



Breathline

Volume 39, Issue 5
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INSIDE:

PRESIDENT'S MESSAGE:

Celebrate Strengths: Elevate Practice, Invest in Your Knowledge!

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

Benjamin Franklin once said: "An investment in knowledge always pays the best interest."¹ ASPAN is YOUR investment in knowledge. There is a plethora of avenues through ASPAN in which to gather knowledge. The National Conference is the highlight of sharing. This is where we listen to speakers, read posters, and gather with our colleagues to network. The coming together enriches our lives as we learn from each other and take back best practices. As a member of ASPAN, you have multiple opportunities to gather knowledge, such as through the *Journal of PeriAnesthesia Nursing (JoPAN)* that comes to your house and online, and *Breathline* that comes directly to your email to read online.

Active Learning

Knowledge is gained not only by the passive flow of facts but by being an active learner. Seeking out information brings a sense of independence by being self-sufficient. ASPAN offers you the chance to seek information by utilizing the resources of its website to learn about perianesthesia nursing. Experts in the perianesthesia field are active within ASPAN, so utilizing their expertise brings knowledge to you. The Clinical Practice Committee offers free answers to any question posed regarding your practice. Think about the fantastic learning resources you have at your fingertips.

Obtain Knowledge Within ASPAN

Education abounds within ASPAN! Learning can take place whenever and wherever you want. There are live seminars to attend, live webcast opportunities from full day to two-hour presentations, and modules on-demand that you complete at your convenience. ASPAN is ready to assist you with your learning. Look for support from ASPAN when you return to school. Scholarships are available for BSN, MSN and Doctoral programs. Take full advantage of this great opportunity.

Serving nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management.



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

Becoming an Expert

The interest you receive from others related to your new knowledge is not always immediately apparent. But, gradually, you become an expert in your field with your colleagues respecting your knowledge. People identify how vested you are in your profession and they reach out to you to precept a new hire or ask you to lead a team to improve practice. Professional opportunities present themselves as you acquire more knowledge and take the initiative to learn. You can give back to nursing.

Where Will Your New Knowledge Lead You?

It is the time of year that people head back to school. As I thought about Ben Franklin's quote regarding returning to school, I thought about the investment I made in going back to college, twice. It paid real dividends. I became a clinical instructor for a nursing program, and I was also chosen to become the clinical educator for the PACU. When I started on the BSN and Master's trajectory, I was not sure what the end result would be. But, I knew it would not be wasted. And it wasn't!

Thank you for being a member of ASPAN. Utilize the benefits of being a member and invest in knowledge by taking advantage of the opportunities ASPAN presents. You never know where it will lead.

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ASPAN

American Society of PeriAnesthesia Nurses

ASPAN 2020-2021 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
- 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.

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

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!"¹ 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 one 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. [Click here](#) for the Willingness to Participate form. **The deadline is October 31, 2019.**

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

REFERENCE

1. von Goethe JW. Forbes Quotes Thoughts on the Business of Life. Forbes website. <https://www.forbes.com/quotes/5037/>. Accessed July 17, 2019.



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Deadlines for inclusion in *Breathtline*:

IssueDeadline

JanuaryNovember 1

MarchJanuary 1

MayMarch 1

JulyMay 1

SeptemberJuly 1

NovemberSeptember 1

Welcome to the fall season! I hope you had an enjoyable summer. The Membership / Marketing Strategic Work Team is connecting with all component leaders to assist with promotions, including a reminder of ASPAN's upcoming national awards.

Nominations Open for ASPAN 2020 Awards – Nominations are now open for ASPAN's 2020 Awards Program. Here is a brief description of each award. Winners of the awards will be announced at the 2020 ASPAN National Conference in Denver, Colorado.

- **Excellence in Clinical Practice Award** – 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. Deadline for applications is **November 30, 2019**.
- **Award for Outstanding Achievement** – 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. Deadline for application is **November 30, 2019**.
- **Above and Beyond Service Recognition** – The ASPAN Above and Beyond Service Recognition Awards are given to individuals in recognition of their exemplary service to ASPAN and/or their component. Recipients of this award demonstrate an attitude of excellence, teamwork, and go "Above and Beyond" the expectations of their job/duties. [Click here](#) for more information. Deadline for application is **January 10, 2020**.
- **Gold Leaf Component of the Year Award** – The Gold Leaf Component of the Year Award recognizes excellence in component leadership and member development, communication, education services and community service. The award reflects component activity from January 1, 2019 to December 31, 2019. This year, there are revisions to the Gold Leaf application with maximum points and scoring information. [Click here](#) for more information. Deadline for submission is **February 1, 2020**.
- **Recruiter of the Year Award** – This prestigious award goes to the individual who recruits the most new members during the calendar year. In appreciation for his/her remarkable work, ASPAN is pleased to award the Recruiter of the Year with complimentary basic registration to the next ASPAN National Conference, complimentary one-year membership to ASPAN, and a commemorative plaque presented at National Conference.

Member-Get-A-Member Campaign – Invite your colleagues to join ASPAN and, as a thank you for your recruitment work, a variety of awards are available for members who participate. The recruitment campaign runs from January 1, 2019 to December 31, 2019. You can obtain promotional materials and membership applications from the National Office. Remember to place your name as the recruiting member. [Click here](#) for more information.

ASPAN Group Membership Program – Consider asking your employer about ASPAN group membership. ASPAN offers discounts to facilities that purchase 15 or more memberships at one time. ASPAN provides members with the latest in perianesthesia education, research, clinical expertise as well as discounts for ABPANC certification exams. The facilities, in return, have the most dedicated, best-educated perianesthesia nurses as employees providing quality patient care.

ASPAN YouTube Video – A great way to promote our practice, and introduce ASPAN, is to share a YouTube video ASPAN created. You can see the video at: <https://www.youtube.com/watch?v=delfDhWrPCA> and are welcome to share this link with your colleagues and friends.

Member Benefits

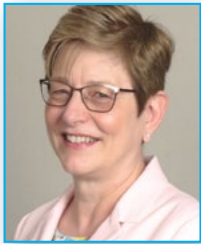
- **Discounts on Education** – \$110 off CPAN® and CAPA® examination fees, up to \$220 off National Conference registration fees, free continuing education articles each year, major discounts on additional education such as Education On-Demand, Webcasts, Seminars, and ASPAN Select Seminars
- **Discounts on Publications** – Free subscription to the *Journal of PeriAnesthesia Nursing* (\$177 value), free subscription to *Breathline*, ASPAN's online newsletter, major discount on the ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* (\$105 off), and major discounts off other publications
- **Collaboration** – State/regional membership and related benefits, networking, Clinical Practice Network, specialty practice groups, committees and strategic work teams
- **Advocacy** – Governmental Affairs, Membership/Marketing, *PeriAnesthesia Nurse Awareness Week*, and professional partnerships
- **Other Benefits** – Scholarships, research grants, personal and professional advancement, free online access to the Joanna Briggs Institute's medical databases, peer recognition and member rewards program, and access to personal liability insurance at competitive rates 🌱



Lori Silva
RN, CCRN, CPAN

Education Update

Mary Baird, MSN, RN, CPAN – Director for Education



Mary Baird
MSN, RN, CPAN

Work has Begun for the 2020 National Conference in Denver

As the temperature and humidity rose during the summer in the midwest, so did my anticipation for national conference in 2020. I would like to recognize Laurie Laurino, Courtney Papp, Valerie Watkins and Dr. Linda Wilson for their assistance in reviewing over 95 proposals for national conference. This professional foundation will provide an outstanding selection of topics to enhance the professional knowledge and networking of the clinician, the educator and the manager.

In the Meantime

Did you know that as an ASPAN member, you can get free continuing education credit by just reading some articles and submitting the posttest and evaluation in the *Journal of PeriAnesthesia Nursing*?

Check out these new continuing education articles. You can access them at <https://www.aspan.org/Education/JOPAN-Continuing-Education-Articles>.

1. Perianesthesia Nursing Malpractice: Reducing the Risk of Litigation
2. Multidisciplinary Approach to Placenta Percreta: An Observational Case Study
3. Perioperative Care of Children Undergoing Intra-arterial Chemotherapy for Retinoblastoma
4. Periprocedural Considerations for Anticoagulated Atrial Fibrillation Patients
5. Acute Postobstructive Pulmonary Edema Following Laryngospasm in Elderly Patients: A Case Report
6. Pediatric Emergence Delirium: A Case Study



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

Celebrate Successful Practices abstracts for poster presentations 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. [Click here](#) for information.

Research abstracts for poster presentations are also due **October 15, 2019**. Start planning now to showcase your accomplishments! [Click here](#) for information.

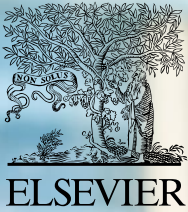
SAVE THE DATE

PeriAnesthesia Nurse Awareness Week | February 3 – 9, 2020

The 2020 theme is **Perianesthesia Nurses: Strength in Knowledge**. Start planning now! Watch for more information in the next issue of *Breathline*.

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Clinical eLearning



Clinical Practice Hot Topic

Cross-training in the Perianesthesia Areas

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 nurses cross-training into the various perianesthesia care areas.

Q. *Is it standard practice for preop nurses who have moved all the patients into surgery to finish their shift working in Phase II? Cross-training would help keep the patient flow smooth at busy times.*

Q. *I work in a hospital with an inpatient preop & PACU and an outpatient preop & PACU. We in the outpatient area have no intermediate care (IMC) or ICU patients. Now they want to blend units & give us ICU or IMC. No experience with this. Advice please?*

A. The time of specialization, of only working in preop, Phase I or Phase II, has passed. Many acute care facilities are cross-training perianesthesia nursing staff to work in all phases of perianesthesia care. Cross-training can better meet patient care needs and improve patient flow. As we know, active periods throughout the perianesthesia continuum do not occur at the same time. When the day is starting, the preop area is most busy, often needing additional staff. Later in the day, Phase I and Phase II may need additional nurses to care for patients.

How Do We Staff These Areas?

ASPAN's *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* describes professional responsibility of the perianesthesia registered nurse to provide a comparable level of care regardless of the physical setting. This is stated in Standard III – Staffing and Personnel Management: “An appropriate number of perianesthesia registered nursing staff with demonstrated competence is available to safely meet the individual needs of patients and families in each level of perianesthesia care based on patient acuity, census, patient flow process, and physical facility.”¹

Additionally, we all have a responsibility to be aware of changes within perianesthesia practice. The ongoing thrust toward cross-training is one of those

changes proceeding in most practice environments. Cross-training nurses can alleviate staff short-falls during periods of high patient volume and safeguard against adverse patient events.

Preparing Staff for Cross-training

In ASPAN's *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, one new resource to assist with cross-training is Resource 4: Perianesthesia Orientation Timeline. This resource lists expected competencies for each level of perianesthesia care with a suggested timeline to complete training in each area, based on that nurse's previous experience.²

Julie Seefeldt, MSN, RN, CAPA, a Clinical Practice Committee member, answered a question recently on blending units. She stated that “training should be provided to both teams to close the knowledge/competency gaps so that all staff is prepared prior to being required to care for patients they were not caring for while units were separate. Creating opportunities for cross-training in the clinical setting would be helpful before the blending of units occurs.”

Staff are also called upon at different times to participate in procedures in another perianesthesia area. These procedures could be placement of invasive lines, placement of a block, even an IV start or lab draw in one of the different areas. So, cross-training for additional activities and with additional competencies just makes sense.

What Competencies Do Each Area Need?

Another section in the ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* to assist with cross-training is Practice Recommendation (PR) 4 - Competencies for the Perianesthesia Registered Nurse.³ Similar to the orientation timeline, this practice recommendation lists the competencies included, but not limited to, those needed for competency in each area. This recommendation comes in an outline form that may better suit some facilities.

Evolution of the Nursing Workforce Development Programs

Donna Goyer, BS, RN, CPAN, CAPA – Coordinator, Governmental Affairs SWT

GA SWT
Update

Currently, the Nursing Workforce Development Programs are commonly referred to as Title VIII Programs of the Public Health Service Act.^{1,2} Interestingly, the origin of these programs was in 1964 when President Johnson signed the Nurse Training Act. At that time, President Johnson and Congress recognized nurses were essential members of the healthcare team.^{1,2} This remains true today.

What Do These Programs Do?

The Title VIII Nursing Workforce Development Programs of today provide support for nursing education at all levels, nursing workforce diversity and nurse education, practice, quality and retention programs. This is accomplished through loan repayment and grant programs.^{1,2}

Recent progress has been towards re-authorization of the Title VIII Nursing Workforce Development Act as well as appropriation proposals to fund these programs. In June, the Title VIII Workforce Development Act of 2019 was introduced into the Senate (S. 1399) by Senators Merkley and Burr. In July, H.R. 728 the Title VIII Workforce Development Act was advanced out of the House Energy and Commerce Committee to the House floor. This would re-authorize these programs through 2024. During the June sessions of the House of Representatives, the Department of Labor, Health and Human Services, and Education and Related Agencies Appropriations Act of 2020 House passed H.R. 2740. This would appropriate \$279.472 million for the

existing Title VIII programs, and introduces new grant opportunities for \$170.958 million for the National Institute of Nursing Research (NINR).^{1,2}

Importance of Continuing These Programs

These advances towards re-authorization and funding are exciting and indicative of the vital role of nursing in healthcare. The Title VIII Nursing Workforce Development Act must still pass out of the House and Senate for re-authorization through 2024.^{1,2} The 2020 budget has not yet been approved, so the proposed amounts could still be modified and most likely decreased. Our role as advocates is to be the voice of nursing and our communities. Please reach out to your legislators and thank them for their support, or encourage them to support these vital programs.

Additional resources are available via the Nursing Community Coalition and ASPAN's Advocacy page at www.aspan.org.

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1. The Nursing Community Coalition (NCC). Advocacy & Engagement in 2019. NCC website. www.thenursingcommunity.org/news. Accessed August 10, 2019.
2. American Organization for Nursing Leadership (AONL). Title VIII Nursing Workforce Development Programs. AONL website. <http://advocacy.aone.org/title-viii-celebrating-50-years-nursing-workforce-development-programs-0>. Accessed August 10, 2019.



Donna Goyer
BS, RN, CPAN, CAPA

Additional Resources

Above all else, you must keep in mind the patient populations served as well as the types of procedures completed at your facility. As part of PR 4, one of the resources mentioned is *A Competency-Based Orientation Program for the Registered Nurse in the Perianesthesia Setting*, and the additional *A Competency Based Orientation and Credentialing Program for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting*. These are additional tools that will be helpful to start cross-training in your facility.³

[Click here](#) to order these two resources.

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1. American Society of PeriAnesthesia Nurses. Standard III – Staffing and personnel management. In: *2019-2020 PeriAnesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Cherry Hill, NJ: ASPAN; 2018:25-26.
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The Informatics Specialty Practice Group is 10 Years Old!

Angelique Weathersby, MSN, MBA, RN – Coordinator, Informatics SPG



Angelique Weathersby
MSN, MBA, RN

Nursing informatics is the specialty that integrates nursing science with multiple information and analytical sciences to identify, define, manage and communicate data, information, knowledge and wisdom in nursing practice.¹ Nurse informaticists, working as an essential part of the health-care team, play a critical role in the continuous development and improvement of healthcare technology. These technologies are valuable tools in the promotion of patient safety.^{1,2}

Activities and Purpose of the Informatics SPG

The Informatics Specialty Practice Group (SPG) was chartered in November 2009. Dolly Ireland, the first Informatics SPG coordinator, recognized the need for a forum where perianesthesia nurses involved in informatics could network, share best practices, pose questions and get responses from peers through a national perspective. Through the years, the number of communication tools available to SPG members has grown to include the ASPAN forum a Facebook page and the Informatics SPG Instagram account.

The Informatics SPG meets annually at the ASPAN National Conference. Members receive two newsletters each year, which feature industry news, a member spotlight page, an article from a member, and upcoming informatics events. Interest in the exciting field of nursing informatics continues to grow and is reflected in our membership, currently 80 strong.

The Informatics SPG has been recognized for a number of accomplishments, including its work to help develop the Perianesthesia Data Elements,³ and the Clinical Information Systems Implementation Resource Manual.

What Does the Future Hold?

The American Medical Informatics Association projects that close to 70,000 nursing informatics specialists may be needed in the future.⁴ The demand for nursing and health informatics is being driven in part by the Health Information Technology for Economic and Clinical Health Act and the Patient Protection and Affordable Care Act.^{5,6}

This is an exciting time to be in informatics. All who are interested in informatics are welcome to join the Informatics SPG and share the journey. For more information, contact Angelique at: virtualrn2@aol.com.

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1. American Nurses Association. *Scope and Standards of Practice: Nursing Informatics*. 2nd ed. Silver Spring, MD: ANA; 2015.
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Contact ABPANC

Phone: 800-6ABPANC Email: abpnc@proexam.org
Web site: www.cpancapa.org

Call for ABPANC Board Nominations

ABPANC is accepting nominations for several RN Director positions for the 2020 – 2022 term of office. If you know of a qualified individual, or you share our commitment, have a willingness to serve, and are ready for a true challenge, please email a letter of nomination to abpnc@proexam.org by October 31, 2019. For more information, please [visit this link](#).

REMINDERS:

Fall Certification Exam Administration Window:

September 15 – November 15

Fall CAPA/CPAN Recertification Window:

Closes October 31

Fall Reinstatement Window:

November 1 - November 15

Evidence-Based Practice and the Joanna Briggs Institute

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

Research

The Joanna Briggs Institute (JBI), located in Adelaide, Australia and named for the first Matron of the Royal Adelaide Hospital in 1855, is a global leader in evidence-based healthcare.¹ An important mission of JBI is to provide the education, training, and resources to support systematic reviews of existing research studies. Through this work, evidence-based nursing and the translation of evidence into practice are fostered. There are dozens of JBI collaborating centers located in the US and around the globe. ASPAN sponsors members to attend the training so that clinical practice guidelines and recommendations can be informed by such evidence-based practice (EBP) and systematic reviews.

JBI Training

The JBI Comprehensive Systematic Review Training Program provides a week of training and practice of skills so that, by the end of the program, participants complete a protocol and are ready to start a systematic review. Systematic reviews are conducted to provide a comprehensive, unbiased synthesis of relevant studies using rigorous and transparent methods. A systematic review aims to synthesize and summarize existing knowledge and is used to inform practice decisions.²

JBI uses the FAME framework to guide decision-making. The feasibility, appropriateness, meaningfulness, and effectiveness of healthcare practices are considered using this framework.³ Perianesthesia nurses can readily relate to this framework because, as practical problem-solvers, we consider these concepts all the time. We know that an expensive, labor-intensive intervention that is not meaningful to patients will not be effective due to lack of funding, motivation, and commitment on the part of the organization, the nurses, and the patients.

Using Appraisal Tools to Evaluate Studies

The JBI appraisal tools can be used to systematically evaluate the level and quality of research stud-

ies to inform EBP decisions. ASPAN supports the use of these or other standardized tools by the members when reading publications. These tools will help guide whether studies have value and should be used to inform practice.⁴ There are specific tools for critical appraisal of different types of studies from randomized controlled trials to qualitative studies. Using these tools will help everyone, novice to expert, feel confident in their evaluation of the quality of published research.

Current topics being studied by ASPAN members who have taken the systematic review training program include discharge planning criteria and capnography in the PACU. The techniques learned while performing these systematic reviews will be applied to other topics relevant to perianesthesia nursing. ASPAN strives to use the best available evidence as the foundation of practice recommendations. When gaps emerge, this can serve to focus our research efforts.

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

SPOTLIGHT ON THE ASPAN FORUMS TEAM

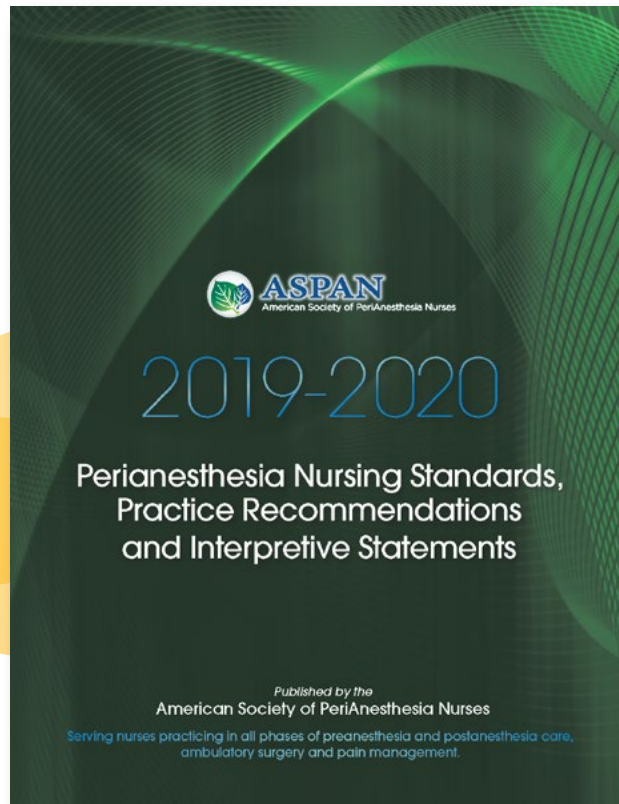
Did you know that you can get your clinical practice questions answered on the ASPAN Forums located on the ASPAN website? The Forums are a great place to network with other perianesthesia nurses about common practice issues. The Forums site and its threads are monitored by a team from the Clinical Practice Committee. They monitor the content and will respond to your questions as well.

To use the Forums site, go to the ASPAN website, sign in with your username and password, and you are ready to go! [Click here](#) to access the Forums site.

The members of the ASPAN Forums Team include:

Terri Passig BSN RN CCRN CPAN CAPA CPHQ
Melissa Davidson BSN RN CPAN
Charlotte West BSN RN CPAN
Leslie Edney MSN RN CMSRN CPAN CAPA

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Come to Denver for the 2020 ASPAN National Conference!

Valerie Watkins, BSN, RN, CAPA – Coordinator, ASPAN National Conference Strategic Work Team

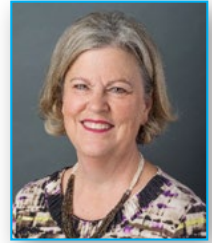
I'd like to invite everyone to join us April 26-30, 2020, in Denver, Colorado, for ASPAN's 39th National Conference at the Gaylord Rockies Resort and Convention Center. Let me share with you some exciting facts about Denver and Colorado.

Colorado is the highest state in the nation, home to over 58 mountain peaks that reach over 14 thousand feet! The breathtaking mountain, Pikes Peak, inspired the lyrics to "*America the Beautiful*" by Katharine Lee Bates. Colorado got its name for the brilliant, red-colored earth found in several parts of the state. More than 40 rivers headwater in Colorado. Although we are not next to a body of water, Colorado also has the tallest sand dunes in America. Denver itself also has a very temperate climate, and the city's geography is high desert.¹

Denver is known as the Mile-High City, and not for the reason you might think. Denver sits at 5,280 feet, exactly one mile above sea level.¹ The city has a superb view of the Rocky Mountains, and nearly every window at the Gaylord will offer spectacular views of the mountains. We Coloradans say you never get tired of looking at those beautiful mountains, and, you always know which way is west!

Long ago, during the pioneer days, Denverites discovered their love of beer and other spirits. Coors Brewery was established in 1873 in Golden, Colorado, next to the foothills, when German immigrants Adolph Coors and Jacob Schueler came to the United States. Their initial investment was \$8,000.¹ Many craft breweries have followed in the last few decades and now, more beer is brewed in Denver than in any other city in the

National
Conference



Valerie Watkins
BSN, RN, CAPA



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

▼ **Coors Brewery**
Photo courtesy of Visit Denver



▼ **Red Rocks Amphitheatre**
Photo courtesy of Visit Denver



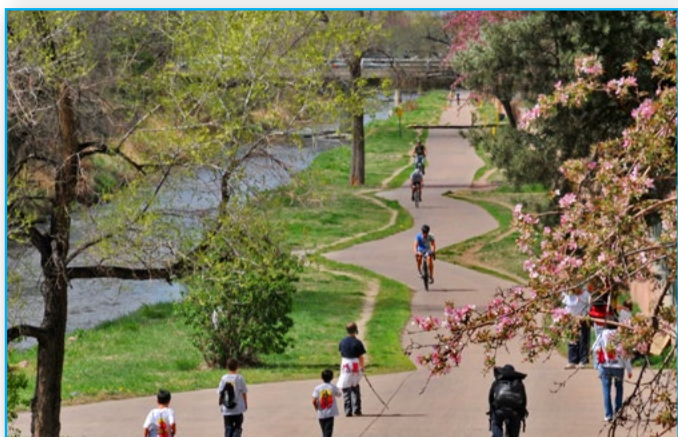
▼ **Denver Skyline**
Photo courtesy of Visit Denver



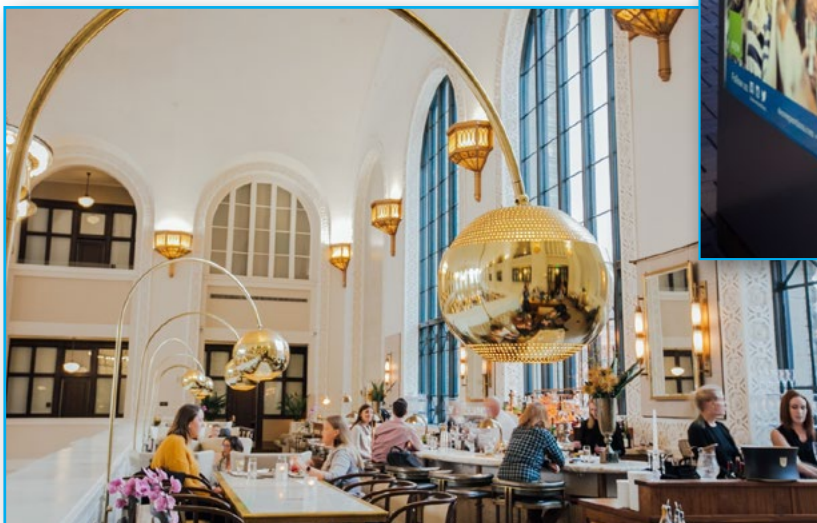
United States. As a result, Denver is known as the “Napa Valley of Beers.”¹ Now, that does not mean we want you all to go out drinking, but with the altitude here in Colorado, you may want to have a beer in one hand and a bottle of water in the other. It will prevent that nasty altitude sickness!

Come, and stay a few extra days. See and experience many of the wonderful sights, scenery and events that make Denver and Colorado so special.^{2,3,4} You may even want to take a trip up into the mountains where, if it is anything like this year, you could still go skiing or snowboarding into the early summer!

▼ Vail Hiking
Photo courtesy of Vail Resorts



◀ Cherry Creek Path
Photo courtesy of Stevie Crecelius at Visit Denver

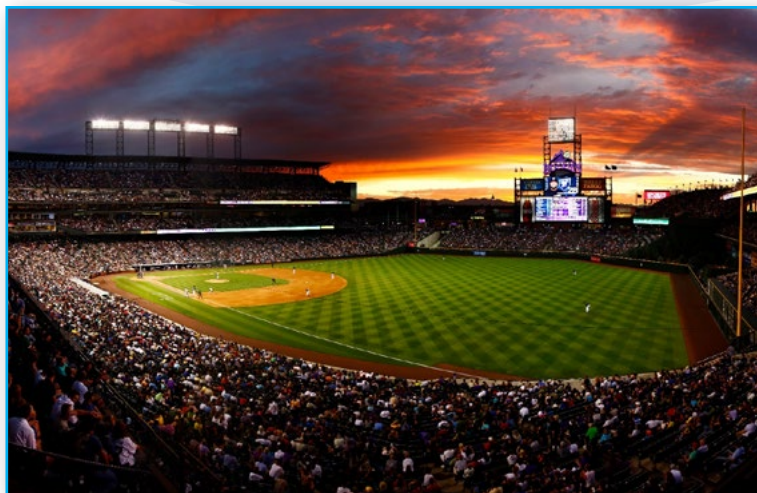


▲ Denver Pavilions Shopping
Photo courtesy of Visit Denver

◀ Copper Lounge Union Station
Photo courtesy of Rebecca Todd at Visit Denver

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4. 25 Best Things to Do In Denver, Colorado. The Crazy Tourist website. <https://www.thecrazytourist.com/25-best-things-denver-colorado/>. Accessed August 4, 2019.



▲ Colorado Rockies Baseball Game at Sunset
Photo courtesy of Visit Denver



GOOD CATCH!

A Pre-Surgical Testing Safety Success Story

Rebecca Walton, BSN, BSEd, RN, CAPA

PreAdmission Testing

Gwinnett Medical Center, Lawrenceville, Georgia

A ninety-year-old man presents for pre-surgical testing, scheduled for a colon resection with colostomy creation. He has a current rectovesical fistula in the setting of previous pelvic radiation for history of prostate cancer. The current diagnosis manifested as recurrent urinary tract infections and a workup revealed the fistula.

The patient has a history of chronic obstructive pulmonary disease and obstructive sleep apnea. He uses home oxygen at two to three liters per minute as needed during the day. Nightly, the oxygen is blended into his continuous positive airway pressure machine. He has hyperlipidemia and a long-standing heart murmur with adult-onset. He sees a primary care provider and a pulmonologist, but no cardiologist. At his pre-surgical testing appointment, he states, "My heart is fine." He takes an antibiotic for current urinary tract infection and a daily statin, multivitamin, morning Symbicort® inhaler and baby aspirin. He uses a Ventolin® rescue inhaler as needed.

Probing for More Information

The pre-surgical testing nurse desires more information about the adult-onset heart murmur and calls his provider to obtain his most recent echocardiogram. The echo report comes over the fax and is dated over two years ago, performed by his primary care provider. It reveals moderate aortic stenosis at that time. The primary care provider states a new echo was requested last year, but the patient refused, citing financial reasons.

Pursuing Further Testing

The pre-surgical testing nurse consults the anesthesiologist about history of moderate aortic stenosis with no repeat echo over the past two years. Orders are received for cardiac clearance to be obtained prior to surgery. The patient sees a cardiologist two days later. Upon workup, the patient completes an echo and a nuclear stress test. The stress test is normal. The echo is not.

This patient's echo reveals an aortic valve surface area of 0.87 cm squared. Normal aortic valve surface area ranges from three to four centimeters squared.¹ Severe aortic stenosis is characterized by several factors, one being an aortic valve surface area less than one centimeter squared.² Five days later, the patient undergoes left heart catheteriza-

tion with aortic balloon valvuloplasty. Post-balloon procedure echo reveals an improved valve surface area of 1.26 centimeters squared. The patient receives cardiac clearance, stratified as low risk, to proceed with the recommended colon surgery. Cardiology office notes state he will proceed with transcatheter aortic valve replacement after his colon surgery heals and infection issues resolve.

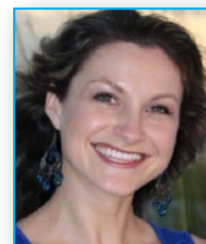
Understanding Aortic Stenosis and Its Consequences

The pre-surgical testing nurse needs to be familiar with aortic stenosis because severe aortic stenosis can lead to poor outcomes in the surgical setting. This danger is largely because the heart struggles to adequately respond to the stresses resulting from the anesthesia and surgery. Compensation mechanisms, such as increasing stroke volume and heart rate to increase cardiac output, may not be possible. These patients are therefore at increased surgical risk for hypotension, arrhythmias, myocardial infarction or ischemia, heart failure, stroke and sudden death.³ In fact, aortic stenosis is perhaps the most common cause of sudden death among valvular heart diseases.⁴

A thorough pre-surgical testing evaluation can help identify these high-risk patients and advocate for their safety. A few symptoms can suggest that the nurse needs to dig deeper with possible aortic stenosis in mind. Patients should be asked if they have been told they have a heart murmur. Murmurs with adult-onset are more concerning for aortic stenosis. Nurses should ask patients if they specifically have been diagnosed with any heart valve issues or receive routine echocardiograms. If a patient says he has been told he may need valve replacement surgery in the future, details from his cardiac history need to be reviewed closely. Also, any known history of aortic stenosis with worsening symptoms like shortness of breath, chest pain, fatigue, fainting, fluid retention or decreased exercise tolerance may indicate the disease process is becoming more severe.¹

Did We Make a Difference?

Of course, it is not known what the outcome of this particular patient would have been if he had proceeded with surgery with undetected severe aortic stenosis. It is known that significantly higher operative mortality rates are seen with patients



Rebecca Walton
BSN, BSEd, RN, CAPA

What is ASPAN Development About?

Katrina Bickerstaff, BSN, RN, CPAN, CAPA – ASPAN Resource Development SWT Coordinator



Katrina Bickerstaff
BSN, RN, CPAN, CAPA

"WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE."¹ - WINSTON CHURCHILL

Greetings from ASPAN Development! For those who do not know, I was asked by our president, Amy Dooley, to serve as your new ASPAN Development Strategic Work Team (SWT) coordinator. I will be following in the very successful footsteps of my predecessor, Armi Holcomb. Armi, together with our team, laid the groundwork for future philanthropy and generosity to ASPAN. ASPAN Development encourages giving from individuals and organizations to help advance the vital practice of perianesthesia nursing.

Each year we hope to exceed the previous year in giving at our National Conference, and this year was no different. The Development Breakfast in Nashville saw a sold-out attendance. We were amazed and entertained by Past President Terry Clifford, who touched our hearts with individual stories, narratives and pictures of our past. During the breakfast and throughout the conference week, members pledged money commemorating individuals through our *Hail Honor Salute!* campaign.

We exceeded expectations for the *Legacy for Life* program by the gifts of three individuals and two components. Our *Legacy for Life* program supports the future of perianesthesia nursing

through significant, enduring contributions that are applied to perianesthesia education, research, practice and standards.

Every dollar given through any of our programs, including the Dream Walk, Silent Auction and individual contributions, supports activities such as professional education, evidence-based research, scholarships, awards, advocacy and much more. Consider making a contribution to ASPAN. Let us continue to support these important programs and advance our specialty of perianesthesia nursing.

For more information on giving, please contact Doug Hanisch at the National Office: dhanisch@aspan.org.

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1. Churchill W. Fundraising Quotes: Inspiration for Making the Ask. Fundraising coach website. <https://fundraisingcoach.com/quotes/>. Accessed June 22, 2019.



▲ The Development Breakfast was a sold-out event in Nashville

who have severe symptomatic aortic stenosis, compared to those who are asymptomatic or have mild symptoms.⁵ As with so many patients, other comorbidities, such as this patient's chronic obstructive pulmonary disease, create challenges in ascertaining the cause of symptoms such as shortness of breath or fatigue. Thankfully, this patient did well with his colon surgery, post-balloon valvuloplasty.

All In a Day's Work

For pre-surgical testing nurses, this scenario is all in a normal day's work. With teamwork and a multidisciplinary approach, "good catches" like this one help keep perioperative patients safer every day.

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THE DIRECTOR'S CONNECTION

Keisha Franks, BSN, RN, CPAN
ASPAN Regional Director, Region 5

REGION 5 UPDATE

National Conference in Nashville was great, and I became more aware of the wonderful and passionate leaders of Region 5. I was honored to spend time with component leaders and members at the various component activities during National Conference. I appreciated the warm welcome as your new Region 5 director, and the great handoff from Kim Godfrey. It is apparent the components have taken the summer to plan a very busy and educational fall. I have witnessed the passion, respect, integrity, diversity and excellence from the board meetings and leader interactions I have encountered thus far. I am excited to be a part of such a professional and committed group!

Component Activities

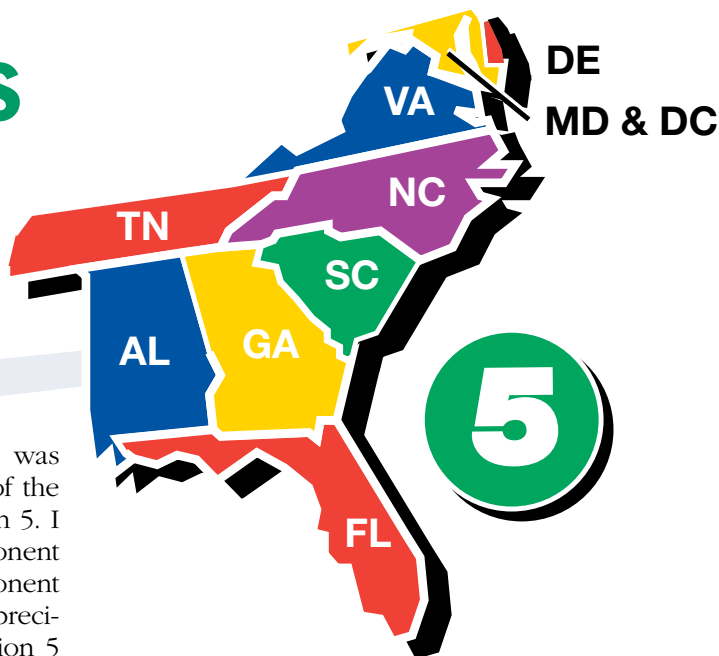
Alabama Association of PeriAnesthesia Nurses (ALAPAN): For upcoming events in early 2020, visit www.alapan.nursingnetwork.com.

Chesapeake Bay Society of PeriAnesthesia Nurses (CBSPAN): CBSPAN will host a fall conference October 19 at Medstar Washington Hospital Center in Washington, DC. Visit www.cbspan.org for more information.

Florida Society of PeriAnesthesia Nurses (FLASPAN): FLASPAN celebrated its 50th Anniversary at sea on a 3-day cruise July 26-29 with Dr. Kim Noble as keynote speaker. Tampa Bay district will also host a mini-conference October 5. Visit www.flaspan.nursingnetwork.com for more information.

Georgia Association of PeriAnesthesia Nurses (GAPAN): GAPAN will host its fall conference "Perianesthesia Nurses Hitting It Out of the Park," October 4-6, 2019, at the Renaissance Atlanta Waverly Hotel and Conference Center. Visit www.gapan.nursingnetwork.com for more information.

North Carolina Association of PeriAnesthesia Nurses (NCAPAN): North Carolina will host "Sailing into Perianesthesia Nursing," September 27-29, 2019 at the Greenville Hilton. Visit www.ncapan.nursingnetwork.com for additional upcoming events.



Region Report



Keisha Franks
BSN, RN, CPAN
Regional Director,
Region Five

South Carolina Association of PeriAnesthesia Nurses (SCAPAN): SCAPAN will host a fall conference November 23 at Roper St. Francis Healthcare in North Charleston, SC. Visit www.scapan.nursingnetwork.com for more information.

Tennessee Society of PeriAnesthesia Nurses (TSPAN): TSPAN will host its fall conference September 28 at Turkey Creek Medical Center in Knoxville, TN. Visit www.tspanonline.nursingnetwork.com for more information.

Virginia Society of PeriAnesthesia Nurses (VSPAN): For upcoming events in early 2020, visit www.virginiaspn.nursingnetwork.com.

Stay tuned and visit your component's website, as most of the conferences will offer online registration.

Willingness to Participate

Don't forget to fill out your Willingness to Participate! See the article on page two about this opportunity. **The deadline is October 31, 2019.** 🌱

Component Education Program

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.

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.

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 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

October 19, 2019 *Little Rock, AR*

LIVE WEBCASTS FULL-DAY PROGRAMS

PEDIATRICS: BEYOND THE BASICS
November 2, 2019

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)
October 16, 23 and 30, 2019 WEDNESDAYS

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

HALF-DAY PROGRAMS

ADVANCED CARDIOVASCULAR PULMONARY
PATHOPHYSIOLOGY
November 3, 2019 SUNDAY

FOUNDATIONS OF PEDIATRIC
PERIANESTHESIA CARE
October 6, 2019 SUNDAY

PERIANESTHESIA ESSENTIALS IV
October 20, 2019 SUNDAY

PERIANESTHESIA FOUNDATION
November 10, 2019 SUNDAY

LIVE WEBCASTS TWO-HOUR PROGRAMS

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