



Breathline

Volume 38, Issue 1
January/February 2018

INSIDE:

PRESIDENT'S MESSAGE: Embracing Creativity and Curiosity

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

"WE MUST NOT BE AFRAID TO PUSH BOUNDARIES; INSTEAD, WE SHOULD LEVERAGE OUR SCIENCE AND OUR TECHNOLOGY, TOGETHER WITH OUR CREATIVITY AND OUR CURIOSITY, TO SOLVE THE WORLD'S PROBLEMS."¹

Solving the world's problems may be a bit beyond the scope of ASPAN's Core Purpose and Vision, but creativity and curiosity played a significant role in our past. These attributes continue to influence the present and future as we push the boundaries and test the limits of what we can accomplish. Through our committees and strategic work teams, ASPAN sets goals every year to advance its core purpose. The creativity and ingenuity of the committees and work teams is visible all around us. How creative have we been lately? Where is ASPAN's curiosity leading us? Let's take a peek.

Updating a Retired Position Statement

As a result of concern over air quality and other environmental hazards in perianesthesia settings, ASPAN re-examined a retired position statement and introduced a new statement on "Air Quality and Occupational Hazard Exposure Prevention"² to the 2016 Representative Assembly. Taking this concern further, ASPAN enlisted the assistance of the National Institute for Occupational Safety and Health (NIOSH) to investigate the presence of waste anesthesia gases in the PACU. The resulting collaboration with NIOSH is a tribute to ASPAN's curiosity and creative approach to problem solving.



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

Although many studies exist to support scavenging systems in areas where anesthetic gases are administered, there is a lack of research and evidence to support stronger air quality standards in PACUs. The NIOSH studies should help fill that gap. This is just one example of combining curiosity and creativity to find a solution. "*Curiosity is the engine of achievement.*"³

Innovative Education

Guided by our strategic plan and our core values, ASPAN strives to offer innovative education, and sponsor research which leads to evidence we can use at the bedside. Meeting the educational needs of today's perianesthesia nurse requires creative approaches. We now provide member access to education 24/7 by varying the start times for webcasts and providing popular modules through ASPAN Select and On Demand. These new approaches increase educational opportunities for all perianesthesia nurses.

Gauging member needs by reviewing questions posted to the Clinical Practice Committee ensures that members have a voice in planning new educational offerings. "*Creativity involves breaking out of established patterns in order to look at things in a different way.*"⁴

New Approaches to Standards and Guidelines

Recognizing that the goal of adding leveled evidence to every practice recommendation requires ongoing work, the Standards and



Guidelines (S&G) SWT members committed to projects in their “off” year (the year there is no face-to-face meeting). Previously, little work was accomplished in the “off” year. Time is precious, and this team was not being utilized to its full potential. By looking at this team in a different way, leaders were able to accomplish more by managing their projects and their teams over a two-year period.

The S&G meeting this past October proved that this approach is highly effective. With the assistance of the Evidence Based Practice (EBP) SWT and a medical librarian, S&G teams are constantly engaged in literature reviews on assigned topics. With Dropbox as a repository, articles culled by our medical librarian and team members are accessible to education, research, clinical practice, EBP and S&G.

Increased Curiosity and Innovation in Research

Research often combines creativity and curiosity. This is palpably evident during the showcase for EBP/Research and Celebrate Successful Practices (CSP) posters during ASPAN's National Conferences. These projects epitomize curiosity, creativity and innovation. The posters awe and inspire, and, if the thought of conducting research is intimidating, partner with an experienced nurse researcher. ASPAN can assist with identifying research mentors.

Tackling a research project may be your opportunity to do something which scares you, just a little. “*Curiosity will conquer fear even more than bravery will.*”⁵ Insatiable curiosity may be the common denominator among nurse scientists, but we also need perianesthesia nurses who take a pragmatic approach by translating research into evidence we can apply at the bedside. Curiosity is essential for research and often starts with the question, “Why?”

Curiosity and Innovation to Validate Perianesthesia Staffing


ASPAN's Clinical Practice Committee is frequently asked about perianesthesia staffing levels. “Practice Recommendation 1, Patient Classification/Staffing Recommendations,”⁶ relies on best practices for safe patient care, but there are no research studies to validate the recommendations. The staffing recommendations for Phase I are the most

clearly defined, likely because that area has been in existence the longest. ASPAN is currently conducting research on acuity-based PACU staffing. Once completed, this study will add credibility and evidence to one of ASPAN's oldest and most important practice recommendations.

Commitment to Creativity

Reaching organizational goals requires commitment, dedication and creativity. ASPAN's position as a world leader in perianesthesia nursing stems from a passion for excellence and an unquenchable curiosity. We live to uncover new possibilities. As Franklin Adams said, “*I find that a great part of the information I have was acquired by looking up something and finding something else on the way.*”⁷

REFERENCES

1. Jason Silva quotes. Available at: https://www.brainyquote.com/quotes/jason_silva_621987. Accessed January 13, 2018.
2. American Society of PeriAnesthesia Nurses. A Position Statement of Air Quality and Occupational Hazard Exposure Prevention. In: *2017-2018 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2016:135-139.
3. Curiosity. Ken Robinson. Available at: <http://www.quotegarden.com/curiosity.html>. Accessed November 1, 2017.
4. Curiosity. Edward de Bono. Available at: https://www.brainyquote.com/quotes/edward_de_bono_121181. Accessed January 13, 2018.
5. Curiosity. James Stephens. Available at: <http://www.quotegarden.com/curiosity.html>. Accessed November 1, 2017.
6. American Society of PeriAnesthesia Nurses. Practice Recommendation 1 Patient Classification/Staffing Recommendations. In: *2017-2018 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2016:32-37.
7. Curiosity. Franklin Adams. Available at: <http://www.quotegarden.com/curiosity.html>. Accessed November 1, 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:

ASPAN

90 Frontage Road
Cherry Hill, NJ 08034-1424
877-737-9696
Fax: 856-616-9601
aspan@aspan.org
www.aspan.org

2017-2018 BOARD OF DIRECTORS

PRESIDENT

Susan Russell (TX)

VICE PRESIDENT/PRESIDENT-ELECT

Regina Hoefner-Notz (CO)

SECRETARY

Valerie Watkins (CO)

TREASURER

Deborah Bickford (CA)

IMMEDIATE PAST PRESIDENT

Katrina Bickerstaff (MA)

REGIONAL DIRECTORS

Region 1 – Shay Glevy (CA)

Region 2 – Jennifer Kilgore (MS)

Region 3 – Sylvia Baker (IL)

Region 4 – Amy Dooley (NH)

Region 5 – Kimberly Godfrey (FL)

DIRECTOR FOR EDUCATION

Linda Beagley (IL)

DIRECTOR FOR CLINICAL PRACTICE

Diane Swintek (MD)

DIRECTOR FOR RESEARCH

Elizabeth Card (TN)

ABPANC PRESIDENT (EX-OFFICIO)

Vicki Yfantis (MD)

ASPAN CHIEF EXECUTIVE OFFICER

(EX-OFFICIO)

Kevin Dill (NJ)

BREATHLINE EDITORIAL STAFF

EDITOR

Barbara Godden (CO)

NATIONAL OFFICE

Jane Certo (NJ)

PUBLICATIONS SWT COORDINATOR

Susan Norris (TX)

CONTRIBUTORS

Susan Carter (CA)

Jacque Crosson (AZ)

Rose Durning (OH)

Karen Woods (CA)

Editorial Comments or
Letters to the Editor to:

Barbara Godden
9320 Erminedale Drive
Lone Tree, CO 80124
bgodden@aspan.org

Deadlines for inclusion in *Breathtline*:

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

Illustration p.13: © Can Stock Photo
Inc. / marinini

PERIANESTHESIA NURSE AWARENESS WEEK (PANAW)

February 5 - 11, 2018!

Membership/
Marketing

PANAW is our time to shine and let our colleagues know of the great patient care we deliver each and every day. Maybe you're having a celebration at work or within your component to mark this special week. Some ways to celebrate include:

- Placing announcements in employee publications/emails
- Displaying and using PANAW products (available at www.panaw.com)
- Offering coffee and cake within your unit/department
- Taking photos of your PANAW celebration

The PANAW catalogue is full of great gift ideas to recognize the perianesthesia nurses you know. Official PANAW products can be ordered online at www.panaw.com.

How will you celebrate PANAW this year? Remember to submit photos of your PANAW celebration to *Breathline* Editor Barb Godden for possible use in a future issue: bgodden@aspan.org. (No .pdf files please.) 🌱



National Conference Development Activities

There are several fun ways you can support ASPAN and your profession at the 2018 National Conference in Anaheim, California:

Dream Walk

Enjoy an early morning walk that originates from the hotel and takes you past Disneyland. **Sunday, April 29, begins 6:30 a.m.**

Development Celebration Breakfast

Begin Wednesday morning by supporting ASPAN, earning .75 contact hour, honoring your friends and colleagues with gifts to the *Hail, Honor, Salute!* campaign, and enjoying a traditional American breakfast. **Wednesday, May 2, 6:30 – 8:30 a.m.**

Silent Auction

Components and individuals are invited to donate – and purchase – items for the 2018 Silent Auction, which will take place in the Exhibit Hall. Open during Exhibit hours. **New this year:** You can even bid on some high-ticket items that will be featured via email in advance of Conference.

Hail, Honor, Salute!

Honor a special colleague and support ASPAN by completing a *Hail, Honor, Salute!* form which will be included in your registration packet. Forms can be turned in at the Development Celebration Breakfast or the ASPAN booth in the Exhibit Hall during exhibit hours.

For additional information on any of these activities, please email Doug Hanisch at the National Office: dhanisch@aspan.org. 🌱

ASPAN GROUP MEMBERSHIP PROGRAM

ASPAN's Group Membership Program is designed for hospitals and surgical centers that wish to purchase 20 or more memberships at a time. Employees will receive the latest in perianesthesia education, research, standards, and clinical expertise. Employers, in turn, enjoy having some of the best educated, most dedicated perianesthesia nurses. This is also a great way for hospitals to support their pursuit of Magnet status.

Employers that purchase a Group Membership even receive a discount on the purchase itself!

Please review this information and pass it along to the person at your facility most likely to approve, or advocate for, getting a group membership. For additional information, including group rates, you can email Doug Hanisch at ASPAN's National Office: dhanisch@aspan.org.

ASPAN Member Benefits

- \$110 off CPAN® and CAPA® certification exam fees
- Free subscription to *Journal of PeriAnesthesia Nursing*
- Major discounts on education, publications, ASPAN National Conference, and more
- Free online access to Joanna Briggs Institutes' medical databases
- Free subscription to *Breathline*, ASPAN's member newsletter
- Free contact hours each year
- Component/state membership and related benefits
- Collaborate with colleagues, in person and online
- Scholarships and research grants
- Access to personal liability insurance at competitive rates

ASPAN'S 2018-2019 Slate of Candidates

Vice President/President-Elect



Amy Dooley
MS, RN, CPAN, CAPA

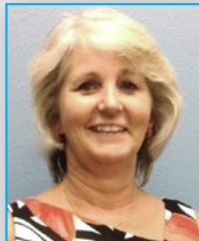


Valerie Watkins
BSN, RN, CAPA

Secretary



Rose Durning
MHS, BSN, RN, CAPA



Marcia Keiser
BSN, RN, CPAN



Jennifer Kilgore
BSN, RN, CPAN

Regional Director, Region 2

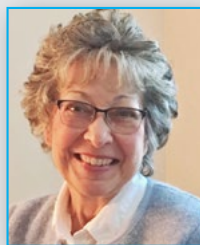


Clara Boudreaux
BSN, BS, RN CAPA



Susan Norris
BSN, RN, CAPA

Regional Director, Region 4



Ursula Mellinger
BSN, RN, CPAN, CAPA



Bronwyn Ship
BSN, RN, CPAN

Director for Clinical Practice



Diane Swintek
MSN, RN, CPAN

Nominating Committee (five vacancies)



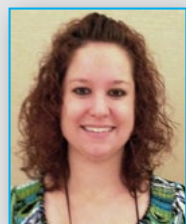
Kimberly Flake
BSN, RN, CAPA



Helen Fong
MSN, RN, PHN



Rebecca Hartley
MSN, RN, NEA-BC,
CPAN



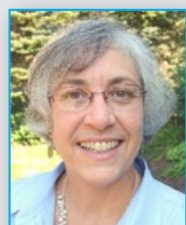
Sarah Hessling
BSN, RN, CPAN



Amy Levesque
ADN, RN, CPAN



Holly Meis
BSN, RN, CCRN, CPAN



Diane Perrone
ADN, BA, RN,
CPAN, CAPA



Marché Tucker
BSN, RN, CPAN, CAPA



Carmen Villegas
BSN, RN

CANDIDATE PROFILES: Your Input is Requested!

ASPAN's slate of candidates for the 2018-2019 year is impressive, and all bring talent and skills to the roles they are seeking to lead ASPAN in the coming year(s). Each candidate recognizes the importance of contributing to excellence in perianesthesia practice, leadership and collaboration.

ASPAN utilizes Web technology to provide its members with all candidate qualifications and background information as well as what each Board candidate visualizes as individual immediate long-term goals and strategic priorities for ASPAN within the next two years.

Your component is looking for your input! Here's what you do by **February 28, 2018**:

- You must be a current ASPAN **Active** Category or **Retired** Category member
- After reading the instructions, scroll down the page and review the list of candidates' name
- Next to each name is a link entitled "BIO." Click on this link to read about the candidate
- Review all 2018-2019 Candidate Profiles
- Click the box next to the candidate's name of your choice for each position
- Only **ONE** name or abstention may be selected within each position – except Nominating Committee positions. **Five** positions are open on the Nominating Committee. Please select five names

- Find and select your component from the list of component names. This is a **REQUIRED** field since it determines where to forward your submission
- At the page bottom, click "Submit" and your input will be forwarded to your component representatives to assist them in casting their votes at the 2018 Representative Assembly meeting in Anaheim, California
- Once you click "Submit," you will receive a confirmation page stating that your submission has been successfully executed

Only **one** 2018-2019 Candidate Selection submission per qualified ASPAN member will be accepted. Submissions are available online only

- [Click here](#) for 2018-2019 Candidate Profiles

Your feedback must be submitted no later than February 28, 2018. Demonstrate your perianesthesia passion. Don't delay! 🌿

2017 ASPAN Scholarship/Award Recipients

ASPAN National Conference Attendance Award (\$750 each)

For the 2018 National Conference in Anaheim

Kristin Christensen BSN RN CPAN CAPA
Deerwood, MN

Kathleen Frato MSN RN CAPA
Lyndhurst, OH

Tina Harvey BSN RN CPAN CAPA
Germantown, OH

Jamie Lee BSN RN CPAN
Ville Platte, LA

Brandy Mather BSN RN CPAN CAPA
Miamisburg, OH

Tracy McNeeley BSN RN CAPA
Harahan, LA

Beverly Ryan RN CPAN
Rockford, IL

Dianna Shriner RN CPAN CAPA
Huntingdon, PA

Deborah Wadsworth BSN RN CAPA
Mandeville, LA

Charlotte West BSN RN CPAN
Sheridan, IN

Jennifer White MSN RN CPAN TNCC
Hendersonville, NC

BSN Scholarship (\$1,500 each)

Melissa Lewis RN CPAN CAPA
Nashua, NH

Ashley Morris ADN RN CPAN
Louisville, KY

MSN Scholarship (\$1,500 each)

Ronda Dyer BSN BSPA RN CPAN CAPA
Hanford, CA

Jessica Herr BSN RN CPAN CAPA
Burlington, WI

Julia Rodriguez BSN RN
Walpole, MA

Humanitarian Mission Award (Up to \$1,000 each)

Linda Allyn BSN RN CPAN CAPA
Elgin, TX

Marilyn Dizon BSN RN CPAN
Kansas City, MO

Nurse in Washington Internship (NIWI) (Up to \$2,000 each)

Shelly Rinfret BSN RN CPAN
Saco, ME

Carolyn Bennett BSN RN
Casa Grande, AZ



Jacquie Crosson
MSN, RN, CPAN
Standards & Guidelines
SWT Coordinator

Standards and Guidelines Strategic Work Team

Jacquie Crosson, MSN, RN, CPAN – Standards & Guidelines SWT Coordinator

The Standards & Guidelines (S&G) Strategic Work Team (SWT) met in Dallas, Texas, October 26 - October 29, 2017. The primary goal of this meeting was to review the entire 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, and to integrate suggested updates from assigned SWT teams.

Review of the Literature

Much of the work was done prior to the meeting as to allow for vigorous discussions to occur during the meeting. Prior to arrival in Dallas, a comprehensive review of the literature was conducted to update Practice Recommendation 10

“Obstructive Sleep Apnea in the Adult Patient.” Over 470 articles were received from the ASPAN librarian, with 277 reviewed by the team leaders, and 105 assigned to SWT members for critique and leveling. Practice Recommendation 11 “The Prevention of Unwanted Sedation in the Adult Patient” also had a literature review completed. The ASPAN librarian sent 587 articles for review. With the assistance of the Evidence Based Practice (EBP) SWT, 63 articles were reviewed and 47 critiqued and leveled.

Due to the level of commitment from both S&G and EBP SWTs prior to the meeting in Dallas, these reviews were complete and only required a brief update of added information.

This allowed the S&G team to concentrate on the proposed changes recommended from the separate work teams. There was even scheduled time for a Go-To-Meeting call, so that Regina Hoefner-Notz and Carolyn Kiolbasa could join us for essential pediatric discussions. Important to the entire S&G SWT is the continued leveling of evidence to support ASPAN's perianesthesia standards. Moving forward, your S&G SWT will continue with aggressive literature reviews in effort to support all practice recommendations, position statements and standards. There were 47 agenda items for this meeting!

Representative Assembly Involvement

Several new position statements will be brought forward at the National Conference in Anaheim, California in 2018. The Representative

Assembly will have the opportunity to review and approve all changes for inclusion in the *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Also, new practice recommendations will be developed from existing guidelines or position statements complete with literature reviews, and critiquing and leveling of evidence. Work for the S&G SWT will continue to be a year-round commitment for the volunteer members.

Kudos to the SWT Team Leaders

While this work would not have been possible without the entire S&G SWT, the team leaders were present in Dallas and spent over 14 hours each day to complete this rigorous review. Many thanks to the entire Standards & Guidelines SWT for a job well done! 🌱

Enhanced Recovery After Surgery (ERAS)

Dallas Intercontinental Hotel, November 10-11, 2017

Jacque Crosson, MSN, RN, CPAN

Kimberly Godfrey is the official liaison to ERAS® USA. However, she was attending the ASPAN Mid-year Board of Directors meeting this same weekend. ASPAN President Susan Russell asked me to attend this first meeting of ERAS® USA, and it was a real pleasure, as I work with one of the ERAS® USA board members.

What is ERAS?

The first meeting of ERAS® USA was held in Dallas, Texas. For those of you not familiar with the term, enhanced recovery after surgery (ERAS) it is an evidence-based interdisciplinary protocol for patient management before and after surgery. It was my honor to represent ASPAN and perianesthesia nursing for this inaugural conference. Exciting for our specialty is that we are a critical part of the team. Our engagement ensures the success of the program, and it is our responsibility to educate ourselves so that we understand the importance on patient outcomes.

ASPAN has established a liaison relationship with ERAS® USA since we are the premier source of perianesthesia education and share the responsibility of educating our members. Already available is an ASPAN On-Demand module on Enhanced Recovery. Presentations have been offered at each national conference since Philadelphia with ASPAN ensuring educational offerings on ERAS. A search in the *Journal of Peri-Anesthesia Nursing (JoPAN)* will yield articles surrounding this concept.

ERAS® USA Participants and Program Facilities

Faculty included nurses, surgeons, and anesthesiologists. Exciting was the distance that some of the faculty traveled to educate participants. Columbia, England, Canada, Switzerland, and Greece were countries represented. Several participants have migrated to the United States to develop ERAS programs at hospital systems such as Mayo Clinic, Carolinas Health System, and Brigham and Women's. The grandfather of ERAS is Dr. Henrik Kehlet. I met his protégé, Dr. Olle Ljungqvist, who was the keynote speaker at this conference and is an authority on ERAS worldwide.

To see the data presented on the benefits of utilizing evidence-based protocols on patient outcomes makes one wonder why this is not the standard of care for every patient everywhere. The goal of ERAS® USA is to spread the word in the United States. Some health systems have been early adopters and are doing great work as demonstrated this weekend. The challenge for all of us is to advocate for these protocols for our patients so that they can recover faster and regain their functional status sooner with less pain post-operatively. 🌱



Stephanie Kassulke, MSN, RN, CPAN

It is with great sorrow that we announce the death of our colleague, Stephanie Kassulke, MSN, RN, CPAN, on November 13, 2017.

Stephanie obtained CPAN certification in 1989 and never stopped being active and involved in her professional organization at the state, Wisconsin Society of PeriAnesthesia Nurses (WISPAN), and national (ASPAN) levels. She served as WISPAN president in 1999, 2002, 2011, and 2014. Each of these terms involved a three-year commitment as vice president/president-elect and past president, along with each year she served as president.

A strong advocate for continuing education for all nurses, Stephanie was involved in planning many conferences. She was extremely proud of coordinating the joint conference with the Association of periOperative Registered Nurses (AORN) held in Wisconsin Dells. Stephanie has given presentations at both the state and national level and did a poster presentation at an ASPAN national conference.

From 1995 through 2016, Stephanie was WISPAN editor for its newsletter, *The Awakening*. Writing was a passion for Stephanie and her commitment to the newsletter was obvious to all, so much so, that she had a hard time giving it up when her health started to fail.

At the national level, Stephanie worked on several ASPAN committees. She was an active member of the Clinical Practice Committee and served as a team leader for several years. This was a committee that Stephanie enjoyed very much. Stephanie was also coordinator of the Publications Strategic Work Team (SWT) for several years, and was a member of the Publications Specialty Practice Group (SPG). She authored

some of the information in the 2014 *Publications Primer*, which is now available to all ASPAN members on the ASPAN Web site. Stephanie authored Chapter 6, Circulation, in the 2014 edition of *A Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*, published by ASPAN. Colleagues from ASPAN reflect that they were always able to call Stephanie with a question and she was willing to help. Stephanie never said no!

Stephanie worked for Aurora Sinai Medical Center beginning in 1975. She started her career on a medical-surgical unit and then transferred to PACU in the early 1980s. She was very active in Shared Governance and chaired the magnet committee at her facility.

An expert clinician in the PACU, Stephanie was always a resource for her fellow staff members. She mentored many nurses and students throughout her 40+ year nursing career. Many co-workers went to Stephanie for advice on a project or in writing a paper as they pursued their own advanced degrees in nursing.

Stephanie was a close friend, co-worker, and colleague to many. She was well respected by physicians and staff members. Stephanie networked and had multiple professional contacts throughout the United States and abroad, all of whom share the loss of our colleague.

Stephanie is survived by two sons, Paul and Richard, along with nieces and nephews and many close friends. She will be missed by all those with whom she has come into contact. May she now rest in peace. 🌿

Debra Kradecki BSN RN CPAN
WISPAN Member

DETECTING GREATNESS

The Proof is Revealed at National Conference

Start Your Exploration Now

Susan Carter, BSN, RN and Karen Woods, BSN, RN, CPAN
NCSWT Members at Large

ASPAN's 37th National Conference will be in Anaheim, California, very soon. There is so much to enjoy during a visit to this energetic Southern California playground! Consider extending your stay before and after the Conference to enjoy all Anaheim has to offer.

National Conference is always packed with topnotch educational offerings specifically chosen to support YOUR perianesthesia practice. This year is no exception! Session choices range from physiological challenges, legal topics, pediatrics, substance abuse, safety, practice standards, horizontal violence, multigenerational workforce challenges, research topics and many more new and innovative presentations given by an exciting and expanded faculty. There are also excellent networking opportunities with national and international colleagues, the fun of Component Night, and the celebration at the President's Reception.

After all the professional opportunities Conference has to offer, make time to explore the restaurants, shopping, craft breweries, nature areas, beaches, entertainment, sporting events and so much more, in Anaheim and the surrounding areas.

Getting Around

ARTIC – the Anaheim Regional Transportation Intermodal Center connects trains, buses, Anaheim Resort Transportation (ART), shuttles and taxis in one central location making it easy to explore Anaheim, the local vicinity, Los Angeles or San Diego.¹ There is a shuttle stop for ART steps from the Anaheim Marriott's front lobby. Learn more about ART at www.rideart.org.

Museums and Cultural Attractions

The **Muzeo Museum and Cultural Center** engages the community in exploring and celebrating the area's diverse heritage, culture, and arts. The **Old Time Orange Historic Center** was placed on the National Register of Historic Places in 1997, and includes more than 1,300 homes and other buildings, including antique shops, old time diners and soda fountains. It is approximately one square mile in size, making it the largest National Register District in California. **Bower Museum** is the largest museum in the city of Orange, and celebrates world cultures

through its arts. The **Discovery Cube Science Museum** is a museum that is science-based. The **Marconi Automotive Museum** has an impressive collection of high performance streetcars and racecars. **Richard Nixon Presidential Library** is located approximately 13 miles away in the city of Yorba Linda, housing materials from the Nixon presidency.^{2,3,4} Or, hop the train and take a short trip south to San Diego and visit some of the many museums in gorgeous **Balboa Park** or the **Maritime Museum** on sparkling San Diego Harbor.⁵

Not far from the host hotel is the **Muckenthaler Cultural Center**.⁶ This 18-room, 8.5-acre mansion was donated to the city in 1965 and offers performances, gallery exhibits, festivals and special events. Located in Costa Mesa, the **Segerstrom Center for the Arts** complex has drawn huge audiences for symphony, ballet and Broadway events.⁷

Sports Enthusiasts

Catch a major league baseball game at Anaheim Stadium, home of the **Los Angeles Angels**, or a major league hockey game with the **Anaheim Ducks** at the Honda Center. For unparalleled excitement, experience the thrill of air combat! Check out the **Flight Deck Air Combat Center** and



Karen Woods
RN, CPAN, CAPA
NCSWT Member



Sue Carter
BSN, RN
NCSWT Member



▲ Angels Baseball
Photo courtesy of
www.visitanaheim.org



▲ Anaheim Ducks
Photo courtesy of
www.visitanaheim.org

EXPERIENCE aerial maneuvers at 600 knots and air-to-air combat in an authentic military flight simulator. FEEL what it's like to take the controls of a commercial airliner in the Boeing 737 flight simulator.³

For the Foodies

Anaheim is home to a number of craft breweries, restaurants and eateries – many, such as **Backstreet Brewery** or **American Tavern Eatery** are in close proximity to the host hotel. Check out the **Anaheim Packing House** – a former packinghouse for produce has been restored into a food hall offering a variety of unique options for lunch or dinner. For a more formal night out, visit the **Anaheim White House**. **Garden Walk** is an easy stroll from the hotel and offers dining and shopping in one location. More adventurous? Maybe you'd like to consider dinner at **Medieval Times** or a swash buckling **Pirates Dinner Adventure**.³



▲ Anaheim Packing House Photo courtesy of www.visitanaheim.org

Naturalists

Unwind and commune with nature at the Oak Canyon Nature Center where 58 acres of hiking trails await. The Fullerton Arboretum has over 4,000 plant species spread over 26 acres for you to explore and enjoy. And, of course there are the BEACHES.....lots and lots of beaches, sand and surf. Head on down to Huntington Beach, better known as Surf City USA, or Laguna Beach and its beautiful views, quaint shops and eateries.³



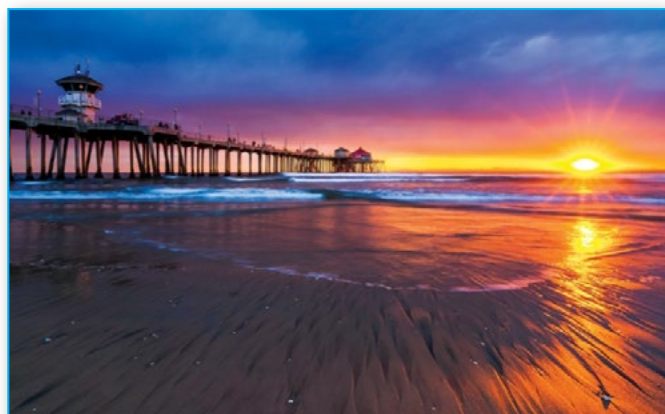
▲ Knott's Berry Farm Photo courtesy of www.visitanaheim.org

More Fun in the Sun

Head up to Los Angeles to check out **Sunset Boulevard**, **Pantages Theatre**, the **Hollywood Walk of Fame**, **Rodeo Drive** or take a bus tour of star's homes. If theme parks are more your style, check out **Knott's Berry Farm**, **Six Flags Magic Mountain**, or maybe **Harry Potter and Universal Studios**.⁸ Another must is to travel south to San Diego to visit the world-famous **San Diego Zoo**, **Sea World**, or **Lego Land**. Hungry for authentic Mexican fare? Then Old Towne, San Diego is for you. Ready to get your party started? San Diego's historic Gas Lamp District, will be calling your name.⁵



▲ Anaheim GardenWalk Shopping Photo courtesy of www.visitanaheim.org



▲ Huntington Beach at Sunset Photo courtesy of www.visitanaheim.org

◀ Harbor at Newport Beach Photo courtesy of www.visitanaheim.org



▲ Anaheim Marriott Photo courtesy of www.visitanaheim.org



▲ The Outlets at Orange Photo courtesy of www.visitanaheim.org

Component Night

Join in the preconference revelry of Component night. Come dressed as your favorite celebrity, game show host, or movie star. Get your picture taken on the red carpet with life size Oscars, or your favorite celebrity. You'll soon know how it feels to be mobbed by the paparazzi. Come ready to party with old and new friends, but be sure to wear your dancing shoes. It's going to be a night to remember!

Conference Volunteering

Interested in assisting others at conference? Serve as a conference host/hostess during sessions. Contact Karen Woods (karenw@panac.org) if you have an interest in giving some of your time to this very important conference role. Orientation sessions are offered at the start of Conference. ASPAN offers a small stipend for each four hours of volunteer time. If you'd like to polish your public speaking skills, contact Kim Kraft (kkraft1589@gmail.com) and volunteer to serve as a session moderator. You'll be introducing a speaker and keeping the session on time. Information, including Karen and Kim's contact information, can also be found in the conference brochure.

Room Sharing

The host hotel for conference is the Anaheim Marriott, located in the heart of the Anaheim action. Stay here and be close to all the conference action at a really great price and have the convenience of easy access to your room during the day. Walk to Disneyland and Downtown Disney as well as other shopping and dining options. **Need a roommate?** Want to reduce your expenses and perhaps make a life-long friend? Submit your name for willingness to room-share. Email your name, complete address, home and/or work phone numbers, preference for smoking or non-smoking and any other information you'd like to share with a potential roomie to: Susan Carter, at suecarter2@sbcglobal.net. The room-sharing list will be sent to you and it is then

YOUR RESPONSIBILITY to contact others on the list to coordinate room sharing arrangements and reservations. Complete information is printed in ASPAN's 37th National Conference Registration Brochure and on ASPAN's Web site. The deadline for booking a room at the Marriott is March 29, 2018.

Detecting greatness while enriching your knowledge and practice skills will be easily achieved by attending the 37th National Conference in Anaheim. You do not want to miss this outstanding program or the opportunity to explore all that Anaheim and Southern California have to offer. See you at Conference!

REFERENCES:

1. Anaheim and ART. Available at: www.anaheim.net/3329. Accessed January 6, 2018.
2. City of Orange. Available at: <https://cityoforange.org/262/Old-Towne-District>. Accessed November 1, 2017.
3. Anaheim. Available at: www.visitanaheim.org. Accessed November 1, 2017.
4. Marconi Automotive Museum. Available at: www.marconimuseum.org. Accessed November 1, 2017.
5. Muckenthaler Cultural Center. Available at: www.themuck.org. Accessed November 1, 2017.
6. Segerstrom Center for the Arts. Available at: www.scfta.org. Accessed January 6, 2018.
7. www.sandiego.org Accessed January 6, 2018.
8. Hollywood Tourist Attractions. Available at: www.latourist.com/index.php?page=hollywood-links. Accessed January 13, 2018.



▲ Laguna Beach Photo courtesy of www.visitanaheim.org

ASPAN Midyear Board of Directors Meeting HIGHLIGHTS

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

Dompano Beach, Florida, served as the location for the ASPAN Board of Directors midyear meeting on November 11, 2017. These are some of the highlights reported during the Board meeting:

ASPAN Activities and Accomplishments

President Susan Russell reviewed ASPAN activities and accomplishments during the past year. Thirty-five ASPAN policies were reviewed with some updated and others with no changes. Regina Hoefner-Notz, Vice President/President-Elect, reviewed the working Strategic Plan, incorporating newly updated reports received from liaisons, Specialty Practice Group (SPG) and Strategic Work Team (SWT) leaders. Recommendations were made, and revisions will be added as suggested.

The Board received survey results relative to the SPG Review and Revitalization SWT and the Perianesthesia Pacesetters SWT. Further recommendations will be presented at the 2018 National Conference Board meeting.

ASPAN Fellows Program

Katrina Bickerstaff, Immediate Past President, described the process utilized for creating criteria for the new Fellows program, that of, Fellow of the American Society of PeriAnesthesia of Nurses (FASPAN). The Board moved to accept the criteria, so the Perianesthesia Fellowship SWT will proceed with developing an application and establishing a timeline for implementation.

Clinical Practice

Diane Swintek, Director for Clinical Practice, reported on updates from the Standards & Guidelines SWT as they continue work on the review, updates and revisions for the *2019-2020 ASPAN Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. From May to September, 2017, the Clinical Practice Committee has responded to 462 inquiries.

Education

Linda Beagley, Director for Education, provided updates on continuing education, the Education Approver Committee and National Conference. Forty-six certification bundles were purchased and 326 users accessed the On-Demand modules.

The Education Provider Committee has been updating and adding new programs for ASPAN Select, and it is growing.

Research

Elizabeth Card, Director for Research, explained the use of REDCap as a beta test for submitting research abstracts and creating a database to reduce paperwork. The goal is to replace SurveyMonkey and save time for National Office information collection. Two research grants are in progress and two members had been selected to attend Joanna Briggs Institute training.

Collaboration with the American Board of Perianesthesia Nursing Certification

The Board moved to endorse the "Position Statement on Endorsement of CPAN and CAPA Perianesthesia Nursing Certification." This collaborative statement with the American Board of Perianesthesia Nursing Certification (ABPANC) articulates the importance of CPAN and/or CAPA certification in today's nursing for the perianesthesia nurse. This position statement will be presented to ASPAN's 2018 Representative Assembly for approval.


Financial Activities

Deborah Bickford, Treasurer, presented the 2017 financial statement to date, noting that ASPAN was on track with most items. ASPAN awarded \$22,000 in scholarships/awards in 2017. Publication sales are also doing well.

Slate of Candidates

Katrina Bickerstaff, Chair, Nominating Committee, presented the slate of candidates for the April 2018 election. All candidate profiles and CVs have been reviewed to ensure accuracy and completeness.

Regional Reports

The Regional Directors reported on their respective regions and components. They are always willing to help with any questions and ready to visit their components. 

ASPAN Strategic Plan Update

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

Part of my role as vice president/president-elect of ASPAN is to review, update and present ASPAN's Strategic Plan to the Board of Directors (BOD) at the midyear Board meeting. After receiving all reports from various leaders and liaisons, the work is integrated, brought to the BOD and evaluated on its impact to ASPAN members.

According to BusinessDictionary.com, a strategic plan is "a systematic process of envisioning a desired future, and translating this vision into broadly defined goals or objectives and a sequence of steps to achieve them."¹

ASPAN has four goals within the strategic plan that continue to support its members, and to uphold ASPAN's core purpose: To advance and promote the unique specialty of perianesthesia nursing.²

We evaluate our progress, add new endeavors and remove accomplished tasks to continue to make this a fluid, breathing document. This is just a "snapshot" of the tremendous work accomplished by many ASPAN committee and work team members.

ASPAN's goals are:

GOAL A: ASPAN will achieve a 5% increase in membership by 2017.

ASPAN has added programs and committee work to attempt to reach this goal. A big accomplishment was the increase in attendance at the two "First Timers Orientation" sessions at National Conference. Component presidents also attended to meet new component members and create a networking strategy for the conference week. ASPAN's Facebook page has seen more activity, there is work to evaluate ASPAN member demographics, we have added three free CE articles for all members and re-imagined our ASPAN mentorship program.

GOAL B: ASPAN will increase utilization of ASPAN's educational products by 5% overall by 2017.

The Regional Directors have developed lectures to present to components, and new speakers have joined to promote education throughout all regions. There is an increase in Webcasts and On-Demand modules to reach all geographic areas. Components now also have the opportunity to receive 10% of their money back when utilizing ASPAN Select programs.



GOAL C: ASPAN will initiate a minimum of one original perianesthesia-specific nursing research project annually.


This goal is reaching the skies with incredible work, such as creating a Patient Acuity Index, as well as evaluating waste anesthetic gases (WAG). This year, ASPAN is sending two new Joanna Briggs Institute scholars for training to develop PICO questions to support additional research to benefit perianesthesia nurses.

GOAL D: Commit to providing leveled evidence for one or two practice recommendations annually.

The core members of the Standards and Guidelines SWT met this past October. After reviewing hundreds of studies, they continued to identify evidence to support ASPAN statements on OSA, Unwanted Sedation, DNR in the Perioperative Areas, as well as Pain and Comfort. These changes will be brought to the 2018 Representative Assembly in Anaheim. There continues to be ongoing work for re-leveling of ASPAN's position on Normothermia, as well as future work on Transfer/Handoff of Care and Skin Assessment.

There is so much going on within ASPAN, and I would like to personally invite everyone to enhance their practice and consider joining a committee to contribute to this amazing ongoing work.

REFERENCES:

1. Strategic Plan. Available at: <http://www.businessdictionary.com/definition/strategic-planning.html>. Accessed December 2, 2017.
2. ASPAN Core Ideology. Available at: <http://www.aspan.org/About-Us/Core-Ideology>. Accessed January 7, 2018. 



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

THE DIRECTOR'S CONNECTION

Jennifer Kilgore, BSN, RN, CPAN
Regional Director, Region Two

REGION TWO UPDATE

The fall season with all of its festivals passed quickly, along with the holidays. And who would have ever conjured up a few hurricanes in the mix of the southern autumn season? Unusual, yes, but the resilience and spirit of Region Two nurses is no surprise. Some of our nurses in Texas, Louisiana and Florida have experienced unimaginable devastation. Let's continue to remember them and stand ready to work together as needed!

Region Two Education

Components in Region Two had successful fall conferences and events in providing high quality education to perianesthesia nurses. I was fortunate to attend NAPAN and MOKAN PANA conferences. Attendance was good, and the topics pertinent to perianesthesia practice. Topics included medicinal marijuana, ABCs of perianesthesia, anesthesia trends, emotional intelligence and much more.

Many Region Two components have incorporated use of ASPAN's educational products, specifically ASPAN Select. I look forward to hearing reports from component leaders on the effectiveness and satisfaction from component members. It's always great to see everyone working together, jumping in to help, lead and do their part to make a conference successful.

The Benefits of Lifelong Learning

Lifelong learning is a dynamic process, and it cuts to the core of who we are as nurses. Lifelong learning is a choice that we individually make to invest in ourselves. Its effects ripple in our personal and professional lives. Looking and seeking out ways to get new ideas, to increase knowledge and understanding is critical to the life of nurses. I believe it is the difference between a job and a calling.

Those nurses who "dive in deep" gain so much and they have more to offer patients. Think about it. Wouldn't you prefer a nurse who is active in his/her professional organization, attends events to enhance personal knowledge



and spends time networking with others? Lifelong learners gain a richer perspective, and I am so thankful for the opportunities ASPAN offers to perianesthesia nurses!

Does Continuing Education Requirement Impact Professional Membership?

One aspect that I believe affects attendance at conferences and membership in ASPAN is the issue of state requirements for continuing education units. Of the nine states represented in ASPAN Region Two, three have zero requirements for nurses to prove continuing education units. I'm delighted to announce that the Mississippi Board of Nursing has implemented a change. Nurses in Mississippi will now be required to obtain 20 hours of continuing education for re-licensure. Letters were constructed and sent to Mississippi Board of Nursing and the legislature to advocate for this change. MSPAN hopes to see an increase in membership and conference attendance. We do have a voice, and we do make a difference! 🌱

Clinical Practice Hot Topic: Mitomycin

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

Clinical
Practice

The Clinical Practice Committee receives many questions via the ASPAN Web site each month. Committee members then research the answer and respond to the query. This month, the questions are about caring for a patient who has received Mitomycin.

Q. *Can anyone tell me how they handle mitomycin injected into the bladder via 3-way foley? Our surgeon injects & we instill for 45 minutes then flush with 1000 ml normal saline. How does everyone dispose of?*

A. The Mitomycin Process

The ASPAN 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* do not specifically address the disposal of Mitomycin-C, or any antineoplastic agent, used to treat cancer. Mitomycin-C is an antineoplastic antibiotic used to treat non-invasive bladder cancer through intravesical instillation. The surgeon introduces the agent through a three-way indwelling catheter and then the indwelling catheter is clamped. The dwell time is decided prior to instillation and the transition of the patient into the Phase I PACU. Bladder cancer is commonly treated with a combination of surgery and other treatment modalities. This cancer is more often seen in adults over the age of 55.

Safety Precautions

The use of personal protective equipment (PPE) when providing care for the patient post Mitomycin-C installation is a high priority safety measure. The Oncology Nursing Society follows the recommendation of the National Institute for Occupational Safety and Health requiring two pair of chemotherapy tested gloves, gowns with a solid front, long sleeves and tight elastic or knit cuffs that are single use and dis-

posable, and a mask that includes an eye protection shield.¹ Correct use of PPE is essential to maintaining safety for patients and staff. If the plan is to maintain the indwelling catheter, the clamp is released, the bladder drained and a new drainage system attached to the catheter. The discarded collection system and bag are disposed of in a chemotherapy safe container without emptying.

Personal Experience

The institution in which I practice does provide intravesical tumor chemotherapy following transurethral resection of bladder (TURBT) that includes dwell time of 45-60 minutes. At the end of the dwell time, the clamp is released, the bladder drained, and most often the indwelling catheter discontinued. The entire system, catheter-tubing-drainage bag-drainage, is placed into a yellow chemotherapy disposal unit and environmental services contacted for removal of the container from the Phase I PACU. Other facilities have different protocols for the disposal of drainage containing Mitomycin-C, that include emptying the drainage bag into the hopper and double flushing. Most importantly, follow institutional policy regarding the disposal of hazardous drugs, including intravesical chemotherapy.

REFERENCE

1. Personal Protective Equipment for Health Care Workers Who Work with Hazardous Drugs. Available at: <https://www.cdc.gov/niosh/docs/wp-solutions/2009-106/pdfs/2009-106.pdf>. Accessed January 13, 2018.



**Diane Swintek
MSN, RN, CPAN
ASPAN Director for
Clinical Practice**

Make 2018 the Year You and Your Colleagues Get Certified!

Spring 2018 CPAN® & CAPA® Examination Dates:

Registration Window – Online

January 8 – April 2

Examination Administration Window

April 2 – May 29

Register early and be prepared.

ASPAN Members Save \$110!

Get all the details at:

www.cpancapa.org/certification

Contact ABPANC

475 Riverside Drive, 6th Floor, New York, NY 10115-0089

Phone: 800-6ABPANC Fax: 212-367-4256

Email: abpanc@proexam.org

Web site: www.cpancapa.org

Free Study Resources are Available on the ABPANC Web site

- Study References
- Test Blueprints
- Study Tips
- 12-Week Lesson Plan
- Recorded Webinars
- Mind Mapping Study Guide
- Certification Coaches
- NEW CPAN® / CAPA® Study App
 - » 100 Questions - \$9.99
- Practice Exams
 - » Buy One, Get One Free

Free Posters for Certification and Certified Nurses Day at www.cpancapa.org/free-posters

CERTIFICATION

Volume 38, Issue 1
January/February 2018

15



LIVE IN-PERSON SEMINARS

**ADVANCED PATIENT SAFETY: NEW APPROACHES
AND DIRECTIONS**
March 17, 2018
Omaha, NE

PERIANESTHESIA CERTIFICATION REVIEW
February 10, 2018
Perth Amboy, NJ
February 10, 2018
Seattle, WA

**PERIANESTHESIA PATHOPHYSIOLOGY AND
ASSESSMENT: A SYSTEMS APPROACH**
June 2, 2018
Wilmington, NC

LIVE WEBCASTS – FULL-DAY PROGRAMS

**PAIN MANAGEMENT IN THE PERIANESTHESIA AND
CRITICAL CARE SETTINGS**
February 10, 2018

PEDIATRICS: BEYOND THE BASICS
February 24, 2018

PEDIATRICS: LITTLE BODIES; BIG DIFFERENCES
June 9, 2018

PERIANESTHESIA CERTIFICATION REVIEW
February 17, 2018
March 24, 2018

PERIANESTHESIA CERTIFICATION REVIEW (3 PARTS)
February 28, 2018 WEDNESDAY
March 7, 2018 WEDNESDAY
March 14, 2018 WEDNESDAY

You must attend all three parts to receive contact hours.

**PERIANESTHESIA PATHOPHYSIOLOGY AND
ASSESSMENT: A SYSTEMS APPROACH**
March 3, 2018

**PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE**
March 17, 2018

REFRESHING YOUR PERIANESTHESIA PRACTICE
June 16, 2018

SAFETY BEGINS WITH US
March 4, 2018 SUNDAY

**SURROUNDING YOUR PRACTICE WITH EXCELLENCE:
LEGAL ISSUES, STANDARDS AND ADVOCACY**
June 2, 2018

LIVE WEBCASTS – HALF-DAY PROGRAMS

**INFECTION CONTROL CHALLENGES: IMPLICATIONS
FOR THE PERIANESTHESIA NURSE**
February 11, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS I
March 10, 2018

PERIANESTHESIA ESSENTIALS II
March 10, 2018

PERIANESTHESIA ESSENTIALS III
June 17, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS IV
February 18, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS V
February 25, 2018 SUNDAY

PERIANESTHESIA FOUNDATION
June 3, 2018 SUNDAY

LIVE WEBCASTS – TWO-HOUR PROGRAMS

**ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED
RECOVERY AFTER SURGERY**
June 10, 2018 SUNDAY

**OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT:
PUTTING THE PRACTICE RECOMMENDATION INTO
PRACTICE**
March 11, 2018 SUNDAY

**PREVENTION OF UNWANTED SEDATION: PUTTING THE
PRACTICE RECOMMENDATION INTO PRACTICE**
March 18, 2018 SUNDAY