team Coordinator, updated the acuity project, "A Survey of Perianesthesia Nurses Providing Professional Clinical Opinion on Criteria of Phase I PACU Care that Impacts Patient Acuity, Changes in Acuity that Increase Complexity of Care and Distractions or Increased Workload that Affect Patient Monitoring." Phase I has been completed. The next step will be to beta test the items describing acuity and patient complexities that increase nursing distraction and workload. The expert group will take the survey to their Phase I PACUs and validate the usability of the tool. Phase II will begin once this has been completed and a new IRB Proposal will be written to cover multi-center site validation.



▲ RA members look over agenda items

Elizabeth Card, Director for Research, reported the Pain and Comfort Guideline has IRB approval to complete a Delphi study. Experts have been identified and they are in the middle of the study.

Dina Krenzischek, ASPAN Past President, gave the Board, as well as the RA, an overview of ASPAN receiving support from the Occupational Safety and Health Administration (OSHA) and the National Institute for Occupational Safety and Health (NIOSH) for ASPAN's Waste Anesthesia Gas Statement.

Terry Clifford, ASPAN Past President, shared her participation on the Advisory Panel for Pain Standards for The Joint Commission. The Joint Commission invited ASPAN to identify a representative to serve on a technical advisory panel. Antoinette Zito (OH), was also selected from a large pool of candidates to be part of a panel to review the newly revised pain standards.

ASPAN Endorsed the National Patient Safety Foundation (NPSF) "Free from Harm" platform and joined other organizations in support of the document.

**Representative Assembly** Ninety-three duly credentialed representatives constituted the 2017 ASPAN Representative Assembly. The election of ASPAN Board members, along with presentations provided by ASPAN members and leaders, filled the day. 🌱

# Clinical Practice Hot Topic

## Assessing Dermatome Levels

Diane Swintek, MSN, RN, CPAN – Director for Clinical Practice



**Diane Swintek**  
MSN, RN, CPAN  
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 month, the questions included assessing dermatome levels in patients who have had spinal or epidural anesthesia, and discharge criteria for such patients.*

**Q.** “I have noticed a lack of uniformity between RNs in their assessment of spinal levels in our PACU. I’m looking for excellent resources (books or articles) that teach how to assess spinal levels along with anatomy and physiology.”

**Q.** “What is the best way for nursing to assess level of sensation with an epidural? Dermatomes (current use) or Bromage scale?”

**Q.** “What are guidelines for discharging a postop patient after spinal/general anesthesia to a nursing unit in relation to dermatome level?”

**A.** In order to understand the usefulness of assessing dermatome levels, it is essential to know from where the motor and sensory functions arise. The pairs of spinal nerves contain several different types of fibers. Each of the nerves has several different fibers that come from the anterior (ventral) and posterior (dorsal) root. The anterior root is tasked with motor function, and the posterior root contains the sensory function. The cutaneous (skin) area innervated by a single posterior root is called a *dermatome*.<sup>1</sup>

ASPAN does not recommend one assessment tool (Dermatome vs. Bromage) over another. The recommendation is to consistently complete an assessment that will help the nurse evaluate readiness for discharge. Dermatome scale assesses sensory nerve function, and Bromage is a motor block assessment tool. Bromage is more commonly used in the obstetric arena, while the dermatome tool is more commonly used in the postanesthesia environment.

The ASPAN 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* address neurological assessment in “Practice Recommendation 2 Components of Assessment and Management for the Perianesthesia Patient.” This practice recommendation states that the assessment in Phase I PACU

includes neurological function, sensory and motor function as appropriate, and neurovascular/peripheral pulse and sensation of extremities as appropriate.<sup>2</sup> In addition to knowing the functional areas of the spinal nerves, it is essential that the nurse understand that function returns in the reverse of the progression of the anesthetic. Proprioception will be first to return, then movement, touch, pain and so on to autonomic functions. The individual facility policy for frequency of assessment, as well as mode of assessment, is the practice to follow.

The August 2016 issue of the *Journal of PeriAnesthesia Nursing (JoPAN)* contains an excellent article regarding spinal anesthesia. The article, entitled “Postoperative Management of the Physiological Effects of Spinal Anesthesia,” addresses not only the physiological effects experienced by the patient, but also the assessment of the reversal of the spinal.<sup>3</sup> At the ASPAN National Conference in San Antonio in 2015, Memorial Hospital in Chicago displayed a Celebrate Successful Practices (CSP) poster specifically about dermatome level assessment. The abstract for this poster is available in the August 2015 issue of *JoPAN*.<sup>4</sup> The CSP poster promoted nurses receiving training and education on the use of the assessment tool, stressing the importance that each nurse is utilizing the same measurement tool in the same way.

### REFERENCES

1. Odom-Forren J. *Drain's Perianesthesia Nursing A Critical Care Approach*, 6th ed. St. Louis, MO: Saunders; 2013:126.
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3. O'Neill J, Helwig E. Postoperative management of the physiological effects of spinal anesthesia. *J Perianesth Nurs*. 2016;31(4):330-339.
4. Haas S, Marovich L, Young C, Voissem P, Jablonski S, Thill S. Standardizing nursing assessments of dermatome levels of postoperative patients with spinal blocks, epidural anesthesia. *J Perianesth Nurs*. 2015;30(4):e17-e18.

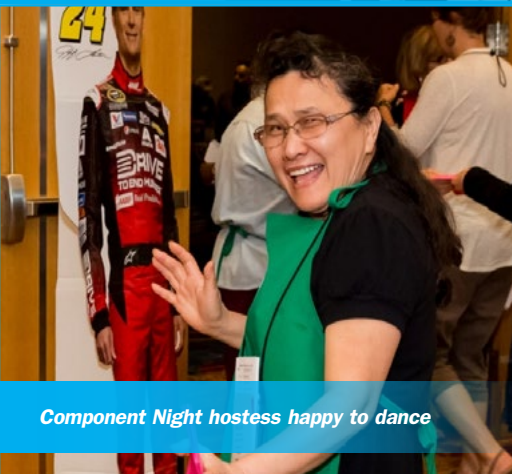




Nominating Committee members from left, Nickcole Price and Margaret Farr Young, are in their racing theme at "Meet the Candidates"



Component Night racing theme was a popular spot for group photos



Component Night hostess happy to dance



Shay Glevy, candidate for Regional Director Region One, speaks at the "Meet the Candidates" event



Creative costumes for Component Night

## National Conference Collage



Having fun at Component Night



Marcus Engel had us spellbound as the keynote speaker!



Jennifer Kilgore, right, singing The Star Spangled Banner with her daughter, McKenzie



Early risers for the committee meetings

Volume 37, Number 4  
July/August 2017





Vendors are appreciative of time spent looking at their products



Exhibits are now open!



Attendees spend time with exhibitors



The ABPANC booth is a popular spot to get certification questions answered

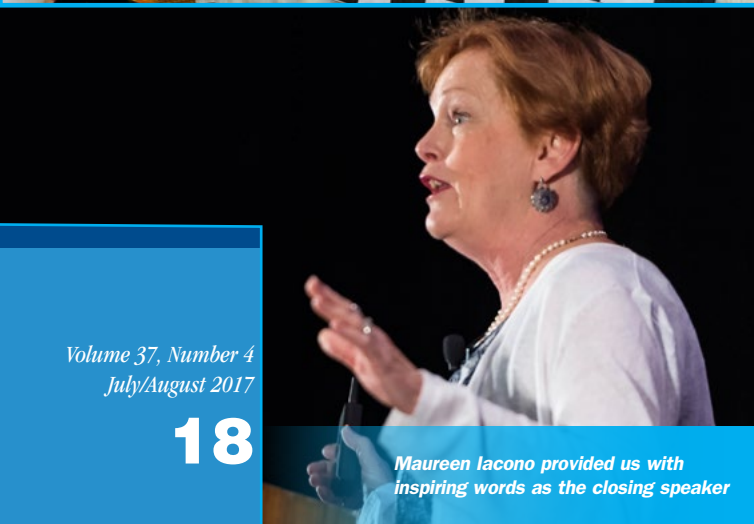
## National Conference Collage



INSPAN had the racing theme going at its hospitality table



The foyer overlooking the baseball field was a popular spot for photos



Maureen Iacono provided us with inspiring words as the closing speaker



Susan Russell, left, is all smiles after she is inducted as the new ASPAN president



Record number of posters to view





### ASPAN President

**Susan Russell, BSN, RN, JD, CPAN, CAPA**

Susan has been a RN for 40 years and a perianesthesia nurse for 28 years. She has been a licensed Texas attorney since 1990. Susan earned her CPAN and CAPA credentials in 2000. She is employed full-time as the perianesthesia educator at St. David's Medical Center in Austin, TX. She is the PALS coordinator and lead instructor at SDMC and rotates general nursing orientation with several other nurse educators at SDMC. Susan joined both ASPAN and TAPAN in 1980. Through the years, she has held several positions with TAPAN, including president from 2007-2008. Susan was ASPAN's Director for Clinical Practice from 2012-2016 and has served on many ASPAN committees and SWTs.



### ASPAN Vice President/President-Elect

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

Regina has spent the past 36 years caring for pediatric patients in multiple settings. She has loved her time at Boston Children's Hospital PICU/CICU, and has been humbled as a pediatric hospice/homecare nurse, also in Massachusetts. She moved to Children's Hospital Colorado in 1998 and is currently the clinical manager of amazing Phase I and II PACU teams. Regina's most recent work includes editor of and contributor to the 2016 *Competency Based Orientation and Credentialing Program for the RN Caring for the Pediatric Patient in the Perianesthesia Setting* as well as writing the pediatric chapter for *Drain's Perianesthesia Nursing: A Critical Care Approach*.

### ASPAN Secretary

**Valerie Watkins, BSN, RN, CAPA**

Valerie works at the University of Colorado Hospital in preprocedure services clinic, with experience in both pre- and postanesthesia. Actively involved in ASPAN and RMPANA for the past 30 years, she has served on various committees, SWTs, and SPGs, including Clinical Practice, Standards & Guidelines, and served as coordinator of the Preoperative Assessment SPG, to name a few. She also served twice as RMPANA president. Valerie has given several presentations and written about perianesthesia practice for publication focusing on patient education, preop assessment and discharge criteria.



### ASPAN Treasurer

**Deborah Bickford, BSN, RN, CPAN**

Debbie works as a staff nurse V 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 has been a member of several of ASPAN's Strategic Work Teams (SWTs), including Finance, Membership/Marketing, Education Approver, Standards & Guidelines, Strategic Planning and Government 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.





### ASPAN Immediate Past President

**Katrina Bickerstaff**  
**BSN, RN, CPAN, CAPA**

Katrina has over thirty years of perianesthesia experience as a staff nurse in all phases of care at Brigham and Women's Hospital in Boston. Katrina just completed her ASPAN presidential term, and she currently chairs the Nominating and Leadership Development Committees. Katrina also represents ASPAN as the International Liaison. Katrina remains active in her home component, MASPAN.

### ASPAN Regional Director, Region 1

**Shay Glevy, BSN, RN, CPAN, CAPA**

Shay has been a perianesthesia nurse for 23 years, caring primarily for pediatric patients. She currently is a PACU supervisor for Rady Children's Hospital in San Diego. In her home component, PANAC, she has served in many positions including president. She has also been a speaker at the component and district level. At the national level, Shay has also been involved with ASPAN and has been privileged to be a contributor to the 2016 *Competency Based Orientation and Credentialing Program for the RN Caring for the Pediatric Patient in the Perianesthesia Setting*.



### ASPAN 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 eighteen 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 Clinical Practice Committee. Jennifer continues to serve as an active board member of her home component MSPAN. She has had the distinct honor of singing America's national anthem during several recent ASPAN National Conference opening ceremonies.

### ASPAN 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. 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. She is beginning her second term as Regional Director, Region 3.



### ASPAN Regional Director, Region 4

**Amy Dooley, MS, RN, CPAN**

This is Amy's third year representing the components in New England, NY, PA, NJ and Bermuda. Her interest is supporting the members of ASPAN as well as extending the reaches of influence of ASPAN. Amy is a member of the Research Committee, Evidence Based Practice Strategic Work Team (SWT), Specialty Practice Group SWT and the Perianesthesia Fellowship SWT. She has a long history of involvement at both the national level and at the local level within VT/NH APAN, her home component. She is also a member of the American Nurses Association, New Hampshire Nurses Association, and Sigma Theta Tau International.





### ASPAN Regional Director, Region 5

**Kim Godfrey, BSN, RN, CPAN**

Kim has 14 years' experience in perianesthesia nursing. She is currently team leader in the perianesthesia department at Mayo Clinic, Jacksonville, FL, where she has been since May 2016. Kim also works PRN as a PACU nurse at Southeast Georgia Medical Center in Brunswick, GA. 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 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, JASPAN, Kim is currently treasurer and has served two terms as president.

### ASPAN Director for Clinical Practice

**Diane Swintek, MSN, RN, CPAN**

Diane has been an RN for 36 years. She is currently a staff nurse in Phase 1 PACU of a community medical center. Her previous work experience includes ICU, ER, and GYN Oncology. She has been CPAN certified since 2004. Diane has been an active member of the Clinical Practice Committee since 2009, and currently serves on the Standards & Guidelines SWT.



### ASPAN Chief Executive Officer

**Kevin Dill, MBA, BS  
Ex-Officio member (NJ)**

### ABPANC President

**Vicki Yfantis, MSN, RN, CRNP, CPAN  
Ex-Officio member (MD)**

### ASPAN Director for Education

**Linda Beagley, MS, BSN, RN, CPAN**

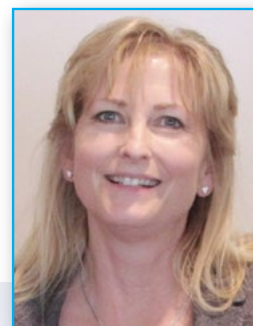
Linda has been in perianesthesia nursing for 35 years, and is currently working as a clinical nurse educator. Her involvement in ASPAN includes the teams of Clinical Practice, Standards and Guidelines, and Education Provider. Linda is active in her home component, ILSPAN, having served in many roles, and is currently on the publications committee. Linda has written for the Safety column of *Breathline*, is co-editor of the 2010 *Redi-Ref*, and ASPAN's 2014 *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.



### ASPAN Director for Research

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

Elizabeth has been a practicing RN since 1990, and a family nurse practitioner since 2013. She has over 15 years of perianesthesia 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. She is an experienced reviewer for ASPAN's conference abstracts, a recipient of an ASPAN research grant, and has written for the *TSPAN Eyeopener*, *ASPAN Breathline*, *British Journal of Anesthesia*, *MedSurg Nursing*, and *Nursing Management*. She is currently a Joanna Briggs Institute reviewer.



**ASPAN expresses its gratitude to this outgoing Board of Director member for her years of dedicated service:**

**Armi Holcomb, BSN, RN, CPAN**



# CERTIFICATION

## 25 Components Receive the ABPANC 2017 Shining Star Award at ASPAN's National Conference

The American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) announced the recipients of its annual Shining Star Award at ASPAN's National Conference in Indianapolis. Twenty-five components from across the country were recognized for their role in supporting and encouraging CPAN® and CAPA® certification.

### 2017 Shining Star Award recipients are:

Arizona – AzPANA  
California – PANAC  
Chesapeake Bay – CBSPAN  
Connecticut – CSPAN  
Florida – FLASPAN  
Georgia – GAPAN  
Illinois – ILSPAN  
Indiana – INSPAN  
Kentucky – KSPAN  
Louisiana – LAPAN  
Michigan – MAPAN  
Massachusetts – MASPAN  
Maine – MeSPAN

Minnesota-Dakota – MNDAKSPAN  
Missouri-Kansas – MOKAN PANA  
Nebraska – NAPAN  
New Mexico – PANANM  
North Carolina – NCAPAN  
New York – NYSPAN  
Ohio – OPANA  
Pennsylvania – PAPAN  
Rocky Mountain – RMPANA  
South Carolina – SCAPAN  
Texas – TAPAN  
Wisconsin – WISPAN

▼ Component representatives accept their 2017 Shining Star Awards at the CPAN® / CAPA® Celebration Luncheon in Indianapolis.



### 2017 ABPANC Advocacy Award Winner

**Brenda Berry, RN, CPAN**

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 Indianapolis. Brenda Berry, RN, CPAN, is the 2017 Advocacy Award winner. She works at St. Elizabeth Healthcare in the outpatient surgery center in Edgewood, Kentucky.

Brenda 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. Brenda received a beautiful Lladro statue of a nurse, framed certificate, and a scholarship to cover her next recertification fee.

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



# CERTIFICATION *contd.*



▲ Brenda Berry, RN, CPAN, (left) receives the 2017 Advocacy Award for her extraordinary commitment to patient care.

## Certification Achievement Award Winners

The new award recognizes units with 75% CPAN®/CAPA® certification.

- Amita Health, Adventist Medical Center– Hinsdale, IL
- Lowell General Surgery Center – Chelmsford, MA
- Mebane Surgery Center – Mebane, NC
- Oak Hill Hospital – Brooksville, FL

## ABPANC Board Election Results

Re-elected to a third term as ABPANC Board Member:

- Maria ‘Zoni’ Gazy, MSN, RN, CAPA, NE-BC, Lilburn, GA

Newly elected ABPANC Board Member:

- Melissa Schmidt, BSN, RN, CPAN, CAPA. Portland, OR 🌿

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## Contact ABPANC

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

Email: [abpanc@proexam.org](mailto:abpanc@proexam.org)  
Web site: [www.cpancapa.org](http://www.cpancapa.org)

## Component Education Programs

**FLASPAN** The Florida Society of PeriAnesthesia Nurses will be holding its fall conference **September 29-30, 2017** at the Moffitt Cancer Center, Tampa, FL. For information contact: [flaspan@gmail.com](mailto:flaspan@gmail.com), Kathi Saball at [kmsaball51@gmail.com](mailto:kmsaball51@gmail.com), or Melissa Davidson at [melsayers813@gmail.com](mailto:melsayers813@gmail.com). Brochure and registration are available at [www.flaspan.com](http://www.flaspan.com).

**GAPAN** The Northeast District of the Georgia Association of PeriAnesthesia Nurses (GAPAN) is hosting this year's upcoming state conference in Savannah, Georgia! It will be held **September 29 - October 1, 2017** at the Coastal Georgia Center in the Historic District. Contact Linda Brooks at [lb30607@aol.com](mailto:lb30607@aol.com) for more information.

**RMPANA** The Rocky Mountain PeriAnesthesia Nurses Association will hold its 19th Annual Retreat in the Rockies **October 6-8, 2017** at Snow Mountain Ranch west of Winter Park, Colorado. Contact Sandy Olson at [skolson9@yahoo.com](mailto:skolson9@yahoo.com) for additional information. 🌿



### LIVE IN-PERSON SEMINARS

#### ADVANCED PATIENT SAFETY: NEW APPROACHES AND DIRECTIONS

September 23, 2017  
*Marlborough, MA*

September 30, 2017  
*Little Rock, AR*

#### PERIANESTHESIA CERTIFICATION REVIEW

August 26, 2017      September 23, 2017  
*Burlingame, CA*      *Lexington, KY*

August 26, 2017      October 7, 2017  
*Romulus, MI*      *Hartford, CT*

September 9, 2017      October 21, 2017  
*Rockville, MD*      *Fairfax, VA*

September 9, 2017      November 18, 2017  
*Bloomington, MN*      *Albany, NY*

September 23, 2017  
*Overland Park, KS*

#### FOUNDATIONS OF PERIANESTHESIA PRACTICE

August 26, 2017  
*State College, PA*

October 28, 2017  
*Bozeman, MT*

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

September 23, 2017  
*Indianapolis, IN*

October 7, 2017  
*Murfreesboro, TN*

#### REFRESHING YOUR PERIANESTHESIA PRACTICE

November 11, 2017  
*Omaha, NE*

### LIVE WEBCASTS – FULL-DAY PROGRAMS

FOUNDATIONS OF PERIANESTHESIA PRACTICE  
August 19, 2017

PAIN MANAGEMENT IN THE PERIANESTHESIA  
AND CRITICAL CARE SETTINGS  
September 9, 2017

PEDIATRICS: BEYOND THE BASICS  
August 26, 2017

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES  
October 14, 2017

PERIANESTHESIA CERTIFICATION REVIEW  
August 12, 2017  
September 30, 2017

PERIANESTHESIA PATHOPHYSIOLOGY AND  
ASSESSMENT: A SYSTEMS APPROACH  
November 4, 2017

PERIANESTHESIA STANDARDS AND  
IMPLICATIONS FOR PRACTICE  
October 8, 2017 SUNDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE  
September 23, 2017

SAFETY BEGINS WITH US  
October 22, 2017 SUNDAY

SURROUNDING YOUR PRACTICE WITH  
EXCELLENCE: LEGALITIES, STANDARDS AND  
ADVOCACY  
November 11, 2017

### LIVE WEBCASTS – HALF-DAY PROGRAMS

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA  
CARE

November 5, 2017 SUNDAY

INFECTION CONTROL CHALLENGES:  
IMPLICATIONS FOR THE PERIANESTHESIA NURSE  
October 7, 2017

PERIANESTHESIA ESSENTIALS I  
August 13, 2017 SUNDAY

PERIANESTHESIA ESSENTIALS II  
September 24, 2017 SUNDAY

PERIANESTHESIA ESSENTIALS III  
October 1, 2017 SUNDAY

PERIANESTHESIA ESSENTIALS IV  
October 15, 2017 SUNDAY

PERIANESTHESIA ESSENTIALS V  
October 29, 2017 SUNDAY

PERIANESTHESIA FOUNDATION  
October 21, 2017

### LIVE WEBCASTS – TWO-HOUR PROGRAMS

OBSTRUCTIVE SLEEP APNEA IN THE ADULT  
PATIENT: PUTTING THE PRACTICE  
RECOMMENDATION INTO PRACTICE  
October 21, 2017

PREVENTION OF UNWANTED SEDATION:  
PUTTING THE PRACTICE RECOMMENDATION  
INTO PRACTICE  
October 28, 2017