



Breathline

Volume 40, Issue 1
January/February 2020

INSIDE:

PRESIDENT'S MESSAGE:

Celebrate Strengths: Elevate Practice

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

Welcome to 2020! This is the time of year that some people make resolutions for the new year. I am not one of those people. The new year for me is time to go out and enjoy the snow, revel in the crisp dry air, and marvel at the purity of the freshly fallen snow. I realize that half the country does not have this opportunity, but perhaps you enjoy the sun, revel in the cooler temperatures, and reconnect with your snowbird friends.



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

members or not. Forty-six percent of those asking questions of our CPC are not members, but tap into our network to gather our recommendations.

ASPAN Strength and Support

The strength of perianesthesia nurses around the country to support one another cannot be put into words. The strength of our CPC reaches many. You see it at national conference where the yearly return of friends looks like a large family reunion.

And, in fact, it might be considered that. You find evidence of support as the network is invoked when good and bad news is shared. Congratulations and condolences roll in at an amazing rate from those who are considered acquaintances and friends, warming the hearts of those intended.

ASPAN yields a remarkable return for its members. This return happens through best practices, the opportunity to volunteer matching your interest and skill, and, most importantly, the chance to network with others in a like situation and meet the “experts” at National Conference. My colleague who attended her first national conference last year was amazed, impressed and awestruck at the knowledge, the networking, and the warm welcome from everyone she met. This to me sums up our organization and why it is the greatest one of all!



ASPAN Standards & Guidelines Meeting

ASPAN continues to support perianesthesia nurses. We had a robust and dynamic Standards & Guidelines meeting in October, which brings together the brain trust of ASPAN. The level of research and evidence-based knowledge brought to this meeting is crucial to updating and incorporating best evidence into the *ASPAN Perianesthesia Nursing Standards, Practice Recommendations and Interpretative Statements*. And, in turn, this resource is critical to elevating perianesthesia practice. Look for the Standards update and recommendations to be presented for approval during the 2020 Representative Assembly at the ASPAN National Conference in Denver.

The Importance of the Standards Throughout Components

As I travel across the country speaking at component conferences, I come to truly understand the outreach ASPAN embodies. Many people have approached me to share their story of how ASPAN has helped them with their practice. The Standards are the “bible,” if you will, for the nurse to use to substantiate best practice. The information and feedback from the Clinical Practice Committee (CPC) is vital to espousing our standards and sharing best practice with perianesthesia nurses, ASPAN



ASPAN'S 2020-2021 Slate of Candidates



ASPAN® Breathline

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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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BSN RN CAPA



Debra Payne
MSN RN CAPA



CANDIDATE PROFILES: Your Input is Requested!

ASPAN's slate of candidates for the 2020-2021 year is impressive, and all bring talent and skills to the roles they are seeking to lead ASPAN in the coming year(s). Each candidate recognizes the importance of contributing to excellence in perianesthesia practice, leadership and collaboration.

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

Your component is looking for your input! Here's what you do by **February 29, 2020**:

- You must be a current ASPAN **Active** Category or **Retired** Category member
- After reading the instructions, scroll down the page and review the list of candidates' names
- Next to each name is a link entitled "BIO." Click on this link to read about the candidate
- Review all 2020-2021 Candidate Profiles
- Click the box next to the candidate's name of your choice for each position
- Only **ONE** name or abstention may be selected within each position – except Nominating Committee positions. **Five** positions are open on the Nominating Committee; however, only three candidates declared for the Nominating Committee this year
- Find and select your component from the list of component names. This is a **REQUIRED** field since it determines where to forward your submission
- At the page bottom, click "Submit" and your input will be forwarded to your component representatives to assist them in casting their votes at the 2020 Representative Assembly meeting in Denver, Colorado
- Your name and email will **NOT** be forwarded to your component representatives – only your selections
- Once you click "Submit," you will receive a confirmation page stating that your submission has been successfully executed
- Only **one** 2020-2021 Candidate Selection submission per qualified ASPAN member will be accepted. Submissions are available online only
- [Click here](#) for 2020-2021 Candidate Profiles

Your feedback must be submitted no later than February 29, 2020. Don't delay! 🌱

PANAW 2020

Perianesthesia NURSES

Strength in KNOWLEDGE



PERIANESTHESIA NURSE AWARENESS WEEK FEBRUARY 3-9, 2020



CELEBRATE THE IMPORTANCE OF PERIANESTHESIA NURSING IN HEALTHCARE!

Show support for your profession, staff, colleagues, and friends with gifts from the American Society of PeriAnesthesia Nurses (ASPN). Our exciting collection includes clothing, drink ware, bags and totes, and many other practical items that will feature the 2020 logo and theme.

SEE THE FULL LINE OF 2020 PRODUCTS, DOWNLOAD A CATALOG,
AND SHOP ONLINE AT: WWW.PANAW.COM

Jim Coleman, Ltd. is the official supplier of PANAW products for ASPAN. Call us at 847.963.8100 if you would like us to mail you a catalog.

Remember to send photos of your PANAW celebration to **Breathline** editor Barb Godden for possible inclusion in a future issue of **Breathline**: bgodden@aspan.org (No .pdf files, please.)

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 Kevin Dill at the 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. 🌱

2019 ASPAN Scholarship/Award Recipients

ASPAN National Conference Attendance Award (\$750 each)

For the 2020 National Conference in Denver

Clara Boudreaux BSN BS RN CAPA
Lafayette, LA

Janice Hamouz-Fultz BSN RN
Mustang, OK

Kathy Johnson BSN RN CPAN CAPA
Ada, MI

Catherine Prince BSN RN CPAN
Mentor, OH

Sherri Simpson MSN RN CAPA
Gonzales, LA

Sally Swartzlander BSN RN CAPA
Rittman, OH

BSN Scholarship (\$1,500)

Lori Silva RN CCRN CPAN
Modesto, CA



MSN Scholarship (\$1,500)

Sarah Hessling BSN RN CPAN
Helotes, TX

Doctoral Scholarship (\$1,500)

Helen Fong MSN RN CPAN PHN FASPAN
Roseville, CA

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

Cindy Ladner BSN MBA RN CAPA
Lenexa, KS

Janet Woulfe BSN RN CASC CAPA
Lee's Summit, MO

Welcome to the Rocky Mountains!

Marcia Keiser, BSN, RN, CPAN — National Conference Strategic Work Team Member



Marcia Keiser
BSN, RN, CPAN

Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) and ASPAN are very excited to welcome you to ASPAN's 39th National Conference in Denver, Colorado. The recently opened Gaylord Rockies Resort and Convention Center will provide you with spectacular views of the Colorado Rocky Mountains, which you will long remember.

The Varied Beauty of Colorado

Colorado has some of the most unique and varied landscape in the world. These landscapes include the highest sand dunes in North America at Great Sand Dunes National Park and Preserve, 54 Rocky Mountain peaks over 14,000 feet, red-rock formations that seem to rip from the earth, and the rolling grasslands of the eastern plains. All of this is a playground year-round. We, in the Rocky Mountain region, are so proud of our home and are pleased to welcome ASPAN to Colorado for a truly great Rocky Mountain high experience.¹

In Colorado, there are countless activities, including world-class shopping, art exhibits, performing arts shows, a fabulous zoo, botanical gardens, outstanding restaurants and many great breweries and wineries. And, Colorado offers some of the best outdoor activities in the world. These experiences are just a small sampling of many things to do in Denver and the surrounding area. We love all the wonderful opportunities our state offers and hope you will too. Our hospitality staff will help you make memories to cherish during your stay.

Component Night – Rocky Mountain High

As part of the Rocky Mountain high experience (think John Denver), component night will flash back to the 1960s and 1970s. Do you remember bell-bottoms, mini and maxi skirts, frayed jeans, tie-dyed shirts and go-go boots? How about eight-track tapes, listening to the Rolling Stones, Abba, Queen, Olivia Newton-John or the BeeGees? Or, maybe you were watching *The Brady Bunch*, *Little House on the Prairie*, *Happy Days* or *Kojak*. We hope to take you back, or, for some of you, to newly experience groovy music and fashion.

National Conference Volunteer Opportunities

Check out the volunteer information on page 22 of the National Conference brochure. Embrace your volunteer spirit by serving as a host/hostess or session moderator, both of which are important roles in

facilitating a successful event. Hosting duties include collecting admission tickets for sessions and events and assisting with seating and directions within the conference center, all while earning a small stipend for your time. Bridget Miller is the host/hostess coordinator for the conference.

Another opportunity is serving as a session moderator. This role promotes leadership and is an opportunity to improve public speaking skills. Moderators introduce speakers and serve as timekeepers ensuring sessions stay on track. Chris Buck is the moderator coordinator. Information on both these roles is in the conference brochure along with contact information.

Need a Roommate?

Looking for a roommate to help decrease your conference expense? Simply submit your name on the Willingness to Share a Room list. Check out this information on page 22 of the National Conference brochure.

Start planning your trip to Denver now!

REFERENCE

1. Come to Life Colorado. Colorado.com website. www.colorado.com. Accessed December 2, 2019. 🌿



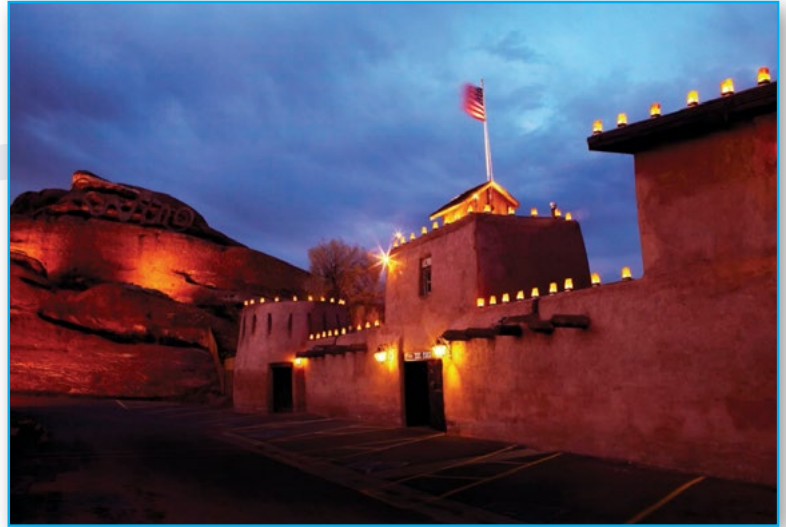
▲ Chalk Art Festival
Photo courtesy of Marc Piscotty Visit Denver



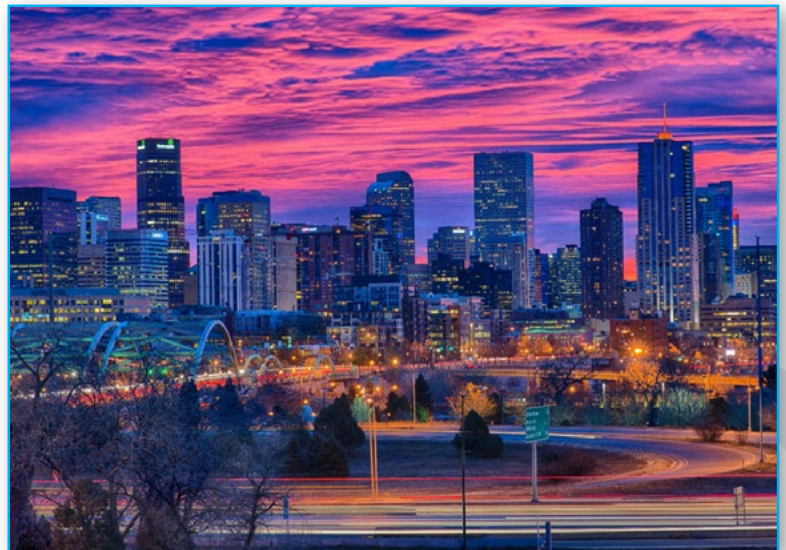
▲ **Cherry Creek North Shopping District**
Photo courtesy of Visit Denver



▲ **Garden of the Gods, Colorado Springs Hiking**
Photo courtesy of Visit Denver



▲ **The Fort Restaurant**
Photo courtesy of Visit Denver



▲ **Denver Sunrise**
Photo courtesy of Visit Denver



▲ **Mountain Lake**
Photo courtesy of Visit Denver

▶ **Denver Museum of Nature and Science**
Photo courtesy of Evan Semon Photography



National Conference Development Activities

Katrina Bickerstaff, BSN, RN, CPAN, CAPA — Resource Development Strategic Work Team Coordinator



Katrina Bickerstaff
BSN, RN, CPAN, CAPA

There are several fun ways in which you can support ASPAN and your profession at the 2020 National Conference in the mile-high city of Denver, Colorado.

ASPAN Dream Walk: Treasure Quest

Hunt for ASPAN treasure inside the beautiful Gaylord Rockies Resort, a great way to support your professional organization, meet new friends and enjoy some exercise early Sunday morning. The 2020 scavenger hunt will provide participants with several clues that lead to the finish where a secret treasure awaits. You can also encourage family, friends and colleagues to sponsor your efforts. This will be a fun-filled adventure, while at the same time familiarizing yourself with this huge facility. **Sunday, April 26, beginning at 6:30 am.**

Development Celebration Breakfast

On Wednesday morning, enjoy ASPAN Past President Dr. Denise O'Brien as she speaks about leaving a legacy of caring, including thoughts and beliefs about professional fulfillment, and earn .75 contact hours. Honor your friends, family and colleagues with gifts to the *Hail, Honor Salute!* campaign, and come and celebrate newly inducted members of Legacy for Life. Share in all this while enjoying a traditional American breakfast. **Wednesday, April 29, beginning at 6:30 am.**

Silent Auction

Please consider contributing an item to the ASPAN Development Silent Auction. Compo-

nents and individuals are invited to donate and purchase items. Purses, jewelry, gift cards and gift baskets have all been popular items in the past. **The auction fun begins immediately as the Exhibit Hall opens Monday evening.** Bid high, bid often!

Hail, Honor, Salute!

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

Legacy for Life

Please take a moment and consider becoming a Legacy for Life member. The program was established in 2013 and supports the future of perianesthesia nursing through significant, enduring contributions that are applied to perianesthesia education, research, practice and standards. By making this significant gift, you receive a multitude of benefits and know your contribution will impact ASPAN and its vital mission for years to come.

For additional information on any of these activities, please email Doug Hanisch at the National Office: dhanisch@aspan.org.

ASPAN GROUP MEMBERSHIP PROGRAM

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

ASPAN Member Benefits

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

Clinical Practice Hot Topic: Postoperative Follow-up Phone Calls

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 postoperative follow-up phone calls.

Q. What is ASPAN's recommendation for doing postoperative phone calls to same day surgery patients?

Q. Do we need to make a follow-up phone call to all patients having surgery, including endoscopy patients?

A. The manner of patient follow-up after same day surgery is often in the form of a next day phone call. Within the *ASPAN 2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, Practice Recommendation 2, Components of Assessment and Management for the Perianesthesia Patient, states in its sidebar "post discharge patient follow-up is required."¹

The Joint Commission and CMS Requirements

The post-discharge assessment may be accomplished in various ways. Although The Joint Commission (TJC) and Centers for Medicare/Medicaid Services (CMS) do not require follow-up in the form of a postoperative phone call, other regulatory agencies may. TJC requires reassessment is done on all patients at intervals determined by the facility.² For many patients, this may take the form of a postoperative phone call.

ASPAN Recommendations

ASPAN does not specifically advocate for or against a postoperative phone call to meet its recommendation of post-discharge follow-up. Most facilities have established policies regarding contact with patients and caregivers after discharge. The follow-up with patients and/or care-

givers enables reinforcement of patient education regarding postoperative activity, diet and/or pain management. While TJC and CMS do not mandate a follow-up phone call, this may be a requirement of state or local regulatory bodies. It is best to know what those regulations are in order to remain in compliance.

My Own Practice

The medical center in which I practice near Baltimore, Maryland, does complete a follow-up phone call the day after surgery for all outpatients who agree to be contacted. This includes weekend phone calls. The policy states a follow-up call is to be completed within 24-48 hours. This allows for the possible absence of staff on Sundays and holidays where it may not be possible to complete the process.

The documentation of the call is part of the patient's permanent electronic health record. The documentation provides answers to any questions patients or caregivers may have about prescriptions, the discharge instructions, dressings or when to contact the physician. This 'final touch' makes a difference in helping a patient to feel confident in his/her path of recovery and avoid readmission to the hospital.

REFERENCES

1. American Society of PeriAnesthesia Nurses. Practice recommendation 2: components of assessment and management for the perianesthesia patient. In: *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive statements*. Cherry Hill, NJ: ASPAN; 2018:40-48.
2. Godden B. Postoperative phone calls: is there another way? *J Perianesth Nurs*. 2010;25(6):405-408.

THANK YOU

Esther Watson, ASPAN's historian, celebrated her 90th birthday on November 16.

Esther would like to say: "Thank you to all my friends and ASPAN family for cards, emails and text messages sent to me on my birthday. Also, to all my friends in Colorado who sent me a beautiful arrangement of flowers in the shape of a cake. I had a very quiet day for a 90-year-old!"



Esther Watson
BSN, RN

Research Ethics and the Institutional Review Board

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



Protecting the rights of participants is an extremely important consideration when embarking on a research study. Those who agree to be in a study trust the research is ethical, and they are provided with all the information they need to make an informed decision.

What is the Role of the Institutional Review Board?

The Institutional Review Board (IRB), or research ethics committee, is the body that provides independent and periodic review of the ethics of a research study. The IRB checks for bias of the investigator, and ensures the laws protecting participants will be followed. IRBs and researchers are guided by federal regulations, specifically The Code of Federal Regulations Title 45 Part 46: Protections of Human Subjects.¹ This code dictates IRB structure, function and documentation. These regulations require ethics training by researchers and IRB members.

Another important source for IRB decisions is the Belmont Report. The National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research, established by the US Congress after revelations of the US Public Health Service syphilis studies at Tuskegee, authored the Belmont Report of human subjects research.² This document discusses the three ethical principles of respect for persons, beneficence, and justice, and their applications to research, which include informed consent, risk/benefit evaluation, and equitable selection of subjects.³

Criteria of the IRB in Reviewing a Research Proposal

The IRB members review a written research proposal, and during the meeting can ask questions of the investigators after the study is presented. The main criteria considered for approval by the IRB include:

1. Minimization of risks
2. Risks are reasonable in relation to anticipated benefits, if any, and the importance of the expected knowledge
3. Subject selection is equitable and vulnerable populations are protected (e.g., prisoners, etc.)
4. Informed consent will be sought and documented
5. There are adequate provisions for monitoring the study

6. Confidentiality will be adequately protected
7. There are additional safeguards for subjects vulnerable to coercion or undue influence (military members, etc.)⁴

In addition to evaluating these elements, the members often review all aspects of the research, including the scientific rigor of the study. This is because if the design of other parts of the protocol are inadequate, it would be unethical to invite subjects to participate as the results would marginally contribute new knowledge.

Use an Experienced Researcher to Assist Your Process

For many nurses, there is much fear about presenting a study for IRB review. A sound proposal that includes consideration of the above criteria and is well-designed will likely obtain approval with few revisions. Consultation from someone who knows the process, like the nurse representative on the IRB, is advised to help smooth the process. Review by, or collaboration with, an experienced researcher is also invaluable.

REFERENCES

1. US Code of Federal Regulations. Title 45CFR, part 46. <http://www.hhs.gov/ohrp/humansubjects/guidance/45cfr46.html>. Accessed November 10, 2019.
2. The National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research. The Belmont Report: ethical principles and guidelines for the protection of human subjects of research. Washington, DC: Department of Health Education and Welfare; 1979. DHEW Publication OS 78-0012 1978.
3. Bankert EA, Amdur RJ. *Institutional Review Board: Management and Function*. 2nd ed. Burlington, MA: Jones & Bartlett Learning; 2005.
4. Grady C. Institutional review boards: purpose and challenges. *Chest*. 2015;148(5):1148-1155. doi: 10.1378/chest.15-0706.



A Kindness Board...Inspired by the *Journal of PeriAnesthesia Nursing*

M. Kate Edwards, BSN, RN, CPAN

Gina Morgan, BSN, RN

PACU, Novant Health UVA/Haymarket Medical Center, Haymarket, VA

As nurses, we continue to see a culture of bullying and horizontal violence in many of our work settings. Educational sessions and training are offered by facilities on dealing with horizontal violence. Unfortunately, too often this behavior continues. M. Kate Edwards, who collaborated with Gina Morgan in their PACU in Virginia, decided to tackle this issue head-on with their “kindness board” using the *Journal of PeriAnesthesia Nursing (JoPAN)* and specific articles to promote and substantiate their cause.

In Kate’s words:

“The journey to the creation of our unit-based Kindness Board was not a smooth one. In fact, it was quite bumpy. In nursing schools, every new graduate hears about “nurses eating their young.” However, no one really prepares nurses for the horizontal violence and bullying that can occur even after establishing themselves as a competent and experienced practitioner. My journey to highlighting a culture of kindness in the workplace was a difficult one. At the center of our nursing practice is advocating for the needs of our patients. Never would I have imagined that taking a stand to protect the dignity and privacy of a patient would lead to a hostile work environment and being shunned by my nursing peers.

Wishes for the New Year

As nurses, we all have the responsibility to show care, kindness and compassion to our patients and those with whom we work. It is a core philosophy we all should share. If kindness is not at the focus of what we do, we are creating a toxic environment which is detrimental to patient care and outcomes, job performance and job satisfaction. Our unit created a bulletin board where we were asked to share our three wishes for the new year. My wishes centered on creating a collaborative work environment, mutual respect and supporting leadership. Unfortunately, my wishes were not well received, which led to continued hostility, incivility and demeaning actions.

My Focus Intensified

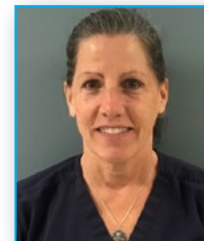
As a nurse with an oncology background, I have weathered many difficult storms. In 37

years of nursing, this was one of the most challenging experiences of my career. My focus on kindness continued and intensified. My response was to create an entire bulletin board dedicated to kindness: kindness to each other as peers, kindness to our patients, kindness to our leaders, and a focus on kindness in the small day-to-day activities which can impact lives beyond our reach. I was inspired by *JoPAN* articles dedicated to kindness, including “The Culture of Kindness” and many others.¹⁻⁵ In my endeavors to create our Kindness Board, I also stumbled upon Magnolia’s #makeKINDNESSloud movement.⁶ It resonated with everything I wanted to emulate in my practice and the culture of kindness I wanted to create on our own unit.

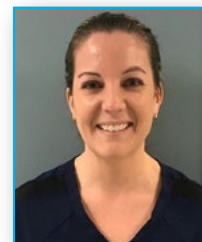
Impact of the Kindness Board

The goal of the Kindness Board was to create an opportunity for us to understand and examine how kindness impacts our world, both personally and professionally. It was important for us as a unit, when creating this bulletin board, to pull together the thoughts and research of our colleagues in this profession and to educate ourselves and our peers.

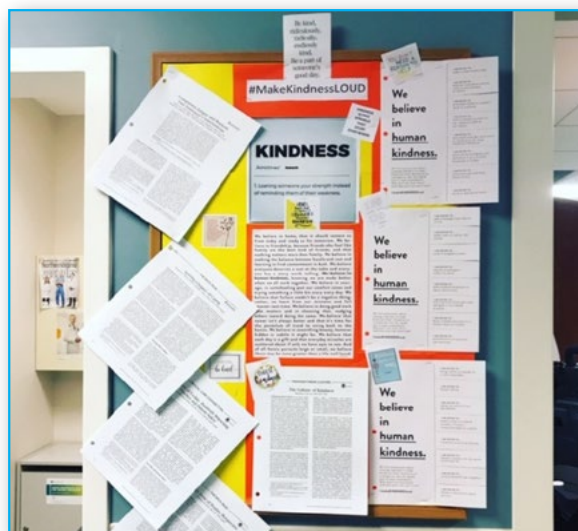
I can say, along with Manager Dave Martinez after the Nationals won the World Series, “Bumpy roads lead to beautiful places and this a beautiful place.”⁷



M. Kate Edwards
BSN, RN, CPAN



Gina Morgan
BSN, RN



▲ Kindness Board
Photo courtesy of M. Kate Edwards

What is the Role of the Emerging Leaders Committee?

Regina Hoefner-Notz, MS, BSN, RN, CPAN, CPN, FASPAN — ASPAN Immediate Past President



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

ASPAN's ability to reach out to its members, inspire growth on a professional level and encourage members to reach for those next steps has always been a strong draw for me. This appeal frequently takes its role as an active volunteer, helping to cultivate this professional organization. In the past, there was a small committee of leaders encouraging this professional development by creating a group titled "Up and Comers."

A Look Back at "Up and Comers"

Historically, involvement in this group was by invitation only. ASPAN members were identified as "up and comers" by those already in leadership. These "up and comers" were asked to participate and given a mentor. This process was helpful, but also somewhat limiting. It was supported by knowledge and good intent, but eventually morphed into something else as so many committees and practices do over time. Ultimately, it formalized as "Emerging Leaders" and was tasked to the ASPAN immediate past president.

This group became formalized as a committee and is open to all members who wish to seek mentorship in an area of leadership, or, have a desire to lend a guiding hand as a mentor. Mentors and mentees are both very much needed. Desire to participate in this group can be accessed by completing the ASPAN "Willingness to Participate" online form.

However, the structure was still not clearly defined, and not everyone had an interest in this type of process. So, depending on various time commitments and professional passions, the development of this group was prey to the ebb and flow of each past president.

Restructuring the Process into "Emerging Leaders"

While I was the sitting ASPAN president, I understood this committee would be my next task to manage in the coming year. I requested current members provide private feedback to me, to explain what was working and what needed improvement. Time and time again, it consistently came down to communication: how much, when, what if there was none?

As immediate past president this year, I requested to change the process and was granted that opportunity by President Amy Dooley.

I always enjoy mentoring others, and, thought this might be an area I could impact over the next year. I decided I would standardize the process and create a network of accountability for all involved. Emerging Leaders took on a new format this past year, encouraging ongoing discussion and accountability from all members of this committee. The year has been exciting as many members have created amazing mentoring relationships.

Details of the Process

Initially, I created a spreadsheet with mentors and mentees. Mentees described areas of growth in which they wanted to work, while mentors described areas of strength. I looked at who might be a good fit for each of them. When I realized I needed some additional expertise, I reached out to various ASPAN members and they graciously took on roles as mentors.

I sent every member information about mentoring and being mentored along with information on how to create SMART goals. My ask was for two short-term goals and two long-term goals. These goals and agreements were then placed on an electronic form and sent to me so every member was accountable for this information. These partnerships have the ability to continue to assess the identified goals and evaluate the ongoing progress.

Every member was given a time frame for connection and discussion. I requested five mentor/mentee contacts with each other at defined times throughout the year after National Conference. By June, I had all members matched as a mentor/mentee pair. I then sent out communication for an expectation of phone meetings in July, September, November, January and March. Throughout this time frame, I communicated with the group and sent reminders for these meetings. I also reached out and asked members to identify any struggles they were having and if I could assist them.

We all live busy lives, and sometimes it is the small reminders that can make a huge difference. This was in response to the recognized request for more communication. Members have shared information regarding some great discussions, along with some completed goals and accomplishments.

CERTIFICATION

Illusionist & Master Storyteller Harris III to Headline ABPANC's Celebration Luncheon

If you are a CAPA or CPAN certified nurse, be sure to join us at our Celebration Luncheon on Monday, April 27, during the ASPAN 2020 National Conference in Denver. World-renowned illusionist and master storyteller, Harris III, will surprise and delight you with amazing illusions and magic tricks, along with inspiring stories on innovation, imagination and leadership. 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 as a highly effective and memorable keynote speaker who helps audiences discover what he refers to as "real magic." All CPAN® and CAPA® certified nurses and formerly certified CPAN®/CAPA® retired nurses are invited to attend and may [register here](#).

Learning Builder Tutorials

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.

REMINDERS:

- 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
Web site: www.cpancapa.org

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7. Fendrich H. Bumpy road for nationals manager leads to 'beautiful place.' <https://apnews.com/b8765c76e3154448adc9522f02f0bd34>. Accessed January 3, 2020. 🌱

What's Next?

Going forward, we will ask for an evaluation of the current process and some recommendations from the group to continue to create a meaningful experience for both the mentor and the mentee. I am hopeful several "graduating" members will consider being a mentor to someone else in the near future.

There is still work to do. We need to update the new forms to make them more user friendly with the right information in the right places,

along with updating information on the ASPAN website. For that, I will work with members who have mentored me. But, that is how life is -- we are all mentors and mentees, depending on our circumstances. I hope you will consider this journey in the coming year, and share your gifts with ASPAN's membership. 🌱

REGION TWO UPDATE

Susan Norris, BScN, RN, CAPA
 ASPAN Regional Director, Region Two

Welcome to 2020. Is it possible that we are already entering the third decade of the 21st century? The components of Region Two have had a busy fall 2019 and the trend is continuing into 2020.

Component Events

Fall conferences were held by Iowa (ISPAN), Nebraska (NAPAN), Missouri-Kansas (MOKAN PANA), Oklahoma (OSPAN), Louisiana (LAPAN), Mississippi (MSPAN) and Texas (TAPAN).

Spring conferences are being planned by Missouri-Kansas (MOKAN PANA), Oklahoma (OSPAN), Arkansas (PACNA), Louisiana (LAPAN), and Mississippi (MSPAN).

Common Themes in Each Component

Over the past year and a half, I have had the pleasure of attending a conference or seminar in each of the components within Region Two, with the exception of MOKAN PANA. I'm very happy that I will be joining them for their March conference. The opportunity to visit the components and meet the members is one of the best parts of the regional director job, as far as I'm concerned.

The ability to listen to the needs and concerns of the members and the chance to share best practices and suggestions gleaned from other components is a core part of the regional directors' purpose. We all struggle with many of the same issues, whether it be putting on an educational offering, getting enough members to attend so the meetings aren't canceled, and finding members willing to step up and become more involved in running the organization.

Technology and Its Role in Component Communication

Technology has continued to advance by leaps and bounds. While we have learned to take the good with the bad, the benefits tend to far outweigh the risks. Some components are embracing technology as a means to make their activities available to more members. TAPAN's Upper Gulf Coast Region, which includes the Greater Houston area and encompasses over 20,000 square miles, has started using Zoom® for its regular monthly educational and business meetings. This gives those members living at a significant distance, and who otherwise may not be able to attend, a chance to actively participate in the organization. NAPAN has utilized ASPAN's Go to Meeting® resource for some of its meetings.



This is another option for reaching out to include those members who aren't in the local area where a meeting is scheduled but who want to participate.

Most components in Region Two have a Facebook® page and all have a website. Several are also utilizing social media apps including Twitter® and Instagram®. All these social media applications provide the opportunity to get the word out instantly and share information that is important to members. There is one thing, though, that you as a member can do to help your component leadership. You need to speak up and let them know what's important to you. As ASPAN President Amy Dooley stated in her article in the last issue of *Breathline*, we need to stand up and have a voice. Your leaders need to hear your voice so they can meet your needs.

We Need Your Involvement

Region Two has 37 members participating on ASPAN committees and strategic work teams (SWTs) this year. This is a great start, but there are many more of you who have something to give. It's not too early to start thinking about how you can join a committee or SWT next year. If you are attending National Conference in Denver, you are welcome to attend the committee and SWT meeting to learn more about their activities.

ASPAN needs your feedback as well. The candidate profiles of those seeking election to positions on the ASPAN Board of Directors and the Nominating Committee are posted on the ASPAN website. Your component leaders need your feedback on who you would like to see represent you in the coming year. The deadline for submitting your feedback is February 29. Your choice is your voice. Stand up and let it be heard. 🌱

Component Education Program

Missouri/Kansas PeriAnesthesia Nurses Association (MOKAN PANA) will hold its spring seminar March 7, 2020, in Kansas City. Maureen McLaughlin will be the guest speaker. For more information, please contact Cindy Ladner at cladner@kumc.edu or Angel Petznick at capbross@gmail.com.

Northwest PeriAnesthesia Nurses Association (NPANA) will hold its NPANA Inland District Spring Fling Conference March 28, 2020, at the Ruby Hotel, Spokane, WA. For more information, please go to <http://www.npana.org/> or NPANAeducation@gmail.com.

Arizona PeriAnesthesia Nurses Association (AzPANA) will hold two conferences: June 6, 2020 at Banner Thunderbird in Glendale, AZ, and October 3, 2020, at the Desert Diamond Casino and Hotel in Tucson, AZ. For more information visit www.azpana.org.

Pennsylvania Association of PeriAnesthesia Nurses (PAPAN) will hold its annual conference October 3-4, 2020 at the Pittsburgh Marriott North in Cranberry Township, PA. For more information, contact Mandi Paronish at mandi.paronish@ahn.org or Ursula Mellinger at ursmellinger@gmail.com.



LIVE IN-PERSON SEMINARS

PERIANESTHESIA CERTIFICATION REVIEW

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 9, 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 AND
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