



# Breathline

Volume 39 Number 4

July/August 2019

## INSIDE:

## PRESIDENT'S MESSAGE: Celebrate Strengths: Elevate Practice

Amy Dooley, MS, RN, CPAN, CAPA – ASPAN President 2019-2020

Welcome to a new year for ASPAN! It is my honor to lead this amazing group of perianesthesia professionals through 2019 into 2020. You are one of over 14,000 nurses who subscribe to the importance of this professional organization. Hopefully, you have been able to take advantage of the many educational opportunities or the clinical practice resources ASPAN offers to elevate practice. The strength of ASPAN in offering these opportunities and supporting perianesthesia research and standards is primarily because of our volunteers. Over the past year, I have been privy to the extraordinary work of all the volunteers within ASPAN. WOW, is all I can say for the breadth of issues ASPAN addresses.



**Amy Dooley**  
**MS, RN, CPAN, CAPA**  
**ASPAN President 2019-2020**

your assignment. Volunteers are assigned to a committee/SWT based on their selections and role in perianesthesia nursing, and the number of members who volunteer. You will be notified of your assignment in 2020 prior to National Conference, so there is a delay once you put in your WTP form. Elizabeth Card, vice president/president-elect, has written an article in this issue that describes further the great opportunities for growth within the WTP choices.

This past year had both good news and bad news status for these volunteer opportunities. MANY nurses volunteered, which is good. But that meant not everyone got all their choices. How do you know which assignment is best for you? Just follow your heart. You know what interests you and those things at which you excel. Chances are, those are your strengths. So, use them to benefit ASPAN. If, after a year, your interests change, you can fill out the WTP for a different committee next year. Every volunteer must fill out a WTP every year.

### ASPAN Volunteers

To meet the need, there are 272 nurses involved within ASPAN who volunteered last year in some capacity. The time commitment of these positions varies greatly from one hour per month to two hours per week. Here is a breakdown of the variety of areas in which volunteers are used within ASPAN:

- 13 strategic work teams (SWT)
- 7 committees
- 8 specialty practice groups (SPG)
- 21 liaisons
- 14 Board of Directors members
- 3 editors
- 2 historians
- 1 parliamentarian

Overall, there are 492 positions within these groups filled by volunteers. The beauty of these groups is the variety of experiences within the groups as nurses and, specifically, as perianesthesia nurses. The different roles the volunteers play adds diversity to each team.

### Willingness to Participate Opportunities

Sharing your talents with ASPAN is easy to do. In the fall, just submit a Willingness to Participate (WTP) form online on ASPAN's website, and then just wait for

### Board of Director Volunteers

The Board of Directors is also part of the volunteer force for ASPAN. They are called upon to lead this specialty for the good of ASPAN. All the members of the board began their journey many years ago by volunteering at the component level. This led to a natural progression to leadership within their component and beginning to dabble at the national level. First, they became committee/SWT members and learned the ropes of the organization. Many were then asked to become leaders within that committee/SWT. The next logical step was to run for a position on the Board of Directors.

Volunteering and stepping up takes commitment and courage to risk being on such a public stage without a guarantee of success. I ran and lost two times for a Board position before becoming successful. I admire the poise of the candidates and the dedication they demonstrate to ASPAN. The success of this organization depends on the strength of the volunteers, and there are MANY of those. Thank you for sharing your strengths with ASPAN.



# Component Development Institute

## Attaining the Golden Leaf of ASPAN!

Put on your thinking caps and come to ASPAN's Component Development Institute (CDI)! This weekend conference is geared specifically to members who have an interest in investing in their component. The focus is totally on components and what they can do to improve their infrastructure. The many sessions will be based on the Gold Leaf Component of the Year Award application. ASPAN believes that the Gold Leaf elements provide the structure to support a strong component. This conference will assist leaders in strengthening their component through the application of the six (6) categories of Gold Leaf. Come and learn what works for other components and how their strengths can inspire and motivate you. Every member can share best practices and strengths while gathering new tips to use.

CDI will be in Cincinnati, Ohio, the weekend of September 13-15, 2019. Start planning now to come and enjoy the camaraderie of fellow members and ASPAN leaders. Come and strengthen your component! 🌿

## 2020-2021 ASPAN BOARD OF DIRECTORS: CALL FOR NOMINATIONS!

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

**ASPAN Immediate Past President and Nominating Committee Chair**

It's your time. It's your year to be the leader you are meant to be. ASPAN needs dedicated volunteers to lead with that knowledge you have consistently shared with others, while sharing your heart and passion for your chosen profession. ASPAN needs your enthusiasm and drive to move our professional organization forward. Be part of something bigger and join with other professionals to create the future of ASPAN.

Qualified and eligible candidates are needed for these 2020-2021 ASPAN Board of Directors' positions:

- Vice President/President-Elect (three-year term)
- Secretary (two-year term)
- Director for Clinical Practice (two-year term)
- Regional Director, Region 2 (two-year term)
- Regional Director, Region 4 (two-year term)

We also seek candidates for ASPAN's 2020-2021 Nominating Committee (one year term - five members).

To be considered for a leadership position:

- Declare your candidacy as soon as possible via email to [rhoefner-notz@aspan.org](mailto:rhoefner-notz@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, 2019. Late submissions will be returned
- An *ASPAN Candidate Profile Sheet*, *Curriculum Vitae* and your photo must be submitted electronically with a date stamp no later than October 1, 2019. **HARD COPIES and FAXES will NOT be accepted**

For more information visit the ASPAN website, or, contact Regina Hoefner-Notz at [rhoefner-notz@aspan.org](mailto:rhoefner-notz@aspan.org).

The submission deadline for all required candidacy documents is **October 1, 2019.** 🌿



### ASPAN® Breathline

Published by the American Society of PeriAnesthesia Nurses™

Indexed in the Cumulative Index to Nursing Allied Health Literature (CINAHL)  
Address changes and administrative correspondence to:

ASPAN

90 Frontage Road

Cherry Hill, NJ 08034-1424

877-737-9696 Fax: 856-616-9601

[aspan@aspan.org](mailto:aspan@aspan.org) [www.aspan.org](http://www.aspan.org)

#### 2019-2020 BOARD OF DIRECTORS

PRESIDENT

Amy Dooley (NH)

VICE PRESIDENT /

PRESIDENT-ELECT

Elizabeth Card (TN)

SECRETARY

Jennifer Kilgore (MS)

TREASURER

Chris Skinner (DE)

IMMEDIATE PAST PRESIDENT

Regina Hoefner-Notz (CO)

REGIONAL DIRECTORS

Region 1 – Connie Hardy Tabet (NM)

Region 2 – Susan Norris (TX)

Region 3 – Deborah Moengen (MN)

Region 4 – Bronwyn Ship (NY)

Region 5 – Keisha Franks (GA)

DIRECTOR FOR EDUCATION

Mary Baird (IN)

DIRECTOR FOR

CLINICAL PRACTICE

Diane Swintek (MD)

DIRECTOR FOR RESEARCH

Margaret McNeill (MD)

ASPAN CHIEF EXECUTIVE

OFFICER (EX-OFFICIO)

Kevin Dill (NJ)

ABPANC PRESIDENT

(EX-OFFICIO)

Vicki Yfantis (MD)

#### BREATHLINE EDITORIAL STAFF

EDITOR

Barbara Godden (CO)

NATIONAL OFFICE

Jane Certo (NJ)

PUBLICATIONS SWT

COORDINATOR

Susan Norris (TX)

CONTRIBUTORS

Armi Holcomb (KS)

Vallire Hooper (NC)

Jan Odom-Forren (KY)

Susan Russell (TX)

Lori Silva (CA)

Editorial Comments and Letters

to the Editor to:

Barbara Godden

9320 Erminedale Drive

Lone Tree, CO 80124

[bgodden@aspan.org](mailto:bgodden@aspan.org)

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

Illustration p.14: © Can Stock Photo Inc. / vaenma

# Willingness to Participate

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

ASPAN Vice President/President-Elect 2019-2020

Hello colleagues! I would like to share a quote from Johann Wolfgang von Goethe, an author, philosopher and natural scientist: "Whatever you do, or dream you can, begin it. Boldness has genius and power and magic in it!"<sup>1</sup> What would you like to do? I would like to challenge you to not only dream of what you can do, but to begin the journey to accomplish your dream!

We are each standing at the helm of our own destinies. Where do we want to go? Be bold enough to begin your journey!

My ASPAN journey began with volunteering on the ASPAN Safety Committee. That first step led me on a truly magical professional development journey. ASPAN offers so many opportunities to develop leadership skills, improve clinical practice through educational offerings and creation of evidence-based standards and guidelines, generate new knowledge through research, become involved in governmental affairs or learn the finer details of writing/publishing, and experience many networking and mentoring opportunities.

Interested in learning more about the possibilities and charting a course for your professional growth? Go to ASPAN's website and complete a "Willingness to Participate" form. Consider it your passport for your professional development journey! Begin by reading the list and definitions of the 20 different committees and strategic work teams (SWTs). Which of these groups sparks an interest? You can volunteer for a single or up to three groups in which to participate. Notification of appointments to committees and SWTs will be made in the spring around the time of National Conference. Go to [www.aspan.org](http://www.aspan.org) / About Us / Organization for the WTP link. **The deadline is October 31, 2019.**

Begin your journey today and "carpe futurum" – seize your own future!

## REFERENCE

1. Johann Wolfgang von Goethe quotes. Available at: <https://www.forbes.com/quotes/5037/>. Accessed July 17, 2019.

# 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, 2019**. Visit [www.aspan.org](http://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 this colleague for ASPAN's prestigious *Award for Outstanding Achievement*. The deadline to do so is **November 30, 2019**. Visit [www.aspan.org](http://www.aspan.org) / Members / Awards/ *Award for Outstanding Achievement* to learn more 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. The deadline to do so is **January 10, 2020**. Visit [www.aspan.org](http://www.aspan.org) / Members / Awards/ *Above and Beyond* to learn more and to access nomination forms.

## 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, 2020!** Components competing for the *Gold Leaf Award* must submit their applications to the ASPAN National Office by February 1, 2020. The award reflects the activity of your component from January 1, 2019 through December 31, 2019. The Membership/Marketing Strategic Work Team is looking forward to reviewing the applications from components, and, announcing the winner at the national conference in Denver. For information, guidelines and the application, visit [www.aspan.org](http://www.aspan.org) / Members / Awards / *Gold Leaf Award*.



**Start Planning to Showcase Your Accomplishments with Abstracts and Posters for the 2020 National Conference in Denver!**

Celebrate Successful Practices abstracts are due **October 15, 2019**.

Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, handoff communication and documentation, and unit/environment activities. Visit [www.aspan.org](http://www.aspan.org) / Clinical Practice / Call for CSP Abstracts.

Research abstracts are also due **October 15, 2019**. Start planning now to showcase your accomplishments! Visit [www.aspan.org](http://www.aspan.org) / Research / Call for Research Abstracts.



## An Amazing Year for ASPAN's 2018 Recruiter of the Year!

**S**tella Oloruntoyin, BSN, RN, CAPA, is a senior clinical nurse I and ASCU/PREP Center Magnet champion at the University of Maryland Medical Center in Baltimore, Maryland. She is this year's ASPAN Recruiter of the Year award winner, recruiting eight (8) new members. For her efforts, Stella received an engraved plaque, one-year free ASPAN membership, and a 5-day complimentary registration to the 2020 ASPAN National Conference in Denver, Colorado. It is because of efforts like Stella's that ASPAN remains a strong, thriving organization. Congratulations, Stella!



▲ From left, Lori Silva presenting Recruiter of the Year Award to Stella Oloruntoyin

## THANK YOU

### To the National Conference Strategic Work Team!

**T**hank you to the NCSWT for an exemplary conference! Your planning down to each detail was evident in the entire week of activities and education.

#### Chris Buck - Coordinator

Linda Beagley

Deborah Bickford

Amy Dooley

Regina Hoefner-Notz

Valerie Watkins

Courtney Papp

Carol Bell

Shari Breeden

Jamye Gilliard

Lori Silva

Linda Wilson

Kevin Dill



▲ Chris Buck presiding at Opening Ceremonies

### To the Outstanding ASPAN National Office!

**T**hank 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 always make the conference run smoothly. You are some of the hardest-working people around, and seem to work around the clock! You are everywhere, always ready to help!



▲ Courtney from the National Office, always smiling and helpful

## Congratulations to ASPAN members who were recognized in nomination for an award by their colleagues for 2019:

### Excellence in Clinical Practice Award Nominees

Esmihan Almontaser, MA, RN, CPAN

Christy Griffin, BSN, RN, CPAN

Penny McLain, RN, CPAN

Tracie Newell, BSN, RN, CPN, CAPA

Debra Wolff, BSN, RN, CPAN

### Award for Outstanding Achievement Award nominees:

Tammy Bergan, MAN, MSM, RN

Laurie Laurino, MSN, RN, CPAN

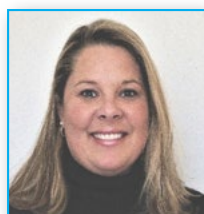
Jennifer Simon, BSN, RN, CPAN, IBCLC

## Above and Beyond Service Recognition Award Winners

For consideration of this award, 40 excellent nominee names were submitted. These are the 10 recipients of this award for 2019. Congratulations!

Mary Baird, INSPAN  
Chris Buck, TSPAN  
Ronda Dyer, PANAC  
Marcia Keiser, RMPANA  
Nereyda Leder, NPANA  
Maureen McLaughlin, MASPAN  
Stella Oloruntoyin, CBSPAN  
Lori Silva, PANAC  
Marché Tucker, NCAPAN  
Antoinette Zito, OPANA

## CONGRATULATIONS TO THE NEW MEMBERS OF THE 2019-2020 NOMINATING COMMITTEE!



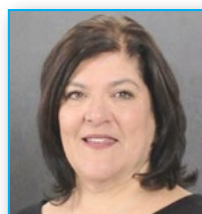
Kerrie Brewer,  
MSN, MBA, RN,  
CPAN



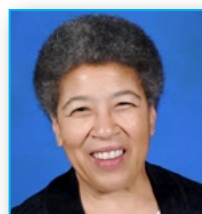
Tracy Galyon,  
BSN, RN, CPAN



Ursula Mellinger,  
BSN, RN,  
CPAN, CAPA



Suzanne Russell,  
BSN, RN, CAPA



Angelique  
Weathersby,  
MSN, MBA, RN

## ASPAN 2019 National Conference EBP/Research Poster Winners

*There was a record number of 49 EBP and research posters entered for 2019! Below are the titles of the winning posters from Nashville.*

### People's Choice

Development of a Discharge Scoring Tool in the Post Anesthesia Care Unit

Desiree Sokoli, MSN, RN, APN, FNP-BC, NE-BC

### First Place

Fast Track Program for Patients with Autism Spectrum Disorder in the Perioperative Setting

Sheila Birlin, BSN, RN, CPN

### Second Place

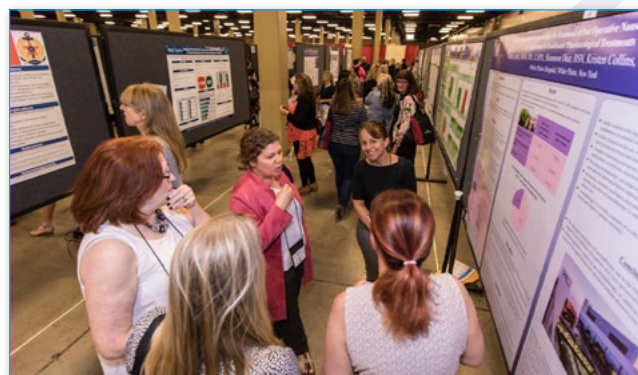
Screening Matters for OSA

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

### Third Place (tie)

Effectiveness of MPEWS at Predicting Pediatric Risk Events and Unplanned ICU Admissions in a PACU Setting

Ben White, BSN, RN, CCRN



▲ Record number of posters displayed this year

# Component Newsletter Contest

## Congratulations to the 2019 ASPAN Component Newsletter Contest Winners!

### ▼ 9-14 pages Award

#### Air Exchange

Rocky Mountain PeriAnesthesia Nurses Association

Editors:

Sana Zamarripa, BSN, RN,  
CPAN

Marcia Keiser, BSN, RN, CPAN



The mission of Rocky Mountain PeriAnesthesia Nurses Association is to unite registered nurses in all phases of perioperative/peri-procedural care through education, research, and standards of practice in order to promote quality care for patients, families, and the community.

It has been my pleasure to serve you as RMPANA President over the past year. I would like to thank all RMPANA members for your support. I also offer a heartfelt thank you to the RMPANA Board of Directors for your encouragement and guidance.

RMPANA had a successful year for educational offerings. Our RMPANA Component held two CPAN/CAPA review classes, multiple educational offerings, as well as several workshops throughout our districts. I congratulate all nurses who became certified or recertified this year. We had a total of 24 newly certified CAPA, 21 recertified CAPA, 35 newly certified CPAN, 20 recertified CPAN, and 52 newly/recertified dual certified nurses. This is an outstanding achievement for our component. Thanks to all who worked so hard to make this happen.

We celebrated our 20<sup>th</sup> annual RMPANA Reunion in the Rockies which was held in Estes Park, October 25-27. I would like to take a moment to thank all the vendors and presenters who took time out of their busy schedules to serve our nurses. The information offered was timely, relevant, and informed education and knowledge which appeared to receive a well as expert nurses. I also wish to offer the best of luck to our newly appointed 2018-2019 Board Members: President Tina Emery, Vice President Marcia Keiser, and Treasurer Mary Hatched. Congratulations, ladies!

During the retreat, a special video presentation was dedicated to a group of pioneer nurses who held a vision of creating a venue for uniting, networking and sharing knowledge. These women's goal was to promote awareness and bring professionalization to our specialty area of PeriAnesthesia Nursing. I invite you to view this video entitled "A Journey to Excellence," on our website at [nursingnetwork.com/rmpana.org](http://nursingnetwork.com/rmpana.org). This video was produced to inspire, motivate and hopefully in some way serve to transform you.

It is my hope that the video not only shows the arduous journey of our founding nurses but equally stimulates and empowers you to make the change you want to see in our profession moving forward. Our component remains only as strong as our members. We need your help in carrying on the torch to success. In making your commitment to our organization, I hope you will consider completing a "willingness to serve" form found on our website. Thanks again, for the opportunity to serve your president.

Andrey Cook, MS, BSN, RN, CPAN, CAPA  
President 2017-2018



### ▲ 1-8 pages Award

#### NO ENTRY

**PERI-SCOPE**  
Volume 42 Issue 2 Spring-Summer 2018  
Illinois Society of PeriAnesthesia Nurses

**President's Message**  
Cheryl Gallet MSN RN CAPA

Happy Spring ILSPAN members! It was awesome to see over 250 attendees at our Spring Conference 2018. Our guest speaker, Nancy (Shirley) MSN, CPAN, CAPA, kept all of us captivated the entire time as did the mock legal case by Christopher M. Cieslowski, JD & Ruth Anne B. Whiting, JD. A big thank you to all for sharing their expertise with us. It is conferences like this that help us to advance and promote the unique specialty of perioperative nursing. I would like to encourage each of our ILSPAN members to recruit a new member into our society this year. Increased membership for ILSPAN will allow us to enhance our educational offerings, build a larger network of professionals and further promote our specialty. I would like to remind you that we offer several different scholarships each year - many that remain unused. Most hospitals continue to encourage their nurses to become specialty certified and yet our scholarships for certification/recertification go unclaimed. A commonly documented barrier to obtaining specialty certification is the financial cost. As an ILSPAN member, we have you covered. Spend time on our website and check out all the different scholarships that you, as well as the new member(s) that you will be recruiting this year, can take advantage of. ILSPAN was just recently recognized once again at the ASPAN National Conference last month by receiving a "Shining Star" Award for promoting specialty certification to its members due to our generous certification/recertification scholarship.

Let's talk about the 2018 ASPAN National Conference held in Anaheim, California. I had the opportunity to attend my first Representative Assembly, which was extremely interesting. A new ASPAN Board of Directors was voted in. Four position statements were all approved after some discussion/debating, and the assembly approved the PeriAnesthesia Nursing Standards, Practice Recommendations and Interpretive Statements for 2019-2020. Watch for these newly approved position statements to be posted on the ASPAN website very soon.

*(Continued on page 3)*

**Inside this issue:**

- Board of Directors 2
- Treasurer Report 2
- Governmental Affairs 3
- Vice President Report 4
- Scholarship Deadlines 4
- Thank You 15
- ASPAN National Conference 5-6
- Member Spotlight 7-8
- ILSPAN Appearances 8
- CPAN/CAPA News 9
- Research Corner 10
- Informatics 11
- Education Article 12
- Regional Director 13
- Editorial Comment 13
- ASPAN News & Notes 14
- Thank You 15
- Membership Page 16
- Volunteer for ILSPAN 16
- Clinical Practice 17
- Spring Conference Photos 18-19
- Recognizing Nurses 19
- Looking Ahead 20

### ▲ 15+ pages Award

#### PeriScope

Illinois Society of PeriAnesthesia Nurses

Editor: Judith Kinnavy, BSN, RN, CAPA

**Pulseline**  
Newsletter of the PeriAnesthesia Nurses Association of California  
Winter 2018 Vol. 38 No. 4

**Winter Seminar finds Nuggets of Wisdom**  
PANAC and ASPAN Nurses Fill Ventura Weekend

By Robert Fong, MSN, RN, CPAN, CAPA Editor

PANAC's Winter Seminar, February 23, 2018, marks the 30<sup>th</sup> anniversary of the PeriAnesthesia Nursing Society of Whittier. The year, PANAC, celebrates the one-day seminar by adding an optional ASPAN seminar, doubling the seminar's 8-9 courses to 16-17.

PANAC's 8-9 courses focus on Saturday, with also adding 7-9 courses from ASPAN's PeriAnesthesia Certification Review brings the weekend total to 13-19 full-day courses. **Jaeger Cowan**, MSN, RN, CPAN, FAACN, from Phoenix, AZ.

Ms. Cowan, the ASPAN Standards and Guidelines Committee, an ASPAN Past President (2014-2015), and a former PANAC speaker. Jaeger is presenting the seminar topics: ASPAN Standards, the critical aspects of perioperative care, pulmonary hypertension, viral and heart failure, social media in the work place, and the powerful effect empowerment has on developing autonomy and decision making.

A Local Nurse Consultant, **Rita Kay Rietz**, BSN, RN, CPAN, from Los Angeles, rounds out Saturday's program with legal case studies and the challenges of electronic charting. Ms. Rietz speaks to legal liabilities in nursing care and documentation.

For information, contact [www.panac.org](http://www.panac.org) for Saturday/PANAC Seminar and for ASPAN's online Certification Review at [www.aspan.org](http://www.aspan.org).

**Inside this Pulseline**

- PANAC's Remains 2
- PANAC's Membership and ASPAN Editor 2
- PANAC's Nurses, Patients, Spices, Fire 3
- PANAC's 30th Annual Meeting & Seminar 4
- ASPAN Region 1 Director's Update 5
- PANAC February 4-10, 2019 5
- PANAC Call for Abstracts 5
- Leadership Team Set for Ventura 5
- Education Week: Everyone is a Preceptor! 6
- Legislation: A Long Process 6
- Director's Corner 6-7
- Sustained Violation in a Banded PACU 7
- Calendar of Events 8

**President's Message:**  
The Gift of Reciprocity  
By Robin MacLean, BSN, RN, CAPA

In the San Francisco, I talked about caring for ourselves, so we can care for others. Self-care is paramount to be a better caregiver. The gift of giving encompasses care in caring. John (Andrew) PhD writes in his book *Flowing with Fear*, "A model for the caring relationship, that 'fear' and 'caring' are two sides of the same coin of intimacy."

Most of us find it difficult to receive love, care, or compassion. We assume made when someone offers a kind word. Faced with the gift of a caring connection, most of us become uncomfortable.

We have been taught all our lives that it is selfish to receive. Whether cultural or religious, we have been taught to be selfless, not to take up too much space, to be humble, or to make ourselves small, not to bring attention to ourselves. The result is that we have been working hard on it and have made good progress, but have more to go. Instead of taking the compliment, my job just wasn't so easy. This hasn't made my goal.

*Can't see page 2*

### ▲ People's Choice Award

#### Pulseline

PeriAnesthesia Nurses Association of California

Editor: Ronda Dyer, BSN, BSPA, RN, CPAN, CAPA



# CONGRATULATIONS

## TO ALL OF THE ASPAN AWARD WINNERS!

ASpan Awards

### 2019 Class of FASpan Inductees Fellow of the American Society of PeriAnesthesia Nurses

ASpan is honored and privileged to introduce to you the 2019 class of Fellows of the American Society of PeriAnesthesia Nursing:

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

*Helen Fong, MSN, RN, PHN, FASpan*

*Dolly Ireland, MSN, RN, CAPA, CPN, FASpan*

*Antoinette Zito, MSN, RN, CPAN, FASpan*

Induction into ASPAN's Fellows 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 2019 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 these new inductees!



▲ From left, Elizabeth Card, Helen Fong, Dolly Ireland, Antoinette Zito

### Award for Outstanding Achievement Laurie Laurino, MSN, RN, CPAN

The Award for Outstanding Achievement is presented to a member of ASPAN recognized by their peers for furthering the art and science of perianesthesia nursing. This year's winner is Laurie Laurino, MSN, RN, CPAN. She is the clinical nurse educator and coordinator for the RN Transition to Practice Program at Bay Pines Veterans Administration Healthcenter System in Bay Pines, Florida. She is the immediate past president of the Florida Society of PeriAnesthesia Nurses. Laurie has also served on ASPAN's Education Approver Committee and currently serves on ASPAN's Clinical Practice Committee.

Laurie has delivered many presentations to her hospital and at component educational seminars. She has written articles in her hospital newsletter on "Purpose of Specialty Certification," "Advantages of Membership in a National Organization," and "Attending ASPAN's National Conference From a Member's Perspective."

Laurie volunteers her time bike-riding to raise funds for organizations such as the Leukemia and Lymphoma Society, Multiple Sclerosis Society, and HIV/AIDS Awareness.

Congratulations, Laurie!



◀ From left, President Hoefner-Notz with Laurie Laurino

# Excellence in Clinical Practice Award

**Tracie Newell, BSN, RN, CPN, CAPA**

The winner of this year's Excellence in Clinical Practice Award is Tracie Newell, BSN, RN, CPN, CAPA. She is a member of MOKANPANA and has been working at Children's Mercy same day/post-anesthesia care unit for over ten (10) years. She is a Certified Pediatric Nurse and also CAPA certified. Tracie is a PALS and BLS instructor and is a member of the Children's Mercy American Heart Training Center faculty. She regularly uses the LEAN quality improvement program to recommend changes in the department and assists with the implementation and education of new processes.

Tracie is active in hospital and department committees, working toward promotion of continued nurse satisfaction, retention and improving morale. She is a unit and hospital educator. Tracie regularly fills in as a charge nurse to manage daily flow in all department areas. She has been recognized for her excellent patient assessment and airway management skills. If there is a patient with a difficult airway or special needs, Tracie will be the one volunteering to take that patient.

Tracie participates in the journal club, not just attending but also presenting new articles to her peers. Ensuring nurses are using the best available evidence in their practice is important to her. As an ASPAN member, she is a member of the Pediatric SPG, and the pediatric group online, discussing practice issues with like-minded professionals.

Tracie shares her knowledge as a preceptor for students completing their capstone project, as a mentor for nurses from other departments who come to learn about the correct way to manage an airway, or regularly instructing PALS, PEARS and BLS classes. Congratulations, Tracie!



▲ From left, Tracie Newell with President Hoefner-Notz

# President's Award

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

The ASPAN President's Award is the highest honor bestowed on a member of our society by the ASPAN president. This award is given to an individual who has made an important contribution to the advancement of the nursing profession through strong commitment to the profession and a willingness to work for the benefit of others. This person is also of particular support to the ASPAN president during the year of his/her term. In President Regina Hoefner-Notz's own words:

"There was no question that I would have the honor of giving this award to Valerie Watkins. Throughout my time as vice-president and then as president, I have spoken about the need to mentor others and create opportunities for the inclusion of all nurses. Those that know about my time in ASPAN, know that I was invited to get involved in Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) because Valerie took an interest in me and invited me to belong.

Valerie and I have shared component positions, national positions and spent many conferences talking way into the night as roommates. Our friendship grew as we talked about our desire to serve RMPANA and

ASPAN. We have been on the Clinical Practice Committee together and shared time on the Standards and Guidelines Strategic Work Team.

In her own right, Valerie is an outstanding nurse, previous winner of ASPAN's Outstanding Achievement Award for the work she has contributed to in the pre-op areas at the University of Colorado Medical Center. Valerie is a well-respected perianesthesia expert and frequent national speaker. Along the way, Valerie became one of my best friends, my private cheering squad and partner in crime. And, as I explained at National Conference, Thelma and Louise have nothing on us!

Valerie has done everything in her power to celebrate my achievements, always at my side, ready to share her thoughts, her encouragement, her humor and her glass of wine. It was a true honor and privilege for me to present the ASPAN President's Award to Valerie Watkins."



▲ From left, Valerie Watkins with President Hoefner-Notz



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

**Maureen McLaughlin, MS, RN, ACNS-BC, CPAN, CAPA**

Congratulations to Maureen McLaughlin, MS, RN, ACNS-BC, CPAN, CAPA, this year's recipient of the Past Presidents' Distinguished Service Award. This award is given to an ASPAN member in recognition of significant lifetime contributions that have positively impacted ASPAN's core purpose: to advance and promote the unique specialty of perianesthesia nursing.

Maureen is an active member of MASPAN. She has been component president, ASPAN Representative Assembly delegate and component newsletter editor. She demonstrates her commitment to succession planning and mentoring new component leaders by bringing them to ASPAN's fall Component/Leadership Development conferences.

On the national level, Maureen is a popular educator, lecturing frequently at national conference on a variety of clinical topics which affect perianesthesia care. Always the professional, she can be found surrounded by nurses who have "just one more question" at the end of her lectures. Her willingness to spend time helping others better understand the art and science of perianesthesia nursing is further evidence of her dedication to our specialty and to our organization.

Through the years, Maureen's knowledge and expertise have benefited numerous ASPAN committees and strategic work teams. These include Nominating Committee, Clinical Practice, Standards & Guidelines, Education Approver, Evidence-Based Practice, Safety, and Membership/Marketing. She served as Chair of the Standards & Guidelines SWT from 2008-2010, leading the team through the arduous process of reviewing and revising the ASPAN Standards. Somehow, she also found time to earn her Master's degree and CPAN and CAPA certification. Maureen continues to volunteer her time and expertise to ASPAN.

The Past Presidents' Circle of Honor is proud to bestow this award on our perianesthesia colleague and we wish her continued success.



▲ From left, Past President Susan Russell presenting the Distinguished Service Award to Maureen McLaughlin

# Gold Leaf Component of the Year Award

**Texas Association of PeriAnesthesia Nurses**

The Texas Association of PeriAnesthesia Nurses (TAPAN) is the proud winner of the 2018 Gold Leaf Component of the Year Award, which was presented at opening ceremonies of the 2019 ASPAN National Conference in Nashville. TAPAN is the only four-time winner of this prestigious award. The Gold Leaf Award recognizes excellence in component leadership, member involvement, education services and community relations.

As the Gold Leaf recipient, TAPAN received a plaque, a \$500 check, a book or publication on perianesthesia nursing of the component's choosing, and recognition in *Breathline* and the *Journal of PeriAnesthesia Nursing*. Congratulations, TAPAN, on a great job! 🌿



▲ From left, Lori Silva presenting the Gold Leaf Award to TAPAN President Deborah Davis

# **Journal of PeriAnesthesia Nursing Awards**

*Congratulations to the Mary Hanna Memorial Journalism Award winners  
for the 2018 volume year!*

## **BEST PRACTICE**

### **First Place:**

*Preventing Opioid-Induced Respiratory Depression in the Hospitalized Patient with Obstructive Sleep Apnea*

Carla R. Jungquist, PhD, NP-BC  
Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP  
Jean Charchafli, MD  
Bhargavi Gali, MD  
Meltem Yilmaz, MD

### **Second Place:**

*Humidification of Blow-By Oxygen During Recover of Postoperative Pediatric Patients: One Unit's Journey*

Suzanne Donahue, BSN, RN, CCRN  
Robert M. DiBlasi, RRT-NPS, FAARC  
Karen Thomas, PhD, RN

### **Third Place:**

*Military Service Members and Emergence Delirium Screening: An Evidence-Based Practice Project*

MAJ Larry L. Wheat II, DNP, CRNA, AN, USA  
Barbara S. Turner, PhD, FAAN  
Angela Diaz, DNP, FNP-BC, APRN  
Christopher V. Maani, MD

## **CLINICAL**

### **First Place:**

*Evidence-Based Practice in Perianesthesia Nursing: Application of the American Geriatrics Society Clinical Practice Guideline for Postoperative Delirium in Older Adults*

Catherine Hebert, PhD, MSN, RN, GCNS-BC

### **Second Place:**

*Understanding Normal and Abnormal Swallowing: Patient Safety Considerations for the Perianesthesia Nurse*

Nikki Lucci, DNAP, CRNA  
Cole McConnell, BSN  
Chuck Biddle, PhD, CRNA

### **Third Place:**

*Globalization of Health Service: Sharing of Best Practices in Perianesthesia Nursing Care, a Case Study of Cross-Border Institutional Collaboration*

Esther Lee, MNP, MBA, RN  
Thomas Hamelin, DNP, MBA, RN, NEA-BC  
JoAnn Daugherty, PhD, RN, CNL

## **RESEARCH**

### **First Place:**

*Effectiveness of a Preoperative Preparation Program on Children's Emotional States and Parental Anxiety*

Kadriye Bartik, MSN, RN  
Ebru K. Toruner, PhD, RN

### **Second Place:**

*Effects of Virtual Reality and External Cold and Vibration on Pain in 7- to -12-Year-Old Children During Phlebotomy: A Randomized Controlled Trial*

Gulcin O. Gerceker, PhD, RN  
Seyda Binay, RN  
Elif Bilsin, PhD, RN  
Ayse Kahraman, PhD, RN  
Hatice B. Yilmaz, PhD, RN

### **Third Place:**

*Intrathecal Morphine-Related Perioperative Hypothermia in Women Undergoing Cesarean Delivery: A Retrospective Case-Control Study*

Judy Munday, BA (Hons), DipEd (Nurs), RN  
Sonya Osborne, PhD, RN  
Patsy Yates, PhD, DipAppSci, MSocSci, RN, FACN, FAAN



▲ From left, Jan Odom-Forren presenting a journalism award to MAJ Larry L. Wheat II

# Thank You for Your Generous Gifts to ASPAN Development Activities!

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.

## Development Breakfast

A record number of people attended the Development Breakfast on Wednesday morning. Terry Clifford, ASPAN past president, inspired us with her words, her passion, and the hilarious slides and stories from many past presidents! There was also networking, award presentations and *Hail, Honor, Salute!* gifts.

## Development Awards

- **The Pat Hansen Memorial Honoree**  
This award is given to the National Conference Attendance award recipient who scored the most points on his/her application. This year's winner is Sharon Gallagher from OPANA. Congratulations!

- **Dream Walker Awards**  
Component: Most walkers: PANAC  
Component: Most money raised: PANAC  
Individual who raised most money:  
Lorna Barnhill (GAPAN)
- **Legacy for Life: New Members**  
Katrina Bickerstaff  
Dolly Ireland  
Nancy Saufl  
**Components to reach Legacy for Life**  
ILSPAN  
RMPANA

## Silent Auction

Thanks to all who donated items, as well as spent money on the winning bids! This year's auction raised \$4,000 in support of ASPAN. 🌿



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 that 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

Acacia Pharma  
Mallinckrodt Pharmaceuticals

### SILVER

Soothing Scents  
Stryker

### BRONZE

Beekley Medical  
Fresenius Kabi  
Orlando Health  
Recro Pharma  
WVU Medicine

### PASSPORT SPONSORS

Dignity Health  
Evolution Medical Products  
Exergen Corporation  
Gebauer Company  
Hand & Hand Medical

## Component Supporters:

Arizona PeriAnesthesia Nurses Association  
Chesapeake Bay Society of PeriAnesthesia Nurses  
Florida Society of PeriAnesthesia Nurses  
Indiana Society of PeriAnesthesia Nurses  
Iowa Society of PeriAnesthesia Nurses  
Kentucky Society of PeriAnesthesia Nurses  
Massachusetts Society of PeriAnesthesia Nurses  
Michigan Association of PeriAnesthesia Nurses  
Minnesota-Dakotas Society of PeriAnesthesia Nurses  
Mississippi Society of PeriAnesthesia Nurses  
Missouri-Kansas PeriAnesthesia Nurses Association  
New York State PeriAnesthesia Nurses Association  
North Carolina Association of PeriAnesthesia Nurses  
Northwest PeriAnesthesia Nurses Association  
Ohio PeriAnesthesia Nurses Association  
Pennsylvania Association of PeriAnesthesia Nurses  
PeriAnesthesia Nurses Association of California  
PeriAnesthesia Nurses Association of New Mexico  
Tennessee Society of PeriAnesthesia Nurses  
Texas Association of PeriAnesthesia Nurses  
Vermont/New Hampshire Association of PeriAnesthesia Nurses  
Wisconsin Society of PeriAnesthesia Nurses



## Development Activities

► A nice morning for the annual Dream Walk

▼ The Dream Walk took us by the Grand Ole Opry, a great place for pictures



▼ Pondering what to bid on at the Silent Auction



▲ A sold-out crowd attended the Development Breakfast



▲ From left, Armi Holcomb presenting Legacy for Life to RMPANA, represented by Marcia Keiser and Tina Empey



◀ From left, Armi Holcomb congratulating new Legacy for Life member Katrina Bickerstaff

◀ From left, Armi Holcomb, presenting Legacy for Life to ILSPAN, represented by Linda Beagley and Sylvia Baker



▲ From left, Armi Holcomb congratulating new Legacy for Life member Dolly Ireland

► From left, Armi Holcomb congratulating new Legacy for Life member Nancy Saufl





# Clinical Practice Hot Topic

## Safe Medication Practices

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

## 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 safe medication practices.*



**Diane Swintek**  
MSN, RN, CPAN

**Q.** How long do you hold patients after narcotic administration, including po pain medications?

**Q.** How long do we keep a patient following Narcan administration?

**A.** It has become more challenging to manage a patient's pain in light of the current opioid crisis. Certainly, patient safety concerns take priority over pharmacological interventions in treating pain. Safe medication administration is usually associated with opioid medications. But, opioids are not the only class of medications that require close monitoring after administration. We may need to correct hypertension, hypotension or an arrhythmia as well. These interventions also require knowledge of the medication action, onset, peak effect and duration.

### Opioid Medications

Planning for pain management begins with pre-admission patient contact. This is the time to discover coping mechanisms related to pain, substance abuse and previous exposure to opiates. It is essential to know about prior opiate use, as well as if the patient is opiate naïve, in order to plan for safe medication administration in the PACU.

In the *ASPAN 2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, Position Statement (PS) 4 – Safe Medication Administration, provides guidance for safe medication practices. One recommendation states each perianesthesia nurse must be aware of the “pharmacokinetics of various medications that cause respiratory depression, unwanted sedation and alterations in hemodynamic stability.”<sup>1</sup> PS 4 also advises each nurse to be familiar with the medication policy at his/her institution, ideally created with input from physicians, pharmacists and nurses.<sup>1</sup>

Length of stay is determined by the amount and type of medication, timing when given, patient response, medication half-life and peak, monitoring capabilities of the accepting unit and, lastly, cumulative effects. “Current recommendations suggest at

least 30 minutes of observation following the last dose of sedative and/or opiate medication unless transferring to the same level of care or a unit with comparable monitoring capabilities.”<sup>1</sup> The frequency in which an opiate or sedative can be administered in Phase 1 PACU requires extra diligence due to cumulative and peak effects.

### Unwanted Sedation

Cumulative effects may lead to unwanted sedation if not monitored closely. Practice Recommendation (PR) 11 – The Prevention of Unwanted Sedation in the Adult Patient, reminds us that sedation can happen at anytime during treatment with opioid medications. If left undetected or untreated, it can produce respiratory depression. PR 11 recommends a multimodal approach to pain management, using a sedation monitoring scale, and identification of risk factors that may indicate a patient is at higher risk for unwanted sedation.<sup>2</sup>

If the unwanted sedation progresses to respiratory depression or compromise, then rescue medication may be needed. If the patient requires Narcan, we must know the half-life and extent of action, which is dose dependent. With Narcan, the half-life is anywhere from 30 to 90 minutes, depending on the speed of liver metabolism.<sup>3</sup>

The current recommendation is to monitor a patient two hours following a reversal agent, to ensure that unwanted sedation or respiratory depression do not recur.<sup>2</sup>

### REFERENCES

1. American Society of PeriAnesthesia Nurses. Position Statement 4 – A position statement on safe medication administration. In: *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2018:107-110.
2. American Society of PeriAnesthesia Nurses. Practice recommendation 11 – The prevention of unwanted sedation in the adult patient. In: *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2018:84-92.
3. Narcan. Available at: <https://reference.medscape.com/drug/narcan-naloxone-evzio-343741>. Accessed June 23, 2019.

# EBP or Research Project Finished? Disseminate!

Margaret McNeill, PhD, RN, APRN-CNS, CCRN-K, CCNS, TCRN, CPAN, NE-BC, NHDP-BC, FCNS, FAAN  
 ASPAN Director for Research 2019-2021



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

You have worked on an evidence-based practice (EBP) project or research study and have implemented the change or completed data analysis. Congratulations!

But...your work is not done yet.

Dissemination of results is a critical step in the process. This may feel like the most daunting part. Remember, you have completed very challenging work, and it deserves to go public to inform others in perianesthesia nursing practice.

## Internal or External Dissemination?

Dissemination to colleagues can be internal or external. Both are desired. The route depends on the type of dissemination. Examples of internal dissemination include an oral or written presentation at a shared governance or unit practice council, during the annual EBP/research day, or in an organizational newsletter. External dissemination can be at a district, component, national, or international conference or in a publication. Dissemination can be a policy, an oral presentation, a poster or an abstract to an article.

## Format of Dissemination

The form, content, and process will change, based on the type of dissemination and your audience, so those are your first decisions. You may wish to start with a friendly internal audience and then progress to external dissemination. Find out if there is a required format or template for your slides, article or poster. Elements to include will be based on whether you are presenting EBP, quality improvement or research. For instance, EBP abstracts may include the following sections: introduction, identification of the problem, EBP question, evidence, implementation, outcomes and implications for perianesthesia nursing. The ASPAN website, under the Research tab, includes abstracts for the posters and presentations from past national conferences.

## Creating an Impressive Poster

There are many PowerPoint templates that can be found online when you are making a poster. Your organization may have one with its logo. There is an art and science to creating an effective poster to communicate your project in an aesthetically pleasing and poster session-ready format. The title is critical. It needs to reflect the project content and make the reader want to know more. Wordiness, paragraphs, a lack of graphs and pictures, and using a small font are just some of the pitfalls that interfere with your message being absorbed by your audience.

During a poster session, attendees are standing a few feet away and spend a brief time with you and your poster. Practicing the delivery of important points will bolster your confidence and effectiveness during a presentation. Many poster presenters have printed copies of their poster and reference list. At a minimum, your contact information should be available to your audience. Poster tips are also available on the ASPAN website.

## How Do I Disseminate to a Journal?

Submission to a peer-reviewed journal, such as the *Journal of PeriAnesthesia Nursing*, will be framed according to the Author Guidelines. These can usually be found on the webpage of the journal and give you a playbook on authorship of a submission. If you have already disseminated via oral or poster presentation, you can use the content as a starting point for an article. Work with your team, get started, and hold each other accountable to deadlines. Before you know it, a manuscript will be written!

An important part of dissemination is review and rehearsal. Have a perianesthesia nursing colleague look over your work to see if it makes sense to them and is easy to read. Typographical errors are very distracting, and difficult for you as the author to sometimes detect. The review of your poster, presentation, and manuscript by colleagues will return great dividends.

Now, go forth and disseminate! 🌱

## The Research Process







ELSEVIER

# Deliver safer, more efficient perianesthesia care.

**ASPAN: Mosby's Orientation to Perianesthesia Nursing** teaches the foundational knowledge needed to provide care along the perianesthesia continuum. Developed in collaboration with ASPAN, this online Clinical eLearning course includes:

- Opportunities to grow critical thinking skills
- Content aligned with ASPAN's standards
- Contact hours with completion of each lesson
- Knowledge specific to pediatric and/or adult patients

**Schedule a demo today.**

[elsevier.com/aspan1](http://elsevier.com/aspan1)

Clinical eLearning

## Board of Directors' and Representative Assembly Meetings Highlights

Jennifer Kilgore, BSN, RN, CPAN – ASPAN Secretary

Nashville, Tennessee, a flourishing city filled with history, excitement, music, delicious food, and rich charm, was the setting for ASPAN's electrifying 38th National Conference! It is an honor to serve as ASPAN's secretary. Please allow me to report on the meetings that occurred during National Conference.

ASPAN's preconference Board of Directors meeting was held on Saturday, May 4, prior to the week's festivities and educational sessions. Diane Swintek, ASPAN's Director for Clinical Practice, presented a new practice recommendation, "Promotion of Normothermia in Adult Patient," which was endorsed by the ASPAN Board of Directors. This was created in response to questions submitted to the Clinical Practice Committee from perianesthesia nurses asking questions about temperature management. The Nominating Committee, led by Immediate Past President Susan Russell, presented the slate of candidates for 2019-20. Susan Russell suggested ASPAN may benefit from restructuring the Nominating Committee. ASPAN's Treasurer, Deborah Bickford, gave a detailed financial report, which included an audit as presented by an independent firm. ASPAN is solvent and strives to be good stewards of ASPAN monies.

The Board voted to increase the amount of scholarship funds for the National Conference Attendance award effective with the 2020 scholarship brochure. ASPAN has an established policy on Conflict of Interest, which includes speaker restrictions. An agenda item was presented to remove names of organizations that

may compete with ASPAN. ASPAN's goal is to be the premier provider of education for perianesthesia nurses. After discussion, ASPAN's Board voted to maintain current policy as written to protect the Society's best interests.

ASPAN's Representative Assembly (RA) was called to order on Sunday, May 5, and the 92 duly credentialed representatives had the opportunity to vote on candidates and resolutions. ASPAN President Regina Hoefner-Notz presented a *State of the Society* report describing numerous ASPAN activities and initiatives established over the past year. Discussion on the normothermia practice recommendation led to pulling Resolution 2019-02 to allow the author to provide some additional detail prior to a vote at a later date. The RA approved Resolution 2019-01's revisions to ASPAN's Position Statement 10: *A Position Statement on Care of the Perinatal Woman*.

At the close of National Conference, ASPAN's newly installed Board of Directors gathered for the postconference meeting on Friday, May 10. For many years, ASPAN's publication, *Redi-Ref for Perianesthesia Practices*, has been useful to perianesthesia nurses. The last version was published in 2015. The Board discussed the idea of exploring, updating and possibly republishing this valuable publication. There was also discussion about the annual component newsletter contest. Several ideas were offered and will be explored by the Publications Strategic Work Team in the coming months. 🌱



▲ RA Members participating in the Representative Assembly





An evening to meet the candidates was a lively event



Amy Dooley, newly inducted president, waves to the audience



The ASPAN Shoppe is always a popular place



Esther Watson, wearing her infamous sash



The classes were rich with new information

## National Conference Collage



Great participation in the annual committee meetings



Hurry, cut the ribbon to the exhibit hall



Regina, right, with her husband Hugh Notz, at Component Night



Karaoke at Component Night

Volume 39 Number 4  
July/August 2019

17





*Friendly hostesses were everywhere to help*



*Component Night saw some serious dancing*



*Matt Jones, our motivating opening speaker*



*ABPANC professionals, always ready to answer questions*

## National Conference Collage



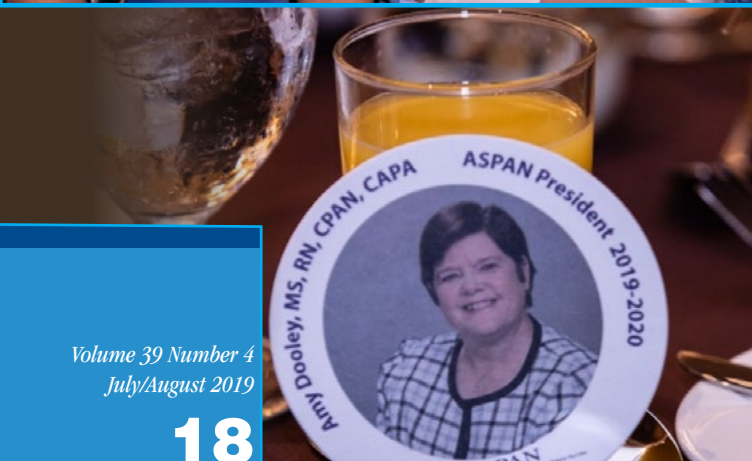
*Besides education, national conference brings fun*



*RMPANA and VT/NH APAN got together to celebrate Regina Hoefner-Notz and Amy Dooley*



*Dressed up for the President's Reception*



*Celebrating at the closing breakfast*



*Enjoying the last night at the President's Reception*





### ASPAN President 2019-2020

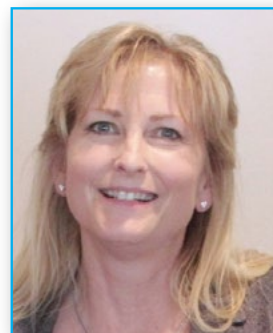
**Amy Dooley, MS, RN, CPAN, CAPA**

President Dooley has had the honor of working in perianesthesia for over 30 years at Lahey Hospital and Medical Center in Massachusetts. Her role is clinical educator for the PACU, ambulatory surgery unit and preoperative center. Working with nurses in all phases of perianesthesia care provides the breadth of experience that ASPAN represents. Amy has also co-authored chapters in the *PeriAnesthesia Nursing Core Curriculum*. Volunteering within ASPAN in many positions is a passion for Amy and she was elected to vice president/president-elect in 2018. Amy transitioned to the presidency in May. She looks forward to a successful year for ASPAN.

### ASPAN Vice President/President-Elect

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

Elizabeth has been a practicing RN since 1990, and a family nurse practitioner since 2013. She has over 17 years of perianesthesia experience. As an experienced principle investigator with a passion for nursing research, she is a nursing research consultant at Vanderbilt University Medical Center, educating and mentoring nurses with research study design, analysis and dissemination. Elizabeth is also an experienced reviewer for ASPAN and ICPAN's conference abstracts, a recipient of an ASPAN research grant, SAGE pharmaceuticals Research Grant, VCTR grant and Middle Tennessee Community Foundation Grant. She has written for numerous national and international journals. She is currently the editor-in-chief for *The Empowered Nurse* and a Joanna Briggs Institute reviewer.



### ASPAN Secretary

**Jennifer Kilgore, BSN, RN, CPAN**

A perianesthesia nurse for over 20 years, Jennifer is committed to bedside nursing and works as a staff nurse for Singing River Hospital System in Pascagoula, Mississippi. She is enthusiastic about ASPAN. She served ASPAN as regional director, region 2 for two terms and is currently in her second term as ASPAN secretary. She is coordinator for the Bylaws/Policy & Procedure Strategic Work Team (SWT) and served as the coordinator for the SPG Revitalization SWT. As a member of the Mississippi Society of PeriAnesthesia Nurses, Jennifer has served in various positions. She has also been instrumental in component website development and numerous education programs.



### ASPAN Treasurer

**Chris Skinner, MSN, RN, CAPA**

A perianesthesia nurse for over 30 years, Chris is the assistant nurse manager for PACU/Prep and Hold. She has been involved with ASPAN over many years serving on various committees and SWTs. Chris has some great ideas to remain competitive by marketing those from other organizations to join ASPAN and extending invitations to vendors to support ASPAN's national conferences. She is most passionate about ASPAN's viability in a changing environment.



### ASPAN Immediate Past President

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

Regina's specialty is pediatrics, with experience in PICU/CICU, pediatric hospice and homecare in Boston, and now as the clinical manager of the perianesthesia units at Children's Hospital Colorado. With ASPAN, Regina has held several BOD positions and also served on the Clinical Practice Committee, the Standards and Guidelines SWT, and various short term SWTs. Regina was the editor and 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*. She also contributed the pediatric chapter for *Drain's Perianesthesia Nursing: A Critical Care Approach, 7th edition*.



### ASPAN Regional Director, Region 1

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

Connie has 28 years of nursing experience, including 19 years in perianesthesia and six years as an educator. She is a valued collaborator, co-authored articles in *JoPAN* and was a ASPAN/Mosby's perianesthesia orientation project subject expert. Connie advocates for peer review, evidence-based practice, research, and podium poster presentations. She also volunteers with certification. Connie serves on the ASPAN Standards & Guidelines SWT and Research Committee, and remains active with the PeriAnesthesia Nurses Association of New Mexico.



### ASPAN Regional Director, Region 2

**Susan Norris, BScN, RN, CAPA**

Susan has 30 years of experience in preadmission, preop and phase II recovery. She is the manager for preadmission testing at CHI-Baylor St. Luke's Medical Center in Houston, Texas. Susan is currently TAPAN's *Eyeopener* newsletter editor and webmaster. Susan is involved in multiple current (and past) ASPAN committees and SWTs including Clinical Practice, Publications, Membership/Marketing, Nominating, Digital Media, and Component Revitalization, and also the Preoperative Assessment SPG. Susan has presented perianesthesia lectures for national and component meetings. She is a contributing author for ASPAN's *RediRef* and *Certification Review for PeriAnesthesia Nursing, 4th edition*.



### ASPAN Regional Director, Region 3

**Deborah Moengen, BSN, RN, CPAN**

Deborah has been a nurse for 28 years and currently is the director of perioperative clinical practice for CentraCare Health in St. Cloud, Minnesota. She has been on the MNDKSPAN board for the past nine years and has served ASPAN on the Membership/Marketing SWT and Clinical Practice Committee.



### ASPAN Regional Director, Region 4

**Bronwyn Ship, BSN, RN, CPAN, CAPA**

Bronwyn has ten years of adult and pediatric perianesthesia experience as a staff nurse at UR/FF Thompson Hospital, Canandaigua, New York. In April, she sat for the CAPA certification exam and is now dually certified as CAPA and CPAN. Bronwyn participated in the ASPAN Representative Assembly in 2015-2017, and is a member of the Membership/Marketing SWT. Bronwyn serves her component, NYSPANA, in various positions. She chaired the Website Committee, which created a new, user-friendly website for NYSPANA.



### ASPAN Regional Director, Region 5

**Keisha Franks, BSN, RN, CPAN**

Keisha is the perianesthesia assistant nurse manager for a 633-bed level II trauma center in Marietta, Georgia. She is a CPAN certification coach. Keisha became involved with GAPAN in various positions at the district and then component levels, including treasurer, president, and currently component membership. With ASPAN, she is involved with the Emerging Leaders Committee, Evidence Based Practice SWT, Resource Development SWT and served as a reviewer for ASPAN's 2019 *CBO for the RN*. Keisha is currently enrolled at Grand Canyon University to obtain a MSN in leadership.





## 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 completing her second term.

Diane is also the board liaison to the Standards & Guidelines SWT.



## ASPAN Director for Research

**Margaret (Peggy) McNeill, PhD, RN, APRN-CNS, CCRN-K, CCNS, TCRN, CPAN, NE-BC, NHCP-BC, FCNS, FAAN**

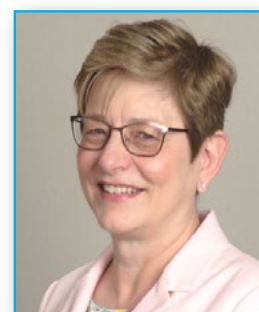
Peggy is a nurse scientist and clinical nurse specialist. She leads nursing professional development and clinical education, and guides EBP and the nursing research process at a Maryland hospital. She retired from the Air Force after 28 years of service in roles including expert clinician, administrator, and nurse scientist. Peggy just completed a term as the EBP SWT coordinator.



## ASPAN Director for Education

**Mary Baird, MSN, RN, CPAN**

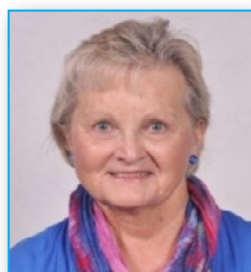
Mary Baird has over 32 years of perianesthesia experience and is currently a PACU educator at Porter Regional Hospital in Indiana. Mary's responsibilities span throughout the perianesthesia continuum. Additionally, her activities include the enhanced recovery, contact hour committee, and safety coach. Mary has served as INSPAN vp/president/past president. Mary's ASPAN service includes the Nominating, Education Provider, and Clinical Practice Committees.



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



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



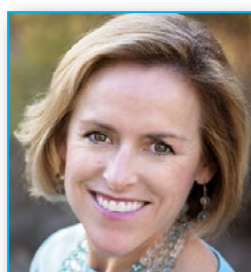
**Deborah Bickford,  
BSN, RN, CPAN**



**Sylvia Baker,  
MSN, RN, CPAN, FASPAN**



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



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



**Kimberly Godfrey,  
BSN, RN, CPAN**

## ABPANC Presents Awards at Annual CAPA®/CPAN® Celebration Luncheon

ABPANC is proud to offer several distinguished awards, presented each year at the Celebration Luncheon during the ASPAN National Conference. The following awards were presented at the 2019 luncheon in Nashville:

### Advocacy Award

This award recognizes a CPAN® and/or CAPA® certified nurse who exemplifies leadership as a patient advocate. This award was presented to Ronda Dyer, MSN, BSPA, RN, CPAN, CAPA, CNE, from Hanford, California.



▲ From left, ABPANC Board member Stuart Smith presenting the Advocacy Award to Ronda Dyer  
Reprinted with permission from ABPANC.



▲ From left, Ashlee Skarzenski receiving the President's Award from ABPANC President Vicki Yfantis  
Reprinted with permission from ABPANC.

### President's Award

New this year, this award is presented to a CAPA® or CPAN® nurse who best represents the values which perianesthesia nurses represent: a nurse who demonstrates extraordinary commitment and passion to perianesthesia nursing certification. This year's award was presented to Ashlee Skarzenski, MSN, BA, RN, CPAN, CEN, NE-BC, from Erie, Pennsylvania.

### Certification Achievement Award

This award recognizes departments that have achieved a level of certification with at least 75% or 100% of eligible perianesthesia nurses having earned the CPAN® and/or CAPA® designation.

#### Departments with 100% CPAN®/CAPA® Certification

- Valor Health – Same Day Surgery, Emmett, ID
- UPMC Hamot – PACU, Erie, PA
- WellSpan Surgery and Rehabilitation Hospital – Pre-Op Department, York, PA

#### Departments with 75% CPAN®/CAPA® Certification

- Cedars Sinai Medical Center – 3PACU, Los Angeles, CA
- Fairbanks Memorial – Perianesthesia Unit, Fairbanks, AK
- Clifton Springs Hospital and Clinic – Day Surgery/PACU, Clifton Springs, NY

# CERTIFICATION

## Certification

### Shining Star Award

This award publicly recognizes ASPAN components for supporting and encouraging CPAN® and CAPA® certification at the local level. The following components received this year's award:

Arizona – AzPANA  
California – PANAC  
Connecticut – CSPAN  
Florida – FLASpan  
Georgia – GAPAN  
Indiana – INSPAN  
Kentucky – KSPAN  
Michigan – MAPAN  
Massachusetts –  
MASPAN  
Maine – MeSPAN  
Minnesota-Dakota –  
MNDKSPAN

Missouri-Kansas –  
MOKANPANA  
Nebraska – NAPAN  
New York – NYSPAN  
Ohio – OPANA  
Pennsylvania – PAPAN  
Rocky Mountain –  
RMPANA  
Texas – TAPAN  
Vermont/New Hamp-  
shire – VT/NH APAN  
Wisconsin – WISPAN



▲ Shining Star Awards ready to be handed out to components

**Happy 25th Anniversary to all CAPA nurses!** ABPANC offered the first CAPA® exam in 1994, and 68 nurses became CAPA-certified that year. Today, there are 4,744 CAPA nurses.

### Reminders

Fall CAPA®/CPAN® **Exam Administration Registration** Window Opens: July 1  
Regular Registration Deadline: September 15  
Exam Administration Window: September 15 – November 15  
Fall CAPA®/CPAN® **Recertification** Window Opens: July 1  
Recertification Window Closes: October 31  
Fall Reinstatement Window: November 1 - November 15

## Contact ABPANC

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

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

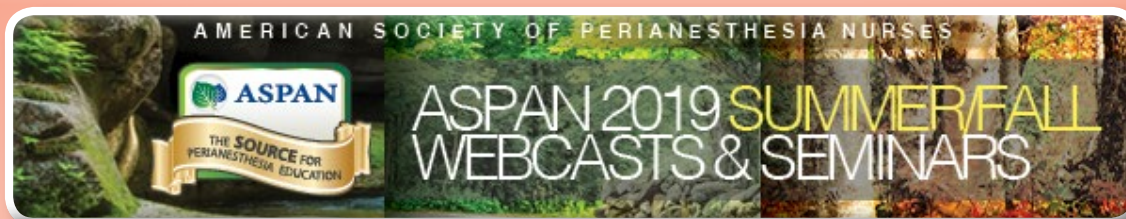
## Component Education Programs

**October 4 - 6, 2019 Rocky Mountain PeriAnesthesia Nurses Association (RMPANA)** will host its 21st annual Retreat in the Rockies. It will be held at Snow Mountain Ranch in Winter Park, CO. For additional information contact Sandy Olson at [skolson9@yahoo.com](mailto:skolson9@yahoo.com).

**October 5 - October 6, 2019 Pennsylvania Association of PeriAnesthesia Nurses (PAPAN)** will celebrate its annual PRIDE (Perianesthesia nurses, Resourceful, Individuals Dedicated to Excellence) conference at the Crowne Plaza in King of Prussia, PA. Topics will include postop urinary retention, ethical dilemmas, and medical marijuana, to name a few. A Saturday evening event, *Painting with a Twist*, is planned. For additional information, contact Susan Erwine at: [serwine@verizon.net](mailto:serwine@verizon.net).

**October 19, 2019 Illinois Society of PeriAnesthesia Nurses (ILSPAN)** will hold its fall conference at Methodist College of UnityPoint Health in Peoria, IL. For more information, contact Liz White at [elizabeth.white@unitypoint.org](mailto:elizabeth.white@unitypoint.org) or 309-208-6932. 🌿





### LIVE IN-PERSON SEMINARS

**PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS**

October 26, 2019 *Worcester, MA*

**PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES**

October 5, 2019 *Springfield, OR*

**PERIANESTHESIA CERTIFICATION REVIEW**

August 10, 2019 *Lake Forest, IL*

October 19, 2019 *Little Rock, AR*

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

August 10, 2019 *Burlingame, CA*

**PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR PRACTICE**

September 21, 2019 *San Antonio, TX*

**REFRESHING YOUR PERIANESTHESIA PRACTICE**

August 10, 2019 *Renton, WA*

September 21, 2019 *San Francisco, CA*

September 21, 2019 *Great Falls, MT*

**SAFETY BEGINS WITH US**

September 21, 2019 *Indianapolis, IN*

### LIVE WEBCASTS HALF-DAY PROGRAMS

**ADVANCED CARDIOVASCULAR AND PULMONARY PATHOPHYSIOLOGY**

August 18, 2019 SUNDAY

November 3, 2019 SUNDAY

**FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE**

October 6, 2019 SUNDAY

**PERIANESTHESIA ESSENTIALS I**

August 4, 2019 SUNDAY

**PERIANESTHESIA ESSENTIALS II**

August 4, 2019 SUNDAY

**PERIANESTHESIA ESSENTIALS III**

September 8, 2019 SUNDAY

**PERIANESTHESIA ESSENTIALS IV**

October 20, 2019 SUNDAY

**PERIANESTHESIA ESSENTIALS V**

September 22, 2019 SUNDAY

**PERIANESTHESIA FOUNDATION**

November 10, 2019 SUNDAY

### LIVE WEBCASTS FULL-DAY PROGRAMS

**FOUNDATIONS OF PERIANESTHESIA PRACTICE**

August 3, 2019

**PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS**

August 17, 2019

**PEDIATRICS: BEYOND THE BASICS**

November 2, 2019

**PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES**

August 25, 2019

**PERIANESTHESIA CERTIFICATION REVIEW**

August 10, 2019

September 21, 2019

**PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)**

October 16, 23 and 30, 2019 WEDNESDAYS

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

September 7, 2019

**PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR PRACTICE**

August 24, 2019

**REFRESHING YOUR PERIANESTHESIA PRACTICE**

October 5, 2019

**SAFETY BEGINS WITH US**

October 19, 2019

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

October 26, 2019

### LIVE WEBCASTS TWO-HOUR PROGRAMS

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

August 21, 2019 WEDNESDAY

**INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR THE PERIANESTHESIA NURSE**

November 6, 2019 WEDNESDAY

**OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT: PUTTING THE PRACTICE**

RECOMMENDATION INTO PRACTICE

October 2, 2019 WEDNESDAY

**PREVENTION OF UNWANTED SEDATION: PUTTING THE PRACTICE RECOMMENDATION INTO PRACTICE**

September 18, 2019 WEDNESDAY