



Breathline

Volume 39, Issue 6
November/December 2019

INSIDE:

PRESIDENT'S MESSAGE: Celebrate Strengths: Elevate Practice

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

"Stay strong. Stand up. Have a voice."¹

Shawn Johnson, the famous American gymnast, quoted this statement during her journey to becoming one of the greatest American Olympic athletes. Bring that sentiment over to the perianesthesia world, and you will find a nurse.

The Strength of Nurses

The first strength of a nurse is the determination to get through nursing school. It is one of the toughest majors in college, and only the strongest and committed complete this major. There are no fluff classes in nursing, and the clinicals and academics place quite a load on students. Having to take the practice exams for the NCLEX sets the bar quite high. Only the strongest get through.

Your nursing career begins as a newly licensed nurse and brings a whole new set of skills. You learn from your preceptor how a nurse functions within the team and you begin the real-world application of your skills. This acclimation to the nursing profession sets up a lifetime of success. Strong support, patience and guidance are what nurses do for each other.

Perianesthesia Strength

Now, you are a member of the perianesthesia team. You are strong in your assessment skills, have years of experience, and you know what nursing is all about. In the perianesthesia arena, we need to "Stay Strong. Stand Up. Have a Voice."¹ This is so true in our field, as our patients are at a very vulnerable time in their healthcare experience. They need to have surgery, and the breadth of that decision weighs heavily on their minds. Perhaps it is elective and perhaps it is not. Either way, we, as nurses, need to assist them in navigating the system. Staying strong means being present in the moment as we serve patients. Sometimes the weather distracts us, especially in the winter, or our



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

home/family circumstances lead us astray mentally. We need to stay strong for our patients.

Strength for Our Specialty

We need to stand up in our specialty. This is a key element to get the patients what they need. Maybe the patient's plan for anticoagulation needs to be clarified with his/her provider. Maybe we need to suggest a specialist sees our patient before surgery. Maybe we need to stand up to the supervisor to adhere to the ASPAN standards for nurse:patient ratios. Our patients need us to stand up for them and get them what they need. We, as nurses, do this every day in our practice.

Stand Up and Have a Voice

Have a voice! This piece of advice is timely, as healthcare changes the landscape of our profession. Having a voice means that we need to be at the table as policy is discussed. We need to speak up to advocate for ourselves and our patients. Become knowledgeable and informed about what is happening at the state level first. Be in touch with your representatives and share your voice. The power of one is real in the world of local politics. Not many people reach out to share their thoughts. So, if you do, it counts!

Your state component may have a governmental affairs committee, which is a great place to start. ASPAN also has a Governmental Affairs Strategic Work Team, chaired by Donna Goyer. Check out the webpage on the ASPAN website under Resources, then Advocacy. Get involved, or support those who do. Please use your voice!

REFERENCE

1. Shawn Johnson quotes. Brainy quote website. https://www.brainyquote.com/quotes/shawn_johnson_419316. Accessed September 2, 2019.



Call for Resolutions

The ASPAN Resolutions Task Force is announcing the Call for Resolutions for the 2020 Representative Assembly (RA) meeting on April 26, 2020.

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

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

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

Submission Deadline:

Resolution forms relating to **bylaws** changes or relating to **position statements, policy matters or other issues** must be received by the ASPAN National Office no later than **January 27, 2020**.

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

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

ASPAN Strength at the ANCC National Magnet Conference in Orlando!



▲ From left, Kim Godfrey and Kathy Saball at the ASPAN booth during the Magnet Conference

Photo courtesy of Elizabeth Card



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Deadlines for inclusion in *Breathline*:

IssueDeadline

JanuaryNovember 1

MarchJanuary 1

MayMarch 1

JulyMay 1

SeptemberJuly 1

NovemberSeptember 1

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Membership/ Marketing Update

Lori Silva, RN, CCRN, CPAN – ASPAN Membership/Marketing Strategic Work Team Coordinator

There are a few changes this year to the Membership/Marketing Strategic Work Team (SWT). The SWT was decreased to 45 members to help improve communication and assignments. Each member is a component liaison, available to assist component leaders with resources for membership and marketing ideas. Each member also serves on a smaller team such as PANAW, Above and Beyond, Outstanding Achievement and Gold Leaf awards review teams.

This year, we transitioned the Pacesetters SWT for inclusion in the Membership/Marketing SWT. This new smaller team will look at strategies to recruit and retain younger nurses in the organization, encourage participation at all organizational levels and serve as resources for components. 🌱



Lori Silva
RN, CCRN, CPAN

PERIANESTHESIA NURSE AWARENESS WEEK (PANAW) February 3 – 9, 2020

The Membership and Marketing SWT selected “Perianesthesia Nurses – Strength in Knowledge” as its theme for PANAW 2020, which compliments ASPAN President Amy Dooley’s theme for 2019-20, celebrating perianesthesia nurses’ strengths and elevating our practice. PeriAnesthesia Nurse Awareness Week (PANAW) will be celebrated February 3 – 9, 2020.

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

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

The PANAW catalogue is full of great gift ideas to recognize the perianesthesia nurses you know. Official PANAW products can be ordered online at www.panaw.com.

Remember to take photos and share them with your component leadership and *Breathline* Editor Barbara Godden for possible inclusion in a future issue: bgodden@aspan.org. 🌱



ASPAN Member-Get-A-Member Campaign

It's not too late to participate in the ASPAN Member-Get-A-Member Campaign, which runs from January 1, 2019, to December 31, 2019. Invite your colleagues to join ASPAN today! To thank you for your recruitment efforts, there are a variety of rewards:

- Tier One – (Recruit 4 – 9 members) \$25 Amazon Gift card, ASPAN Member Pin, or ASPAN Team T-Shirt
- Tier Two – (Recruit 10 or more members) \$50 Amazon Gift card, ASPAN Zip Pullover, or ASPAN 2019-2020 Standards
- Tier Three – Recruiter of the Year (Recruits the most members for the calendar year) Complimentary basic registration to the next ASPAN National Conference, complimentary 1-year ASPAN membership, and a commemorative plaque to be presented at National Conference.

You can obtain promotional materials and membership applications by contacting Doug Hanisch at the ASPAN National Office toll free at 877-737-9696, extension 215 or email dhanisch@aspan.org. Request as many copies as you like and make sure to put your name as the recruiting member on each application you distribute. 🌱

ASPAN AWARDS

EXCELLENCE IN CLINICAL PRACTICE

Deadline: November 30, 2019

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

AWARD FOR OUTSTANDING ACHIEVEMENT

Deadline: November 30, 2019

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

ABOVE AND BEYOND SERVICE RECOGNITION AWARD

Deadline: January 10, 2020

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

GOLD LEAF COMPONENT OF THE YEAR AWARD

Deadline: February 1, 2020

The Gold Leaf Award recognizes excellence in component leadership and member development, communication, education services and community relations. The award reflects the activity of your component from January 1, 2019, to December 31, 2019. The newly revised Gold Leaf Application and Scoring Sheet is available for viewing on the ASPAN website. [Click here.](#) Members of the Membership and Marketing Strategic Work Team look forward to reviewing the applications from components and announcing the winner at the National Conference in Denver, Colorado.


Legacy for Life Testimonial

In Karen Flanagan's words:

"I love ASPAN, and felt honored to become a Legacy for Life member. This program makes me feel comforted that donations will help ASPAN continue with its Core Values including:

- Research will be supported by ASPAN through the biannual ASPAN EBP/ Standards & Guidelines reviews
- Education & Humanitarian Scholarships for BSN, MSN, doctoral education, National Conference attendance and humanitarian missions will continue

- ASPAN will ensure that programs are kept at the lowest possible cost

Anyone can become a Legacy for Life member – individuals, components. For any questions regarding the Legacy for Life Program, please contact ASPAN Marketing and Communications Manager Doug Hanisch at dhanisch@aspan.org. When I think of ASPAN's Legacy for Life, I am excited, exhilarated and passionate watching Legacy for Life grow." 



Karen Flanagan
MSN, RN, VHA-CM
Legacy for Life member

ASPAN Accredited Approver Unit: Here to Assist Your Component or Hospital with Your Continuing Education Needs!

H. Lynn Kane, MSN, MBA, RN, CCRN – ASPAN Approver Unit Chairperson

The American Nurses Credentialing Center (ANCC) Primary Accreditation Program recognizes organizations that have met established standards in the ability to approve individuals who provide continuing nursing education (CNE) that have a positive impact on nursing practice.¹

ASPAN is an Accredited Approver

The ASPAN Accredited Approver Unit is one of those organizations! The ASPAN Approver Unit can process your application for contact hours for a one-hour program, a one-day program or even a multi-day program.

ANCC Streamlines its Program

ASPAN's accreditor, the American Nurses Credentialing Center's Primary Accreditation Program, has been working to streamline the required paperwork and the application process over the past several years. Here are some of the changes:

- For example, biographical data forms, resumes or curricula vitarum are no longer required! We previously had to submit all those forms for planning committee members and presenters
- The use of objectives is no longer required. Instead, each application needs to identify a minimum of one outcome measure for the educational activity that will be measured at the end of the program

The application forms and application process are clearly explained on the ASPAN website. The ASPAN website also has a short video that explains the application forms one by one.

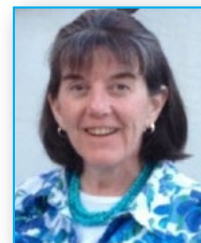
We Are Here to Support You!

If you have any questions while working on your application, please email Eileen Zeiger at the ASPAN national office at ezeiger@aspan.org and she will contact one of our fabulous approver team members to answer your question.

The ASPAN Approver Unit is here to support you through the contact hour application process from application initiation through the final approval. Don't hesitate -- submit your application for contact hours today!

REFERENCE

1. American Nurses Credentialing Center. *2015 ANCC Primary Accreditation Approver Application Manual*. Silver Spring, Maryland: ANCC; 2015.



H. Lynn Kane
MSN, MBA, RN, CCRN

A Competency-Based Orientation Program for the Registered Nurse in the Perianesthesia Setting (2019)



ASPAN



Click for more info.

ASPAN Resources for Clinical Inquiry

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



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

Research, evidence-based practice (EBP), and quality improvement are important mechanisms for describing, understanding, and validating perianesthesia nursing. They are integral to the advancement of perianesthesia nursing practice. Collectively, these activities can be termed clinical inquiry.

ASPAN offers many resources to help members with these endeavors, and most can be found on the website under the Research link at <https://www.aspan.org/Research>.

Research Primer

An extremely valuable document is the *Research Primer for Perianesthesia Nurses*. This resource includes information on these topics:

- Research abstract
- Research proposal
- Research methodology
- Discussion & implications
- Additional considerations
- Disseminating findings
- Participating in research

Research Committee

The ASPAN Research Committee exists to increase involvement of perianesthesia nurses in clinical research through mentoring and education, and, facilitates the systematic investigation of nursing research through a grants program. The committee actively promotes the use of research findings in nursing practice through evidence-based practice initiatives. The ASPAN Research Committee provides active perianesthesia nurses with an opportunity to present previously completed, unreported, original research findings from studies pertaining to all phases of perianesthesia nursing. The members have a varied amount of research experience, and one goal of the committee is to provide development of the members through mentoring.

The Call for Abstracts is advertised on the website with requirements for submission, due by the October 15 deadline. Abstracts from past National Conferences can be viewed by clicking on the link on the left side of the Research webpage. While working to promote ASPAN research priorities, the Research Committee also networks with other nursing organizations to identify current nursing research issues.

There is information on the website on EBP, including research critical appraisal tools from the Joanna Briggs Institute. Grant information for JBI systematic review training can also be found.

Evidence Based Practice SWT

The Evidence Based Practice Strategic Work Team (SWT) works closely with the Research Committee. Strategic initiatives include: reviewing evidence for clinical practice issues, education issues, research priorities, and the standards and guidelines. The SWT establishes teams to review and rank the available evidence, provides updates on ongoing evidence-based practice studies, and works in a collaborative manner with ASPAN's Education Provider and Clinical Practice Committees. Members of this committee participate in the judging of EBP/Research posters at National Conference.

The request for volunteers for both the EBP SWT and Research Committee is received through the Willingness To Participate form, published on the ASPAN website and available for members to submit in late summer and fall.

Members are encouraged to take advantage of the resources available on the ASPAN website and to contact the Director for Research for assistance. 🌱



Clinical Practice Hot Topic

Competency for Sheath Removal in the PACU

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



Diane Swintek
MSN, RN, CPAN

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 PACU nurses removing sheaths in the PACU.

Q. *The PACU nurses are being asked to monitor post-cardiac cath patients with sheaths and to pull the sheath when criteria are met. Is this the appropriate setting and role for the PACU RN?*

A. The post-cardiac catheterization patient admitted to PACU needs the same deliberate scrutiny as any postanesthesia patient. Special attention needs to focus on the puncture site, observing for bleeding, checking for pulses distal to the site and monitoring for hematoma formation around the sheath.

Practice Recommendation 4 - Competencies for the Perianesthesia Registered Nurse

The 2019-2020 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* delineate recommended competencies for each phase of perianesthesia nursing practice, including Phase I PACU. In Practice Recommendation 4, Competencies for the Perianesthesia Registered Nurse, background is provided for addressing a broad range of skills that the perianesthesia registered nurse may have in their skill set.¹ The recommendations in PR 4 are not all inclusive, as each individual facility will determine its own listing of required competencies in each level of practice. While it may be unusual for one Phase I PACU nurse to pull the sheath post-cardiac catheterization, in another facility it may be the norm because of education and training completed with those staff.

Is This a Regular Skill That is Performed?

Therein lies the crux of the issue. The pulling of an intra-arterial sheath is not, for most perianesthesia nursing staff, a regular competency skill. None of the recommended competencies in PR 4 are achieved by any perianesthesia registered nurse without prior education and training, and demonstration of competence in performance of that skill. The same holds

true for the skill required in pulling a sheath post-catheterization. As a nurse, you must be well prepared for any adverse event and offer education to the patient as well. Adherence to strict criteria is essential for a safe outcome for the patient.


Clinical Practice Response

Clinical Practice Committee member Linda Beagley answered this question posed by a member from Illinois regarding competency training in this skill. In her response, Linda stated, “When setting up the competency include how to remove, what to assess to determine readiness for removal, potential complications and how to handle these complications. The cardiologist’s order set should include who to contact for urgent issues. I also would recommend that you check the Illinois Nurse Practice Act to verify this is a skill nurses can do. I am finding to speed patient turnover, tasks that have been normally completed in the procedure room are now being requested to be completed in the PACU. Always remember, perianesthesia nurses strive for safe patient care, and we should never compromise by speeding up the turnover if it puts the patient’s safety at risk.”

My Own Practice

I work in a Phase I PACU in a medical center which is part of a larger health system. Within that system there are interventional radiology (IR) nurses at a sister hospital who do pull the sheath post-cardiac catheterization. These nurses have undergone extra education and training and work in the IR environment exclusively, so their skill is current.

REFERENCE

1. American Society of PeriAnesthesia Nurses. Practice Recommendation 4 – Competencies for the perianesthesia registered nurse. In: *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2018:55-58. 

THE DIRECTOR'S CONNECTION

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

Regional Director, Region One



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

REGION ONE UPDATE

ASpan's Component Development Institute (CDI) bonded with over 100 ASPAN representatives and was a great opportunity for gaining in-depth education, guidelines and strategic planning for the Gold Leaf Award.

Did you know Region One components lead certification by having the most certified nurses, totaling 3,040? That is a magnificent accomplishment as reported by ABPANC leadership at CDI.

Professional development, certification and education are three aspects that should be prominent throughout our nursing careers. These aspects have benefits for yourself, and also enhance patient safety. I hope many members had the opportunity to complete the willingness to participate and serve at the national level and/or your regional component. Don't forget to mentor or encourage perianesthesia colleagues while advancing our nursing profession. Helen Keller is quoted as sharing, "Alone we can do so little; together we can do so much."¹

I was able to travel to 2019 fall conferences sponsored by NPANA, RMPANA, PANAC and PANANM. While each component is unique, the professionalism and collaboration used to strengthen their nursing communities shine through with passion, commitment and excellence.

Region One Component Activities

- **Arizona PeriAnesthesia Nurses Association (AzPANA):** <https://www.azpana.org/>

October events included "AzPANA Fall 2019 Seminar" in Tucson, AZ. Save the date and attend AzPANA Spring Conference on June 6, 2020, in Phoenix, AZ.

- **Hawaiian Islands PeriAnesthesia Nurses (HIPAN):** <https://hipan.nursingnetwork.com/>

Aloha! HIPAN provided education at its "2019 HIPAN Annual Conference" this past September. Plan ahead for next year's conference scheduled on September 28, 2020, in Honolulu, HI.


- **Nevada PeriAnesthesia Nurses Association (NevPANA):** <https://nevpana.nursingnetwork.com/>

This past October hosted "NevPANA 2019 Fall Conference" with keynote speaker Donna Hartley in Reno, Nevada.

- **Northwest PeriAnesthesia Nurses Association (NPANA):** <http://www.npana.org/>
NPANA hosted "Building on the Basics" in Boise, Idaho, September 28, 2019, and transitioned leadership. Region One component leadership is following the path of NPANA and using the Viber app for maintaining component communication.
- **PeriAnesthesia Nurses Association of California (PANAC):** <https://panac.nursingnetwork.com/>
Congratulations to PANAC, celebrating its "big 40 anniversary" during its October 18-19, 2019 "PANAC 40th Annual Meeting & Fall Seminar."
- **PeriAnesthesia Nurses Association of New Mexico (PANANM):** www.pananm.org
Lois Schick and Nancy O'Malley were inspiring and very knowledgeable speakers for "PANANM CPAN/CAPA Certification Review," September 21, 2019. As an outreach project, Lynda Lepp sews bedrolls from recycled unused operating room materials for Project Stay Dry and delivers to homeless living in the streets of Albuquerque, NM. See photos on page nine in this issue of *Breathtline*.
- **Rocky Mountain PeriAnesthesia Nurses Association (RMPANA):** <https://rmpana.nursingnetwork.com/>
The famous "Retreat in the Rockies" happened over the weekend of October 4-6, 2019, at Snow Mountain Ranch, near Winter Park, CO.
- **Utah Society of PeriAnesthesia Nurses (USPAN):** <https://uspan.nursingnetwork.com/>
September 28, 2019 was the date for "USPAN's Fall 2019 Conference" in Provo. Save the date for another conference on March 7, 2020, in Salt Lake City, UT.

Check out the Region One components' websites to learn more about each component and their upcoming educational offerings.

REFERENCE

1. Helen Keller quotes. Brainy quote website. https://www.brainyquote.com/quotes/helen_keller_382259. Accessed October 21, 2019. 

Flu Season and PACU Overflow!

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

The flu season is just around the corner and everyone is gearing up. Hopefully, you've gotten your flu shot. The flu season has already started in Australia. What happens in Australia forecasts what is coming to the United States. The Centers for Disease Control (CDC) closely observe how the flu season presents and suggests the plan of attack for the United States. This year, the flu season started early in Australia and it seems the strain of the flu vaccine is not covering all the types of flu that are presenting. The CDC still recommends getting the flu shot because it may temper the flu if you get it. The following is a great website to track the spread of the flu across the US. <https://www.cdc.gov/flu/weekly/index.htm#ILIMap>.¹

What does this mean for us in perianesthesia? Our preadmission testing folks need to offer flu shots to patients. Ambulatory surgery nurses can offer flu shots to their patients as well. What this also means is the inevitable dreaded overflow to the PACU. When the medical-surgical beds are full, administration often looks to the PACU to either keep its surgical patients overnight or house ER admit patients.

Unfortunately, the PACU is a place with physical space and that is what is needed. ASPAN's Position Statement #3 is on Overflow Patients. The basic

tenets are the staff caring for these patients have the appropriate competencies, that there is a plan for the care of the emergent surgical patient that might arrive in the middle of the night, that there is the same level of care for an intensive care patient as in an ICU, and that the issue of medical management is addressed.² ASPAN supports all perianesthesia nurses. By referring to the Standards, you can safely support your position to leadership, assure competent patient care, and incorporate best practice.

REFERENCES

1. Weekly U.S. Influenza Surveillance Report. Centers for disease control and prevention website. <https://www.cdc.gov/flu/weekly/index.htm#ILIMap>. Accessed October 24, 2019.
2. American Society of PeriAnesthesia Nurses. Position Statement 3: A position statement on overflow patients. In: *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2018:104-106. 🌱

PANANM SUPPORTING PROJECT STAY DRY

By Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN – ASPAN Regional Director, Region One

Lynda Lepp sews bedrolls from recycled unused operating room materials and delivers to homeless living on the streets in Albuquerque, New Mexico.



▲ PANANM President Lynda Lepp delivered finished bedrolls to homeless as a community service for Project Stay Dry



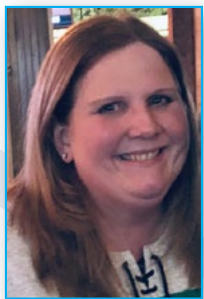
▲ Waterproof bedroll finished

◀ Sewing waterproof bedrolls

Photos courtesy of Connie Hardy Tabet

COME TO DENVER FOR ASPAN'S 39TH NATIONAL CONFERENCE!

Bridget Miller, BSN, RN, CAPA – National Conference Strategic Work Team Member



Bridget Miller
BSN, RN, CAPA

The mountains are calling perianesthesia nurses to come *Celebrate Strength and Elevate Practice* along the stunning backdrop of the majestic Rocky Mountains. ASPAN's 39th National Conference will be held in Denver, Colorado, April 26-30, 2020, at the Gaylord Rockies Resort and Convention Center. The Rocky Mountain PeriAnesthesia Nurses Association, RMPANA, is proud to welcome ASPAN to Colorado!

Education and Networking Galore!

In keeping with ASPAN tradition, educational sessions feature a variety of topics presented by experts in their professional fields. Participants will be pleasantly challenged by education providing opportunities for professional growth as well as self-renewal. All this is conveniently located within the glamorous Gaylord of the Rockies. Remember, register early to not only get your first choice of classes, but to reserve an amazing room with a stupendous view of the Rocky Mountains. Don't miss out on anything at this conference, especially networking with your ASPAN friends, old and new. Have fun planning to attend the social events. Spend time in the exhibit hall.



▲ Most educational sessions are packed

First Time Attendees, Come!

Take a chance on delightful Denver! If you are a first time National Conference attendee, invite a colleague to share the ASPAN experience. Spread the word! There is a First Timers Orientation for new attendees to help you navigate the conference and experience all that there is to offer at this great event. Let's not forget there are also excellent preconference and post-

conference education choices to round out your week. Don't miss the enjoyable opening and closing ceremonies, as these are always so inspiring. You will leave this conference feeling motivated and so proud to be a perianesthesia nurse! After this incredible week, you will definitely want to return to national conference again next year.

Get Involved and Volunteer

Increase your connection to all the ASPAN happenings by volunteering as a host/hostess or as a moderator during the week. These opportunities are social, help in the success of the conference and are a great way to network and also improve public speaking skills. Volunteer details will be available within the conference brochure. Go for it, and volunteer!



▲ Gaylord Rockies Resort & Convention Center
Photo courtesy of Visit Aurora

Relax at the Gaylord

The Gaylord Rockies Resort and Convention Center will not disappoint. There are several venues onsite offering self-care options for busy conference attendees. A variety of spa services, a fitness center and awesome pool areas are wonderful amenities. There are coffee shops, a Colorado souvenir shop, a large marketplace, a two-story sports bar as well as unique restaurants onsite, all within a beautiful, relaxing rustic environment. Share an adult beverage as you watch the orange and blue sunset over the magnificent Rocky Mountains at the welcoming lobby bar.

Explore Denver and Colorado

Come early or stay late and see many of the wonderful attractions that Denver and Colorado offer! If you wish to explore Denver off the Gaylord property, there are nearby attractions such as the Stanley Marketplace, craft breweries and Wings over the Rockies Air and Space Museum. The light rail at Denver International Airport and a stop close to the Gaylord can take you on further adventures down to Union Station and all that downtown Denver offers. Try a U.S. Mint Tour, visit the Colorado State Capitol, Larimer Square (the city's oldest block) with its unique shops, entertainment and restaurants, go on a Denver Walking Tour or visit the Denver Museum of Nature and Science. If a half day or full day trip to the mountains is what you desire, local sightseeing tours are available, some of which leave from Union Station.^{1,2}

Now, be entertained with some fun facts about Denver while you mark your calendar to attend the 39th Annual ASPAN National Conference April 26-30, 2020:

- In 1973, the *Rocky Mountain High* album by John Denver was in the top 10
- Colorado is nicknamed the "Centennial State" because it became a state in the year 1876, 100 years after the signing of the Declaration of Independence
- At an elevation of 5,280 feet, Denver is nicknamed the "Mile High City" because it sits exactly one mile above sea level
- In Denver, baseballs travel further, so do cocktails. Alcoholic drinks pack more of a wallop than at sea level
- The sun feels warmer in the thinner atmosphere, but your coffee is cooler because water boils at 202 degrees (94 degrees Celsius)
- Denver records an average of over 300 days of sunshine per year - more than San Diego or Miami Beach
- In Denver, you can attend sporting events for the NFL (Broncos), MLB (Rockies), NHL (Avalanche), and the NBA (Nuggets) all within a three-mile radius of downtown



◀ *Tivoli Brewing Company*
Photo courtesy of Visit Denver

▼ *Stanley Marketplace*
Photo courtesy of 2018, Rebecca Ann Photography



▲ *Wings over the Rockies Air and Space Museum*
Photo courtesy of Visit Denver

▼ *Friendly hostesses are everywhere at conference*



- The 13th step of the capital building in Denver is exactly one mile high above sea level
- "Beulah red" is the name of the red marble that gives the State Capitol its distinctive color. Cutting, polishing, and installing the marble took six years (from 1894 to 1900). All the Beulah red marble in the world went into the Capitol and it cannot be replaced at any price
- Denver lays claim to the invention of the cheeseburger. In 1935, Louis Ballast of Humpty Dumpty Drive-In was awarded the trademark^{1,2}

REFERENCES

1. Denver the Mile High City. Denver.org website. <https://www.denver.org/things-to-do/denver-attractions/must-see-denver/>. Accessed October 19, 2019.
2. Denver the Mile High City. Denver.org website. <https://www.denver.org/denver-meetings-conventions/decide-on-denver/denver-facts/>. Accessed October 19, 2019. 🌿



▲ Cherry Creek Bike Path
Photo courtesy of Visit Denver



◀ U.S. Mint Tour and Museum
Photo courtesy of Visit Denver



▼ Larimer Square
Photo courtesy of Visit Denver



◀ First Timers Orientation

Celebrating Our Strengths, Elevating Practice Using Gold Leaf as a Guide

Report from 2019 CDI “Going for Gold!”

Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP, FASPAN
ASPAN Vice President/President-Elect 2019-2020

The 2019 Component Development Institute (CDI) was held in Cincinnati, Ohio, in September. The theme for the event reflected President Amy Dooley’s vision for ASPAN. The event was well attended by component leaders across the United States. Surprisingly, there were over 40% first time attendees!

Component Strategic Planning

One topic covered at CDI was how to brainstorm and create strategic plans. The sky is the limit in where strategic plans can take your component. Challenge your board of directors and your members to create a component strategic plan if you do not have one, or update it if it is old. This can be an inspirational experience and give your component fresh energy and direction. ASPAN has resources to help you begin this journey. Contact your Regional Director. They can help. Region 1: Connie Hardy Tabet, Region 2: Susan Norris, Region 3: Deborah Moengen, Region 4: Bronwyn Ship, and Region 5: Keisha Franks.

Financial Health of Your Component

An extremely informative presentation was how to plan for and attain financial health for your component, presented by Chris Skinner, ASPAN treasurer, and Immediate Past President Regina Hoefner-Notz. They can also serve as resources for your component if you have questions or need guidance. Please, reach out to them.

Member Services, Outreach, ASPAN Resources

Elevating member services, community and public outreach, as well as the importance of certification were extremely informative sessions. Lori Silva, 2018 National Conference SWT coordinator, and current Membership/Marketing SWT coordinator, broke down the Gold Leaf Award application and process. This application can be used as a



▲ **Region 3 Group Photo** Photo courtesy of Krystal Gottsman / MNDAKSPAN

guide to achieve greatness, regardless of where your component stands. This document can provide insight into opportunities and ideas for what you can accomplish in the future. Challenge yourselves, set reachable goals! ASPAN resources for components, and membership benefits were highlighted. Component outreach projects shared by attendees was an inspirational experience!

Ask your component CDI attendees to share what they learned. This information can be implemented, and, by using your individual as well as your component’s strengths, we can collectively elevate practice! 🍀



◀ **From left, Gail Murray, Tricia Wright, Ann Sheets**
Photo courtesy of Ann Sheets



◀ **From left, Teresa Bhatt, Holly Newman, Jenny Kilgore, Deb Moengen**
Photo courtesy of Holly Newman



▲ **Region 4** Photo courtesy of Ann Sheets and Ursula Mellinger

► From left, Ursula Mellinger and Ann Sheets
Photo courtesy of Ann Sheets



▼ From left, Marlene Nahavandi and Jen Paquette from WISPAN
Photo courtesy of Jennifer Paquette



▲ Region 1 leaders Photo courtesy of Connie Hardy Tabet



◀ From left, Grace Squibb, Tricia Wright, Bob Haney
Photo courtesy of Ann Sheets

► ASPAN Regional Directors. From left, Deb Moengen, Bronwyn Ship, Keisha Franks, Connie Hardy Tabet, Susan Norris
Photo courtesy of Susan Norris



CERTIFICATION

World-Renowned Illusionist and Master Storyteller Harris III to Headline

2020 CPAN®/CAPA® Celebration Luncheon!

Make plans now to join us for a very special **CPAN®/CAPA® Celebration Luncheon** at the ASPAN National Conference in Denver, on **Monday, April 27, 2020**. Our special guest speaker is illusionist and storyteller Harris III.

While hundreds of thousands of people around the globe know Harris "the Third" as an award-winning illusionist, in the last few years his career has exploded into becoming a sought-out keynote speaker, storyteller and event curator. Harris' greatest strength as a communicator is often found in his unique form of storytelling. He attracts audiences and holds their attention in a way few other speakers do, not only because of his 20-year background as a master illusionist, but also because he is a highly effective and memorable keynote speaker who helps audiences discover what he refers to as "real magic."

Experience the magic of Harris III with us. All CPAN® and CAPA® certified nurses and formerly certified CPAN® and CAPA® retired nurses may register. Check www.aspan.org for national conference registration information coming soon.

Rest Assured with Test Assured!

You are finally ready to take your CPAN® or CAPA® exam. And to put you on the path to success, ABPANC has launched a new Test Assured program. The Test Assured program allows CPAN® or CAPA® candidates to take the exam **twice in a 12-month period if the first attempt is unsuccessful, for a nominal fee of an additional \$50.00 at the time of registration**. For more information, visit www.capacpan.org.

REMINDERS:

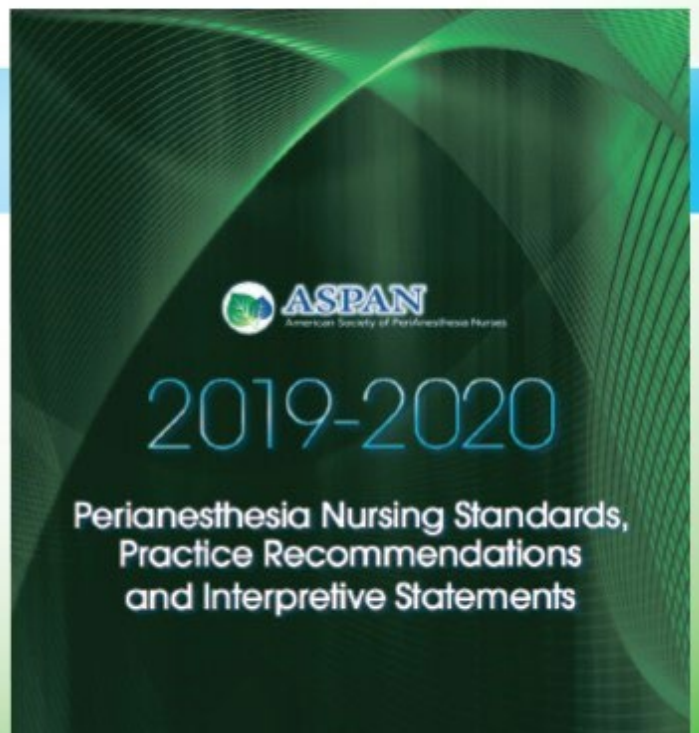
- Spring examination registration window is **January 1 – March 15**
- Spring recertification application window is **January 1 – April 30**

Contact ABPANC

Phone: 800-GABPANC Email: abpnc@proexam.org
Web site: www.pancapa.org

2019-2020

Perianesthesia Nursing
Standards, Practice
Recommendations and
Interpretive Statements
Now Available!



LIVE IN-PERSON SEMINARS

PERIANESTHESIA CERTIFICATION REVIEW

January 25, 2020
Portland, OR

February 8, 2020
Lombard, IL

February 15, 2020
Middletown, PA

February 29, 2020
Pembroke Pines, FL

March 7, 2020
San Francisco, CA

March 21, 2020
Charlotte, NC

June 7, 2020 SUNDAY
Phoenix, AZ

FOUNDATIONS OF PERIANESTHESIA PRACTICE

February 6, 2020 SUNDAY
San Jose, CA

PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

March 7, 2020
Pittsburgh, PA

PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

June 13, 2020
Waltham, MA

REFRESHING YOUR PERIANESTHESIA PRACTICE

March 14, 2020
Manchester, NH



**LIVE WEBCASTS
FULL-DAY PROGRAMS**

FOUNDATIONS OF PERIANESTHESIA PRACTICE
February 1, 2020

PAIN MANAGEMENT IN THE PERIANESTHESIA
AND CRITICAL CARE SETTINGS
January 25, 2020

PEDIATRICS: BEYOND THE BASICS
February 8, 2020

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES
March 1, 2020 SUNDAY

PERIANESTHESIA CERTIFICATION REVIEW
February 22, 2020
March 21, 2020

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)
February 12, 2020 WEDNESDAY
February 19, 2020 WEDNESDAY
February 26, 2020 WEDNESDAY

PERIANESTHESIA PATHOPHYSIOLOGY AND
ASSESSMENT: A SYSTEMS APPROACH
March 7, 2020

PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE
February 15, 2020

REFRESHING YOUR PERIANESTHESIA PRACTICE
March 14, 2020

SAFETY BEGINS WITH US
June 7, 2020 SUNDAY

SURROUNDING YOUR PRACTICE WITH
EXCELLENCE: LEGAL ISSUES, STANDARDS AND
ADVOCACY
June 13, 2020

**LIVE WEBCASTS
HALF-DAY PROGRAMS**

ADVANCED CARDIOVASCULAR PULMONARY
PATHOPHYSIOLOGY
February 29, 2020

FOUNDATIONS OF PEDIATRIC
PERIANESTHESIA CARE
March 8, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS I
February 9, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS II
February 16, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS III
February 23, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS IV
February 23, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS V
March 15, 2020 SUNDAY

PERIANESTHESIA FOUNDATION
June 6, 2020

**LIVE WEBCASTS
TWO-HOUR PROGRAMS**

ERAS: WHAT YOU NEED TO KNOW FOR
ENHANCED RECOVERY AFTER SURGERY
March 22, 2020 SUNDAY

INFECTION CONTROL CHALLENGES:
IMPLICATIONS FOR THE PERIANESTHESIA NURSE
January 26, 2020 SUNDAY

OBSTRUCTIVE SLEEP APNEA IN THE ADULT
PATIENT: PUTTING THE PRACTICE
RECOMMENDATION INTO PRACTICE
February 5, 2020 WEDNESDAY

PREVENTION OF UNWANTED SEDATION:
PUTTING THE PRACTICE RECOMMENDATION
INTO PRACTICE
March 18, 2020 WEDNESDAY