



# Breathline

Volume 39, Issue 2  
March/April 2019

## INSIDE:

## PRESIDENT'S MESSAGE:

### Leading with Knowledge – Serving with Heart *Never Underestimate the Power of Caring*

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

We started this journey with each other approximately 10 months ago. We spoke about creating a vision for our component members. Sometimes, the road has been bumpy. But, I have asked all of you to take the time to see where we could go if we all just listened more deeply, showed some additional empathy, and thought about what could help us heal our various communities. On the day I addressed you as a new ASPAN president, I asked you to dream big with me, and you have. Part of my journey will always be anchored to this amazing year. But, the journey will also move forward as I continue to work alongside others to encourage and support the next generation of nurse leaders.

### Conceptualization and Foresight

These thoughts of mine tie into the servant leadership ideas of conceptualization and foresight. Robert Greenleaf noted: "A mark of a leader, an attribute that puts him [or her] in a position to show the way for others, is that he [or she] is better than most at pointing the direction... the leader can articulate [the vision] for any who are unsure."<sup>1</sup> I believe we can all learn this concept and practice it to hone our skill.

I see conceptualization as that idea of dreaming great dreams. We are so very fortunate to have an amazing National Office staff that sees to our everyday needs and required realities. Their dedication to this organization allows each president to think beyond the necessities of the every-



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

day, freeing each of us to create a vision of what possibilities await this organization. This freedom places each of us in a space where we can transform that vision, and, conceptualize how we each see ASPAN and how we can contribute to its organizational growth.<sup>2</sup>

Servant leaders also use foresight to understand lessons from the past, the realities of the present and the likely consequence of a decision in the future.<sup>2</sup>

### Moving Forward

Each year passes in the blink of an eye, and I would be remiss if I did not thank all of you for the grace and hospitality that was extended to me everywhere I went and spoke about our remarkable organization. I encourage everyone to continue working toward this dream of supporting our component members, sharing our vision of excellence through education, research and clinical practice standards and guidelines.

I still hold on to my truth that we can only be nurse leaders if we continue to grow in knowledge of our practice and how we work with patients. But, I will also always believe that this role of leader must be grounded in the art of caring for everyone, as part of the heart of our practice.

### The Power of Caring

We each have a story to tell that influences who we are and how we act. My nursing career was shaped tremendously by one small of stature, quiet but intense, nursing instructor named



Marian. Marian was the one who led us through the process of learning how to speak with patients, but, more importantly, how to listen to them. As nursing students, we struggled trying to gain the information we needed to complete an assignment on therapeutic conversations with patients, who didn't seem to understand we were required to have them speak to us. Marian could step into the same space and elicit stories from any patient in the room. It was magic. This didn't seem right. How could she do it?

One day, bewildered and exasperated, Marian shared her secret of the art of the therapeutic conversation. She simply stated: "Never underestimate the power of caring." How could this be so seemingly simple? We all cared, kind of. This truth went far beyond what most of us could really grasp at that pre-novice formation of a nurse. But it became a lifeline for me, and I reflected on it every day.

I watched as Marian entered a room, sat at eye level with a patient, took his hand and asked: "How are you today?" She sat in silence to allow a space for that person to decide how he would respond to this inquiry, to measure if it was genuine. Marian was genuine. She showed she cared in everything she did. Not realizing then, but understanding it now, I had the chance to see my first servant leader, Marian, in action. I owe so much to those six words she shared day after day. We all touch multiple lives everyday. So now, I will also ask you to never underestimate the power of caring.

Christie Watson, a registered nurse and author of the book *"The Language of Kindness: A Nurse's Story,"* recently wrote about nursing and stated:

"Nurses are tough: they have to be. But they understand life in a deeper way. Perhaps because nursing gives access to more varied disciplines than any other job that I can think of. It incorporates science, humanities, art, physics, math, psychology, advocacy, law, politics,

chemistry, philosophy, anthropology, pathophysiology, biology, ethics. Nursing is not one thing, that's why it's hard to get at. It is everything. But also nursing becomes a kind of faith in itself. A love and understanding of the human condition, and of what will matter to all of us, in the end."<sup>3</sup>

## Continue to Serve with Heart

This year, we have explored many of the possibilities within us to become better leaders, and servant leadership is just one road. I have tried to care for you and our organization. I know I have had many people caring for me, everywhere I ventured. If we all continue to spread our educated care, wrapped in kindness and concern for our patients and each other, we will always have that potential to lead with knowledge and serve with heart.

Thank you.

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## ASPAN® Breathline

Published by the American Society of PeriAnesthesia Nurses®

Indexed in the Cumulative Index to Nursing Allied Health Literature (CINAHL)

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Deadlines for inclusion in *Breathline*:

Issue . . . . .Deadline

January . . . . .November 1

March . . . . .January 1

May . . . . .March 1

July . . . . .May 1

September . . . . .July 1

November . . . . .September 1

## ASPAN Scholarship/Award Program Accepting Applications Now!

The ASPAN Scholarship/Award Program is a member benefit designed to provide financial assistance to ambulatory surgery, postanesthesia, preanesthesia and pain management member nurses aspiring to enhance their abilities to contribute to the perianesthesia nursing community. This scholarship/award granting year is 2020.

**Applicants must be current Active Category members of ASPAN and a component for the past two full years prior to the application deadline**, and currently participating in component or ASPAN national activities. Scholarship/award information is available online only. Specific eligibility requirements for each type of scholarship/award are detailed in the instructions and required items lists on the Scholarship/Award Program webpage: <https://www.aspan.org/Members/Scholarship-Award-Program/ASPAN-Scholarships-Awards>.

### SCHOLARSHIPS/AWARDS OFFERED:

- \$1,500 for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree programs extending into 2020)
- \$750 for ASPAN National Conference attendance for April 26 to 30, 2020, Denver, CO
- \$1,000 for Humanitarian Missions in 2020
- Two \$2,000 awards for the 2020 Nurse in Washington Internship (NIWI) program
- \$314 for CPAN or CAPA Certification Exam fee in 2020

ASPAN's Scholarship/Award Program postmark deadline is **July 1, 2019.\*** 🌿

\*ICPAN registration fee award postmark deadline is May 1, 2019. See information below.

## 2019 ICPAN Registration Fee Award from ASPAN

Instructions and required forms for ASPAN's registration fee award to the International Conference for PeriAnaesthesia Nurses (ICPAN) being held November 5-8, 2019, in Cancun, Mexico, are available on the ASPAN website. Please read instructions carefully for eligibility requirements. Visit Members > Scholarship/Award Program > 2019 ICPAN Award or [click here](#).

The special postmark deadline for ICPAN award applications is **May 1, 2019**.

## National Conference Development Activities Join Us!

### Dream Walk

Enjoy an early morning walk that originates from the hotel and takes participants around the resort. Sunday, May 5, begins 6:30 a.m.

### Development Celebration Breakfast

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

### Silent Auction

All components, and conference attendees, are invited to contribute an item that will be put up for bid at the Silent Auction, which takes place in the Exhibit Hall during Exhibit Hall hours.

### *Hail, Honor, Salute!*

Honor a colleague and support ASPAN with a *Hail, Honor, Salute!* gift. Forms will be available at the Registration Desk and the ASPAN booth in the Exhibit Hall.

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



## Nashville is Just a Song Away!

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

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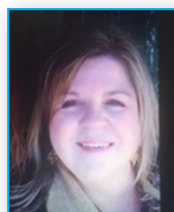
Jamye Gilliard, BSN, RN, CPAN – NCSWT Member



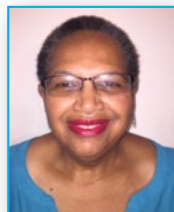
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**Jamye Gilliard**  
BSN, RN, CPAN  
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The ASPAN 2019 National Conference is just a few weeks away. The festivities will commence at the Gaylord Opryland Resort in Nashville, Tennessee, May 5 – 9, 2019. This is an exhilarating opportunity devoted to networking, professional development and continual learning. Embrace your passion for perianesthesia nursing by *Leading with Knowledge and Serving with Heart*.

### Educational Sessions

A wide variety of educational sessions are available to enhance your perianesthesia nursing practice, offering contact hours for both direct care and indirect care. The topics include patient care, safety, standards, advocacy, research, evidenced based practices, leadership, ethical concerns, management and more. Whether you are learning something new or reinforcing established practices, the knowledge gained will promote confidence in providing the best care for your patients and families.

### Component Night

Not only will the conference be educational, but we also have loads of fun! Component Night, with a theme of *Denim, Diamonds, and Dancing!* starts the conference off with a great

evening of music, food, cash bar and mingling with friends. Dress in denim and cowboy boots, and add some glitz, if you choose, for a comfy, casual evening with great friends, old and new. Component tables will be scattered around to touch base with your home clan, but the real action is out on the dance floor. 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!

### Conference Involvement

There is still time to embrace your volunteer spirit by serving as a host/hostess or session moderator to facilitate a successful event. Hosting duties include collecting admission tickets for sessions and events, assisting with seating and directions within the conference center, while earning a small stipend for your time. Jamye Gilliard is serving as host/hostess coordinator for the conference. For more information about volunteering, please email Jamye at: [jgilliard@bellsouth.net](mailto:jgilliard@bellsouth.net).

Serving as a session moderator promotes leadership and is an opportunity to improve public speaking skills. Session moderators introduce speakers and serve as timekeepers, ensuring sessions stay on track. Lori Silva is the moderator coordinator this year. For more information, or to volunteer to serve as a session moderator, contact Lori at: [loris@panac.org](mailto:loris@panac.org).



▲ **Gaylord Opryland**  
Photo courtesy of Nashville CVC



► **Frist Center for the Visual Arts**  
Photo courtesy of Nashville CVC



◀ **Music City Center**  
Photo courtesy of Nashville CVC

▼ **Opry Mills Mall**  
Photo courtesy of Nashville CVC



## Exhibit Hall and Posters

The Exhibit Hall offers access to the leading healthcare industry vendor representatives, bringing us the most updated technology and products available for our practice. Please visit the exhibits, and take a moment to thank the exhibitors for their support for our nursing specialty.

Make sure you stop to view the Celebrate Successful Practices and EBP/Research poster display. This is a great way to see some innovative ideas from colleagues around the country in the field of research and clinical practice.

## Development Activities

Don't forget to participate in the Development activities. Proceeds from these activities go to support the ASPAN Development program for ASPAN scholarships, advocacy, awards and much more.

The ASPAN 24th Annual Dream Walk is Sunday, May 5. This will be a beautiful walk through the gardens of the Gaylord Opryland Hotel and includes a Tennessee Trivia Scavenger Hunt. The walk is always a fun event with component competition for the most participants and the most money raised.

The Development Celebration Breakfast is Wednesday morning, May 8. The featured speaker will be ASPAN Past President Terry Clifford. Earn 0.75 contact hours while having breakfast. Honor someone special by submitting a *Hail, Honor and Salute!* form along with a charitable donation to ASPAN.

And, don't miss the Silent Auction in the Exhibit Hall. Components and individuals are invited to donate items to the Silent Auction. This is always a great event with fun, competitive shopping!

## Experiencing Music City

Your Music City experience will not be complete without tours of both the Grand Ole Opry or Ryman Auditorium. Information for touring is available at [www.ryman.com](http://www.ryman.com) and [www.opry.com](http://www.opry.com). You can also visit the Opry Mills Mall for shopping, dining and entertainment located within walking distance from the hotel. Opry Mills doesn't limit you to just shopping. It has many unique restaurants and entertainment options including Regal Cinemas, Dave and Busters, Rainforest Café, The Aquarium Restaurant and live musical performances at the Opry Mills stage.

How about rolling down the river on the General Jackson Show Boat? You will enjoy stunning views, a delicious meal freshly prepared by their chefs along with toe-tapping entertainment in the two-story Victorian Theater in the center of the boat.<sup>1,2,3</sup>

We haven't forgotten our sports fans. Tennessee is home to several sports teams located in the heart of downtown Nashville. Plan to visit Nissan Stadium, home of the Tennessee Titans; Bridgestone Arena, home of the Nashville Predators; and First Tennessee Park, home of the Nashville Sounds. If golf is your game, Two Rivers Golf Club is located 3.5 miles from the hotel and provides an impressive view of the Nashville skyline. Reserved tee times are recommended but not required.<sup>1,2,3</sup>

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



► **Ryman Auditorium**  
Photo courtesy of Nashville CVC

▼ **Fontanel Mansion**  
Photo courtesy of Nashville CVC



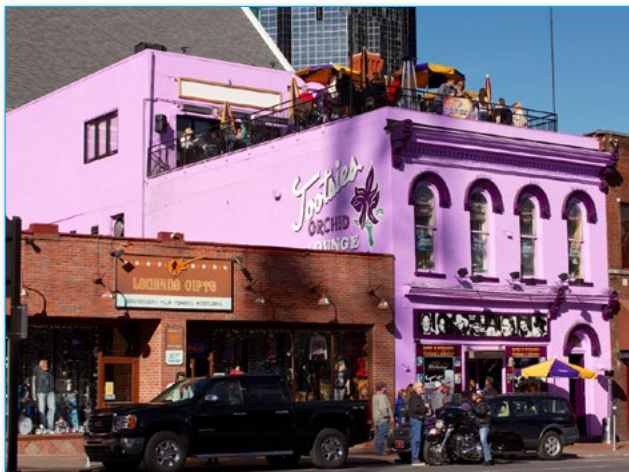
details of Vanderbilt and Belmont Universities. Schedule one of the many tour options available to see the city from a local's perspective. Spend an afternoon visiting Belle Meade plantation with its rich equestrian history, Belmont Mansion or Cheekwood Botanical Gardens. Music history can be found throughout 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. 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 for 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>

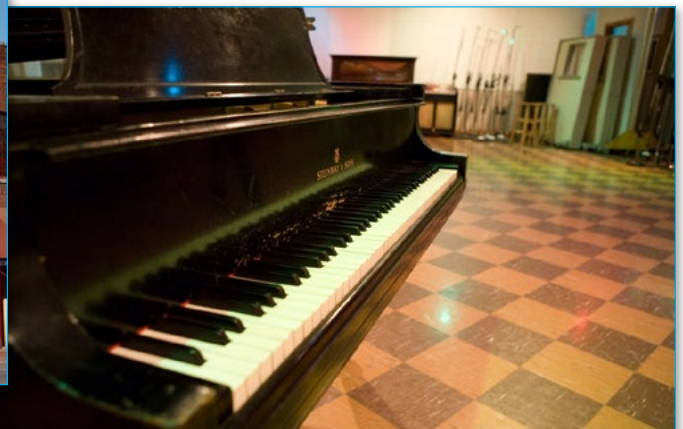
Plan to come early or stay late, but don't miss coming to Nashville. We'll be waiting for you!

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▼ **Historic RCA Studio B**  
Photo courtesy of Nashville CVC



▲ **Nashville's Famed Honky Tonk Highway**  
Photo courtesy of Nashville CVC

# Connecting with Potential Members

Lori Silva, RN, CCRN, CPAN

Coordinator, Membership / Marketing Strategic Work Team (SWT)

As I rang in the New Year for 2019, I reflected on resolutions and aspirations for this coming year. One of my goals for the Membership/Marketing SWT is to raise awareness among perianesthesia nurses around the country about the many benefits of becoming an ASPAN member.

When I attend national conference, state seminars, and local chapter or district meetings, I speak with nurses who tell me that, until attending, they had never heard of ASPAN or the many perks associated with membership. Many of these individuals recently started working in the area of perianesthesia practice and no one introduced them to their professional organization. They saw a flyer or brochure hanging up in their breakroom and decided to attend the seminar.

## The Many Benefits of Membership

Thus, my New Year's resolution is to take time to sit down with each of my fellow nurses where I work and show them the ASPAN membership brochure, highlighting the many benefits of membership. ASPAN has so much to offer in the form of education, publications, scholarships, along with many more resources, such as advocacy and collaboration. I recently sat down with a co-worker and showed her the ASPAN website and where to find answers to many questions and other resources. I brought out the current edition of the ASPAN *Perianesthesia*

*Nursing Standards, Practice Recommendations and Interpretive Statements* and shared some of this information. When I am precepting new employees, I share these resources and give information about ASPAN.

## Spread the Word

If we take the time to connect and spread the word of the benefits of our organization with co-workers and others we meet in our profession, we may eventually reach all perianesthesia nurses. What an impact we can have in the care of our patients!

## Ways to Share ASPAN Member Benefits

- Share ASPAN membership brochures at staff meetings, break rooms, component events
- Talk with your manager about ASPAN's group membership. Some facilities are purchasing membership for their entire units at a discounted price
- Set up a display table for various events like skills fair or certification day
- Have copies of *JoPAN*, *Breathline*, ASPAN educational seminars/webinars, and other ASPAN publications on display. Include some of your component's newsletters and events

Contact Doug Hanisch at [dhanisch@aspan.org](mailto:dhanisch@aspan.org) for free promotional materials and additional information.



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



## 2019 ASPAN Member-Get-A-Member Campaign

Invite your colleagues to join ASPAN today! To thank you for your recruitment work, a variety of awards are available.

You can obtain free promotional materials and membership applications by contacting ASPAN's National Office toll free at 877-737-9696 or emailing: [dhanisch@aspan.org](mailto:dhanisch@aspan.org). Request as many copies as you like. To participate, simply place your name as the recruiting member on each application you distribute.

[Click here](#) to learn more about the 2019 Member-Get-A-Member campaign and recruiter awards. 🌱



# Is It Quality Improvement, Evidence-Based Practice or Research?

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

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



**Elizabeth Card**  
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ASPAN Evidence Based  
Practice SWT Coordinator

As nursing professionals, our ethical obligations to our patients are outlined in the American Nurses Association (ANA) Code of Ethics.<sup>1</sup> We are obligated to provide the highest quality care that results in the best patient outcomes. This requires finding or generating and understanding the data. We must examine our practice and identify opportunities to improve. Nurses should constantly ask: “Why?” and “How?” “Why do we do it that way?” “Why did that happen?” “How can we make this patient outcome better?”

The methods nurses employ to answer these questions can be quality improvement (QI), evidence-based practice (EBP), or research. It is important to determine which approach is being used before the project begins and data is collected.

Researchers and Institutional Review Boards (IRBs) are subject to federal regulations and oversight from the Office of Human Protections at the Department of Health and Human Services to guarantee observance of the laws. Research requires review for ethical considerations by the IRB, to insure research participants have their rights protected.<sup>2</sup>

Therefore, it is imperative that we know the differences among the possible approaches to answering our questions in the effort to improving care delivery.

## Research

**Research** means a systematic investigation, including research development, testing and evaluation, designed to develop or contribute to generalizable knowledge.<sup>3,4</sup> If there is not enough evidence to guide practice and answer your clinical question, research needs to be done to generate this evidence. New knowledge is created through the research process. Conducting research involves rigorous methods and research expertise. A mentor can readily support a research team of nurses of all education levels and research experience through a research study.

Developing a proposal that includes research questions or hypotheses, design, data collection strategies, intervention, analyses, and ethical protections is integral to the research process. Research can use either quantitative or qualitative

methods, or can be a mixed-method study. An example of a research study is described in a manuscript to be published in the *Journal of PeriAnesthesia Nursing* titled, “The Effect of Pre-operative Oral Carbohydrate Administration on Insulin Resistance and Comfort Level in Patients Undergoing Surgery.”<sup>5</sup>

## Evidence-Based Practice

**Evidence-based practice (EBP)** involves examination of existing research and applying it to a practice setting. EBP starts with a clinical question and is an approach to clinical practice that integrates a systematic search, appraisal and synthesis of relevant research, clinical expertise, and patient preferences and values.<sup>3,4,6</sup> The synthesis of the existing evidence guides the plan for its application to care at the bedside. Data should be collected before and after the practice change to quantify the difference and guide further change as needed. An example of an EBP project would be implementing aromatherapy in the PACU for postoperative nausea and vomiting.

## Quality Improvement

**Quality improvement (QI)** is used if the goal is to improve care delivery in the local setting or institution. The purpose of QI projects is to correct workflow processes, improve efficiencies, reduce variations in care, and address clinical administrative or educational problems.<sup>3,4</sup> One example is a project that is designed to reduce errors in antibiotic administration at the start of surgery. Various QI methods are available. A common format uses the acronym FOCUS-PDSA:

- Find a process to improve
- Organize an effort to work on improvement
- Clarify current knowledge of the process
- Understand process variation and performance capability
- Select changes aimed at performance improvement
- Plan the change; analyze current data and predict the results
- Do it; execute the plan
- Study (analyze) the new data and check the results
- Act; take action to sustain the gains<sup>3,4</sup>




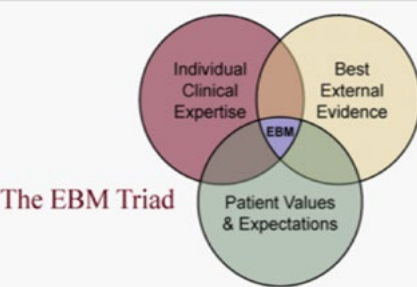

Research	Evidence Based Practice	Quality Improvement
Generates new knowledge	Uses BEST AVAILABLE clinical evidence (from research, clinical expert opinion, etc.) to guide practice and make patient care decisions based on patient preference and individual clinicians expertise	Monitoring and evaluating quality & appropriateness of current care based on EBP and research completed methodically focusing on systems at a specific location
Provides general foundation for EBP and QI	Provides ability to continually improve patient care	Provides local, site-specific ability to best instill and continually evaluate for improvement in processes. Usually completed in continuous PDSA (Plan, Do, Study, Act) cycles
STARTS with a burning clinical question leading to rigorous literature search, critical appraisal and synthesizing findings to identify knowledge gaps, through rigorous scientific method and using measurable variables (VAS, blood pressure readings, etc.) to describe, explain, predict, and/or control the phenomena or to develop meaning, discovery or understanding of a phenomenon through interviews or focus groups. Intended to be generalizable	STARTS with a burning clinical question leading to rigorous literature search, critical appraisal and synthesizing findings to identify best available most current evidence, evaluates if evidence warrants a practice change AND evaluates if change made resulted in a product that was what was expected AND if change can be sustained	STARTS with systematic method for improving outcomes and/or processes based upon continuous quality improvement & management focusing on site specific systems-NOT intended for generalizable knowledge or production of best evidence
		

Image created by and used with permission of E. Card

Some institutions have a process where projects thought to be QI and EBP are sent to the IRB so they can determine if the IRB should have oversight, e.g., to make sure they do not consider the project research. When in doubt, the IRB can evaluate a proposed project and make this determination. This is not done by the project leader.<sup>4</sup>

Whether you need to do research, EBP or QI, disseminating the results of your study or project is important. Publication alone does not mean the project was research. EBP, QI projects and systematic reviews are published as well. There

are standards for publication of QI (Standards for Quality Improvement Reporting Excellence [SQUIRE]), and disseminating EBP projects is a critical step in the process.

ASPAN is committed to offering all members fast, easy access to synthesized evidence-based guidelines. This allows easy translation of the evidence into practice through use of the biannual publication of ASPAN's *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. This indispensable book is available for purchase through the ASPAN website.

## What's New with ASPAN's Strategic Plan?

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



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

Do you remember creating a nursing care plan in nursing school? The point of that exercise was to address all the issues that the patient had, and to write a plan to meet his/her needs. The ASPAN Strategic Plan is similar in that it is a plan to meet the needs of the organization, which, in turn, meets the needs of the membership. The ASPAN Strategic Plan is modified annually into a working strategic plan. This working plan is reviewed and updated twice a year, at the midyear Board meeting and the pre-conference Board meeting. We most recently reviewed the working strategic plan in November, 2018, at the midyear Board of Directors' meeting.

ASPAN's working strategic plan incorporates the following four goals:

- ASPAN will achieve a 1% increase in membership by 2019
- ASPAN will increase utilization of its educational products by 5% overall by 2019
- ASPAN will initiate a minimum of one original perianesthesia-specific nursing research project annually
- ASPAN will commit to providing leveled evidence for one or two practice recommendations annually

### Addressing Membership Goals

There are many activities that go into increasing membership within ASPAN. Here are some of our initiatives for this goal. We are making a concerted effort to address the needs of the millennials. Sarah Hessling coordinated a strategic work team (SWT) focusing on members under the age of 40 and their membership needs. Survey results of millennial members indicated millennials would like education in short, quick bursts. That is an item we are addressing.

We plan to have "Ask Me" buttons for the Board members and SWT coordinators to wear at national conference to encourage attendees who have questions to feel comfortable reaching out to any leadership member. A goal of this initiative is to stimulate interest in joining ASPAN if they are not members.

### Other Membership Initiatives

Discussions continue regarding the Specialty Practice Groups and how ASPAN can assist these member-driven groups to be successful. Look for a new and updated Gold Leaf application this year. Plus, the Gold Leaf scoring rubric will be available for all the components to see. Hopefully, you have also participated in the fre-

quent postings of President Hoefner-Notz on social media sites. Getting the ASPAN name out there is important for our mission and gaining new members.

### Education Goals

Education for perianesthesia nurses is a key component to the vision of ASPAN. Several initiatives have been reviewed to better benefit members. The longer workshops at national conference last year, including the public speaking workshop and the management workshop, were a rousing success. So, these seminars will be repeated at the 2019 national conference. Webinars are being updated to support increased demand for shorter webcasts.

*A Competency-Based Orientation Program for the Registered Nurse in the Perianesthesia Setting* is due to be published in mid-2019. ASPAN has received education provider and approver reaccreditation for four years from the American Nurses Credentialing Center's Commission on Accreditation with no progress reports required. This means ASPAN can continue to award contact hours for component programs.

The Safety SWT retired the safety tool kit because all of ASPAN's resources address safety. The new Fellows Program continues into its second year. This is exciting as the program develops with expectations and the leadership plan. The Component Development Institute was a raging success with the real focus on components. President Hoefner-Notz's vision of educating component leaders was carried out with the many speakers and opportunities for networking.

Lastly, the computer software is in the process of being upgraded at the national office to support more virtual education and an improved source of delivery system to distribute our education.

### Perianesthesia Research and Clinical Practice

ASPAN has many ongoing research and evidence-based practice projects. Many of these projects are intertwined with clinical practice issues. The new *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* are completed and are available for purchase.

The evidence has been leveled for the normothermia guideline, which has progressed to the writing stage. The updated pain and comfort guideline is being written as we speak. The



unwanted sedation practice recommendation (PR) has also had the evidence leveled and the new information will be applied to the PR.

The acuity project has been completed and articles are being written for publication in the *Journal of PeriAnesthesia Nursing*. Four articles expanding on the total project will be published in the same issue of the journal. ASPAN is sponsoring two members to attend Joanna Briggs Institute training this year in Louisiana. And, the

Clinical Practice Committee continues to be a vibrant group that answers many questions from perianesthesia nurses around the country and internationally.

The strategic plan of ASPAN truly guides the decision-making processes, as every activity must support one of these goals. This, in turn, is a roadmap for success. 🌱

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## ASPAN: Mosby's Orientation to Perianesthesia Nursing

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ASPAN



Volume 39, Issue 2  
March/April 2019

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## Clinical Practice Hot Topic

### What's New in the Standards?

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

*With this Breathline issue, we review an ongoing question and a couple of new additions to ASPAN's 2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements.*



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

Clinical practice is one of the core missions of ASPAN, along with education and research. One role of the Clinical Practice Committee is to continuously examine questions submitted each week regarding practice issues confronting the perianesthesia nurses in their practice environments. Perianesthesia is practiced in many varied settings. The ASPAN 2019-2020 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* apply equally in each of these settings, and they are the foundation used in crafting a response to any submitted question.

#### Patient Classification / Staffing Recommendations

Staffing questions are still the most often asked questions. They may be worded in many different ways, but the answer to the sender is the same: two registered nurses in the same unit/room where Phase I level of care is taking place at all times, one an RN competent in Phase I postanesthesia nursing care. For Phase II, you must have two competent personnel, one of whom is an RN competent in Phase II level postanesthesia nursing care, in the same unit/room at all times.<sup>1</sup>


It has always been difficult to quantify staffing in the perianesthesia areas because the acuity of the patient is ever changing. The population is aging, patients come with multiple comorbidities, and polypharmacy is often in place to manage those comorbidities. That patient you received who had a knee scope procedure may also have Parkinson's disease, diabetes and hypertension. So, while the knee scope may not have caused much difficulty, there are other issues to consider. These concerns include, when does he need his Parkinson's meds, or a fingerstick, or antihypertensive intervention? And, oh yes, it will soon be your turn for another patient. That is why ASPAN has been diligently working on an acuity-based staffing tool to help quantify those items which require more focused attention from the RN.

#### A New Position Statement on Opioid Stewardship

As the number of deaths from opioid overdose has grabbed the attention of every American and others from around the world, the ability to effectively manage the pain of our patients has become much more challenging. In keeping with ASPAN's role in defining and acknowledging principles of safe perianesthesia nursing practice, the Standards and Guidelines Strategic Work Team crafted a position statement on opioid stewardship that was brought to the Representative Assembly in Anaheim last April and approved. It has been added to the new edition of the ASPAN standards, which is available now: <https://www.aspan.org/Clinical-Practice/ASPAN-Standards>. The opioid stewardship position statement assists the perianesthesia nurse in recognizing the important role we each play in ensuring safe prescribing, safe storage of meds in the home and safe disposal of unused doses. It also reminds providers about risk stratification.<sup>2</sup>

Now, we have in black and white, the reminder of patient and family education about medication use and side effects, other modalities that can bring some relief, such as heat and cooling, as well as complementary methods, such as distraction, music or soothing touch. It's a new world for pain relief and perianesthesia nurses can lead the way.

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# PeriAnesthesia Nurse Awareness Week (PANAW) February 4-10, 2019

Perianesthesia nurses, once again, took time to celebrate across the country. Gifts and goody bags, posters and signs, trivia games, prizes, open houses, governor proclamations, community service, education events and conferences, education for the public, lunch, cake, snacks, dinner out, and recognition from anesthesia teams and other departments all were a way to enjoy this special week for perianesthesia nurses and staff! 🌿



PANAW

▼ Terrebonne General Medical Center, Houma, LA



▼ MedStar Franklin Square Medical Center, Baltimore, MD



► University of Pittsburgh Medical Center Shadyside Hospital, Pittsburgh, PA



▲ Suburban Hospital at Johns Hopkins Medical Center, Bethesda, MD

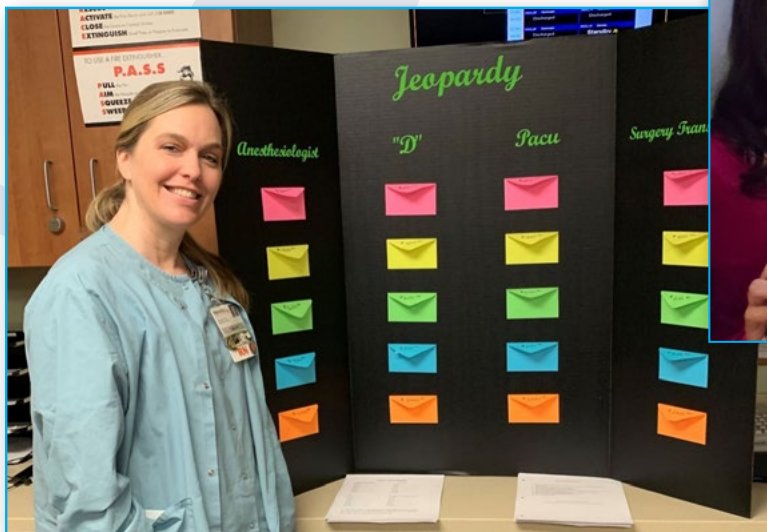
► Cuyuna Regional Medical Center, Crosby, MN





► Texas Association of  
PeriAnesthesia Nurses (TAPAN)

▼ Memorial Medical Center,  
Springfield, IL



▼ Baystate Nobel Hospital, Westfield, MA



▼ Northeast Ohio PeriAnesthesia Nurses Association



▲ Parker Adventist Hospital, Parker, CO

▼ Children's Hospital Colorado, Aurora, CO



◀ Hunterdon Medical Center, Flemington, NJ



► St. Vincent 86th  
Street Hospital,  
Indianapolis, IN







▼ Yuma Regional Medical Center, Yuma, AZ



◀ University of Pittsburgh Medical Center St. Margaret, Pittsburgh, PA

▼ Rocky Mountain PeriAnesthesia Nurses Association (RMPANA)



## "Nashville" Star Charles Esten to Headline CPAN®/CAPA® Celebration Luncheon

Join us for a very unique CPAN®/CAPA® Celebration Luncheon at the ASPAN national conference in Nashville on Monday, May 6. Our special guest speaker is actor Charles "Chip" Esten, best known for his role as Deacon Claybourne on Nashville. Esten is also a renowned songwriter, singer and comedian who will be sure to captivate and delight at this special luncheon. All CPAN® and CAPA® certified nurses and formerly certified CPAN®/CAPA® retired nurses may [register here](#).

## Learning Builder Tutorial

Need help with the recertification process in Learning Builder? [Go here](#) for easy-to-follow videos on how to log in, update your profile and upload documents for continuing education.

# CERTIFICATION

## NEW: All Four Practice Exams Now Approved for 16 Contact Hours

You may now receive 16 contact hours for completing all four CPAN® practice exams and 16 contact hours for completing the four CAPA® exams. Using the [Buy One Get One](#) promotion, you can get all four exams for \$100.

- Spring examination window closes May 15
- Spring reinstatement window closes May 15
- Spring recertification window closes April 30
- Fall exam administration window opens July 1
- Fall recertification window opens July 1



## Contact ABPANC

Phone: 800-6ABPANC Email: [abpanc@proexam.org](mailto:abpanc@proexam.org) Web site: [www.cpancapa.org](http://www.cpancapa.org)

Earn contact hours at  
*your* convenience

Click for more info.

## Component Education Program

**July 26 - July 29, 2019 Florida Society of PeriAnesthesia Nurses (FLASPAN)** is celebrating its 50th anniversary with a Bahamas cruise. Bring your families and join FLASPAN. We will leave from Port Canaveral aboard Royal Caribbean's *Mariner of the Seas*. Book by calling 1-800-465-3595 and using group code 1044508, FLASPAN Group 2019. The deposit is \$200 per room with the balance due on May 12, 2019. Kim Noble will be our speaker, and registration for the FLASPAN conference is separate. There will be give-away prizes as well as a few surprises. Come sail away with us! For more information, email [flaspan@gmail.com](mailto:flaspan@gmail.com) or [melsayers813@gmail.com](mailto:melsayers813@gmail.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, Illinois. For more information, contact Liz White at [elizabeth.white@unitypoint.org](mailto:elizabeth.white@unitypoint.org) or 309-208-6932. 🌿

2019

Winter/Spring **WEBCASTS & SEMINARS**



### LIVE IN-PERSON SEMINARS

**PEDIATRICS: BEYOND THE BASICS**  
Saturday, March 30, 2019  
State College, PA

### LIVE WEBCASTS – HALF-DAY PROGRAMS

**PERIANESTHESIA FOUNDATION**  
Sunday, June 2, 2019

### LIVE WEBCASTS – FULL-DAY PROGRAMS

**SAFETY BEGINS WITH US**  
Saturday, March 30, 2019

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