



Breathline

Volume 38, Issue 4

July/August 2018

INSIDE:

PRESIDENT'S MESSAGE:

Leading with Knowledge – Serving with Heart

Regina Hoefner-Notz, MS, RN, CPAN, CPN, FASPAN – ASPAN President 2018-2019

Leading with knowledge and serving with heart is my theme. When I was thinking about how to influence my time as ASPAN's president, this was an idea I wanted to share with each of you. Each of us is called to share a vision and I believe continuing education is very important to maintain our place as leaders in perianesthesia nursing. But, I also wanted to share my heart, my love for each nurse that gives that piece of themselves each day to make our world a little better. As flippant and teasing as I can sometimes be, I truly view nursing as a calling. Serving with heart is at my core, and I hope, this year, you will also see it within yourself.

One reason for this theme is my longing to share ideas of servant leadership, a process that I strive for every day. I am not finished yet and, like many, I fail, pick myself up and try again. To me, it is the trying again that becomes essential.

Leadership Sphere of Influence

Leadership is described as a process whereby an individual influences a group of individuals to achieve a common goal.¹ Leading is not reserved for just managers. Many nurses need to see and understand how they lead every day. I task each of us to look at this like superhero powers and how will we choose to lead and influence. Will we use our powers for good or for evil? I think this is key, as each of us owns our persuasive power within our sphere of influence. Some spheres are wider than others, but you probably have the ability to influence your co-workers,



Regina Hoefner-Notz
MS, RN, CPAN, CPN, FASPAN
ASPAN President 2018-2019

component members, maybe even some board members. Are you promoting or corrupting our nursing process?

By utilizing the term *process* for leadership, it becomes an action and not just a trait of a person. It is a process to affect change and requires not only leaders but also followers to get to that common goal. However, the leader then "has an ethical responsibility to attend to the needs and concerns

of the followers."¹ I like to think of this responsibility in terms of servant leadership.

What is Servant Leadership?

Servant leadership was defined by Robert Greenleaf almost five decades ago. Yet, it is still utilized by many businesses, corporations, health-care systems and leaders. It speaks to the betterment of all people encouraging a different way of leadership, management, service and even spiritual growth. I wasn't totally convinced until I was asked to manage other nurses. My early years of being a manager were challenging for me and, I'm sure, for the staff whom I supervised. Everyone was frustrated, and I had a lot to learn. Then, I read about Greenleaf in my first Master's program class, and the ideas made sense. It should not be a struggle to lead if your heart is in the right place as a servant. I started my own journey.

Greenleaf states the leader is servant first. He wrote, "It begins with the natural feelings that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. The best test



is: Do those served grow as persons; do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants? And what is the effect on the least privileged in society? Will they benefit?"²

Embracing Change and Letting Go

Part of my learning included not needing to always be right. How was I making room for others to shine? I believe that is an area where each of us can look at our components and see how we can help others shine. What are you doing to invite others to share their thoughts and encourage the actions associated with these new thoughts? We cannot continue to do things the way they have always been done. Although I respect those who forged this place ahead of me, it is sometimes in the letting go that true service is given and change can occur.

Nobody really likes change. I think I can make a leap and state nurses like stability: stable patients, stable schedules, stable practice. But, sometimes, true leadership challenges the stability of a situation and suggests, "Why not?" Over the next several months, I want to explore some concepts associated with servant leadership and challenge all of us to look at how we influence those around us.

Servant Leaders Listen

Greenleaf's first characteristic of servant leadership is listening. "Servant leaders...focus on listening intently and reflectively to others in order to identify and clarify the will of a group of people."² Most of us think we are good listeners, but do you catch yourself thinking about what you are going to say in the following response? I know I go there sometimes. By doing that, we do not allow for true listening. We are called to listen with intention and empathy. We are called to be in the moment for another person. So, this month I am going to look my colleagues in the eyes, not play with my phone, not jump on their words, not shuffle papers, sigh or look at my watch. I am just going to listen with my heart open and my mind quiet. I invite you to join me. Until next time, lead with knowledge and serve with heart.

REFERENCES

1. Northouse PG. *Leadership Theory and Practice 4th Ed.* Thousand Oaks, CA: Sage Publications; 2007.
2. Burckhardt J, Spears L. Servant leadership and philanthropic institutions. In: Spears L, Lawrence M, eds. *Focus on Leadership Servant Leadership for the 21st Century.* New York, NY: Wiley & Sons; 2002: 225-226. 🌱



▲ Regina, right, networking with a national conference attendee



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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

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CONTRIBUTORS

Katrina Bickerstaff (MA)

Rose Durning (OH)

Jan Odom-Forren (KY)

Armi Holcomb (KS)

Vallire Hooper (NC)

Debby Niehaus (OH)

Editorial Comments and Letters
to the Editor to:

Barbara Godden

9320 Erminedale Drive

Lone Tree, CO 80124

bgodden@aspan.org

Deadlines for inclusion in *Breathline*:

IssueDeadline
JanuaryNovember 1
MarchJanuary 1
MayMarch 1
JulyMay 1
SeptemberJuly 1
NovemberSeptember 1

Leading with Heart - Right from the Start

Component Development Institute

ASPAN News

Regina Hoefner-Notz, MS, RN, CPAN, CPN, FASPAN – ASPAN President 2018-2019

Under the banner of “Leading with Knowledge - Serving with Heart,” I would like to personally invite current leaders, soon-to-be leaders, and those thinking about becoming leaders to join us in downtown St. Louis, Missouri, September 14-16. ASPAN will hold its annual Component Development Institute (CDI). Wait, what’s this? Not LDI? That’s right, this year is CDI, again, and we are going “Back to the Future”! Here’s why:

When I addressed many members at ASPAN’s conference in Anaheim, I promised to spend time with component leadership to get back to basics and assist components with the “how tos” of developing and running their components. We can learn from each other by sharing ideas, identifying common barriers and working together to overcome these barriers.

Some of the concepts we will work on as a group include:

- identify leadership styles and strengths within ourselves and our components
- examine the Gold Leaf criteria, not just as an award, but as a guide for formulating a strategic plan in setting attainable goals for component success. Goals will vary, depending on where each component is in its ASPAN journey
- review financial issues and answer questions about developing budgets and determining how to financially grow your membership
- evaluate communication styles and how to remain positive when someone is trying to run your meeting for you (even though you didn’t request his/her assistance!)
- provide opportunities to speak with the ASPAN board of directors and discuss individual goals and how to get there
- discuss succession planning and how to encourage and mentor new leaders, as our goal should always be to reach out and invite others to join us.

Let’s all take a step up and a step back, with a goal of heading to our future, leading with knowledge and serving with heart. Hope to see you in St. Louis! 🌿

CALL FOR NOMINATIONS!

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

ASPAN Immediate Past President and Nominating Committee Chair

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 2019-2020 ASPAN Board of Directors positions:

- Vice President/President-Elect (three-year term)
- Treasurer (two-year term)
- Director for Education (two-year term)
- Director for Research (two-year term)
- Regional Director, Region 1 (two-year term)
- Regional Director, Region 3 (two-year term)
- Regional Director, Region 5 (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 srussell@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, 2018. 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, 2018. HARD COPIES and FAXES will NOT be accepted

For more information visit the ASPAN Web site, or, contact Susan Russell at srussell@aspan.org.

The deadline to submit all required candidate nomination forms and documentation is October 1, 2018. 🌿

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Willingness to Participate

Amy Dooley, MS, RN, CPAN, CAPA – ASPAN Vice President/President-Elect 2018-2019

Greetings colleagues! It has been about two months since the close of ASPAN's 37th National Conference. Hopefully, your practice has changed for the better because of what you brought back from ASPAN's conference. In my travels and through networking, I hear many of you ask the question "How do I get involved?"

Perhaps witnessing the excitement of the attendees, the work accomplished by the committees or even the obvious friendships between attendees has piqued your interest. Here is your opportunity to get involved. The *Willingness to Participate* (WTP) form is the vehicle ASPAN uses to create membership on its various committees and strategic work teams (SWTs). If you are interested, PLEASE go to the ASPAN Web site and click on the WTP tab on the far left and voila! There it is. Easy to do, easy to get involved.

There are over 15 committees and/or SWTs in which you can volunteer. Take a look, see what suits your fancy and take the leap. I started on the Membership/Marketing SWT and have never looked back. Just to be transparent, by signing up today you are requesting to be put on a committee/SWT that begins AFTER the next National Conference in 2019. So, you will hear the good news in Spring of 2019 about which committee or SWT to which you have been appointed for the year 2019-2020.

I have nothing but good things to say. ASPAN NEEDS your expertise and experience. You have much to offer. Fill out the WTP today and get involved. Go to www.aspan.org / About Us / Organization for the WTP link. **The deadline is October 31, 2018.** 🌱

OCT.
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Start Planning to Showcase Your Accomplishments with Abstracts and Posters for the 2019 National Conference in Nashville!

Celebrate Successful Practices abstracts are due by **October 31, 2018**. Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, handoff communication and documentation, and unit/environment activities. Visit www.aspan.org / Clinical Practice / Call for CSP Abstracts.

Research abstracts are also due **October 31, 2018**. Start planning now to showcase your accomplishments! Visit www.aspan.org / Research / Call for Research Abstracts.

Consider Nominating Someone for an ASPAN Award!

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 this colleague for ASPAN's prestigious Excellence in Clinical Practice Award. The deadline to do so is November 30, 2018. Visit www.aspan.org / Members / Awards / Excellence in Clinical Practice to learn more and to access nomination forms.

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, 2018. Visit www.aspan.org / Members / Awards / Award for Outstanding Achievement to learn more about the award and to access nomination forms.

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. Visit the ASPAN Web site for information on how to nominate a deserving colleague for a 2019 Above and Beyond Service Award. The deadline to do so is January 10, 2019.

Start Working on Your Gold Leaf Application Now!

Gold Leaf Component of the Year Award

The deadline for the Gold Leaf Component of the Year Award submission is February 1, 2019! 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, 2018 through December 31, 2018. 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 Nashville. For information, guidelines and the application, visit www.aspan.org / Members / Awards / Gold Leaf Award. 🌱

TRIBUTE TO ANNE ALLEN

ASPAN Past President 1988-1989

Tribute

By Debby Niehaus, BSN, RN, CPAN
ASPAN Past President 1990-1991

ASPAN was recently notified that Past President Anne Allen, 1988-1989, passed away. I am writing to pay tribute to this great leader, mentor, role model and my cherished friend. It is not easy to condense contributions that Anne made to ASPAN, or, how we all continue to benefit from her innovative ideas, forward thinking and editorial expertise.

Anne, while raising a family, needed some income, so she went to LPN school. While working and caring for ten children, she went to school and attained her RN ten years later in 1965. Anne thought ICU was to be her home, but discovered the 'recovery room' five years later and transferred to the post anesthesia recovery (PAR). She worked as a staff nurse, started the first pre-operative visit program, and was promoted in 1977 to the patient care supervisor of the PAR at Saint Francis Hospital in Tulsa. She worked at Saint Francis until her health forced early retirement. Her last career was as a teacher at Tulsa Technology Center.

I first met Anne at an ASPAN Board meeting. I marveled at her energy, great humor, and her command of the room when she spoke. She may have been short in stature, but one could never underestimate the "Little Lady from Oklahoma." Anne served as an Oklahoma director and then as ASPAN president, representing ASPAN at ASA, AORN, ANA and the National Federation of Specialty Nursing Organizations meetings. Anne enjoyed attending meetings out-of-town because it gave her new places to go shopping for her many shoes.

Anne spoke of her dream for publications beyond the current ASPAN newsletter *Breathline*, of which she was the first editor. She promoted the idea of ASPAN having its own journal and certification study material. As the publication chair, she edited the first published *Standards of Care*, the *Historical Record of ASPAN*, and the *National PARTiCULARs*. She always had new goals and ideas for future perianesthesia publications.

ASPAN took a leap of faith and a risk of many dollars in contracting for production of the *Journal of Post Anesthesia Nursing*, first published in February, 1986, with Anne as its first editor. During 1984-1986, ASPAN had another major expense in setting up a certification board. Anne, hearing that we had negative financials, came up with ideas to generate funds. She proposed we cut costs by self-publishing the first edition of the *Post Anesthesia Nursing Review for Certification* and a new pocket *Redi-Ref*, of which she was both editor and contributor. Anne suggested using a small publisher in Tulsa to print the books with ASPAN, making nearly 80% profit. She continued generating ideas in selling *Calcu-Ref*, the *ASPAN Standards* and other publications that helped the organization achieve a positive cash flow. Having raised ten children with her husband Ted, Anne knew the real value of a dollar.

Anne had a great sense of humor and loved component night where she would dress up in authentic Oklahoma heritage clothing of Native American, pioneers or cowgirl dress. My favorite component night memory of Anne was at the 1989 Orlando Conference when she, as president, dressed as a petite Snow White and was surrounded by her board members costumed as her fabled seven bearded dwarfs.

In June of 1990, Anne shared with me that she had multiple sclerosis (MS) and could not finish the edit of the *2nd Review for Certification*. She would be taking leave of ASPAN for a while. As ASPAN president, I, along with a very dedicated board, did all the editing and finished the book in 1991. As a tribute, we put Anne's name, where it belonged, as the editor. Sadly, she had to give up wearing her many high heels as the MS interfered with walking and eventually put her in a wheelchair.

Knowing Anne, I bet when she got to heaven, she negotiated giving up her wings, so she could have a pretty pair of high heels! Thank you, Anne, for all your contributions to ASPAN! 🌿



▲ ASPAN President, Anne Allen, running a board meeting

An Amazing Year for ASPAN's 2017 Recruiter of the Year!

Janeen Carlen Lozada, BSN, RN, CPAN, a clinical operation manager, Recovery Services at Memorial Care Long Beach Medical Center and Miller Children's & Women's Hospital, Long Beach, California, recruited an amazing 13 new members to ASPAN. Janeen has been a member of the PeriAnesthesia Nurse Association of California (PANAC) and ASPAN since 2014.

ASPAN had an outstanding year of participation for recruitment. We had 791 members who recruited a total of 1,026 new members.



▲ Janeen Carlen Lozada, left, with Rose Durning, Membership/Marketing SWT Coordinator

National Conference Strategic Work Team

Congratulations and thank you to the entire 2018 ASPAN National Conference Strategic Work Team (NCSWT) for an extraordinary 37th National Conference! We appreciate your hospitality and dedication as you presented us with an outstanding conference!

NCSWT

Lori Silva - Coordinator

Linda Beagley

Susan Carter

Karen Woods

Susan Russell

Regina Hoefner-Notz

Courtney Papp

Chris Buck

Ronda Dyer

Kim Kraft

Deborah Bickford

Linda Wilson

Kevin Dill



◀ Lori Silva, NCSWT coordinator, accepting her well-deserved recognition



▼ From left, Eileen, Courtney and Linda, helping at the postconference session

Thank you to the entire ASPAN National Office Staff: Kevin, Courtney, Jane, Eileen, Pam, Doug, Jean, Donna, Connie, Linda, Terry, and Marie! Your dedication and attention to detail made the conference run smoothly, once again! You are some of the hardest-working people around, and you seem to work around the clock! You are everywhere, always ready to help! 🌿



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Albany Medical Center
Albany, New York

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Congratulations to ASPAN members who were recognized in nomination for an award by their colleagues for 2018:

NC
Recognition

Excellence in Clinical Practice Award Nominees

Dawn Brundage, BSN, RN, CPAN
Kimberly Godfrey, BSN, RN, CPAN

Award for Outstanding Achievement nominee and winner:

Melissa Carabetta, BSN, RN, CPAN

Above and Beyond Service Recognition

Eighteen Above and Beyond nominee names were submitted for consideration. These are the 10 recipients of this award for 2018. Congratulations!

Brooke Anti (MNDKSPAN)
Clara Boudreaux (LAPAN)
Crystal Chapman (WVSPAN)
Terry Clifford (MESPAN)
Donna Constant-Haley (MASPAN)

Pat Legg (FLASSPAN)
Maureen McLaughlin (MASPAN)
Cathy Moynahan (FLASSPAN)
Jane Reinschmidt (ILSPAN)
Colleen Sibel (FLASSPAN)

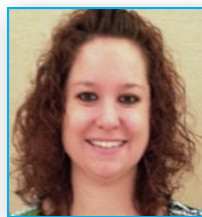
CONGRATULATIONS TO THE NEW MEMBERS OF THE 2018-2019 NOMINATING COMMITTEE!



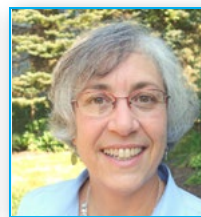
Kimberly Flake,
BSN, RN, CAPA



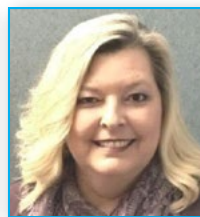
Rebecca Hartley,
MSN, RN,
NEA-BC, CPAN



Sarah Hessling,
BSN, RN, CPAN



Diane Perrone,
ADN, BA, RN,
CPAN, CAPA



Marché Tucker,
BSN, RN,
CPAN, CAPA

ASPAN 2018 National Conference EBP/Research Poster Winners

First Place

How Perioperative Leadership Fits Into the Organization's Episode of Care Model Plan

Carolyn Hoenicke, MSN, RN, CPAN
TriHealth, Cincinnati, Ohio

Second Place

A Randomized Controlled Trial to Compare Pain Medications in Children Undergoing Strabismus Surgery

Hasima Hajdini, BSN, RN, CPN
St. Louis Children's Hospital, St. Louis, Missouri

Third Place (tie)

Tonsils With a Tune: A Randomized Control Trial Evaluating the Effects of Music Medicine on Pediatric Adenotonsillectomy Anxiety and Pain

Summer Fitts, BSN, RN, CPAN
Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville, Tennessee

Third Place (tie)

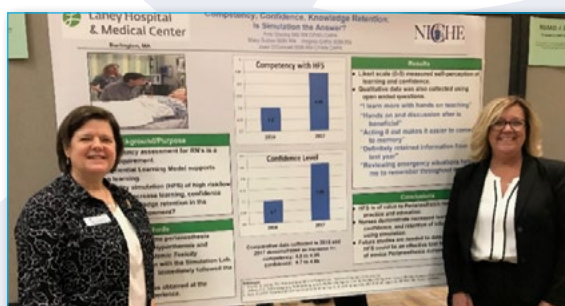
Competency, Confidence, Knowledge Retention: Is Simulation the Answer?

Amy L. Dooley, MS, RN, CPAN, CAPA
Lahey Hospital and Medical Center, Burlington, Massachusetts

People's Choice

Exploring CV-PACU Clinical Guidelines Utilizing Independent Perianesthesia Nursing Interventions

Paul Michael Tan, MAN, PhD
St. Luke's Medical Center, Global City, Taguig City, Philippines



► Amy Dooley, left, with Joan O'Connell and their research poster

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CONGRATULATIONS

TO ALL OF THE ASPAN AWARD WINNERS!

Inaugural Class of FASPAN Inductees Fellow in the American Society of PeriAnesthesia Nurses

ASPAN is honored and privileged to introduce to you the inaugural class of Fellows of the American Society of PeriAnesthesia Nurses:

Sylvia Baker MSN RN CPAN FASPAN
Linda Beagley MS BSN RN CPAN FASPAN
Theresa Clifford MSN RN CPAN CAPA FASPAN
Jacque Crosson MSN RN CPAN FASPAN
Connie Hardy Tabet MSN RN CPAN CAPA FASPAN
Regina Hoefner-Notz MS RN CPAN CPN FASPAN
Dina A. Krenzischek PhD MAS RN CPAN CFRE FAAN FASPAN
Myrna Mamaril MS RN NEA-BC CPAN CAPA FAAN FASPAN
Kim Noble PhD RN ACCNS-AG CPAN FASPAN

Denise O'Brien DNP RN ACNS-BC CPAN CAPA FAAN FASPAN
Jan Odom-Forren PhD RN CPAN FAAN FASPAN
Valerie Pfander MSN APRN ACCNS-AG CPAN FASPAN
Ellen Poole PhD RN CPAN CNE FASPAN
Susan Russell BSN RN JD CPAN CAPA FASPAN
Lois Schick MN MBA RN CPAN CAPA FASPAN
Linda Wilson PhD RN CPAN CAPA BC CNE CHSE-A ANEF FAAN FASPAN
Pamela Windle DNP RN NE-BC CPAN CAPA FAAN FASPAN

Induction into ASPAN's Fellow Program is one of the highest honors ASPAN can bestow upon its members. As such, introduction as a Fellow of the American Society of PeriAnesthesia Nurses is an honorable distinction that is earned through hard work, commitment to professional advancement, and

substantive contributions in the field of perianesthesia nursing. ASPAN's inaugural class of Fellows has been involved in and contributed to a broad scope of activities within perianesthesia nursing, including research, teaching, administration, clinical practice, and notable participation within ASPAN. Congratulations to all!



▲ Inaugural class of FASPAN inductees
(Not pictured: Valerie Pfander and Pamela Windle)

Award for Outstanding Achievement Melissa Carabetta, BSN, RN, CPAN

The Award for Outstanding Achievement was bestowed on Melissa Carabetta, BSN, RN, CPAN, from Verona, New Jersey, a member of NJBPANA. Melissa worked at Memorial Sloan Kettering (MSK), New York City, in the PACU for several years. Her peers nominated her in recognition of her distinctive contributions to nursing and perianesthesia practice. She is an expert clinician and researcher with specific interests in implementation of a relationship-based perioperative nursing care model, and the provision of care, support, resources and standardized nursing documentation for MSK lactation patients. According to one colleague, "Melissa has worked tirelessly to improve the patient experience for the lactating patient undergoing cancer treatment. Melissa's in-depth knowledge of perioperative nursing workflow and expertise in perioperative nursing care, policy and documentation supported her ability to overcome barriers to success."



▲ Melissa Carabetta, BSN, RN, CPAN

Her research has been published in the *Journal of PeriAnesthesia Nursing* and by the Association of PeriOperative Registered Nurses. Melissa is a sought-after mentor on her unit and has a strong working relationship with other departments. Her teamwork, collaboration and passion to support the rights of nurses and patients exemplify what an outstanding achiever and contributor she is to the science and art of perioperative nursing. Congratulations, Melissa!

Excellence in Clinical Practice Award

Dawn Brundage, BSN, RN, CPAN

The ASPAN 2018 Excellence in Clinical Practice Award was given to Dawn Brundage, a Clinical Nurse III at Boston Children's Hospital. Dawn was nominated for her high level of professionalism with patients, families and colleagues, and her ability to resolve challenges in a productive and positive way. Her nurse manager stated that she demonstrates leadership in the perioperative program and beyond, is active in the hospital-wide professional development council and has developed a variety of educational initiatives for her unit, including a new PACU competency program, which she implemented. When the OR/PACU was having a problem with throughput, Dawn worked with a multi-disciplinary team to identify areas and find a solution for the delays. She led by example, incorporating new processes and norms along with culture in the department and shared that information at ASPAN's national conference in Philadelphia.

Of Dawn's many accomplishments, the respect and admiration from peers for her nursing excellence and commitment was significant. She is "passionate about the job, passionate about the work environment, and most importantly passionate about the patients." Dawn overwhelmingly exemplifies the core values of ASPAN: passion, respect, integrity, diversity, and excellence. Congratulations, Dawn!



▲ Dawn Brundage, BSN, RN, CPAN

President's Award

Linda Allyn, BSN, RN, CPAN, CAPA

The ASPAN President's Award is considered the highest honor the president can bestow. This award acknowledges an individual who advocates for professional nursing and whose work benefits others. It also recognizes the individual's support of the president. This year's recipient, Linda Allyn, has a lengthy history of service to ASPAN and TAPAN. In President Susan Russell's own words:

"I first met Linda in 1980 where we were new colleagues in the PACU at St. David's Medical Center in Austin, Texas. We joined TAPAN and ASPAN that year and began attending meetings and conferences together, logging thousands of miles driving across Texas to attend TAPAN meetings. We shared our hopes, dreams and aspirations on those trips. Linda often used her timeshare to reserve hotel rooms so other TAPAN members could afford to attend ASPAN's national conference.

We served on the TAPAN Board together in various roles and she was my head cheerleader when I ran for the ASPAN Board in 2012. During the past year, while I was logging miles traveling on behalf of ASPAN, she was logging miles serving as a perianesthesia nurse on mission trips to Guatemala and Kenya.

Linda is a full time pediatric PACU nurse who maintains CPAN and CAPA certifications. She works prn at a second hospital caring primarily for adult patients as a preop nurse assisting with regional blocks. Wife, mother of two, grandmother of four, she also has a busy family life.

To ASPAN, Linda is a member of the Clinical Practice Committee, Bylaws/Policy & Procedure Strategic Work Team (SWT) and the Credentials SWT coordinator. To TAPAN, she is the immediate past president—for the second time. Always willing to give more, Linda has mentored many TAPAN leaders. Both ASPAN and TAPAN have been blessed by her service and support.

The President's Award is but a small "thank you" in return for the years of encouragement, support and friendship. It is an honor and a privilege to recognize Linda Allyn for her contributions and achievements on behalf of perianesthesia nursing. And thank you, Bruce Allyn, for supporting Linda's passion for perianesthesia nursing."



▲ Linda Allyn, left, receiving the President's Award from Susan Russell

Distinguished Service Award of the Past President's Circle of Honor

Awarded Posthumously to Stephanie Kassulke



Stephanie Kassulke
MSN, 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 Award for 2018 is given posthumously to Stephanie Kassulke, MSN, RN, CPAN. Stephanie passed away on November 13, 2017 after a long illness.

Stephanie never stopped being active and involved in both the Wisconsin Society of Peri-Anesthesia Nurses (WISPAN), and ASPAN. A strong advocate for continuing education, Stephanie was extremely proud of coordinating the joint conference with the Association of periOperative Registered Nurses held in Wisconsin Dells. Stephanie had given presentations at both the state and national level and did a poster presentation at an ASPAN national conference. Stephanie was WISPAN editor for its newsletter, *The Awakening*, for many years. 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.

Within ASPAN, Stephanie was a team leader on the Clinical Practice Committee, coordinator of the Publications Strategic Work Team, and a member of the Publications Specialty Practice Group. She authored information in the 2014 *Publications Primer* and the 2014 edition of *A Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*.

Colleagues from ASPAN reflect that "you were always able to call Stephanie with a question and she was willing to help." Stephanie never said no! Stephanie was a close friend and colleague to many, and, respected by all.

Gold Leaf Component of the Year Award

Ohio PeriAnesthesia Nurses Association

► From left, Sally Swartzlander, ElizaBeth Cooper, Rose Durning, and Debby Niehaus, accepting the Gold Leaf Award for OPANA



The Ohio PeriAnesthesia Nurses Association (OPANA) was the proud winner of the 2017 Gold Leaf Award presented during the opening ceremonies at ASPAN's 37th National Conference in Anaheim, California. In a time where growth of components has been difficult, OPANA has shown a growth in its membership along with 79% of their members certified. The outstanding teamwork from each of the six districts providing the needed information and sharing all the amazing work each district is involved in contributed to the success in winning the Gold Leaf.

OPANA Gold Leaf Chairman and Vice President/President-Elect ElizaBeth Cooper, RN, CPAN, CAPA, along with the Executive Board members, provided continuous praise and updates on the process of the application. Beth felt "the highest compliments I have gotten for OPANA are from the board members thanking me for keeping them on track." They are a dedicated team of professional nurses that made their dream come true. They also continually recognize members' achievements on their component's website, newsletter *Snooze News*, OPANA Facebook page, and component spring and fall conferences. Each of the districts gives back to the community through their involvement with many diverse community efforts. Congratulations to the Ohio PeriAnesthesia Nurses Association! 🌿

Component Newsletter Contest

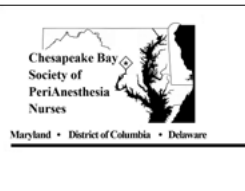
Congratulations to the 2018 ASPAN Component Newsletter Contest Winners!

ASPAN Awards

▼ 9-14 pages Award

CBSPANNER

Chesapeake Bay Society of PeriAnesthesia Nurses
Editor: Chris Skinner, MSN, RN, CAPA



CBSPANNER Fall 2017

Written by perianesthesia nurses for perianesthesia nurses.

IN THIS ISSUE

Building the Leader Within You
Trish Ryan discusses the importance of leadership skills in the health and stability of the patient care unit.

Page 6

First Time Attendees at the National Conference
Barbara Swayne provides valuable insight and tips to those first-time attendees to the national conference.

Page 6

First Touch
Diane Semel discusses how the first encounter in the surgical office sets the tone for the whole experience.

Page 7

Kudos and Recognition
Check out the latest awards and certifications earned by CBSPAN members.

Page 8

Preoperative Fasting in Critically Ill Trauma Patients
Susan Volk provides insight into the caloric intakes of patients during their time in care.

Page 10

...and more!

President:
Marian Muth, MSN, RN, CCRN, CPAN
marianmuth@gmail.com

Treasurer:
Penny Rathbun, MSN, RN, BC, CAPA
penny.rathbun@gmail.com

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wchickskinner@gmail.com

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pryan101@gmail.com

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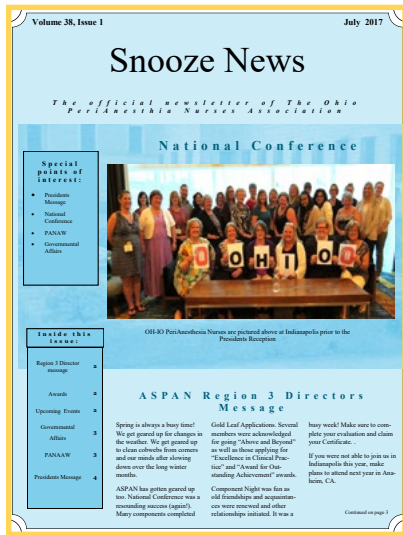
Western Maryland District President:
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vmink1971@gmail.com

Governmental Affairs:
Margaret Fan Young, BSN, RN, MDiv, CPAN, CAPA

Region Five Director:
Kim Godfrey, BSN, CPAN
kgodfrey@upsp.org

The Chesapeake Bay Society of Perianesthesia Nurses promotes quality and cost-effective care for patients, their families, and the community through public and professional education, research, and standards of care.

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▲ 1-8 pages Award

Snooze News

Ohio PeriAnesthesia Nurses Association
Editor: Tina Harvey, BSN, RN, CAPA



▲ 15+ pages Award

Eyeopener

Texas Association of PeriAnesthesia Nurses
Editor: Susan Norris, BScN, RN, CAPA



▲ People's Choice Award

Pulseline

PeriAnesthesia Nurses Association of California
Editor: Ronda Dyer, BSPA, RN, CPAN, CAPA

Volume 38, Issue 4
July/August 2018

Journal of PeriAnesthesia Nursing Awards

*Congratulations to the Mary Hanna Memorial Journalism Award winners
for the 2017 volume year!*

BEST PRACTICE

First Place:

Safe Driving After Propofol Sedation

Lee Summerlin-Grady

Paul N. Austin

Dion A. Gabaldon

Second Place:

*Postoperative Instructions Preoperatively –
Evaluating the Effectiveness of a Teaching Model
on Patient Satisfaction Regarding Instructions for
Home Care*

Jennifer Hovsepian

Cheryl McGah

Claire O'Brien

Third Place:

*Development of a Fall Prevention Program in the
Ambulatory Surgery Setting*

Melissa LeCuyer

Barbara Lockwood

Maryanne Locklin

RESEARCH

First Place:

*Factors Predicting Catheter-Related Bladder
Discomfort in Surgical Patients*

Namhee Lim

Haesang Yoon

Second Place:

*Design and Testing of a Postanesthesia Care Unit
Readiness for Discharge Assessment Tool*

Laurie Ecoff

Jeanne Palomo

Jaynelle F. Stichler

Third Place:

*"Keeping Them Warm" – A Randomized
Controlled Trial of Two Passive Perioperative
Warming Methods*

Michael Koenen

Megan Passey

Margaret Rolfe



CLINICAL

First Place:

*The Prevention and Recognition of Ulnar Nerve
and Brachial Plexus Injuries*

Barbara J. Duffy

Tito D. Tubog

Second Place:

*Management of Emergence Delirium in Adult
PTSD Patients: Recommendations for Practice*

Donnamarie Lovestrand

Steven Lovestrand

Denise M. Beaumont

Jonathan G. Yost

Third Place:

*The Optimal Time and Method for Surgical
Prewarming: A Comprehensive Review of the
Literature*

Lauren Connelly

Emily Cramer

Quinn DeMott

Jennifer Piperno

Bethany Coyne

Clara Winfield

Michael Swanberg



▲ From left, Jan Odom-Forren and Karen Flanagan presenting one
of the journalism awards

Record Amount of Support for Resource Development Activities!

The Resource Development SWT wishes to thank everyone who participated in this year's fundraising activities at National Conference, which provide a variety of scholarships for our members. Because of your generous gifts to ASPAN, the tradition of giving continues. The gifts given at the Dream Walk, Development Breakfast, and Silent Auction will be used to give back to the members for professional education, evidenced-based research, scholarships and awards, advocacy and more.

Here is a summary of this year's activities:

Dream Walk

Over 130 people signed up for the Dream Walk, which raised over \$3,800 and took participants on a two-mile route from the hotel to the edge of Downtown Disney and back. Special thanks to CBSPAN for sponsoring this year's prize (a Starbucks beverage), and congratulations to the 2018 Dream Walk winners:

- Component with Most Walkers: PANAC
- Component with Most Money Raised: PANAC
- Individual with Most Money Raised: Judy Evans (Anchorage, AK)

Silent Auction

Members and components generously contributed a variety of quality items this year, including

brand name purses, jewelry, Amazon gift cards, and much more. These donations—and spirited bidding—helped the Silent Auction raise approximately \$4,900.

Development Breakfast

The well-attended breakfast featured ASPAN Past President Chris Price speaking on "The Impact of Paying It Forward." Dream Walk winners were announced, and eight new members—four individuals and four components—were welcomed into Legacy for Life. *Hail, Honor, Salute!* gifts also raised money during the breakfast.

- Legacy for Life: New Members
Valerie Watkins
Angelique Weathersby
Maureen Iacono
Dr. Linda Wilson
- Components to reach Legacy for Life
CBSPAN, PANAC, PAPAN, TAPAN
- The Pat Hansen Memorial Honoree
Charlotte West, BSN, RN, CPAN, from INS-PAN, was recognized as the Pat Hansen Memorial Scholarship honoree for scoring the most points on her National Conference Scholarship/Award application.

Thank you to everyone for your tremendous level of support this year! 🌿



ASPAN's Legacy for Life program was created to foster significant, enduring support for the advancement of the Society and perianesthesia practice. All *Hail, Honor, Salute!* gifts since April 2013 (when the program started) are counted towards membership. Individuals who reach the momentous level of \$5,000, and components that reach \$10,000 of support, are officially named as permanent members. Additional information on Legacy for Life is available by [clicking here](#). 🌿

Thank You to all of the National Conference Sponsors

Corporate Sponsors:

GOLD

Mallinckrodt Pharmaceuticals
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SILVER

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Component Supporters:

Arizona PeriAnesthesia Nurses Association
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Florida Society of PeriAnesthesia Nurses
Georgia Association of PeriAnesthesia Nurses
Illinois Society of PeriAnesthesia Nurses
Indiana Society of PeriAnesthesia Nurses
Iowa Society of PeriAnesthesia Nurses
Kentucky Society of PeriAnesthesia Nurses
Louisiana Association of PeriAnesthesia Nurses
Massachusetts Society of PeriAnesthesia Nurses
Michigan Association of PeriAnesthesia Nurses
Minnesota-Dakotas Society of PeriAnesthesia Nurses
Missouri-Kansas PeriAnesthesia Nurses Association

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PASSPORT SPONSORS

Evolution Medical Products
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New York State PeriAnesthesia Nurses Association
North Carolina Association of PeriAnesthesia Nurses
Northwest PeriAnesthesia Nurses Association
Ohio PeriAnesthesia Nurses Association
Pennsylvania Association of PeriAnesthesia Nurses
PeriAnesthesia Nurses Association of California
PeriAnesthesia Nurses Association of New Mexico
South Carolina Association of PeriAnesthesia Nurses
Tennessee Society of PeriAnesthesia Nurses
Texas Association of PeriAnesthesia Nurses
Vermont/New Hampshire Association of PeriAnesthesia Nurses
Wisconsin Society of PeriAnesthesia Nurses

Development Activities

► Here is where the Dream Walk starts!

▼ This group is anxious to go!



▼ What a beautiful morning for a walk



▲ What should I bid on?



▲ Armi Holcomb, left, with new Legacy for Life member Valerie Watkins



◀ Armi Holcomb, left, with new Legacy for Life member Angelique Weathersby



◀ Armi Holcomb, left, with new Legacy for Life member Maureen Iacono



▲ Armi Holcomb, left, with new Legacy for Life member Dr. Linda Wilson

► Past President Chris Price shares thoughts on "Paying It Forward" at the Development Breakfast





**FOR SOME OF OUR MOST ELITE SOLDIERS,
THIS IS THE BATTLEFIELD.**

Becoming an operating room nurse and officer on the U.S. Army or Army Reserve health care team is an opportunity like no other. You will develop an expertise in care across the entire age spectrum and the continuum of health care needs. With this specialized team, you will be a leader – not just of Soldiers, but in surgical care.

See the benefits of being an Army medical professional at healthcare.goarmy.com/kj61



Board of Directors and RA Meeting Highlights Anaheim, California

Jennifer Kilgore, BSN, RN, CPAN – ASPAN Secretary 2018-2020

Sunny Anaheim, California, was the location for the 37th ASPAN National Conference. ASPAN's Board of Directors (BOD) met for a preconference meeting, the Representative Assembly (RA) gathered and deliberated, and the post conference BOD meeting was held after Closing Ceremonies.

Highlights of the **ASPAN BOD's preconference meeting** included President Susan Russell's activities and accomplishments during the past year. ASPAN membership currently stands at 14,526 members. Diane Swintek, Director for Clinical Practice, presented four position statements as developed by the Standards & Guidelines Strategic Work Team (SWT). These position statements were placed on the agenda for approval during the 2018 RA meeting.



▲ RA members listen intently to discussion

ASPAN has experienced an increase in sales of its educational products, including 381 On-Demand modules and 36 Certification Review bundles. ASPAN Select Seminar use is increasing, adding eight requests, with ten more requested for this summer. This year's national conference registration reflected a large number of registrants attending evening sessions. Additionally, educational sessions specific to management were very popular with attendees. A new On-Demand class, sponsored by Merck and offering 1.5 contact hours, is currently available on the ASPAN Web site, free to ASPAN members.

Recognizing that safety is woven into the fabric of ASPAN, a group will be working to update the *Safety Toolkit*. Katrina Bickerstaff, Immediate Past President, discussed the establishment of Fellow of the American Society of PeriAnesthesia Nurses (FASPAN) program. The

ASPAN BOD was excited to approve this prestigious program. The inaugural class of Fellows was inducted during Opening Ceremonies in Anaheim.

The Gold Leaf Component of the Year Award application has been revised to provide greater transparency for all component applicants. The BOD voted to approve an ASPAN booth presence at the Magnet Conference held in Denver, Colorado, in October 2018. The Leadership Development Committee has been renamed the Emerging Leaders Committee. This is an effort to emphasize developing future leaders for ASPAN from within our organization.

Ninety-two duly credentialed representatives constituted the 2018 ASPAN **Representative Assembly**. The election of 2018-2019 ASPAN Board members, lively discussion among RA members surrounding approval of four position statements, along with presentations provided by ASPAN members and leaders, filled the day. The four position statements – Medicinal Marijuana, Opioid Stewardship, Gender Diversity and CPAN/CAPA Certification -- were approved by the RA, and will be included in ASPAN's 2019-2020 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*.

During the **ASPAN BOD's post conference meeting**, dialogue included exploring ideas for the Leadership Development Institute, and the possibility of future national conference changes, including scheduling. The Board voted in favor of broadening the availability of ASPAN Select Seminars educational products to not only components, but to hospitals, surgery centers and clinics. 🌱



▲ An RA member shares her thoughts during the position statement discussion

Clinical Practice Hot Topic

Narcotic Waste in the PACU

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 are about opioid waste.

Q. “What is the standard practice for narcotic waste in PACU? Is it after the patient leaves PACU? If so, how many hours of stay? What happens to the opiates that are left from the dose removed from the medication dispensing cabinet?”

A. This specific issue is not addressed in the 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*.¹ Instead, this process and policy should be developed in conjunction with your facility pharmacy and administration. Regulatory requirements should direct the appropriate administration and wasting of medications. Now more than ever, hospitals are being held accountable for preventing diversion of opioids in all areas. Facility pharmacy staff look at what medications were dispensed from automated dispensing machines, when they were administered, how much as indicated on the electronic medical record, what was wasted and when.

Any time there is medication remaining, it must be wasted before the patient leaves the care area. Discrepancies pop up immediately on any automated dispensing machine, and most facilities require discrepancies to be resolved each shift. It is a very tight process and is meant to protect patients and staff. It is important to know and understand the policy in your hospital regarding medication administration and wasting medications, and ensure your entire team understands and adheres to the process.


The 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* has “A Position Statement on Safe Medication Administration.”² One statement in this position statement speaks to safely securing the medications and disposing of any unused controlled substances with another registered nurse as a witness. In addition, the ready access to drugs of abuse in the perianesthesia area triggered the ASPAN Standards and Guidelines Strategic Work Team in 2011 to create “A Position Statement on Substance Abuse in Perianesthesia

Practice,”³ approved by the Representative Assembly in 2012. This position statement recognizes that perianesthesia practice, similar to other high acuity areas, involves physical, emotional and/or mental stress that can cause the nurse to turn to substance abuse. Recognizing the symptoms of an impaired nurse is every nurse’s responsibility. Keeping the patient and each other safe is of paramount importance.

Personal Perspective

Recently, I attended two different educational programs: an employer session and one to celebrate *PeriAnesthesia Nurse Awareness Week*. Both had sessions on opiate diversion. I was startled by the information and statistics quoted. But, I should not have been surprised. Twice in my 35+ years of nursing, I have unknowingly worked with nurses who diverted opioids. I had no idea. The course noted that there is no usual profile for the person who will divert opioids. I found that to be true. My facility does have a policy and we take wasting of unused narcotics very seriously. Beside the Pyxis®, we have a disposal device for the absorption of liquid narcotics and tablet doses. I have been entrusted by my employer with the responsible administration and disposal of controlled substances – a trust maintained for over 35 years.

REFERENCES

1. American Society of PeriAnesthesia Nurses. 2017-2018 *Perianesthesia Nursing Standards, Practice Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2016.
2. American Society of PeriAnesthesia Nurses. A position statement on safe medication practice. In: 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2016: 102-105.
3. American Society of PeriAnesthesia Nurses. A position statement on substance abuse in perianesthesia practice. In: 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2016: 117-118. 



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



Meet the Candidates



Keynote Speaker: D.J. Eagle Bear Vanas



First Timers Orientation is becoming very popular



Enthusiasm at the early morning committee meetings

National Conference Collage



Component Night: "Everything Hollywood"



A moment between educational sessions for a photo



Component Night: Memories of Ethel and Lucy



Hostesses, always smiling and ready to help



Get your certification questions answered at the ABPANC booth



The always popular Elsevier exhibit booth



Having a great time at Component Night



No one can beat Alphonzo Baker in their dancing



Valerie and Dick Watkins next to the Oscar statue, built by Jeff Carter



Lois Schick, left, with Susan Carter prior to Lois's talk

National Conference Collage



A night of fun at the President's Reception



Susan Russell installs Regina Hoefner-Notz as the new ASPAN President



Closing speaker Diana Jordan had us laughing all the way home



Never enough time to view all the posters

Volume 38, Issue 4
July/August 2018

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ASPAN Board of Directors 2018-2019

ASPAN President 2018-2019

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

Regina has spent the past 37 years caring for pediatric patients in multiple settings. She loved her time at Boston Children's Hospital PICU/CICU and was 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 involvement with ASPAN started in her home component, RMPANA, as district president and then component president. She has been active on the ASPAN Clinical Practice Committee and the Standards & Guidelines Strategic Work Team (SWT). She also contributed to various short-term SWTs. After an elected year on the Nominating Committee and then one joyful term as regional director of region 1, Regina chose to run for vice president/president-elect. Regina's most recent work includes editor and contributor to ASPAN's *2016 Competency Based Orientation and Credentialing Program for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting*, and writing the pediatric chapter for *Drain's Perianesthesia Nursing: A Critical Care Approach*, 7th edition.



ASPAN Vice President/President-Elect

Amy Dooley, MS, RN, CPAN, CAPA

Amy is currently the clinical educator for the pacu/ambulatory surgery/pre-admission testing departments at Lahey Hospital and Medical Center in Massachusetts. She has worked in perianesthesia at Lahey for over 30 years. Her involvement with ASPAN started in 2002 and culminated as regional director, region 4, on ASPAN's Board of Directors prior to being elected VP/PE. Amy presents on perianesthesia topics nationally and internationally. She also authored a chapter in the *PeriAnesthesia Nursing Core Curriculum*.

ASPAN Secretary

Jennifer Kilgore, BSN, RN, CPAN

Jennifer's passion is bedside nursing, with over 19 years of experience in perianesthesia nursing. She is a staff nurse for Singing River Hospital System in Pascagoula, Mississippi. Her involvement in ASPAN includes two terms as regional director, region 2, the Clinical Practice Committee and the Specialty

Practice Group Review & Revitalization SWT coordinator. Jennifer contributes articles to component newsletters, to *Breathline*, and has also presented lectures throughout region 2. Jennifer has served in various positions within her home component, MSPAN. She has been instrumental in component Web site development and numerous education programs.



ASPAN Treasurer

Deborah Bickford, BSN, RN, CPAN

Debbie works as a staff nurse V in the PACU and is the education liaison for perianesthesia services at Torrance Memorial Medical Center, Torrance, California. Prior to becoming ASPAN treasurer, she served as ASPAN regional director, region 1 for two terms. She has been a member of several of ASPAN's committees and SWTs, including Finance, Membership/Marketing, Education Approver, Standards/Guidelines, Strategic Planning and Governmental Affairs. She has served on the American Board of Perianesthesia Nursing Certification, including a term as president. Debbie is active in PANAC, having served in various positions.



ASPAN Immediate Past President

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

Susan has been a RN for over 40 years and a perianesthesia nurse for 29 years. She has been a licensed Texas attorney since 1990. She was inducted as a Fellow of the American Society of PeriAnesthesia Nurses (FASPAN) in 2018. She is employed full-time as a perianesthesia staff nurse at Dell Seton Medical Center in Austin, Texas. Through the years, she has held several positions with TAPAN. Susan's first ASPAN Board position was director for clinical practice from 2012-2016. She currently serves on the Clinical Practice, Emerging Leaders and Nominating committees, and the Standard & Guidelines and Strategic Planning strategic work teams (SWTS).

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. She has been a speaker at the component and district level. Within ASPAN, Shay has been privileged to be a contributor to ASPAN's *2016 Competency Based Orientation and Credentialing Program for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting*.



ASPAN Regional Director, Region 2

Susan Norris, BScN, RN, CAPA

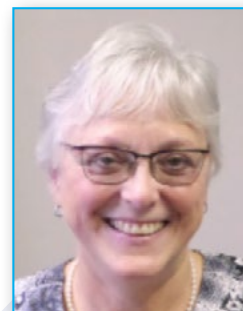
Susan has 29 years of experience in preadmission, preop and phase II recovery. She is currently the supervisor for preadmission testing at CHI-Baylor St. Luke's Medical Center in Houston, Texas. Susan has been a member and leader on multiple ASPAN committees and SWTs, including Clinical Practice, Publications, Membership/Marketing, Nominating, Digital Media, and Component Revitalization, and the Preoperative Assessment SPG. Susan has presented perianesthesia lectures for national, component and district meetings. She is a contributing author for ASPAN's *RediRef* and *Certification Review for PeriAnesthesia Nursing, 4th Edition*. Susan served TAPAN in various positions. She is currently TAPAN's *Eyeopener* editor and webmaster.



ASPAN Regional Director, Region 3

Sylvia Baker, MSN, RN, CPAN, FASPAN

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. Sylvia was one of seventeen inductees of the inaugural group of ASPAN Fellows (FASPAN). She is serving out her second term as regional director, region 3.



ASPAN Regional Director, Region 4

Bronwyn Ship, BSN, RN, CPAN

Bronwyn has nine years of adult and pediatric perianesthesia experience as a staff nurse at UR/FF Thompson Hospital, Canandaigua, New York. Bronwyn participated in the ASPAN Representative Assembly 2015-2017, and is an active member of the Membership/Marketing SWT. Bronwyn continues to support her component, NYSPANA on the district and component levels, serving in various positions. She chaired the Web site committee, which created a new, user-friendly Web site for NYSPANA. Bronwyn also presented a lecture for her local district 14 during PANAW week in February 2016.





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, Florida. Kim also works PRN as a PACU nurse at Southeast Georgia Medical Center in Brunswick, Georgia. She has served on 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 in various positions in FLASPAN.

ASPAN Director for Education

Linda Beagley, MS, BSN, RN, CPAN, FASPAN

Linda has been in perianesthesia nursing for 35 years, and is currently a clinical nurse educator. Her involvement in ASPAN includes 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*, and was co-editor of ASPAN's 2014 *ASPAN's Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*. She is a speaker for ASPAN seminars and ILSPAN conferences.



ASPAN Director for Research

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

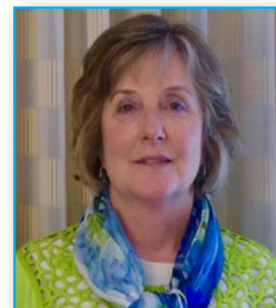
Elizabeth has over 15 years of perianesthesia experience. She is a nursing research consultant at Vanderbilt University Medical Center, using her passion to educate and mentor nurses with design, analysis and dissemination. She is a reviewer for ASPAN and ICPAN's conference abstracts, and a recipient of several research grants. She has written for the *TSPAN Eyeopener*, *Breathline*, *British Journal of Anesthesia*, *MedSurg Nursing*, *The American Nurse Today*, *Journal of Vascular Nursing*, *Anesthesia & Analgesia*, *Journal of Nursing Administration* and *Nursing Management*. She is currently the editor-in-chief for *The Empowered Nurse* and a Joanna Briggs Institute reviewer.



ASPAN Director for Clinical Practice

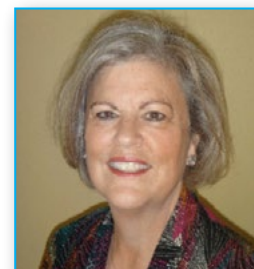
Diane Swintek, MSN, RN, CPAN

Diane has been an RN for 37 years. She currently works per diem as a staff nurse in phase 1 PACU at a community medical center. She has been active in her home component, CBSPAN at the district and state levels, and serves ASPAN on many committees and SWTs. Diane was an active member of the Clinical Practice Committee from 2009, prior to being elected as the director for clinical practice in 2016. She is beginning her second term. Diane is also the board liaison to the Standards & Guidelines SWT.



ASPAN expresses its gratitude to these outgoing Board members for their years of dedication and service:

Katrina Bickerstaff, BSN, RN, CPAN, CAPA
Valerie Watkins, BSN, RN, CAPA



ABPANC President (Ex-Officio)

Vicki Yfantis, MSN, RN, CNRP, CPAN

ASPAN Chief Executive Officer (Ex-Officio)

Kevin Dill, MBA, BS

CERTIFICATION

ABPANC Announces its 2018 Shining Star Award Recipients

Twenty-five ASPAN components from across the country were recognized for their role in supporting and encouraging CPAN® and CAPA® certification.

2018 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 – MNDKSPAN
Missouri-Kansas – MOKAN PANA
Nebraska – NAPAN

North Carolina – NCAPAN
Northwest – NPANA
New York – NYSPAN
Ohio – OPANA
Pennsylvania – PAPAN
Rocky Mountain – RMPANA
South Carolina – SCAPAN
Texas – TAPAN
Wisconsin – WISPAN



▲ Component representatives accepted their 2018 Shining Star Awards at the CPAN® / CAPA® Celebration Luncheon in Anaheim

2018 ABPANC Advocacy Award Winner

Suzanne Russell, BSN, RN, CAPA

▼ Suzanne Russell, BSN, RN, CAPA, received the 2018 Advocacy Award for her extraordinary commitment to patient care. Congratulations Suzanne!



Contact ABPANC

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

Email: abpanc@proexam.org
Web site: www.cpancapa.org

Component Education Programs

September 28-29, 2018 Florida Society of PeriAnesthesia Nurses (FLASPAN) is holding its 49th annual conference in Ft. Lauderdale, Florida at Holy Cross Hospital. More information is available at flaspan.nursingnetwork.com or email melsayers813@gmail.com.

October 6-7, 2018 Pennsylvania Association of PeriAnesthesia Nurses (PAPAN) will hold its annual PRIDE conference at the Hershey Lodge and Conference Center in Hershey, PA. Attendees have the option of registering for either day or both days. Visit PAPAN's Web site at www.papanonline.org or contact PAPAN President Rebecca Hartley at rdhartle@comcast.net.

October 5-7, 2018 Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) will hold its 20th annual Retreat in the Rockies. It will be held at the YMCA of the Rockies in Estes Park, Colorado. For more information, visit the RMPANA Web site at www.rmpana.org. 🌿

2018

Summer/Fall WEBCASTS & SEMINARS



LIVE IN-PERSON SEMINARS

FOUNDATIONS OF PERIANESTHESIA PRACTICE

August 25, 2018

Atlanta, GA

November 10, 2018

Westford, MA

PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

August 4, 2018

Philadelphia, PA

PEDIATRICS: LITTLE BODIES; BIG DIFFERENCES

September 29, 2018

Little Rock, AR

PERIANESTHESIA CERTIFICATION REVIEW

August 11, 2018

Arlington Heights, IL

August 11, 2018

Louisville, KY

August 18, 2018

Fresno, CA

August 18, 2018

Overland Park, KS

September 15, 2018

Torrance, CA

September 22, 2018

Baltimore, MD

September 22, 2018

Fishkill, NY

LIVE WEBCASTS - FULL-DAY PROGRAMS

FOUNDATIONS OF PERIANESTHESIA PRACTICE

August 11, 2018

PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

October 20, 2018

PEDIATRICS: BEYOND THE BASICS

September 8, 2018

PEDIATRICS: LITTLE BODIES; BIG DIFFERENCES

November 3, 2018

PERIANESTHESIA CERTIFICATION REVIEW

August 25, 2018

September 29, 2018

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

October 3, 10 and 17, 2018 WEDNESDAYS

PERIANESTHESIA PATHOPHYSIOLOGY AND

ASSESSMENT: A SYSTEMS APPROACH

September 22, 2018

PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR PRACTICE

October 27, 2018

REFRESHING YOUR PERIANESTHESIA PRACTICE

October 13, 2018

SAFETY BEGINS WITH US

August 18, 2018

SURROUNDING YOUR PRACTICE WITH EXCELLENCE: LEGAL ISSUES, STANDARDS AND ADVOCACY

November 10, 2018

LIVE WEBCASTS - HALF-DAY PROGRAMS

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

September 23, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS I

August 12, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS II

September 9, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS III

October 6, 2018

PERIANESTHESIA ESSENTIALS IV

October 21, 2018 SUNDAY

PERIANESTHESIA ESSENTIALS V

November 4, 2018 SUNDAY

PERIANESTHESIA FOUNDATION

October 14, 2018 SUNDAY

LIVE WEBCASTS - TWO-HOUR PROGRAMS

ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED RECOVERY AFTER SURGERY

August 4, 2018

October 28, 2018 SUNDAY

OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT: PUTTING THE PRACTICE

RECOMMENDATION INTO PRACTICE

September 30, 2018 SUNDAY

PREVENTION OF UNWANTED SEDATION: PUTTING THE PRACTICE RECOMMENDATION INTO PRACTICE

November 11, 2018 SUNDAY