



Breathline

Volume 38, Issue 6
November/December 2018

INSIDE:

PRESIDENT'S MESSAGE:

Leading with Knowledge – Serving with Heart

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

The holidays are upon us and with them come the bustle of traditions and frenetic gift giving. I was trying to think about a gift we could give to each other within the framework of servant leadership for this holiday season. What could I share with each person as we travel down this road together? Then it came to me: commitment to the growth of people and building community. These are two important qualities of servant leaders.

What if we all took a moment and committed to the servant leadership quality of commitment to the growth of all people? This is a basic tenet of servant leadership. Robert Greenleaf, who coined the phrase servant leadership, challenges us with the question, “Do those served grow as persons; do they while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?”¹

Growing Each Other

What an incredible gift to give another in a quiet and humble way. Who can you grow? Who would you like to step into your life and grow you? Sometimes, I believe it is easy to think about growing another person: “I have experience, let me share it!” But, can I humble myself and let another grow me? I think this is just as important, and maybe more so, on various levels. Amazing relationships can be created in the mutual sharing of information.

I was struck by a recent pop song that continues to roll through my head. I think the ultimate meaning is so empowering and I almost want to



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

shout it from the rooftops. Alessia Cara sings the song, “Scars to Your Beautiful.” The release and chorus haunt me:

“SHE DON’T SEE HER PERFECT, SHE DON’T UNDERSTAND SHE’S WORTH IT
OR THAT BEAUTY GOES DEEPER THAN THE SURFACE
SO TO ALL THE GIRLS THAT’S HURTING
LET ME BE YOUR MIRROR, HELP YOU SEE A LITTLE BIT CLEARER
THE LIGHT THAT SHINES WITHIN
THERE’S A HOPE THAT’S WAITING FOR YOU IN THE DARK
YOU SHOULD KNOW YOU’RE BEAUTIFUL JUST THE WAY YOU ARE
AND YOU DON’T HAVE TO CHANGE A THING, THE WORLD COULD CHANGE ITS HEART
NO SCARS TO YOUR BEAUTIFUL, WE’RE STARS AND WE’RE BEAUTIFUL”²

Value in Each of Us

Each of us is worthy to lead and speak the truth about our thoughts and feelings. Each of us needs to be that mirror helping others see their value to our organization and supporting the growth of our members as they share something of themselves. That is bravery in the truest sense and we must grow it and respect it. So, who will you grow?

How do we encourage the world to change its heart? No small task, but again, it starts with each one of us. We create a culture that embraces the nurses coming towards us with new ideas and the potential to solve age-old problems, whatever they might be. Don’t you just cringe when you



hear a colleague say, "We've tried that, it won't work." It's time to hear each other out. Maybe we have tried something like that, but this idea might have found the right moment and be just different enough to work.

Growing Community

When we commit to growing people and creating a positive environment we also begin to build community. This is another characteristic of servant leadership. We need to take the time to share a space and get to know each other. We need to understand it is essential to develop a shared purpose, helping each other to create something better for our members by working together and sharing our stories. We recount our success and discuss things that could have gone better.

Servant leaders commit to growing community within their organization. Greenleaf learned that "no organization could be oriented to serve if it lacked its own sense of internal cohesion and purpose...the first challenge is to seek the community within."¹ As leaders at every level of ASPAN, we must take time to show the way to others by our actions and examples. We look to our national organization and components, and build it from within, elevating all members, recognizing all levels of involvement and sending the invitation to serve in varying capacities.

Growing ASPAN

We want to build ASPAN and its component community. We desire member growth and increased activity that engages others and supports ASPAN's ideals. We cannot accomplish this without understanding we build our community one person at a time, commit to growing positive relationships, and decrease negativity.

"AND YOU DON'T HAVE TO CHANGE A THING,
THE WORLD COULD CHANGE ITS HEART
NO SCARS TO YOUR BEAUTIFUL,
WE'RE STARS AND WE'RE BEAUTIFUL"²

Be a star and be beautiful as you lead with knowledge and serve with heart.

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▲ Regina (center) and Region 1 Director Shay Glevy (second from right) with component leaders at CDI



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Deadlines for inclusion in *Breathline*:

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

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Call for Resolutions

The ASPAN Resolutions Task Force is announcing the Call for Resolutions for the 2019 Representative Assembly (RA) meeting on May 5, 2019.

The RA is the voting body and voice of ASPAN. As the chief governance and policy determining structure of ASPAN, the RA reviews and acts upon resolutions regarding ASPAN bylaws, policy matters, position statements, and other issues related to perianesthesia nursing. If you, as an ASPAN member, believe there is an issue of this nature that needs to be brought before the RA, please contact National Office to have a sample resolution sent to you.

Amendments to the ASPAN bylaws or any general resolution not requiring a bylaws change must be proposed by at least five (5) Active Category members acting as one group. Examples include, but are not limited to:

- A Component Board of Directors - OR
- The ASPAN Board of Directors - OR
- A Standing Committee or Strategic Work Team

Submission Deadline:

Resolution forms relating to **bylaws** changes or relating to **position statement, policy matters or other issues** must be received by the ASPAN National Office no later than **February 4, 2019**.

Upon receipt of a resolution form, the Resolutions Task Force will begin its review and, if questions arise, the lead author will be contacted for clarification. At the RA meeting, the lead author of the resolution needs to be prepared to speak to the issue.

Please contact Kevin Dill at the ASPAN National Office: 877-737-9696, ext. 211 or kdill@aspan.org to obtain a sample resolution form and instruction sheet. 🌱

ASPAN: Mosby's Orientation to Perianesthesia Nursing

Click for more info



ASPAN



ASPAN Establishes the Esther E. Watson Library

Maureen Iacono, BSN, RN, CPAN

Esther Watson, BSN, RN, will celebrate her 89th birthday in November. She has worked in perianesthesia nursing since 1974, and showcases her passion and commitment in her hospital in Morristown, New Jersey (yes, she still works part time!). She also conveys her passion through her interactions with nurses on local, national and international levels.

Esther is an avid supporter of perianesthesia nursing and has been active in ASPAN since its humble beginnings in 1980. She has attended every national conference and serves in numerous roles to ensure every nurse she meets during the conference is welcomed and encouraged to participate. She practices what she preaches, that every nurse has value. Esther is one of two ASPAN historians. Along with Evelyn Medycki, RN, ASPAN's history is detailed and maintained.

Unveiling of the Esther E. Watson Library

ASPAN leaders and national office staff celebrated Esther's successes and contributions August 16, 2018, in the ASPAN national office in Cherry Hill, New Jersey. The celebration was *all about Esther*. In addition to national office staff, nurses representing her workplace, ASPAN cur-



▲ Esther's dog, Sunshine, traveled to the celebration

rent and former leadership, and active ASPAN members attended. ASPAN President Regina Hoefner-Notz shared accolades about Esther to the gathering prior to the unveiling of a plaque honoring Esther.

The **Esther E. Watson Library** was then revealed. It houses a mix of historical facts and ASPAN memorabilia. A champagne toast was offered, and anecdotes were shared from nurses who were present and those who were unable to attend. Many of her peers and friends were eager



▲ Esther, wearing her special sash



▲ Esther, with President Regina Hoefner-Notz

to honor Esther's legacy and shared her personal meaning to each of them. Esther was given an embroidered sash to wear (see photo) which she sported proudly. The day, and the party, served as a milestone for Esther and for ASPAN.



▲ From left, Maureen Iacono, Myrna Mamaril with Esther

Esther's Love of People

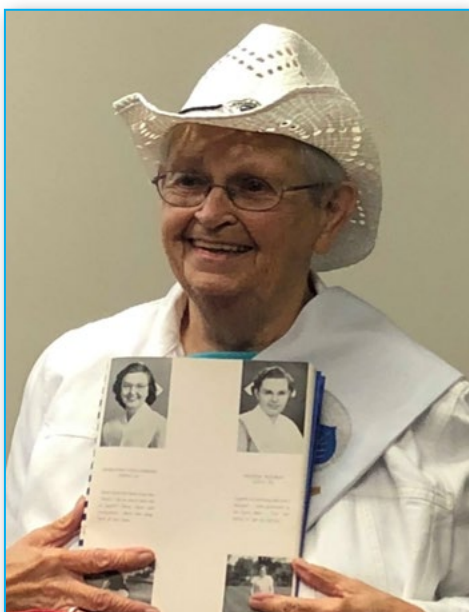
Esther describes herself as anything but shy. She likes to meet different people. She loves to learn, listen, and talk. Networking is natural to her. She spoke several times while colleagues were offering praise. Esther believes that any and all accomplishments she has had are directly in response to wonderful people surrounding her. She expressed herself with humility and gratitude to be so honored. She knows ASPAN is a second family to her, and she counts on friends she has met, and others she will meet in the future.

Esther Nurses On!

Esther loves nursing. She brought her nursing cap to the celebration and will add it, with additional letters of commendation in her name, to the memorabilia in the Esther E. Watson Library. She is not ending her career at this time. Esther will continue to approach the work of nursing with dedication, humor and integrity. ASPAN is proud to salute Esther for her unique, confident and meaningful service to perianesthesia nurses and nursing. 🌿



▲ Esther dons her nursing cap



▲ Esther, showing off her graduation photo



▲ From left, Evelyn Medycki, Debby Niehaus, Mary Betz, and Esther

PERIANESTHESIA NURSE AWARENESS WEEK (PANAW)

February 4 – 10, 2019



Lori Silva
RN, CCRN, CPAN
ASPAN Membership/
Marketing SWT
Coordinator



The Membership/Marketing Strategic Work Team (SWT) loves ASPAN President Regina Hoefner-Notz's theme, "Leading with Knowledge, Serving with Heart," and, with her approval, selected that theme for 2019 PANAW week. Her theme embraces what perianesthesia nurses across the country do every day.

PANAW is a time to celebrate our profession and recognize our colleagues and the great patient care we deliver each day. Plan now to have a celebration at work or within your component to mark this special week. Some ways to celebrate include:

- Place announcements in employee publications/emails/newsletters
- Set up a greeting table with ASPAN literature and PANAW posters/products. Visit www.panaw.com
- Offer lunch, snacks, desserts to celebrate. Celebrate with something different every day of the week
- Plan a department open house. Invite your hospital colleagues, executive officers, physicians/residents. Take photos to share with ASPAN and your facility newsletter. Offer cake and coffee and they will come!
- Plan a special celebration at component, district/regional or local meetings

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.

Remember to take photos and share your celebration with your component's newsletter or website. Submit your photos of your PANAW celebration to *Breathline* Editor Barbara Godden for possible use in an upcoming *Breathline* issue: bgodden@aspan.org.

ASPAN AWARDS

EXCELLENCE IN CLINICAL PRACTICE

Deadline: November 30, 2018

Nominate an ASPAN member who is CPAN and/or CAPA certified, involved in direct care of perianesthesia patients whose clinical practice follows ASPAN's standards and exemplifies a high-level of compassion and specialty expertise. [Click here for more information.](#)

AWARD FOR OUTSTANDING ACHIEVEMENT

Deadline: November 30, 2018

Nominate an ASPAN member who demonstrates outstanding knowledge and expertise in the practice, education, research, and/or management of perianesthesia nursing. This individual has made contributions in perianesthesia nursing in his/her community, region, or country. [Click here for more information.](#)

GOLD LEAF AWARD

Deadline: February 1, 2019

The Gold Leaf Award recognizes excellence in component leadership and member development, communication, education services and community relations. The award reflects the activity of your component from January 1, 2018 through December 31, 2018. The newly revised Gold Leaf application and scoring sheet is available for viewing on the ASPAN website. [Click here.](#) Members of the Membership/Marketing SWT look forward to reviewing the applications from the components and announcing the winner at the National Conference in Nashville, Tennessee.

ABOVE AND BEYOND SERVICE RECOGNITION AWARD

Deadline: January 10, 2019

The ASPAN Above and Beyond Service Awards are given to individuals in recognition of exemplary service to ASPAN and/or their component. Take the step to recognize that exceptional nurse you know! [Click here for more information.](#)

Clinical Practice Hot Topic

Nail Polish and Artificial Nails

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

The Clinical Practice Committee receives many questions via the ASPAN website each month. Committee members then research the answer and respond to the query. This month, the questions are about nail polish and artificial nails.



Diane Swintek
MSN, RN, CPAN
Director for
Clinical Practice

Q. Can PACU nurses wear nail polish, just not fake nails? Currently, our facility prohibits the use of nail polish and artificial nails in the Operating Room and SPD. We are considering expanding this policy to the Pre-Op and PACU. However, we would like to have evidence to show our staff before the proposal is presented to them. Online data search yielded conflicting guidelines on the issue. What do ASPAN guidelines say?

A. The ASPAN 2017-2018 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* do not address nail polish or artificial nails specifically.

Florence Nightingale, followed by Government Agencies

Florence Nightingale was the first nurse scientist to stress the importance of hand hygiene in contributing to positive patient outcomes.¹ The Joint Commission (TJC), the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) have all made hand hygiene a top priority for infection prevention.^{2,3,4}

Current Trends and the CDC

Many patients today present with acrylic overlay fingernails, fingernails with designs or beads or dark nail polish. Many nursing staff also come to work with these trends in nail design. The CDC, the governmental agency most concerned with the detection and prevention of infection, does not disparage the wearing of nail polish. However, “germs can live under artificial fingernails both before and after using an alcohol-based hand sanitizer and handwashing.”³

The CDC further recommends that healthcare providers do not wear artificial fingernails or extensions when having direct contact with patients at high risk (e.g., those in intensive-care units or operating rooms).³

What About Rings?

The CDC further recommends that nails be kept short (less than 1/4” long). The CDC also questions the wearing of rings. The CDC noted there were more germs on the skin under rings than on the same area of skin on a finger that had no rings. The difficulty arises in cleansing and drying in and around rings.³

WHO Studies

WHO studied the growth of bacteria on the hands of healthcare workers who wore nail polish. They found with freshly applied, or unchipped nail polish, there was no increase in the growth of bacteria in the periungual area of the hand. However, again, nail polish that is chipped will harbor escalating amounts of bacteria, in spite of vigorous hand hygiene.⁴

WHO also found evidence that wearing artificial nails may contribute to the transmission of certain health care-associated pathogens.⁴ The application of nail art such as designs, stones, piercings or sculptures all add a layer in which bacteria may grow and for hand hygiene to be ineffective. WHO stated in its 2009 guideline, “Each healthcare facility should develop policies on the wearing of jewelry, artificial fingernails or nail polish by healthcare workers (HCWs). These policies should take into account the risks of transmission of infection to patients and HCWs, rather than cultural preferences.”⁴

Personal Experience and Practice

At my facility, we are not permitted to wear artificial nails. We may wear nail polish as long as it is not chipped, and our fingernails must be 1/4” or less in length. Hand hygiene has a two-fold purpose: to prevent the spread of infection to the vulnerable patient and to decrease the risk of infection, or colonization, of the healthcare worker from exposure to the germs of the patient.

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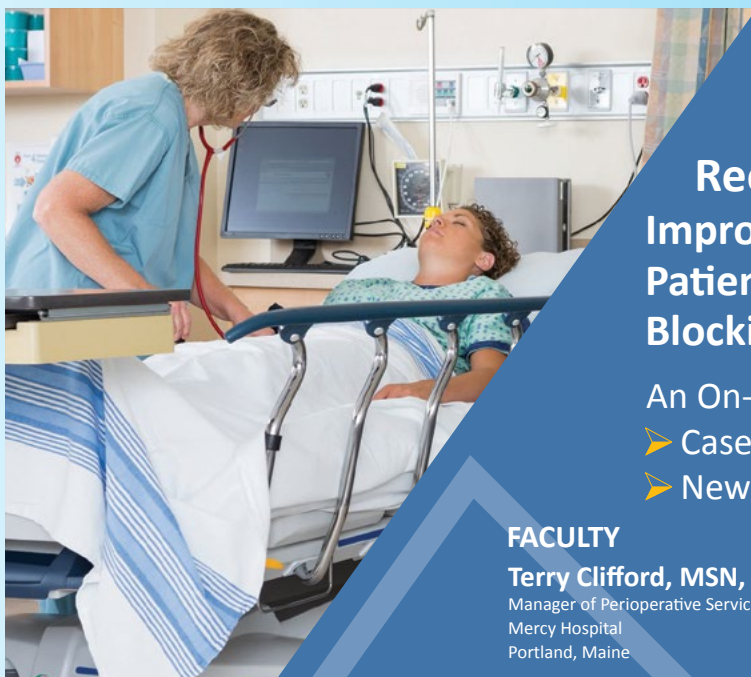
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MEMBER-GET-A-MEMBER CAMPAIGN

It's not too late to participate in the ASPAN Member-Get-A-Member Campaign, which runs from January 1, 2018 through December 31, 2018. Invite your colleagues to join ASPAN today! To thank you for your recruitment efforts, there are a variety of rewards:

- Tier One: (Recruit 4 – 9 members) \$25 Amazon Gift card, ASPAN Member Pin, or ASPAN Tervis Tumbler
- Tier Two: (Recruit 10 or more members) \$50 Amazon Gift card, ASPAN charm, or ASPAN *Redi-Ref*
- Tier Three: Recruiter of the Year (Recruits the most members for the calendar year) complimentary basic registration to the next ASPAN national conference, complimentary 1-year ASPAN membership, and a commemorative plaque to be presented at national conference

You can obtain promotional materials and membership applications by contacting the ASPAN national office toll free at 877-737-9696 or email ghanisch@aspan.org. Request as many copies as you like and make sure to put your name as the recruiting member on each application you distribute.



FREE 1.5 Contact Hours

Recognizing Residual Paralysis Improving Patient Outcomes in Patients Receiving Neuromuscular Blocking Agents

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Welcome Home to ASPAN's 38th National Conference in Nashville, the Heart of Tennessee

Carol Bell, BS, RN – National Conference Strategic Work Team Member at Large

You've heard the saying, "Home is where the heart is,"¹ and Nashville is the heart of Tennessee. So, welcome home to Nashville for the 38th ASPAN National Conference May 5–9, 2019, at the Gaylord Opryland Hotel and Resort. Nashville, also known as Music City, is recognized worldwide as the home of country music. You will find some of the finest blues and soul in one of the more than 100 live music venues in Nashville.^{2,3,4}

Plan Your Extracurricular Activities

Navigate the sights and sounds of Music City using Uber, Lyft, the hotel shuttle or any of the many transportation options. These choices provide service to the Gaylord Resort, General Jackson Showboat, Grand Ole Opry House, Opry Mills Mall for shopping and entertainment, Wild Horse Saloon, the Country Music Hall of Fame and many other tourist attractions.



▲ Gold Records at Country Music Hall of Fame and Museum
Photo courtesy of Nashville CVC

Your Music City experience will not be complete without tours of both the Grand Ole Opry and Ryman Auditorium. Information is available at www.ryman.com and www.opry.com. The Opry Mills Mall is within walking distance from the hotel. Besides shopping, Opry Mills includes many unique restaurants and entertainment options including Regal Cinemas, Dave and Buster's, Rainforest Café, The Aquarium Restaurant and live musical performances at the Opry Mills stage.^{2,3,4}

How about rolling down the river on the General Jackson Showboat? Enjoy stunning

views, a delicious meal freshly prepared by its chefs, and toe-tapping entertainment in the two-story Victorian theater in the center of the boat.^{2,3}



▲ General Jackson Showboat - Photo courtesy of Nashville CVC

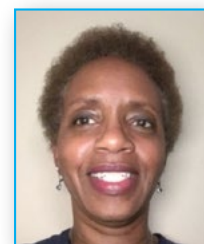
Something for the Sports Enthusiasts

We haven't forgotten our sports fans. Tennessee is home to several sports teams located in the heart of downtown Nashville. Plan to visit Nissan Stadium, home of the Tennessee Titans, Bridgestone Arena, home of the Nashville Predators, or First Tennessee Park, home of the Nashville Sounds. If golf is your game, Two Rivers golf course is located 3.5 miles from the hotel and provides an impressive view of the Nashville skyline. Tee times are recommended but not required. Other golf courses are also nearby.^{2,3,4}

Don't forget to bring your swimming attire and check out Soundwaves, the new upscale indoor/outdoor water attraction at the Gaylord



▲ Nashville Predators Hockey Team
Photo courtesy of Nashville CVC



**Carol Bell
BS, RN
NCSWT Member
at Large**

Opryland Resort, providing incredible thrill rides and relaxing indulgences with a unique roof that will allow you to sunbathe indoors.



▲ Gaylord Springs Golf Course - Photo courtesy of Nashville CVC

Volunteer Opportunities at the Conference

For those with a heart for service (after all, we are in the volunteer state), consider taking advantage of the opportunities to serve as a host/hostess or session moderator during the conference. Hosting duties include collecting event tickets, assisting with session seating, and giving directions within the conference center while earning a small stipend for your time. This year's host/hostess coordinator, Jamye Gilliard, can be reached at jgilliard@bellsouth.net. Session moderators introduce speakers and serve as time keepers keeping the sessions on track. This is a great display of leadership and opportunity to improve public speaking skills. Lori Silva will be coordinating the moderators and can be reached at loris@panac.org.

Educational Sessions Galore

The NCSWT has planned outstanding educational opportunities that will offer both direct and indirect care contact hours on topics to include patient care, safety, standards, advocacy, and evidence-based practice, research, leadership and management. These sessions will strengthen our practice and promote confidence in providing safe and optimum care for our patients and families.

Need a Roommate?

Will you need a room to share before "Sun-down in Nashville?" The process is simple. Sign up for the Willingness to Share a Room list. The list is distributed to everyone who asks to be included. It is then your responsibility to directly contact others on the list and coordinate the room sharing arrangements including making your own hotel reservations. Please email your interest in room sharing to me, Carol Bell, at cbell2@uspi.com and to find out more information.



▲ Gaylord Opryland Hotel Interior- Photo courtesy of Nashville CVC

And Don't Forget Component Night!

Come on down to the 2019 component night for "Denim, Diamonds, and Dancing!" Come dressed in your denim and diamond attire ready to sing and dance to your favorite karaoke tunes. During the karaoke component competition, pick your favorite tune, sing out for your component and you may win a spot on ASPAN's Karaoke Music Walk of Fame! There will also be time with new and old friends, good food, cash bar, music and dancing. Practice your selfies to be ready if you see your favorite country star.

So, be sure to join us in Nashville for ASPAN's 38th National Conference. Whether you're new to our family of perianesthesia nursing practice, or, enriched in the heritage of experience in our unique specialty, we welcome you home to ASPAN, striving to support your quest for "Leading with Knowledge and Serving with Heart".

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Free Continuing Education!

Linda Beagley, MS, BSN, RN, CPAN, FASPAN – Director for Education

Are you in need of some continuing education hours to renew your certification? Or, possibly just wanting to expand your knowledge? Check out the education tab on the ASPAN website, as there are some *free* opportunities for ASPAN members.

If you haven't visited the education section, you have missed the opportunity to cash in on the free On-Demand module titled, "Recognizing Residual Paralysis and Improving Patient Outcomes in Patients Receiving Neuromuscular Blocking Agents." ASPAN is able to offer this 1.5 contact hour for free due to the generous contribution from Merck Medical. (See the ad on page 8 in this issue of *Breathline*.) ASPAN and Merck partnered together to assemble this module, which is only being offered for a limited time, so don't wait to take advantage of this opportunity.

Do you still need a few more education hours for recertification? ASPAN has "three for free" for you! ASPAN membership allows you to access up to three continuing education articles from the *Journal of PeriAnesthesia Nursing (JoPAN)* per calendar year for FREE! Go to www.aspan.org, sign in with your username and password, click on the Education tab and scroll down to *JoPAN* continuing education articles. Contact hours can be earned by reading the available continuing education articles from *JoPAN* and successfully completing the posttest and evaluation. A certificate will be awarded upon completion of each article. After selecting your article(s), three will come up zero dollars in your shopping cart per year. Once you have completed your three articles, other articles can be purchased for the low price of five dollars, which covers the evaluation fee.

Sneak Preview to Upcoming Education Opportunities

At the postconference ASPAN Board of Directors' meeting, the Board approved offering the On-Demand modules to perianesthesia-related care areas. This allows PACUs, ambulatory centers and others to use ASPAN material for orientation, certification studying, PANAW or just to offer education. This new program is in the planning stages with a projected live date of early 2019.

38th National Conference in Nashville

Planning for the ASPAN 38th National Conference in Nashville began before the 37th conference even started. Regina Hoefner-Notz, then vice president/president-elect, approved the design of the 2019 conference cover which was previewed at closing ceremonies in Anaheim. Your National Conference Strategic Work Team (NCSWT) began working in earnest on the 38th National Conference during the Anaheim conference. The team met to begin mapping out job roles, timelines and potential themes to celebrate Nashville.

Once we were back home after conference, the presentation proposals began arriving in droves, with a record number submitted! And, boy, what a task it is going through each of them, reviewing and trying to come to consensus which proposals will address the education needs assessment that participants completed as part of the evaluation process.

Clinical topics remain the number one request, and with the new 2019-2020 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* book due out in December, 2018, presentations associated with Standards will be hot. The management session offered this year in Anaheim will be offered again with new topics, along with a special session for perianesthesia nurse educators.

In July, the NCSWT had a second meeting in Nashville to review the progress of the planning committee. One cool thing about this meeting is the opportunity to get a sneak preview of the conference center and hotel rooms. Planning for national conference takes many hands, innovative ideas and thinking out of the box to produce a unique opportunity for everyone.

Start planning your education now! 🌱



Component Development Institute: We Went Back to the Basics to Create Our Future!

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

This year, I had the honor of envisioning a theme and making that theme a reality for the annual development institute. The ASPAN Board went along with my time travel notions and, together, we created a component development institute (CDI) weekend of “Back to the Future.” We spent time going back to basics to grow our component leaders at the grassroots of our organization, the heart of who we are, bedside nurses giving great care.

On Friday night, we put away our cell phones, and just became focused on the business at hand. The goal was to encourage each participant to reach out to a member he or she hadn't met and dialogue ideas and experiences. Our town hall meeting was energetic as component leaders shared best practices. The pride was palpable as nurses told their stories of success and accomplishments at the component level.

Each member of the Board started her lecture with her own story of how she became involved in ASPAN. It was wonderful to hear how simple steps led to more involvement and a growing passion to be part of something bigger.

On Saturday, we discussed budget planning, bylaws and policy, marketing and strategic planning. We explored the ASPAN website together, dove into the Joanna Briggs Institute (JBI) tab, and, discovered all the forms of education that are available through the website.

On Sunday morning, Vicki Yfantis, ABPANC president, reviewed what is new in the world of perianesthesia certification and on its website. ASPAN Vice President/President-Elect Amy Doolley then talked about identifying one's own personal strengths and harnessing them as component strengths. I rounded out the weekend discussing everyone's capacity for leadership and how to integrate servant leadership into our components.

At the end of the weekend, I requested participants to send me their thoughts to share with you.

In some of the attendees' own words:

“I LOVED the town hall on Friday. It was a wonderful opportunity for an interactive discussion about things that components are doing that are working well and an opportunity for folks to ask questions in a small enough setting that they weren't fearful of speaking up.”



▲ CDI attendees network and enjoy the weekend over lunch

“I thought the format of CDI this year was better than other years where we broke out in to small groups.”

“I absolutely LOVED the grass-roots approach to the information provided. There are often people in attendance that have no idea where to start, but they want to help their component be successful. We focused on the basics and learning as we grow. I LOVED that!”

“I thoroughly enjoyed your lecture on leadership. It is so important to understand as leaders that we cannot take on a role because it gets us points on a career ladder, but instead because we are passionate about what ASPAN is and does and want to share its message while serving the members. We all possess certain strengths and we can apply them in many roles within our component.”

“In case you were not sure, I LOVED Component Development Institute this weekend! I hope to attend again next year!” Dana/GAPAN President

“My thoughts regarding CDI are inspiring and affirming. The atmosphere was welcoming and made me feel that it did not matter if a nurse was from a 500-bed hospital or the president of ASPAN or from a 25-bed rural critical access hospital like myself, but that we are all doing the same: caring for patients pre and post op and we are in this together.” Amy/Region 4



▲ CDI brought interest and participation from attendees

▼ Energy and enthusiasm was the norm over the weekend at CDI

"CDI was a wonderful venue to network and learn with like-minded perianesthesia nurses. It was invigorating and gave me a great deal of pride about what we do as nurses. Thank you for invigorating me in my practice. I walk away wanting to pay it forward!" Becky/PAPAN President

"This is the second time for me and each time I have left so impressed by the people I met and the dedication they have as perianesthesia nurses. This was an incredible learning opportunity because I could learn from the experts. There are opportunities to volunteer in many different ways, something for everyone as it were. I am a proud ASPAN member and a proud dually certified perianesthesia nurse. With volunteerism and service in my heart, I look forward to being able to serve a specialty that is near and dear to me. Thank you for providing such a great opportunity." Pamela

"While my current PACU job provides me with many wonderful benefits and friendships, I don't necessarily receive "intellectual stimulation" or work with "like-minded" individuals. I go to my component and ASPAN for that, and CDI was no different. The sessions at CDI are much more intimate and personal and the experience of interacting with nurses who have the same goals as I do and even more so have the same passion for perianesthesia nursing. I am taking pages of ideas and contacts I have made over the past couple days. I am coming away with so much information to take to my component. It has been a joy and no doubt equipped me with more tools to be a stronger leader than when I arrived on Friday! Thank you for the opportunity!" Katerina "Katie"/FLASPAN Secretary



"Big shout out to the National ASPAN Office for supporting this work as well as all the speakers who brought their passion for perianesthesia nursing to everyone in attendance. Keep the energy flowing so we can all lead with knowledge and serve with heart."

"As a first-time attendee, I was expecting it to be a long drawn out meeting of boring speakers and emotionless members. What I got was fun, informative presentations in a room full of new friends. I had a blast." Sharon, PACNA 🌿

Photos courtesy of Terry Clifford

THE DIRECTOR'S CONNECTION

Shay Glevy, BSN, RN, CPAN, CAPA – ASPAN Regional Director, Region 1

Get Your Education On!

Why are some nurses passionate about maintaining continuing education and some are not? Of course, some of this may have to do with personality. But, many nurses may have not been introduced to the value of continuing education. Maybe, they just need that invitation and an encouraging word about the benefits and the fun of engaging in an educational event.

Why Continuing Education?

I recently read an article entitled, “7 Benefits of Continuing Education for Nurses,” and it reminded me of the importance and value of education. In many states, one of the main reasons for continuing education is to renew your nursing license. You worked hard for it, so, of course, you want to keep your license active.¹ That is a huge motivator! However, not all states require continuing education. When I visit other components whose states do not require continuing education, I am amazed at how many nurses are attending the offering in spite of this non-requirement. To me, this attendance demonstrates a real commitment to your profession.

Other Benefits of Continuing Education

Another benefit of participating in continuing education activities is to keep your nursing knowledge up to date. Healthcare and nursing continue to change at a rapid pace, and I find it very important to make sure I stay active and current with what is new in my specialty and healthcare in general. Continuing nursing education topics can be diverse and rooted in evidence-based care.¹ I love that there is such variety and specificity to the area of care in which we work.

With updated education, you can also be a reliable source of information to your peers at work. This furthers your leadership skills.¹ What a great example you can set, which in turn, I believe, attracts others to strive for the passion to be the best they can be!

Education in your area of care starts at the component level. Stay up to date with your component events.

REFERENCE

1. Wilson B. 7 benefits of continuing education for nurses. The Nerdy Nurse website. Published September 4, 2012. Updated July 4, 2018. Available at: <https://thenerdynurse.com/7-benefits-of-continuing-education-for-nurses/>. Accessed September 1, 2018.



Shay Glevy
BSN, RN, CPAN, CAPA
Regional Director,
Region One

CERTIFICATION

CPAN® / CAPA® CERTIFICATION DATES

Spring 2019

Registration Window – Online

January 1 – March 15

Examination Administration Window

March 15 – May 15

Clinical experience requirement is now 1200 hours.

ABPANC has a new voucher system for hospital group purchase.

Watch for CAPA® 25th Anniversary Celebrations in 2019.

CPAN® / CAPA® RECERTIFICATION DATES

Spring 2019

Recertification Window

January 1 – April 30

Reinstatement Window

May 1 – May 15

Clinical practice hours requirement is now 900 hours.

A new “Learning Builder” system helps manage your CE documentation.

ASPAN members receive a **\$110 discount** off CPAN® and CAPA® Certification.

ABPANC has many free study resources, including a new Mobile Certification App, on its website at www.cpancapa.org/resources.

Contact ABPANC

Phone: 800-GABPANC Email: abpanc@proexam.org Web site: www.cpancapa.org

Earn contact hours at
your convenience

Click for more info.

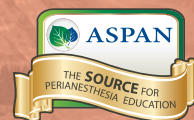
ASPA
EDUCATION
on-Demand

Component Education Programs

July 26 - July 29, 2019 Florida Society of PeriAnesthesia Nurses (FLASPAN) will be celebrating its 50th anniversary with a Bahamas cruise. Bring your families and join FLASPAN in 2019. We will be leaving from Port Canaveral aboard Royal Caribbean's *Mariner of the Seas*. Book at any time by calling 1-800-465-3595 and using group code 1044508, FLASPAN Group 2019. The deposit is only \$200 per room with the balance due on May 12, 2019. The boat will fill up fast so don't miss this opportunity! Kim Noble will be our speaker, and registration for the FLASPAN conference will be separate. There will be give-away prizes as well as a few surprises. Come sail away with us! For more information, email flaspan@gmail.com or melsayers813@gmail.com. 🌿

2019

Winter/Spring **WEBCASTS & SEMINARS**



LIVE IN-PERSON SEMINARS

ADVANCED PATIENT SAFETY: NEW APPROACHES AND DIRECTIONS

Saturday, March 23, 2019
Omaha, NE

PEDIATRICS: BEYOND THE BASICS

Saturday, March 30, 2019
State College, PA

PERIANESTHESIA CERTIFICATION REVIEW

Saturday, January 26, 2019
Shiloh, IL

PERIANESTHESIA CERTIFICATION REVIEW CONTD.

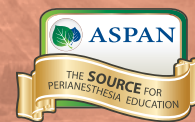
Saturday, January 26, 2019
Bloomington, MN

Saturday, January 26, 2019
The Woodlands, TX

Saturday, February 9, 2019
Harrisburg, PA

Sunday, February 24, 2019
Ventura, CA

2019 Winter/Spring **WEBCASTS & SEMINARS**



LIVE WEBCASTS – FULL-DAY PROGRAMS

FOUNDATIONS OF PERIANESTHESIA PRACTICE
Saturday, February 2, 2019

PAIN MANAGEMENT IN THE PERIANESTHESIA AND
CRITICAL CARE SETTINGS
Saturday, January 26, 2019

PEDIATRICS: BEYOND THE BASICS
Saturday, February 9, 2019

PERIANESTHESIA CERTIFICATION REVIEW
Saturday, February 23, 2019
Saturday, March 23, 2019

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)
Wednesday, February 20, 2019
Wednesday, February 27, 2019
Wednesday, March 6, 2019

PERIANESTHESIA PATHOPHYSIOLOGY AND
ASSESSMENT: A SYSTEMS APPROACH
Saturday, March 2, 2019

PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE
Saturday, February 16, 2019

REFRESHING YOUR PERIANESTHESIA PRACTICE
Saturday, March 9, 2019

SAFETY BEGINS WITH US
Saturday, March 30, 2019

SURROUNDING YOUR PRACTICE WITH EXCELLENCE:
LEGAL ISSUES, STANDARDS AND ADVOCACY
Saturday, June 8, 2019

LIVE WEBCASTS – HALF-DAY PROGRAMS

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE
Sunday, March 3, 2019

PERIANESTHESIA ESSENTIALS I
Sunday, February 10, 2019

PERIANESTHESIA ESSENTIALS II
Sunday, February 17, 2019

PERIANESTHESIA ESSENTIALS III
Sunday, February 24, 2019

PERIANESTHESIA ESSENTIALS IV
Sunday, February 24, 2019

PERIANESTHESIA ESSENTIALS V
Sunday, March 10, 2019

PERIANESTHESIA FOUNDATION
Sunday, June 2, 2019

LIVE WEBCASTS – TWO-HOUR PROGRAMS

ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED
RECOVERY AFTER SURGERY
Sunday, March 24, 2019

INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR
THE PERIANESTHESIA NURSE
Sunday, January 27, 2019

OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT:
PUTTING THE PRACTICE RECOMMENDATION INTO
PRACTICE
Wednesday, February 6, 2019

PREVENTION OF UNWANTED SEDATION: PUTTING THE
PRACTICE RECOMMENDATION INTO PRACTICE
Wednesday, March 20, 2019