



# Breathline

Volume 39, Issue 1  
January/February 2019

## INSIDE:

## PRESIDENT'S MESSAGE:

### Leading with Knowledge – Serving with Heart

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

Welcome to the new year! So many possibilities and so many opportunities spread before us. This is a time of reflection for most people, and servant leaders are no exception. It is a time to let go of things that do not add value to our lives, our work, as well as our organizations. In this letting go, what new practice can we work on to fill the space? In this new year, I challenge each of us to work on the servant leadership concept of awareness.



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

interconnected, so instead of practicing in silos, we can see the global potential of our component and our overriding organization.

Several years ago, I requested to take over the management of the Phase II recovery area of my hospital. I was very aware that Phase I and Phase II, under two different managers, was not working as cohesively as I envisioned it could. There were certainly growing pains, anger, frustration, and even some employees leaving the unit.

However, I wanted these nurses to identify themselves as perianesthesia nurses that were experts in discharging patients, not just “discharge nurses.” I had listened and became aware over time they were so much more. This group of nurses rose to the challenge and began to identify areas of improvement, process changes and research opportunities. One nurse came to me and stated, “You had a vision of where we needed to go. We didn’t see it at first, but now we can see it, too.” It started with awareness.

### Awareness in Servant Leadership

Awareness is one of the central characteristics of servant leadership. “General awareness, and especially self-awareness, strengthens the servant-leader. Awareness aids one in understanding issues involving ethics and values, and it enables one to approach situations from a more integrated, holistic position.”<sup>1</sup>

Awareness has potentially fallen by the wayside in a society that bombards us with electronic messages 24/7. Are we so caught up in the barrage of postings, insta-moments, best life pictures, and “winning” that we forget to see what is actually before us and in our present reality? As leaders, we need to hone our ability to be aware, so we can understand others, see where they are within our organization and create that space in real time for them.

### Awareness for Our Future

When we are aware of where we are now, we can create a future others can start to visualize with us. Awareness enables us to see things as

### Self-Awareness – Another Component of Awareness

Just as important on this journey to awareness is the concept of self-awareness and how we impact the world around us. In the article, “Great Leadership Starts with Self-Awareness,” author Chinwe Esimai states, “Self-awareness has been cited as the most important capability for leaders to develop. Successful leaders know where their natural inclinations lie and use this knowledge to boost those inclinations or compensate for them.”<sup>2</sup>



In other words, by understanding or being aware of your own strengths and weaknesses as a leader, you can utilize these strengths to the benefit of others and yet see in which areas you are lacking, and seek out those who do possess talent in those areas.

Victor Lipman writes, "Self-awareness isn't one of those big marquee leadership qualities like vision, charisma, strategic thinking or the ability to speak eloquently to an audience the size of a small city... but it's a quieter ancillary quality that enables the high-octane ones to work. To use a chemistry concept, it's a psychological catalyst."<sup>3</sup>

As leaders, we are called to be aware of what triggers our emotional responses and figure out how to temper those responses with positive and productive dialogue. We need to seek out trusted colleagues who can identify our intent and our blind spots. We need these people to help us recognize if we are able to convey our message in a positive and empathetic style or, do we miss the boat? Sometimes, we need to assess our personal style and determine if it enhances or hinders a certain interaction.

Above all, we need to be able to constantly evaluate ourselves and understand our human condition, as it is always in a state of growth. So, be gentle with yourself. It is easy to be critical of who we are and how we manage things. But, by being aware, we also understand we can continue to develop as leaders. It is part of our journey. This is how we will continue to lead with knowledge and serve with heart. Happy New Year!

## REFERENCES

1. Burckhardt J and 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: 227.
2. Esimai C. Great leadership starts with self awareness. Available at: <https://www.forbes.com/sites/ellevote/2018/02/15/self-awareness-being-more-of-what-makes-you-great/#7aca342740dd>. Accessed October 11, 2018.
3. Lipman V. All successful leaders need this quality: self-awareness. Available at: <https://www.forbes.com/sites/victorlipman/2013/11/18/all-successful-leaders-need-this-quality-self-awareness/#170126651f06>. Accessed October 11, 2018.



▲ Regina (center) networking at one of many functions at national conference



## ASPAN® Breathline

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Margaret McNeill (MD)  
Lori Silva (CA)

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### Deadlines for inclusion in *Breathtline*:

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

# 2018 ASPAN Scholarship/Award Recipients

## ASPAN National Conference Attendance Award (\$750 each)

### For the 2019 National Conference in Nashville

David Feiertag BSN RN CPAN CAPA  
Ball Ground, GA

Sharon Gallagher RN CAPA  
Mason, OH

Jennyfer Giffin MSN RN CEN CPAN  
Stockton, NJ

Jean Kaminski BSN RN CPAN  
Stow, OH

Denise Martel BSN RN CAPA  
Rye, NH

Tanya Nellis BSN RN CAPA  
Loveland, OH

Loretta Riggins BS RN CPAN  
Peoria Heights, IL

Angelica Vilches BSN RN CPAN  
Hialeah, FL

June Williams BSN RN CPAN  
Gainesville, FL

## BSN Scholarship (\$1,500)

Keelin Hines RN CAPA  
Coeur d'Alene, ID

## MSN Scholarship (\$1,500 each)

Deanna Hohmann BSN RN CPAN  
Chelmsford, MA

Kerry Picco BSN RN CPAN CAPA  
Kansas City, MO

Josette Renda BSN RN  
Rowley, MA

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

Armi Holcomb BSN RN CPAN  
Overland Park, KS

Nanette Wecker BSN RN CPAN  
Portland, OR

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

Suzanne Russell BSN RN CAPA  
Tewksbury, MA

# 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](mailto:kdill@aspan.org) to obtain a sample resolution form and instruction sheet. 🌱

# ASPAN'S 2019-2020 Slate of Candidates

## *Vice President/President-Elect*



**Sylvia Baker**  
MSN RN CPAN FASPAN



**Linda Beagley**  
MS BSN RN CPAN  
FASPAN



**Deborah Bickford**  
BSN RN CPAN



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

## *Treasurer*



**Kimberly Godfrey**  
BSN RN CPAN



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

## *Regional Director, Region 1*



**Connie Hardy Tabet**  
MSN RN CPAN CAPA FASPAN



**Sana Zamarripa**  
BSN RN CPAN

## *Regional Director, Region 3*



**Deborah Moengen**  
BSN RN CPAN



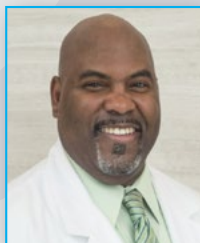
**Ruth Novack**  
MSN RN CCRN CPAN



**Debra Payne**  
BSN RN CAPA



## Regional Director, Region 5



**Alphonzo Baker**  
BSN RN CAPA



**Keisha Franks**  
BSN RN CPAN



**Dana Nation**  
BSN RN CAPA  
*Candidacy Withdrawn  
December 17, 2018*

## Director for Education



**Mary Baird**  
MSN RN CPAN

## Director for Research



**Margaret McNeill**  
PhD RN APRN-CNS CCRN-K  
CCNS TCRN CPAN NE-BC  
NHCP-BC FAAN

## Nominating Committee



**Kerrie Brewer**  
BSN RN CPAN



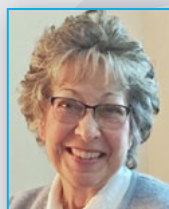
**Tracy Galyon**  
BSN RN CPAN



**Hasima Hajdini**  
BSN RN CPN



**Marcia Keiser**  
BSN RN CPAN



**Ursula Mellinger**  
BSN RN CPAN CAPA

## Nominating Committee (continued)



**Marian Muth**  
MSN RN CCRN CPAN



**Marlene Nahavandi**  
BSN RN CAPA



**Suzanne Russell**  
BSN RN CAPA



**Felicia Selman**  
BSN RN CAPA



**Angelique Weathersby**  
MSN MBA RN



**Nanette Wecker**  
BSN RN CPAN

## CANDIDATE PROFILES: Your Input is Requested!

ASPAN's slate of candidates for the 2019-2020 year is impressive, and all bring talent and skills to the roles they are seeking to lead ASPAN in the coming year(s). Each candidate recognizes the importance of contributing to excellence in perianesthesia practice, leadership and collaboration.

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

Your component is looking for your input! Here's what you do by **February 28, 2019**:

- You must be a current ASPAN **Active** Category or **Retired** Category member
- After reading the instructions, scroll down the page and review the list of candidates' names
- Next to each name is a link entitled "BIO." Click on this link to read about the candidate
- Review all 2019-2020 Candidate Profiles
- Click the box next to the candidate's name of your choice for each position
- Only **ONE** name or abstention may be selected within each position – except Nominating Committee positions. **Five** positions are open on the Nominating Committee. Please select five names
- Find and select your component from the list of component names. This is a **REQUIRED** field since it determines where to forward your submission
- At the page bottom, click "Submit" and your input will be forwarded to your component representatives to assist them in casting their votes at the 2019 Representative Assembly meeting in Nashville, Tennessee
- Once you click "Submit," you will receive a confirmation page stating that your submission has been successfully executed
- Only **one** 2019-2020 Candidate Selection submission per qualified ASPAN member will be accepted. Submissions are available online only
- [Click here](#) for 2019-2020 Candidate Profiles

**Your feedback must be submitted no later than February 28, 2019. Don't delay!** 🌱

# PERIANESTHESIA NURSE AWARENESS WEEK

February 4 – 10, 2019



Membership/  
Marketing

PANAW is the ideal time to promote our specialty and let our colleagues know of the great patient care we deliver each and every day.

Why not plan a celebration at work to mark this special week? Some ways you can celebrate include:

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

The PANAW catalogue is full of great gift ideas to recognize the perianesthesia nurses you know. Official PANAW products, as well as other ASPAN merchandise, can be ordered online at: [www.panaw.com](http://www.panaw.com).

How will you celebrate PANAW this year? Remember to send photos of your PANAW celebration to *Breathline* Editor, Barb Godden, for possible use in a future issue of *Breathline*: [bgodden@aspan.org](mailto:bgodden@aspan.org) (no PDF files, please). 🌱

## National Conference Development Activities

There are several fun ways you can support ASPAN and your profession at the 2019 National Conference in Nashville:

### Dream Walk

Enjoy an early morning walk that will take you around our Gaylord hotel venue, while at the same time familiarizing yourself with this huge facility.

**Sunday, May 5, begins 6:30 am**

### Development Celebration Breakfast

Begin Wednesday morning by supporting ASPAN, earning .75 con-

tact hour, honoring your friends and colleagues with gifts to the *Hail, Honor, Salute!* campaign, and enjoying a traditional American breakfast.  
**Wednesday, May 8, 6:30 – 8:30 am**

### Silent Auction

Components and individuals are invited to donate – and purchase – items for the 2019 Silent Auction, which will take place in the Exhibit Hall. Open during exhibit hours.

### New This Year!

You can even bid on some high-ticket items that will be featured via email in advance of conference.

### *Hail, Honor, Salute!*

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

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

## ASPAN GROUP MEMBERSHIP PROGRAM

ASPAN's Group Membership is designed for hospitals and surgical centers that wish to provide 20 or more of their employees with the latest in perianesthesia education, research, standards and clinical expertise. Employers will have some of the best educated, most dedicated perianesthesia nurses, and there is even a discount on the purchase price. You can pass this information along to the person at your facility most likely to approve, or advocate for, a group membership. For additional information, including group rates, please email Doug Hanisch at ASPAN's national office: [dhanisch@aspan.org](mailto:dhanisch@aspan.org).

### ASPAN Member Benefits

- Free subscription to *Journal of PeriAnesthesia Nursing*, a \$177 value
- \$110 off CPAN® and CAPA® certification exam fees
- Up to \$220 off National Conference registration fee
- \$105 off Standards; major discounts on other publications
- Free continuing education articles each year
- Major discounts on additional education
- Educational scholarships
- Personal and professional advancement
- Access to *Breathline*, ASPAN's online member newsletter
- Free online access to Joanna Briggs Institute's medical databases
- State/component membership and related benefits
- Collaboration with colleagues, in person and online ASPAN forums
- Research grants up to \$10,000

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# SCOOT ON DOWN TO NASHVILLE for ASPAN's 38th National Conference

Chris Buck, BSN, RN – ASPAN National Conference Strategic Work Team Coordinator



**Chris Buck  
BSN, RN  
National Conference  
SWT Coordinator**

**G**rab your boots and scoot on down to Nashville for ASPAN's 38th National Conference May 5-9, 2019! The Gaylord Opryland Resort sets the stage for a great opportunity to advance our perianesthesia practice through research, educational sessions, networking and professional growth. Be sure to visit the Exhibit Hall to learn about new products available. And, don't forget to check out the Silent Auction. There are many treasures waiting for you! Funds raised through the auction go to scholarships for ASPAN members.



▲ *Component night fun in Anaheim 2018*

## Start the Week off with Component Night!

Let's get this party started! Component Night will open with a bang. Dress in denim and diamond attire for a comfy, casual evening to spend with old and new friends. **NEW THIS YEAR:** Smaller hightop component tables will be grouped by region where you can touch base with your home clan, but the real action is out on the dance floor. Join us for a night of music and dancing! Choose your favorite song and start practicing for the component karaoke competition. Sing your heart out in true Music City style. Maybe, you will earn a place on ASPAN's Component Karaoke Walk of Fame! Be on the lookout for your favorite country music stars. You never know who might show up! Take time to relax and enjoy time with your ASPAN family.

## Explore Nashville

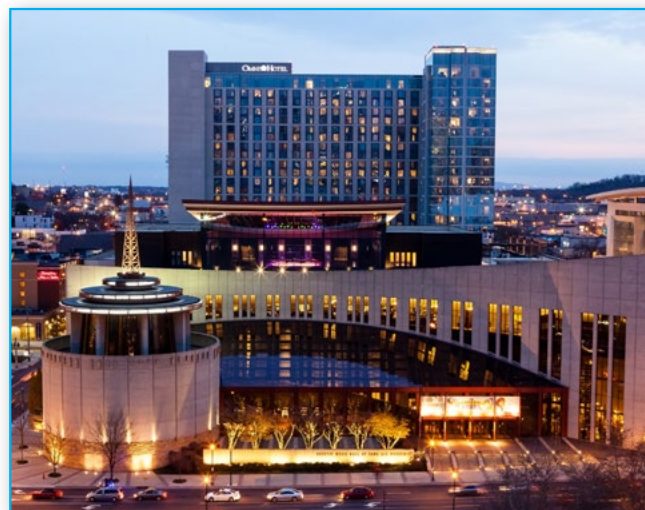
Take a few extra days to enjoy the history and excitement of Music City. Nashville offers a myriad of opportunities for a lively experience, ranging from rooftop lounges along the Honky Tonk Highway to the historical architectural



▲ *Cheekwood Estate and Gardens - Photo courtesy of Nashville CVC*

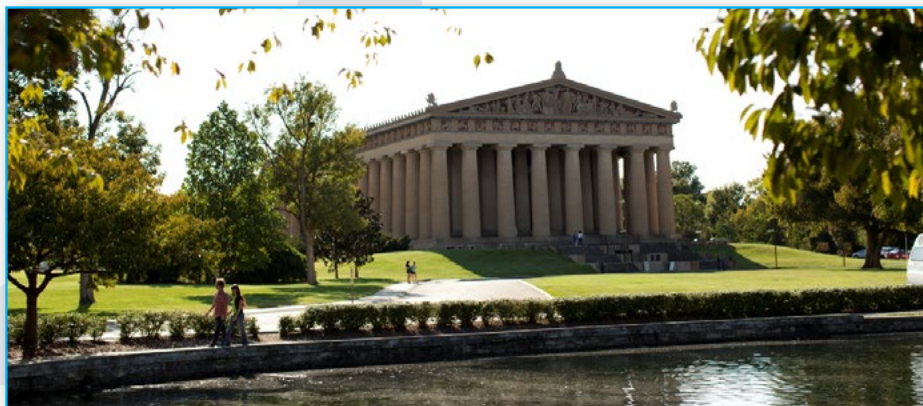
details of Vanderbilt and Belmont Universities. Schedule one of the many tour options available to see the city from a local's perspective. Spend an afternoon visiting Belle Meade Plantation with its rich equestrian history, Belmont Mansion or Cheekwood Botanical Gardens. Music history can be found throughout the city. Take a tour of the historic Ryman Auditorium and the Country Music Hall of Fame. Travel down West-end Avenue to Centennial Park where you will find the Parthenon.<sup>1,2,3</sup>

Throughout Nashville, you will find a multitude of unique boutiques for shopping and restaurants boasting local fare. Check out Marathon Village, an automobile manufacturing plant converted into shopping, entertaining, distilleries, wineries and eateries. Guitar enthusiasts can't miss the Gallery of Iconic Guitars located at Belmont University.<sup>1,2,3</sup>



▲ *Country Music Hall of Fame and Museum  
Photo courtesy of Nashville CVC*





◀ **The Parthenon**  
Photo courtesy of  
Nashville CVC

## Conference Volunteer Opportunities

Embrace your volunteer spirit by serving as a host/hostess or session moderator, both important roles in facilitating a successful event. Hosting duties include collecting admission tickets for sessions and events and assisting with seating and directions within the conference center while earning a small stipend for your time. Jamye Gilliard is the the host/hostess coordinator for the conference and you can obtain more information about volunteering by emailing her at: [jgiiliard@bellsouth.net](mailto:jgiiliard@bellsouth.net).

Serving as a session moderator promotes leadership and is an opportunity to improve public speaking skills. Moderators introduce speakers and serve as timekeepers ensuring sessions stay on track. Lori Silva is the moderator coordinator, and you can obtain more information or volunteer to serve as a session moderator by contacting her at: [loris@panac.org](mailto:loris@panac.org).



▲ **Anna Jackson, one of many friendly hostesses**  
at national conference 2018

## Need a Roommate?

Looking for a roommate to help decrease your conference expense? Simply submit a Willingness to Share a Room request. A list of all interested in rooming needs will be distributed to those requesting to be included. It is then your responsibility to directly contact others on the list and coordinate your arrangements, including making your own hotel reservations. April 11, 2019, is the deadline to be eligible to receive the ASPAN discounted room rate.

To be included on the rooming list, please provide complete contact information including name, mailing address and email address, work, home, and cell phone numbers. Please indicate your preferred form of contact and any information that will assist in helping you and a potential roommate determine compatibility. For more information contact Carol Bell, room sharing coordinator at: [cbell2@uspi.com](mailto:cbell2@uspi.com).

## Plan Now!

Start making plans now to attend ASPAN's 38th National Conference in Nashville. This is a wonderful opportunity for reviving your perianesthesia practice while rekindling friendships. Music City has so much to do and see, and we look forward to having you join us May 5-9, 2019, in Nashville, Tennessee!

## REFERENCES

1. Nashville Convention and Visitors Corporation website. Nashville tourism and visitors guide. Available at: <https://www.visitmusiccity.com/>. Accessed November 25, 2018.
2. Nashville.com website. Welcome to Nashville. Available at: <https://www.nashville.com/>. Accessed November 25, 2018.
3. Nashville History. Available at: [https://en.wikipedia.org/wiki/Nashville,\\_Tennessee](https://en.wikipedia.org/wiki/Nashville,_Tennessee). Accessed November 25, 2018. 🌿

# ASPAN Midyear Board of Directors MEETING HIGHLIGHTS

Tempe, Arizona – November 2-4, 2018

Jennifer Kilgore, BSN, RN, CPAN – ASPAN Secretary



Jennifer Kilgore  
BSN, RN, CPAN  
ASPAN Secretary

In preparation for the midyear board meeting, ASPAN's Board of Directors (BOD) receives an agenda with reports from specialty practice groups, strategic work teams, liaisons, committee chairs, mission directors, regional directors and officers. These reports are then reviewed prior to the meeting.

## Strategic Plan

The BOD reviewed the working strategic plan, revised ongoing work and discussed future goals and proposals. There are many exciting ideas and plans on the horizon for ASPAN. Highlights of the strategic plan update will be shared in the next issue of *Breathtline*.

## Clinical Practice

The Clinical Practice Committee has responded to more than 440 questions from across the nation and abroad.

## Education and Research

The Education Committee continues to provide an innovative approach to perianesthesia education. ASPAN also remains a leader in the research realm.

## New Standards

The ASPAN 2019-2020 *Perianesthesia Standards, Practice Recommendations and Interpretive Statements* will be available for purchase prior to publication of this issue of *Breathtline*. [Ed. Note: this publication is now available for purchase: <https://www.aspan.org/Clinical-Practice/ASPAN-Standards>]



Susan Norris  
BScN, RN, CAPA  
Regional Director, Region 2

## Slate of Candidates 2019-2020

Susan Russell, nominating committee chair, presented the slate of candidates for 2019-20. All candidate profiles and resumes have been reviewed to ensure qualified candidates for election.

## Regional Activity

The regional directors continue to work with components at the grass roots for ASPAN.

## Finances, Component and Member Funding

Financially, ASPAN is solvent and strives to be a good steward of funds. A balanced budget was presented and approved. ASPAN supported and funded 12 components to attend the Component Development Institute, and provided multiple scholarships for continuing education, Nurse in Washington Institute (NIWI) attendance, certification and humanitarian missions.

## Meetings Open to All

ASPAN board meetings are open to any members. Please feel free to email any of us via ASPAN email with any issues you would like to discuss. 🌱



# THE BENEFITS OF COMPONENT INVOLVEMENT!

Susan Norris, BScN, RN, CAPA – Regional Director, Region 2

## REGION TWO UPDATE

Happy New Year! A busy fall conference season and the holidays are behind us. We look ahead to spring conferences and ultimately, National Conference in Nashville, Tennessee.

## Networking Opportunities

A major theme heard following the Component Development Institute (CDI) in September was

related to the positive networking experiences. Attendees enjoyed discussing problems and solutions with someone who shares and understands their same issues. Attendees went home energized with a renewed passion for perianesthesia nursing, and ready to share new ideas with their components. The ASPAN national conference also provides many varied opportunities to network and share experiences.

# The Impact of One RN Attending an ASPAN National Conference

Tami Joles, BSN, RN, CPAN

Original  
Article

My career in the perianesthesia world began in 2015. My preceptor was an ASPAN member who was studying to take the CPAN certification exam. I watched with interest as she obtained her certification, entered into a DNP program and also attended the ASPAN national conference in Philadelphia. Immediately, I was interested in the certification course.

## My First National Conference in Anaheim and Its Impact

The ASPAN National Conference in Anaheim was my introduction to the organization, and it did not disappoint. While I was not an ASPAN member when the conference started, within one day at the conference I knew I needed to become a member. I didn't have any expectations going into the conference, so I was completely shocked at how motivated, rejuvenated, and passionate I became afterwards.

Upon returning home, I presented on just a few of the gems of knowledge, products, and the latest evidenced-based practices. As a result of this one national conference, our department has started mock reintubation drills, communicating with family via text messaging within the electronic health record, and, is considering installing noise blocking curtains in the PACU.

## What I Brought Home

I was so inspired by the posters, and became excited to do a project on my own after returning. One theme in Anaheim was decreasing the use of opioids and using a multimodal approach to pain. This drove me to consider what non-pharmacological interventions I could use in my practice. The use of music for pain control and anxiety reduction kept coming to mind, and, after a literature review, I found that music can be an effective intervention for pain and anxiety.

I presented this information to our leadership and they have purchased four tablets on stands to go beside the patient's cart. With the use of Bluetooth headphones, our patients will have the option of listening to a busy recovery room with monitors beeping or a music selection of their choice. We are all looking forward to adding this tool into our repertoire of interventions to ease patients' pain after their procedures.

## Imagine the Possibilities

A single ASPAN national conference for one nurse has led to all these changes and improvements in one facility. One can only imagine how much impact this single conference has on perianesthesia care around the country and the world. I now understand why so many nurses make it a point to attend regularly. 🌱



Tami Joles  
BSN, RN, CPAN

# CERTIFICATION

## NEW!

### Mobile Apps Available as Study Resources for Certification

ABPANC offers a wide range of resources to help you study and prepare for the CPAN® and CAPA® certification exams, including two mobile apps.

The CPAN®/CAPA® Certification App is free to download and is a collection of resources to help you prepare and register for the CPAN® and/or CAPA® exams. It is designed to be used as a reference guide as you prepare to study for the exams.

The CPAN®/CAPA® Study App has 50 CPAN® and 50 CAPA® study questions, plus a study reference for each question to help you prepare for the CPAN® or CAPA® certification exam. Price for this app is \$9.99.

Both apps are available for download at [www.cpancapa.org](http://www.cpancapa.org) or on Google Play or the Apple App Store. More details about the CPAN® and CAPA® certification exams can be found in the Certification Candidate Handbook at [www.cpancapa.org](http://www.cpancapa.org).

## REMINDERS:

- CPAN®/CAPA® Certification spring registration window is January 1 – March 15
- Spring Recertification window is January 1 – April 30
- Certification achievement award nominations due January 31
- Advocacy Award nominations due February 15
- Shining Star nominations due February 15

For more information, please email [abpanc@proexam.org](mailto:abpanc@proexam.org). 🌱

## Contact ABPANC

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# Clinical Practice Hot Topic: *Bladder Scanning*

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 bladder scanning.*



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

**Q.** Does ASPAN have a recommendation as to whether Phase I pts without a foley should be bladder scanned prior to discharge to the ward? Q: We recently purchased a bladder scanner for our ASC. Does ASPAN have guidelines for assessing and managing postop bladder retention?

**A.** If you ask a handful of postanesthesia nurses which patients need to void prior to discharge home, you will get just as many responses. Postoperative urinary retention (POUR) affects some patients discharged home, sometimes to the point that they must return to the emergency department later for relief of their bladder distention.


Palpation of the lower abdomen is still one way to assess the bladder for urinary retention. This skill should be an ongoing assessment of our patients. This is particularly true if the procedure was a urinary or gynecological procedure, an inguinal hernia, or involved local anesthetics or spinal or epidural anesthesia. The urinary system alerts us to issues of hypovolemia or a body's stress response.<sup>1</sup>

In the *2017-2018 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, Practice Recommendation 4 lists competencies for the perianesthesia registered nurse that include, "physiologic systems review and assessment" and "surgery/procedure-specific care, to include assessments, potential complications and interventions."<sup>2</sup> The Standards do not mention a specific skill set or piece of equipment for each assessment. However, with the availability of non-invasive bladder scanners, we can obtain an accurate

measurement of the amount of urine in the bladder. Before using the bladder scanner, it is appropriate to encourage the patient to attempt to empty his/her bladder if any signs or symptoms of bladder distention are exhibited. Those signs may be restlessness, hypotension or hypertension or suprapubic pain.

Competency with a bladder scanner should be assessed each year, due to possible low usage by individual nurses, and should include both Phase I and Phase II nurses. Confidence in one's skill to use a bladder scanner is essential to ensuring appropriate care related to urinary assessment. The probe must be positioned correctly on the lower abdomen. When completing a scan, it is imperative to have the entire amount of urine visualized within the circle on the scanner. Otherwise, not all the urine has been measured in the bladder. Bladder scanning is a nursing intervention. However, any further intervention, such as introducing a straight catheter to drain the bladder, requires an order from a licensed provider or physician.

## REFERENCES

1. Krenzischek DA and Mamaril ME. Postoperative/postprocedure assessment. In: Schick L., Windle PE, eds. *PeriAnesthesia Nursing Core Curriculum Preprocedure, Phase I and Phase II PACU Nursing*, 3rd ed. St. Louis, MO: Elsevier; 2016: 1241.
2. American Society of PeriAnesthesia Nurses. Practice recommendation 4: Competencies for the perianesthesia registered nurse. In: *2017-2018 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2016:51-54. 


## Component Communication

Ensuring members have access to the most current information about component activities is a challenge facing most of us. Components make certain their websites are current, publish newsletters on a regular basis, and maintain a presence on various social media sites. A Facebook® page or a Twitter® account is also a great way to provide up-to-the minute information.

However, communication is a two-way street. Members have a responsibility to read the information that is being provided. Take advantage of the opportunities being offered to stay up to date on what's happening in your component.

## Component Education

I enjoyed attending fall component seminars in Arkansas (PACNA), Iowa (ISPAN), Mississippi (MSPAN) and Texas (TAPAN). All offered excellent educational programs with topics ranging from the opioid crisis, ethics, malignant hyperthermia and care of the pediatric patient.

Components in Region Two are also taking advantage of the variety of educational options available through ASPAN, including the on-demand modules to seminars and webcasts. This is a great way to address the challenge we all face in providing education to our members who live in more remote areas of the components. I'm looking forward to visiting more Region Two components in the coming months, and I hope to see many of you in Nashville! 

# Supporting Clinical Practice Questions and Inquiry with Research

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

Margaret McNeill, PhD, APRN-CNS, CCRN-K, CCNS, TCRN, CPAN, NE-BC, NHDP-BC, FAAN – ASPAN Evidence Based Practice SWT Coordinator

Jacque Crosson, MSN, RN, CPAN, FASPAN – Standards & Guidelines SWT Coordinator

Dina Krenzischek, PhD, MAS, RN, CPAN, CFRE, FAAN, FASPAN – ASPAN Evidence Based Practice SWT member

Research

The Institute of Medicine mandates that 90% of clinical decisions made by nurses be based on evidence by the year 2020.<sup>1,2</sup> Nurses are challenged to be consumers and contributors to the evidence upon which our practice is based. Once new evidence is generated, nurses are called to change practice and to regularly seek out the best and most current evidence to answer our own clinical questions.

To be successful, nurses need special skill sets and knowledge. How can such a complex process (finding, critiquing and synthesizing the literature) be brought to the clinical bedside perianesthesia nurse in a simple and usable way? One way is through ASPAN's global research and evidence-based practice (EBP) footprint in which several ASPAN-led multisite studies have been implemented. Below are some of the ASPAN projects:

## ASPAN Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements

ASPAN creates, publishes and biannually updates EBP recommendations and guidelines through its Standards & Guidelines Strategic Work Team (SWT), working in collaboration with the ASPAN Evidence Based Practice SWT. These teams look at current evidence to update and support current and new information to add to the Standards.

However, many practice questions received by ASPAN's Clinical Practice Committee are difficult to answer. Sometimes, there is not enough, or any evidence at all, to answer the question. This represents a gap in the literature and new knowledge must be generated by completing original research.

Scientific methods to answer a research question can take time if the phenomena is particularly complex, resulting in several years in investigation, data collection, analysis and interpretation. ASPAN has sponsored several research projects that are now nearing completion.

## Patient Acuity and Complexity Index

The acuity project started in 2015, and examines the components of patient acuity, nurse workload and elements that distract from nursing care. The index created will provide struc-

ture and clarity in complexity of care and staffing ratios.

## Pain and Comfort

The pain and comfort study, utilizing a Delphi technique, identified the elements of pain and discomfort using evidence. In turn, this gives the bedside nurse recommendations on addressing these needs to improve patients' journey to wellness.

## Nurse Assessments and Documentation Practices

Nursing assessments and documentation practices is a descriptive project that examines individual clinical practices which guide perianesthesia nursing assessments and documentation.

## Further Information

Look for articles outlining the process and findings of these studies in the *Journal of Peri-Anesthesia Nurses (JoPAN)* in 2019. The findings, results and recommendations of these studies may identify future research needs.

These studies are just a few examples of ASPAN studies to provide evidence to understand and improve perianesthesia nursing practice. At the same time, the practice changes can improve population health with timely and relevant evidenced-based recommendations.

Additional ASPAN resources on research, EBP, education, and clinical inquiry can be found on the ASPAN website. Look for the *Research Primer*, and the journal club with appraisal tools connected to articles and completed by experts. Consider starting a journal club on your unit as a first step in your own research/EBP journey.

## REFERENCES

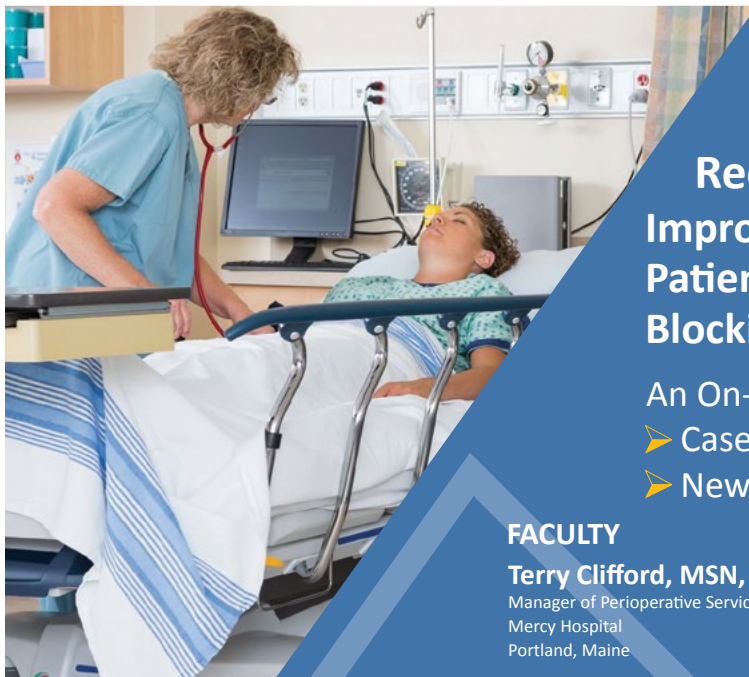
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2. Tri-Council for Nursing Calls for Collaborative Action in Support of the IOM's *Future of Nursing* Report. Available at: <https://www.nursingworld.org/~4af375/globalassets/docs/ana/ethics/tricouncil-support-for-iom-report-10-14-10.pdf>. Accessed October 30, 2018.

# ASPAN: Mosby's Orientation to Perianesthesia Nursing

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

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- New and practical information

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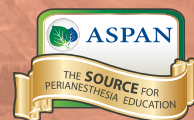
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## Component Education Program

**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 giveaway prizes as well as a few surprises. Come sail away with us! For more information, email [flaspan@gmail.com](mailto:flaspan@gmail.com) or [melsayers813@gmail.com](mailto: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.

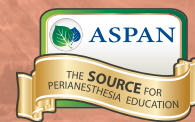
Saturday, January 26, 2019  
*Bloomington, MN*

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