



Breathline

Volume 40 Number 4

July/August 2020

INSIDE:

PRESIDENT'S MESSAGE:

Precision Vision: Empowering Innovation and Well-being

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

There is an interesting concept of dualism. This “yin and yang” is rooted in ancient Chinese philosophy and describes how opposites or contrasting forces actually work in concert and are complementary.¹ In the natural world, this interconnected, interdependent relationship results in an eloquent balance. The beauty resulting from this yin and yang balance of light and dark is evident in the astonishingly gorgeous *Water Lilies* paintings by Claude Monet.² He famously painted series of the same object, such as the water lilies, at different hours of the day, an innovative demonstration of this delicate interaction between the light and dark evolving. Julia Child instructed how to pair food and drinks based on this same concept.³ By combining strong opposites, the quality of palate experience improves dramatically resulting from the degree of differences. A classic example, such as pairing sweet and sour with spicy, results in a combination with more structure, like the timeless pairing of margaritas with Mexican food. As perianesthesia nurses, we practice in an environment that is complex and full of this duality.

Experiences Make Us More Resilient

During one of the most challenging days in my nursing career, both of my patients coded at the same time. We reintubated one, and, thankfully, he stabilized. However, with my other patient I brought in the family, the chaplain and eventually transported this patient to the morgue. That now empty room was also the only empty critical care bed in the hospital with an overflowing ER. I readmitted another patient who was struggling, but we got him through the night. I spent the entire shift praying and caring for these three patients. Today, I am a skilled nurse practitioner because of experiences such as these.



Elizabeth Card
MSN, APRN, FNP-BC,
CPAN, CCRP, FASPAN
ASPAN President
2020-2021

tioner because of experiences such as these.

There is an African proverb I love: “Smooth seas do not make skillful sailors.”⁴ This is so true. It is the challenges in life that smooth our rough edges. These experiences refine and shape us into something more resilient. My nurse friends in New York City, New Jersey and Maryland have had strings of those kinds of shifts this spring. Yet, what they talk about are the wins, the patients they discharged home, or the dignity and kindness they provided to the patients that died during their shift.

Was it Just Luck?

Recently, *The Washington Post* reported on a remarkable story that demonstrates the lasting impact of a positive attitude. Deirdre Taylor was a four-year-old rescued from her burning family's apartment.⁵ She only knew the firefighter who carried her to safety that day through the black-and-white photos on the front page of *The New York Daily News* in 1983. For three decades, she longed to find the firefighter, to thank him in person. But, after the 9/11 devastation in the same area of New York City, she feared that firefighter may have perished.

This spring, Deirdre, now a registered nurse in Virginia, answered Mayor de Blasio's urgent call for nurses to respond to the pandemic.⁶ Deirdre took an 8-week assignment in a New York City emergency department in the same area of town in which she had grown up. She brought the faded and yellowing *New York Daily News* article with her, telling *The Washington Post*, “had he not been there, I would not be alive today.”⁵ Her luck came in the form of Ladder 20



firefighters delivering pizza to the ED staff. She explained who she was looking for and was connected to her rescuer, Gene Pugliese.

Gene is now 70 years old and retired, but still came by the Ladder 20 fire station regularly. Gene confided to *The Washington Post* he had received a medal of valor for rescuing Deidre. It was the proudest moment of his long career, and he had dreamed about it as recently as two weeks before Deidre contacted him to thank him. What a beautiful story!

The Duality of Life

In the duality in life, the yin/yang, the good/bad, the light/dark, it is what we focus on and contribute to that matters. My dad likes to say: "The main thing, is to keep the main thing, the main thing." Along these same lines, fellow ASPAN member Beth Cooper sent me a note which read, "Attract what you expect, reflect what you deserve, become what you respect, mirror what you admire." Looking for the positive helps us focus and maintain our well-being.

Focus on the Positive for Well-being

However, finding and maintaining this positive focus can be challenging. Psychologists Dr. Seligman and Dr. Csikszentmihalyi recognized this challenge and founded positive psychology, a guide to helping people achieve well-being.⁷ They created an intervention to improve happiness, establish well-being through individuals creating a new habit of focusing on three good things that happen each day for one month. Their follow up data six months later revealed the positive effects of this exercise were long lasting.⁸

Another research study, based in part on positive psychology in 2017, sought to establish and test an easy method for neonatal ICU nurses to create this positive focus and maintain well-being.⁹ The researchers used "The Three Good Things" questions and had the participants answer them each day for a two-week period. Their findings again found individuals experienced improved well-being and happiness through this exercise. I found this fascinating.

In the Vanderbilt and ASPAN Resiliency Programs, created from the findings from my ASPAN Burnout and Resiliency research study, we incorporate the Three Good Things exercise.¹⁰ This electronic Gratitude Journal is available for all ASPAN members, free of charge. It is available by **scanning the QR code below** to sign up:



Or copy the link below...

<https://redcap.vanderbilt.edu/surveys/?s=M4H4TW97E4>

The ASPAN Well-being Strategic Work Team (SWT) will be launching additional projects, collaborations and posting resources on well-being in the next 12 months. Austrian psychiatrist and Holocaust survivor Viktor Frankl wrote: "When we are no longer able to change a situation - we are challenged to change ourselves."¹¹ We each have the capacity to shift our thinking, focus on the positive, appreciate the duality of our lives, and create well-being.

REFERENCES

1. Yin and Yang. Wikipedia website. Accessed May 28, 2020. https://en.wikipedia.org/wiki/Yin_and_yang
2. Monet C. *Water Lilies*. Art Institute of Chicago website. Accessed May 28, 2020. <https://www.artic.edu/artworks/16568/water-lilies>
3. Accent on Beverages: Drinks Complete the Meal. Julia Child Food Pairing Guide. PBS website. Accessed May 28, 2020. <https://www.pbs.org/food/features/accent-on-beverages-drinks-complete-the-meal/>
4. Weiss JP. Smooth seas do not make skillful sailors. John P Weiss website. Accessed June 8, 2020. <https://johnpweiss.com/blog/115972/smooth-seas-do-not-make-skillful-sailors>
5. Flynn M. A nurse went to New York to work on the front lines — and to find the firefighter who saved her life over 36 years ago. Washington Post website. Accessed May 28, 2020. <https://www.washingtonpost.com/nation/2020/05/28/nurse-thanks-firefighter-new-york/>
6. Mayor de Blasio Calls for Draft of Essential Medical Personnel. NYC.gov website. Accessed May 28, 2020. <https://www1.nyc.gov/office-of-the-mayor/news/218-20/mayor-de-blasio-calls-draft-essential-medical-personnel>



ASPAN® Breathline

Published by the American Society of PeriAnesthesia Nurses™

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

Address changes and administrative correspondence to: ASPAN

90 Frontage Road
Cherry Hill, NJ 08034-1424
877-737-9696 Fax: 856-616-9601
aspan@aspan.org www.aspan.org

2020-2021 BOARD OF DIRECTORS

PRESIDENT
Elizabeth Card (TN)

VICE PRESIDENT/
PRESIDENT-ELECT
Jennifer Kilgore (MS)

SECRETARY
Alphonzo Baker (VA)

TREASURER
Chris Skinner (DE)

IMMEDIATE PAST PRESIDENT
Amy Dooley (NH)

REGIONAL DIRECTORS
Region 1 – Connie Hardy Tabet (NM)
Region 2 – Susan Norris (TX)
Region 3 – Deborah Moengen (MN)
Region 4 – Bronwyn Ship (NY)
Region 5 – Keisha Franks (GA)

DIRECTOR FOR EDUCATION
Mary Baird (IN)

DIRECTOR FOR CLINICAL
PRACTICE
Melissa Davidson (FL)

DIRECTOR FOR RESEARCH
Margaret McNeill (MD)

ASPAN CHIEF EXECUTIVE
OFFICER (EX-OFFICIO)
Kevin Dill (NJ)

ABPANC PRESIDENT
(EX-OFFICIO)
Lynn Nolan (IL)

BREATHLINE EDITORIAL
STAFF EDITOR
Barbara Godden (CO)

NATIONAL OFFICE
Jane Certo (NJ)

PUBLICATIONS SWT
COORDINATOR
Susan Norris (TX)

CONTRIBUTORS
K. Bickstaff (AZ)
R. Hoefner-Notz (CO)
V. Hooper (NC)
L. Silva (CA)
D. Swintek (MD)
T. Zito (OH)

COVID STORIES
L. Ermi (WA)
H. Gomez (TX)
W. Hamrick (SC)
S. Hessling (TX)
T. Kunsang (NY)
K. Maier (CO)
C. Malone (MA)
K. Thompson (CA)
K. Woods (CA)

Editorial Comments and Letters
to the Editor to:
Barbara Godden
9320 Erminedale Drive
Lone Tree, CO 80124
bgodden@aspan.org

Deadlines for inclusion in *Breathtline*:

| | |
|-----------|------------------|
| Issue |Deadline |
| January |November 1 |
| March |January 1 |
| May |March 1 |
| July |May 1 |
| September |July 1 |
| November |September 1 |

Illustration p.9:
© Can Stock Photo Inc / dehooks

CALL FOR NOMINATIONS!

Amy Dooley, MS, RN, CPAN, CAPA – ASPAN Immediate Past President and Nominating Committee Chair

ASPAN News

The strength of ASPAN rests on the shoulders of its members. Throughout this past year, I spoke about and supported using your strengths to elevate practice. Now is the opportunity for you to use your strengths to become part of the ASPAN Board and elevate the practice of ASPAN. You may have an interest in exploring the opportunities, and I suggest you do have the strength to lead this organization. Reach out and consider running for a board position.

Qualified and eligible candidates are needed for the 2021-2022 ASPAN Board of Directors positions:

- Vice President/President-Elect (three-year term)
- Treasurer (two-year term)
- Director for Research (two-year term)
- Regional Director, Region 1 (two-year term)
- Regional Director, Region 3 (two-year term)
- Regional Director, Region 5 (two-year term)
- Nominating Committee (one-year term) (five members)

To be considered for a leadership position:

- Declare your candidacy as soon as possible via email to adooley@aspan.org
- Both 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, 2020
- Your ASPAN *Candidate Profile Sheet*, your *Curriculum Vitae*, a *Letter of Recommendation*, and your photo must be submitted electronically with a date stamp no later than October 1, 2020. **HARD COPIES and FAXES will NOT be accepted.** Late submissions will be returned

For more information, visit the ASPAN [website](http://www.aspan.org) or contact Amy Dooley at adooley@aspan.org.
The deadline to submit all required paperwork is October 1, 2020. 🌱

Willingness to Participate

Immerse Yourself in Opportunities

Jennifer Kilgore, BSN, RN, CPAN – ASPAN Vice President/President-Elect 2020-2021

ASPAN colleagues, do you find yourself searching for purpose and greater meaning? Choose to live a life of immersion. My ASPAN journey began by volunteering on the ASPAN Education Approver Committee, and, has since flourished! I went on to serve as the regional director for Region 2, secretary, and now vice president/president-elect. I can testify I have experienced significant personal and professional growth as a result of immersing myself in our specialty and ASPAN.

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, as well as offering many networking and mentoring opportunities.

Live a life of immersion! Are you interested in learning more about opportunities, enriching your professional growth and contributing to future generations? Go to ASPAN's website and complete a "Willingness to Participate" form. Begin by reading the list and definitions of the 15 different committees and strategic work teams (SWTs). Which of these groups sparks an interest? You can volunteer for a single committee or up to three groups in which to participate. Communication for the committee and SWT members will be made in the spring, around the time of National Conference. Go to www.aspan.org / About Us / Organization for the WTP link. **The deadline is November 12, 2020.**

A small body of resolute spirits fired by a passionate belief in their mission can change the course of history. In 1955, Rosa Parks made a decision, and her decision changed our world.¹ Decisions determine our destiny. Go for it!

REFERENCE

1. Rosa Parks Biography. Biography newsletter website. <https://www.biography.com/activist/rosa-parks>. Accessed May 17, 2020. 🌱

LEADERSHIP DEVELOPMENT INSTITUTE (LDI)

LDI is scheduled for Saturday, November 7, 2020, and will be held virtually through Zoom. Plan on joining us for a day of learning leadership skills at ASPAN's Leadership Development Institute: "Leadership Skills to Empower Innovation and Well-being." Stay tuned -- more information coming soon on how and when you may register online!

Volume 40 Number 4
July/August 2020

3

Start Planning to Showcase Your Accomplishments with Abstracts and Posters for the 2021 National Conference in Orlando!

Celebrate Successful Practices abstracts are due October 15, 2020. Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, handoff communication and documentation, and unit/environment activities. Visit www.aspan.org / **Clinical Practice** / **Call for CSP Abstracts**.

Research abstracts are also due October 15, 2020. Start planning now to showcase your accomplishments! Visit www.aspan.org / **Research** / **Call for Research Abstracts**.

Consider Nominating Someone for an ASPAN Award!

Excellence in Clinical Practice

Do you know someone who is a recognized expert in clinical nursing practice, or participates actively in nursing programs, committees or projects resulting in contributions to perianesthesia nursing? If so, consider nominating this colleague for ASPAN's prestigious *Excellence in Clinical Practice Award*. The deadline to do so is **November 30, 2020**. Visit www.aspan.org / **Members** / **Awards/ Excellence in Clinical Practice** to learn more and to access nomination forms.

Award for Outstanding Achievement

Do you know someone whose dedication to excellence has furthered the art and science of perianesthesia nursing? If so, consider nominating this colleague for ASPAN's prestigious *Award for Outstanding Achievement*. The deadline to do so is **November 30, 2020**. Visit www.aspan.org / **Members** / **Awards/ Award for Outstanding Achievement** to learn more and to access nomination forms.

Above and Beyond Service Recognition

The ASPAN *Above and Beyond Service Recognition Awards* are given to individuals in recognition of exemplary service to ASPAN and/or their component. The deadline to do so is **January 10, 2021**. Visit www.aspan.org / **Members** / **Awards/ Above and Beyond** to learn more and to access nomination forms.

Start Working on Your Gold Leaf Application Now!

Gold Leaf Component of the Year Award

The deadline for the *Gold Leaf Component of the Year Award* submission is **February 1, 2021**. Components competing for the *Gold Leaf Award* must submit their applications to the ASPAN National Office by **February 1, 2021**. The award reflects the activity of your component from January 1, 2020 through December 31, 2020. The Membership/Marketing Strategic Work Team is looking forward to reviewing the applications from components, and, announcing the winner at the national conference in Orlando. For information, guidelines and the application, visit www.aspan.org / **Members** / **Awards / Gold Leaf Award**. 🌿



ABOVE AND BEYOND SERVICE RECOGNITION AWARD WINNERS

The *Above and Beyond Service Recognition Awards* are given to individuals in recognition of exemplary service to ASPAN and/or their components. Recipients of this award demonstrate excellence, teamwork, and go "Above and Beyond" the expectations of their job/duties. This year we had 20 excellent nominees. This year's *Above & Beyond Service Recognition* winners are:

Linda Allyn, TAPAN
Donna Constant-Haley, MASPAN
Mary Ann Donovan, OPANA
Jessica Herrera, TAPAN
Gloria Luu, PANAC

Karen Machadol, PANAC
Patricia Miller, WISPAN
Linda Minnich, PANAC
Kaye Mock, NCAPAN
Bronwyn Ship, NYSPANNA

CONGRATULATIONS

To ASPAN members who were recognized in nomination for an award by their colleagues for 2020:

Excellence in Clinical Practice Award nominees:

Dianne Powers, BSN, RN, CPAN
Judith Rihacek, BSN, RN, CPAN

Award for Outstanding Achievement nominee:

Anita Thies, BSN, RN, CPAN

Amazing Year for 2019 ASPAN Recruiter of the Year!

Stella Oloruntoyin, BSN, RN, CAPA, is a Senior Clinical Nurse II and ASCU/PREP Center Magnet Champion at the University of Maryland Medical Center in Baltimore, Maryland. She is this year's Nurse Recruiter of the Year award winner, recruiting 15 new members. Stella receives an engraved plaque, one-year free ASPAN membership, and a 5-day complimentary registration to the 2021 ASPAN National Conference for her accomplishment.

Stella shared her thoughts on the ASPAN membership campaign: "Asking all perianesthesia nurses to be ASPAN members was born because I realized the importance of having all perianesthesia nurses practice according to the ASPAN Standards. I went about campaigning for this practice standard. By 2017, I was thrilled to learn that all nurses who worked on the ASCU and PREP Center in our hospital were ASPAN members, ensuring the highest quality of care is delivered." It is because of efforts like Stella's that ASPAN remains a strong, thriving organization. Congratulations, Stella!

Nearly 800 ASPAN members like Stella participated in our 2019 membership campaign. You can help recruit ASPAN members—and win some great prizes for your work, too. More information on our 2020 membership campaign is available by [clicking here](#).



Stella Oloruntoyin
BSN, RN, CAPA



CONGRATULATIONS

To the New
Legacy for Life
Members!

Lois Schick
Sandra Gardner
ILSPAN
NYSPANA

CONGRATULATIONS 2020-2021 Members of the Nominating Committee!



Peggy Forstner
BSN, RN



Kevin MacVane
BSN, RN, CAPA



Debra Payne
MSN, RN, CAPA

Component Newsletter Contest Winners

1-8 Pages & People's Choice Award Pulseline

PeriAnesthesia Nurses Association of California

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

9-14 Pages Award The Awakening

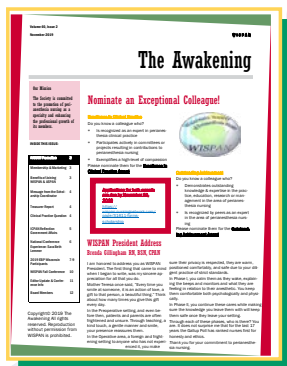
Wisconsin Society of PeriAnesthesia Nurses

Editor: Debra Dosemagen, MSN, RN, CPAN, CAPA

15+ Pages Award NAPPIN' News

Nebraska Association of PeriAnesthesia Nurses

Editor: Judy Mink, BSN, RN, CPAN



Volume 40 Number 4
July/August 2020

5

CONGRATULATIONS

TO ALL ASPAN AWARD WINNERS!

Excellence in Clinical Practice Award

Dianne Powers, BSN, RN, CPAN



▲ Dianne Powers, BSN, RN, CPAN

Dianne Powers, from Salem, Oregon, has claimed the honor of this year's Excellence in Clinical Practice Award. Dianne is the nurse manager of the PACU at Salem Health. In this role, she promotes perianesthesia certification through provision of study tools and financial support to staff taking the certification examination. Dianne rewards her staff's professional accomplishments with personal and department recognition at staff meetings. She utilizes the ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* in coordinating an annual PACU competency/skills day for staff to ensure optimal, high-quality patient care. She shares her passion for perianesthesia practice with excellent clinical skills when patient volumes are high and staffing is challenging. She is well-respected by her team members, anesthesia, and her colleagues.

Dianne is active in the Northwest PeriAnesthesia Nurses Association (NPANA), her home component, and she supported several members of her staff as they organized the NPANA annual conference. She provided them with time, references, and anything else they needed. Dianne displays a breadth and depth of clinical expertise. She maintains a calm and competent stance. She is a proponent of staff sharing knowledge and teaching each other new skills and knowledge. In addition to her role as a nurse leader at Salem Health, Dianne was a CSP poster presenter at ASPAN's National Conference in 2017 in Indianapolis. Her topic was "Improving Communication with Families for Post Anesthesia Patients." She also presented to her own organization on "Patient Family Visits in PACU."

As the recipient of this prestigious award, Dianne will receive complimentary registration, airfare and four nights' hotel accommodations to the ASPAN National Conference being held April 25 – 29, 2021, in Orlando, Florida, as well as a crystal plaque commemorating her achievement. Congratulations, Dianne!

President's Award

Katrina Bickerstaff, BSN, RN, CPAN, CAPA

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

In Amy Dooley's words:

"One of the first things I noticed about this organization is the support and camaraderie of the members. It's that intangible feeling that creates a warm glow when you greet one another at conference. It's that unwavering acceptance of being a perianesthesia nurse and knowing the joys, trials, and tribulations of such. There is one nurse who exemplifies these attributes, as she became my cheerleader, supporter, and mentor in ASPAN. Whenever we met, that warm embrace told me we were a team. The encouragement she gave was imperative to my success. She believed in me and did not waver in her support. She has spoken at many conferences, served as president of her own component, volunteered on many ASPAN committees, and served on the ASPAN Board as regional director, treasurer and president. Our escapades have included sneaking into the auditorium at night to practice our speeches, stealing away to meet at the bar, and even eating a \$100 steak together.

This nurse has taken the time and effort to make a meaningful contribution to my success and I cannot thank her enough for that. This year the ASPAN President's award goes to Katrina Bickerstaff. Congratulations, Katrina!"



▲ Katrina Bickerstaff, BSN, RN, CPAN, CAPA

Distinguished Service Award of the Past Presidents' Circle of Honor

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

Each year, the Past Presidents' Circle of Honor has the privilege of presenting the Distinguished Service Award to an outstanding ASPAN member who has made numerous and significant contributions to our Society. This year's recipient has made many noteworthy impacts for all ASPAN members by her extensive involvement at multiple layers of the organization. This year's honor goes to Linda Beagley, MS, BSN, RN, CPAN, FASPAN.

Linda is most recently known for her tenure as the Director for Education on the ASPAN Board of Directors. In this role, Linda was imaginative and innovative in creating new ways to provide timely education to all ASPAN members. Linda was excited to bridge the processes of how we teach by maintaining meaningful and excellent lectures, but also exploring various new technologies to keep pace with an ever-changing computer-based development. Her vision was able to support new as well as seasoned members, and provide avenues for group learning we had never before developed.

Linda has long been an active member of her home component, the Illinois Society of PeriAnesthesia Nurses (ILSPAN), in which she served in many capacities. At the ASPAN level, she is involved on the Clinical Practice Committee, she coordinated the Safety Tool Kit Task Force, and was a co-editor of the 2014 *Competency Based Orientation and Credentialing Program for the Registered Nurse in the Perianesthesia Setting*. She was a chapter author on *Safety in the Perianesthesia Setting* for the 2018 edition, and authored a chapter on respiratory assessment and complications for the Mosby 2017 computer-based *Orientation to Perianesthesia Nursing*.

Linda continues to share her talents with ASPAN as a national speaker and educator. Congratulations, Linda, on being selected for this prestigious award.



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

Award for Outstanding Achievement

Anita Thies, BSN, RN, CPAN

The Award for Outstanding Achievement is presented to a member of ASPAN recognized by their peers for furthering the art and science of perianesthesia nursing. This year's winner is Anita Thies, BSN, RN, CPAN, from Cascade, Montana. She works as a staff nurse in the PACU and is the perianesthesia nurse educator for Benefits Health Systems and Great Falls Clinic Hospital in Great Falls, Montana. Anita currently serves as the immediate past president for the Northwest PeriAnesthesia Nurses Association (NPANA), and has served as vice-president and president. Anita is CPAN certified and serves as an ABPANC certification coach. She also serves on the ASPAN Research Committee and has previously worked on the Clinical Practice and Leadership Development committees. Anita has been a nurse for 33 years and states, "I have found my home in perianesthesia nursing."

As the recipient of this prestigious award, Anita will receive complimentary registration, airfare and four nights' hotel accommodations to the ASPAN National Conference being held April 25 – 29, 2021, in Orlando, Florida, as well as a crystal plaque commemorating her achievement. Congratulations, Anita!



◀ Anita Thies, BSN, RN, CPAN

Gold Leaf Component of the Year Award

Pennsylvania Association of PeriAnesthesia Nurses

The Pennsylvania Association of PeriAnesthesia Nurses (PAPAN) is the proud winner of the 2019 Gold Leaf Component of the Year Award. This award was announced via a Zoom meeting by 2019-2020 ASPAN President Amy Dooley with members of the Board present. The Gold Leaf award recognizes excellence in component leadership and member involvement, education services, and community relations.

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

2020 Class of FASPAN Inductees Fellow of the American Society of PeriAnesthesia Nurses

ASPAN is honored and privileged to introduce to you the 2020 class of Fellows of the American Society of PeriAnesthesia Nursing:

Nancy O'Malley, BSN, MA, RN, CPAN, CAPA, FASPAN
Vallire Hooper, PhD, RN, CPAN, FAAN, FASPAN
Sarah Cartwright, DNP, MSN-PH, RN-BC, CAPA, FASPAN

Induction into ASPAN's Fellow Program is one of the highest honors ASPAN can bestow upon its members. As such, introduction as a Fellow of the American Society of PeriAnesthesia Nurses is an honorable distinction that is earned through hard work, commitment to professional advancement, and substantive contributions in the field of perianesthesia nursing. ASPAN's 2019 class of Fellows has been involved in and contributed to a broad scope of activities within perianesthesia nursing, including research, teaching, administration, clinical practice, and notable participation within ASPAN. Congratulations to these new inductees! 🌱

STRENGTH IN NUMBERS

Katrina Bickerstaff, BSN, RN, CPAN, CAPA
ASPAN Development SWT Coordinator 2020-2021

As we move through a new way of existing and finding our new norms, we may not always think about where we started and how we continue. ASPAN is no different. We have changed, and will continue to adapt to the "new normal." During this transition time, ASPAN continues to provide top-notch educational programs, multiple scholarships, awards evidence-based standards and research.

ASPAN's goal, of advancing and promoting our unique specialty, and ASPAN's compelling vision: ASPAN will be distinguished as the premier organization for perianesthesia nursing excellence. This vision is and always will be the core of the Society.

We could not have accomplished these lofty achievements without your support. Annually, at our National Conference, we receive donations through our *Hail Honor Salute!* initiative, silent auction, Development Breakfast and *Legacy for Life* program. These programs provide the extra support for the continuation of our work, which benefits not only our members, but also non-members and, ultimately, our patients.

Strength in Numbers is a new campaign to fill the financial space left from the cancellation of the 2020 National Conference. Components and individuals are encouraged to pledge what you may have given during National Conference. I would like to ask that you consider contributing to ASPAN. Any amount will be greatly appreciated. Your gift will go a long way in helping ASPAN continue creating great programs, educational tools and financial support for research.

Let us continue to support these important programs while advancing our specialty and displaying strength in numbers. You can contribute to ASPAN's **Strength in Numbers** campaign in one of two ways:

1. [Click here](#) to make a gift online. (Log in with your ASPAN username and password.)
2. [Click here](#) to obtain a donation form.

The campaign will run through December 31, 2020. All donors will be recognized for their generosity in a future issue of the *Journal of PeriAnesthesia Nursing*. All gifts are tax-deductible and will also be applied to the prestigious *Legacy for Life* program. Thank you for all you do for ASPAN and perianesthesia nursing. 🌱

Journal of PeriAnesthesia Nursing Awards

Congratulations to the Mary Hanna Memorial Journalism Award Winners for the 2019 Volume Year!

Journalism
Awards



BEST PRACTICE

First Place:

Improving Communication Between Health Care Providers, Families, and Children with Autism Spectrum Disorder: The Linked Program

Lisa A. Clark, MSN, RN, PCCN
Susan Whitt, BSN, RN-BC
Kelly Lyons, BS, CCLS

Second Place:

Implementation of Postoperative Nausea and Vomiting Guidelines for Female Adult Patients Undergoing Anesthesia During Gynecologic and Breast Surgery in an Ambulatory Setting

Samira Tabrizi, DNP, CRNA
Vinod Malhotra, MBBS, MD
Zachary A. Turnbull, MD
Victoria Goode, PhD, CRNA

Third Place:

Adult Perianesthesia Do Not Resuscitate Orders: A Systematic Review

Joshua Hardin, MSN, RN, CCRN, CPAN
Barbara Forshier, JD, RN, CAPA

CLINICAL

First Place:

Perianesthetic Implications and Considerations for Myasthenia Gravis

Virginia C. Muckler, DNP, CRNA, CHSE
Jennifer M. O'Brien, MSN, CRNA
Stephen E. Matson, MSN, CRNA
Andi N. Rice, DNP, CRNA

Second Place:

Care of the Patient With a Peripheral Nerve Block

Oluwatobi O. Hunter, DNP, AGACNP-BC
T. Edward Kim, MD
Edward R. Mariano, MD, MAS
T. Kyle Harrison, MD

CLINICAL contd.

Third Place:

Reimagine Health Care Leadership, Challenges and Opportunities in the 21st Century

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

RESEARCH

First Place:

Nurses' Knowledge, Attitudes, and Barriers Toward Pain Management Among Postoperative Patients in Jordan

Noordeen Shoqirat, PhD, MSc, RGN, Neuro-SN
Deema Mahasneh, PhD, MSc, RGN
Omar Al-Khawaldeh, PhD, MSc, RGN
Lourance Al Hadid, PhD, MSN, RN

Second Place:

Effect of Preemptive Acetaminophen Administered Within 1 Hour of General Anesthesia on Gastric Residual Volume and pH in Children

Constance N. Burke, BSN, RN
Rebecca D'Agostino, RN
Alan R. Tait, PhD
Shobha Malviya, MD
Terri Voepel-Lewis, PhD, RN

Third Place:

Single-Blinded Randomized Controlled Study on Use of Interactive Distraction Versus Oral Midazolam to Reduce Pediatric Preoperative Anxiety, Emergence Delirium, and Postanesthesia Length of Stay

Barbara Stewart, MSN, RN
Mary A Cazzell, PhD, RN
Terri Percy, BSN, RN, CPN



7. Seligman ME, Csikszentmihalyi M. Positive psychology: an introduction. *Am Psychol*. 2000;55:5-14.
8. Seligman ME, Steen TA, Park N, et al. Positive psychology progress: empirical validation of interventions. *Am Psychol*. 2005;60:410-21.
9. Rippstein-Leuenberger K, Mauthner O, Sexton JB, Schwendemann R. A qualitative analysis of the Three Good Things intervention in healthcare workers. *BMJ Open*. 2017. <https://doi.org/10.1136/bmjopen-2017-015826>
10. Card EB, et al. Burnout and resiliency in perianesthesia nurses: findings and recommendations from a national study of members of the American Society of PeriAnesthesia Nurses. *J Perianesth Nurs*. 2019;34(6):1130-1145.
11. Frankl V. Viktor Frankl and the search for meaning: a conversation with Alexander Vesely and Mary Cimiluca. Daily Good website. Accessed May 28, 2020. <http://www.dailygood.org/story/1578/viktor-frankl-and-the-search-for-meaning-a-conversation-with-alexander-vesely-and-mary-cimiluca/>

Volume 40 Number 4
July/August 2020

9

Anesthesia Patient Safety Foundation (APSF)

Toni Zito, MSN, RN, CPAN, FASPAN – ASPAN Liaison to APSF



Toni Zito
MSN, RN, CPAN, FASPAN

When I was appointed to the role of liaison to the Anesthesia Patient Safety Foundation (APSF), I had no idea ASPAN had representatives with over 15 professional organizations. But, this one, in particular, piqued my interest.

APSF Mission and Vision

APSF is an independent, multidisciplinary organization. According to its mission statement, the organization continually strives to improve patient safety by encouraging research and education, promoting patient safety and a national and international exchange of information and ideas.¹ The APSF was launched in late 1985 as an independent, nonprofit corporation with the vision “that no patient shall be harmed by anesthesia.”¹ The APSF impact grew rapidly. Its highly respected quarterly newsletter became, and remains, the largest circulation anesthesia publication in the world and serves to communicate safety-related news, ideas and opinions.

Multidisciplinary Stoelting Conference

One of the representative’s responsibilities is to attend the annual Stoelting Conference.² This invitation-only event is designed to foster multidisciplinary discussion around key safety issues in perioperative care. The 2019 conference focused on “*Perioperative Deterioration: Early Recognition, Rapid Intervention, and the End of Failure to Rescue*,” and included presentations and panel discussions. Working groups were facilitated by creative leaders and focused on key safety issues in perioperative care. The conference provided an opportunity to network, collaborate and share expertise from all disciplines to find solutions to improve safety in the perioperative setting. There were representatives from anesthesia, surgery, ICU, hospitalists, pharmacy, respiratory care, patient safety organizations and nursing. The Board of Directors meeting, held one day prior to the conference, had an assigned seat for the ASPAN representative. Know that the seat had been filled by ASPAN leaders before me, and a foundation was laid to ensure perianesthesia nursing has a voice.

In early 2020, I was invited back to the Board of Directors meeting. Now that I was more comfortable with the structure and process, I found my voice and was able to become more engaged in the discussions and work groups. The book assigned, *Still Not Safe*, by Wears and Sutcliffe,³ set the tone for the weekend work, and planning began for the 2021 Stoelting Conference. I vol-

unteered on the Perioperative Multi-Center Handoff Collaborative,⁴ as I felt this directly affected perianesthesia nurses. My meeting with Dr. Philip Greulich, chair of the collaborative, was set for early March to discuss next steps.

APSF and Its Role in COVID-19

And then came COVID-19. There was some discussion of this novel virus interwoven throughout the weekend talks, with its full impact yet to be revealed. Once information surfaced, APSF got to work, and continues to do so. It has worked tirelessly to get the most up to date COVID-19 information available to health-care professionals. The website and social media posts are continually updated and address frequently asked questions, provide patient and caregiver safety resources and links to key organizations, including ASPAN. The members of this organization have demonstrated their commitment to its mission. And, though the Stoelting Conference planned for 2020 is still tentative, what is not tentative is the continued dedication of a small group of individuals.

Part of a Bigger Team

As I reflect on the short time I have been involved in the APSF, I often wonder why I ended up here, representing ASPAN. I realized early on that nurses belonged at the table, but I now know that once invited, we need to be heard. Participating in this organization made me remember that we do not practice alone or in isolation. This is a team sport. We are a team of caregivers who come together to promote health and prevent harm to individuals and communities. This would be the part where I thank COVID-19 for giving us the opportunity to do so, but I am not quite there yet. What an honor to represent perianesthesia nurses in this arena.

REFERENCES

1. Anesthesia Patient Safety Foundation. Mission and vision statements. Accessed June 6, 2020. <https://www.apsf.org/about-apsf/mission-and-vision-statements/>
2. Anesthesia Patient Safety Foundation. Annual Stoelting conference. Accessed June 6, 2020. <https://www.apsf.org/event/apsf-stoelting-conference-2020/>
3. Wears R, Sutcliffe K. *Still Not Safe: Patient Safety and the Middle-Managing of American Medicine*. New York, NY: Oxford University Press; 2020.
4. Anesthesia Patient Safety Foundation. Multi-center hand-off collaborative. Accessed June 7, 2020. <https://www.handoffs.org/>

Lynda Lepp, RN, CPAN, CAPA

Named 2020 Recipient of the ABPANC Advocacy Award

Every year, ABPANC recognizes a CPAN or CAPA certified nurse who exemplifies leadership as a patient advocate with its highest honor, the Advocacy Award. The Advocacy Award winner is recognized and celebrated publicly at the ABPANC CPAN/CAPA Celebration Luncheon during the ASPAN National Conference. While this year's conference was canceled due to COVID-19, ABPANC nevertheless is honoring and celebrating this year's deserving recipient, Lynda Lepp, RN, CPAN, CAPA.

Lynda works in the Outpatient Surgery Images PACU at the University of New Mexico Hospital. Lynda is also active as an ABPANC Certification Coach and serves as president of the ASPAN PANANM component.

Congratulations to Lynda on this outstanding honor. Lynda truly exemplifies all the Advocacy Award and perianesthesia nursing certification represent: quality patient care and advocacy, leadership, compassion and advanced knowledge and expertise in perianesthesia care.

CONGRATULATIONS to the 2020 ABPANC Shining Star Award Winners

This award publicly recognizes ASPAN components for supporting and encouraging CPAN and CAPA certification at the local level. The following components will receive this year's award and will be recognized on ABPANC's website and in social media:

Arizona – AzPANA
California - PANAC
Connecticut – CSPAN
Florida – FLASPAN
Georgia – GAPAN
Indiana – INSPAN
Kentucky – KSPAN
Massachusetts – MASPAN
Maine – MeSPAN
Minnesota-Dakota – MNDKSPAN
Missouri-Kansas – MOKAN PANA
Nebraska – NAPAN
Northwest - NPANA
North Carolina - NCAPAN
New Mexico - PANANM
New York – NYSPAN
Ohio – OPANA
Pennsylvania – PAPAN
Rocky Mountain – RMPANA
Texas – TAPAN
Vermont/New Hampshire - VT/NH APAN
Wisconsin – WISPAN

ABPANC Seeks Nominations for Board of Directors

ABPANC is accepting nominations for RN Director positions for the July 1, 2021 through June 30, 2023 term of office. The term of office on the Board of Directors is two (2) years. ABPANC is particularly seeking directors from the northwest and south-central U.S. (or ASPAN Regions 1 and 2). Nominations are due **October 31, 2020**. If you have any questions, please contact Krista Bower, ABPANC CEO, via email at kbower@cpancapa.org.

IMPORTANT DATES:

Fall CAPA/CPAN Exam Administration

Registration Window Opens: July 1

Regular Registration Deadline:

September 15

Exam Administration Window:

September 15 – November 15

Fall CAPA/CPAN Recertification Window

Opens: July 1

Recertification Window Closes:

October 31

Fall Reinstatement Window:

November 1 - November 15

We've Moved!

Please note ABPANC's new address and contact information:

1133 Broadway, Suite 544, New York, NY 10010

NEW Phone: 347.708.7975 Email: abpnc@cpancapa.org Web site: www.cpancapa.org

ASPAN Board of Directors and Representative Assembly MEETING HIGHLIGHTS

Jennifer Kilgore, BSN, RN, CPAN – Vice President/President-Elect, Immediate Past Secretary

Oh, how I would like to open this highlight by painting my personal depiction of the majestic Colorado Rocky Mountains. I was ready! However, it would only be from my imagination. While we were not able to gather in person, life moves forward as did the ASPAN Preconference Board of Directors' (BOD) meeting and Representative Assembly (RA). So, live from homes across America, from Maine to Hawaii, we came together to conduct the business of ASPAN. We met virtually using Zoom. The BOD met virtually on Sunday, April 19, 2020, and the Zoom Representative Assembly meeting occurred on the following Sunday, April 26, 2020. It was different, and both were grand successes!

Preparation for the Meetings

In preparation for the preconference board meeting, ASPAN's BOD members receive an agenda with reports from specialty practice groups, strategic work teams, liaisons, committee chairs, mission directors, regional directors and officers. The BOD has time to review all reports submitted and prepare for the preconference board meeting. After a warm welcome by President Amy Dooley, Chris Skinner, ASPAN treasurer set the tone for our meeting with prayer and stated teamwork is the fuel for common people to do something uncommon.

ASPAN Financial Solvency

Highlights from the preconference meeting include an official name change for ASPAN Resource Development, deleting the word 'Resource' to ASPAN Development. The BOD approved the audited financial statements. ASPAN Chief Executive Officer Kevin Dill offered a full

report from National Office, including measures taken during the COVID-19 pandemic to ensure the safety of staff was held in highest priority. Amy and Kevin expounded the timely decision to cancel ASPAN's 39th National Conference. Once the governor of Colorado issued an order to limit gatherings of more than 200 persons, ASPAN was liberated from a binding contract that could have had far greater financial detriment. For many years, Kevin goaled for ASPAN to secure two years of operating funding in savings. On every opportunity, Kevin has urged components do the same in case of emergency situations. This goal has proven pure wisdom in 2020. With that said, ASPAN stands solvent.

Slate of Candidates and Voting

The Nominating Committee, led by Immediate Past President Regina Hoefner-Notz, presented the slate of candidates for 2020-21. All candidate profiles and resumes had been reviewed to ensure qualified candidates for election. Elections for Board members were held prior to the RA, using electronic voting. Election results were announced during the RA.

Other RA Highlights

The Representative Assembly approved the 2021-2022 ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Position Statements on Vaping and Human Trafficking were approved by the RA. A third Position Statement on Emergency Preparedness was slated for submission to the sitting RA for an e-vote with the intent for inclusion in the upcoming 2020-2021 Standards. Bylaws were changed to elect the ASPAN Director for Education from odd years to even years. 🌱



ASPAN

IN LIEU OF
2020 NATIONAL CONFERENCE
ON-DEMAND LIBRARY

[MORE INFO](#)

“FROM *the* HEART”

Perianesthesia COVID Stories

COVID Stories

Connecting While Apart – Solid as a Rock

Karen Woods, RN, CPAN, CAPA, Sonoma, California

The COVID-19 pandemic has deeply affected us in so many aspects of life, including work, home, our communities, our nation and our world. Practically overnight, everything changed. Our workplace settings experienced the cancellation of all elective surgeries. The demand for PPE caused shortages. Surge preparations were in high gear, including cross-training staff to other departments. Visitors were no longer allowed in our hospitals. All our patients were having either urgent or emergent surgeries and had to brave it without their loved ones by their side. Despite knowing and understanding the reasons, it was extremely upsetting for me to imagine being the patient going through the surgical experience without my husband with me, especially during this pandemic. Providing comfort and support to patients while each of us are behind a face mask with limited human touch, was at times, painfully challenging.

Knowing patients were in pain, feeling vulnerable and scared, I wanted them to know that even through their “mom” or “fiancé” was not there, they were not alone. They needed to know we cared and were there for them. After reflecting on this and doing some journaling, I purchased some polished gemstone rocks and brought them to work. Upon greeting my

patients, I recognized and discussed the absence of their special person. Then, I gave them a rock and shared it represents we are their rock. I encouraged them to lean on us, letting us support them in any way they needed. This was something I needed to do for my self-care, and it certainly made me feel better. The response from my patients touched me more than expected. I anticipated patients would appreciate the act of compassion, but I did not anticipate it moving them to tears, telling me “I do not want to let it go,” I am keeping this forever,” and “because of it, I am no longer afraid.” This turned into a beautiful way of connecting with our patients while they were feeling apart.

Finding healthy ways to care for ourselves, including acknowledging our feelings and emotions, is so important in order to stay grounded and able to care for others. ASPAN developed a COVID-19 Tool Kit, which provides very helpful guidance for all perianesthesia nurses, including several suggestions for self-care and work-life balance. Accessing this valuable resource does not require a log-in. Simply go to the ASPAN website homepage at www.aspan.org. 🌿



▲ Photo courtesy of Karen Woods

Life Changed in March of 2020

Sarah Hessling, BSN, RN, CPAN, Helotes, Texas

Life as we knew it changed in March of 2020. The COVID-19 pandemic and social isolation has changed our perspective on health and health prevention, and the way we lived life previously. My life was full of activities, maybe too full now that I am clear to think about it. I am a full-time PACU bedside nurse. I am the vice-president for TAPAN. I am a part-time graduate student for my master's degree. I am the wife of a fantastic husband and a fur mom to two gorgeous and active black Labradors. Life

was always about so much to do and so little time. I would put in two hours of studying a night, and I would wake up early (sometimes in the middle of the night from bed) to answer or send emails. I was traveling and scheduling PTO for events and commitments, not for an actual relaxing vacation.

Life has slowed and changed drastically. It is time to find the positive in this different life. I was reading the restoration series by Terri Blackstock, starting with Last Light. This series is about

Volume 40 Number 4
July/August 2020

13


the start of EMP (electromagnetic pulses) causing all technology, cars, watches, and electricity to suddenly stop. I was reading this on my days off, during social isolation. When I would put the book down, which was a page turner, I would get confused of which reality I was living in. There are similarities. But having technology in full force during social isolation, there is a great alternative to face-to-face contact. I can't imagine, nor would I want to live in the reality without technology and electricity. It makes you feel grateful of what we do have. It definitely helped with perspective while listening to the news and hearing rumors at work. It is a miracle with the advances in technology that we have a proper alternative to social interaction. Having time alone, without having to run around and constantly have things to do, has given me time for reflection on what I previously wanted from life, to what is important to me now.

I recently told my husband one of my goals was to be the next Florence Nightingale. I wanted to make such significant changes in healthcare for nurses to be remembered by all. Reflecting back, this is such a selfish goal. I do want to do good and make healthcare changes, but does it really matter if I am remembered in that way? Maybe all that matters is to do good and make small changes in the lives I encounter that I may help one person change for the better.

When I first began my journey of going back to school for my graduate degree, I wanted to take it slow in order to really learn all that I could from each class and maintain my status as a full-time nurse. The timing of the pandemic caught me at the tail-end of two classes that weren't too difficult and with two long years ahead of me.

My summer session is only one class (the topic is Population Health, what a coincidence). So, I asked my advisor with my hours being cut back to part-time and with only having one class for the next 13 weeks, if there was a way to accelerate my graduation date. Unfortunately, the answer was no. At first, the response left me upset with my past decisions and a long way until graduation.

Now my perspective has changed. I can finally enjoy my favorite pastime of reading (the fun kind, not just textbooks). I will have time to plan a conference that I committed to for this fall. I will have time to do fun crafts such as crocheting (maybe make more ear relievers for my coworkers). I will have time to write articles and come up with seminar ideas I can present in the future. I can take care of myself physically and be able to run and bike and hike, and hopefully soon paddleboard on the lake. I can assist my husband with woodworking projects to improve our house. I can start a vegetable garden (I will probably fail at, but at least I can say I tried). There will be so much more time and less stress. And with my summer birthday, I can plan for a great weekend of stress-free freedom. Hopefully by then, the wine shops will be open for a wine tour.

Although life has changed greatly, we can put a different perspective on it and use this gift of time for things we have forgotten in our fast-paced past. We can reprioritize our goals for what will truly bring us joy. We can be thankful for the life we are given. We can now live a slower-paced life full of purpose and joy. This is the message I want to bring to perianesthesia nurses. 

Should I Feel Guilty?

Kandy Maier, BSN, RN, NP, CPAN, *Denver, Colorado*

This isn't the typical COVID story. I haven't been "on the front lines" caring for very ill patients who are fighting for every breath. I haven't been working grueling 12+ hour shifts, worrying that I might have doffed my PPE incorrectly, or touched my face before cleaning my hands. I haven't needed to come home and strip down in my garage, making sure not to bring any contaminated clothing into my home so that I could protect my family, or stayed in a hotel room to avoid possible exposure to my family. My workplace was physically unchanged. Yet, the tension was there. Would I need to float to the newly made "COVID ICU," which had been

the hospital's other PACU? Would I be back in the world of ventilators and drips that I left some 30+ years ago? How would I handle it? Would my skills come back to me quickly?

At least for now, (who knows what tomorrow will bring?), those fears never materialized. I never knowingly cared for any COVID patients. Instead, I have worked my usual job as a PACU staff nurse, caring for patient's having routine appendectomies, bowel resections, mastectomies, etc. Business as usual.

As a nurse over 60 with asthma, I feel some trepidation about contracting the virus. And yet, I have felt guilty. Patients thanked me. Television

announcers thanked me. Various restaurants thanked me with free meals. The National Guard and the Air Force saluted me. As a nurse and a healthcare provider, I felt appreciated. But, I felt GUILTY. I didn't feel I was deserving of all this appreciation. I didn't accomplish great acts of heroism, putting myself in harm's way to care for the sickest COVID patients. Two younger nurse colleagues flew to New York to care for those patients in the nation's war zone. They were the heroes, not me.

My coworkers and friends reminded me that I did my duty. I cared for all the other patients who needed emergency surgery. I comforted them, protected them. While I saw that as "less than," others saw that as "enough." I really am a hero. I put my patients first daily. I function in my role as caregiver, showing compassion and concern, utilizing all the skills and knowledge amassed over the last 42 years as a registered nurse, the last 30 as a perianesthesia nurse. I have once again realized how proud I am to be a nurse! Yes, I am a hero. We are all heroes! 🌿

Getting Creative in the Midst of COVID – A Perianesthesia Clinical Educator Story

Hazzel Gomez, MSN, BSN, RN, CPAN, CAPA, Dallas, Texas
Perianesthesia Clinical Educator

The rise of COVID-19 sadly marked the fall of most countries around the globe. It created an unprecedented challenge as life drastically unfolded right in front of our eyes. Never have I imagined the healthcare system of the United States will be painfully affected by a virus, unbeknownst even by the world's great scientists! Emergency departments, intensive care units, medical-surgical units, perioperative, perianesthesia, skilled nursing facilities and alike are equally afflicted. Even clinical education and professional practice is incredibly overwhelmed with demands and changes occurring every moment. Clinical educators have been instrumental in supporting professional practice to address this rapidly evolving crisis situation. We may not be on the frontline, but we stand behind the success of every frontliner!

Life goes on in clinical education. Even when face-to-face classes are canceled, Skype and Zoom classes swiftly emerged as an innovation. Education is at your fingertips. Learners, young and old, grow into adapting new technology without hesitation. They are surely motivated by the relevance and meaning of the training. I invited an anesthesiologist to present via skype "Care of COVID Patients" to PACU nurse residents and nurse fellows, which was amazingly attended by approximately 35 registered nurses in and out of the perianesthesia arena. This was marvelous, indeed!

The PACU nurse residency program progressed without interruption. Some clinical days were replaced by perianesthesia homework due to strikingly low volumes of surgery. This did not discourage the nurse residents. In fact, they

persevered through the roughest times and endured every learning module and project assigned to them. They flourished. They are victorious. Today, they are back in clinical in full force and are matched to the PACU building that they please.

Match day celebration for PACU nurse residents cannot be missed, even in the midst of a catastrophe. The pandemic does not stop us from adding fun and excitement to what we do in clinical education. I used balloons to reveal their matched building, which made it a little breathtaking for them!

Believe it or not, educational emergencies do exist. For the safety of patients and staff, perianesthesia RNs received training on nasopharyngeal swabs for COVID testing. Unit champions for each perianesthesia area were identified and trained by experts. Gathering all the unit champions from seven perianesthesia areas in such short notice was honestly the most challenging part. We triumphantly rose above COVID!

COVID-19 may have revolutionized us and the life we live now, but things don't end here. Life is still a gift, to be cherished and treasured with the people we love. Yes, it has distressed us, impaired us in so many ways, and even grieved some of us. Today, we are bestowed with a second chance - a second chance to reflect and examine ourselves. Have I been a good citizen of this country? Have I been a good person? Have I loved enough? Have I forgiven enough? Today is the beginning of a new horizon, a new "normal." Let us get creative and embrace every moment of it. 🌿



▲ Photo courtesy of Hazzel Gomez

The “Pull” to Go to the ICU

Christopher Malone, BSN, MPA, RN, CPAN, CCRN, *Boston, Massachusetts*

When the news hit in February about the anticipated issues and needs related to the COVID-19 pandemic, several of us at Faulkner Hospital in Boston volunteered to go back to the ICU. It was clear that we would not have the amount of staff needed, not to mention qualified staff, if the news was to be believed. I had left the ICU in the late 80's to pursue a career in PACU. I, in my practice, certainly had my share of critical care patients, and still considered myself to be generally current in the manner of the intensive care unit. I was aware that not practicing in the Intensive Care environment directly on a daily basis, that I possessed the knowledge for the most part, but did not have a system or daily routine upon which to base my day.

I was confident I could help. I had studied the recent posts and information produced by both ASPAN and AACN. I was given a review by the critical care educator on the needed skills and information to set us up for success, and to the ICU I went. The initial weeks were overwhelming and tried my skills to every level imaginable. We had two patients each, on triple pressers and dual sedation, as well as insulin drips with complicated decision-making pathways. The documentation requirement in the first weeks was daunting until the hospital eased the required elements. The true ICU nurses were encouraging and helpful, and certainly welcoming. They did not make me feel

stupid or unskilled. We were on a journey none of us had planned on, nor were probably able to anticipate.

We lost many patients in those first weeks to the disease, we gained insight into what the patient would want, we used iPhones and FaceTime to allow family to participate if they couldn't be at the bedside. We fell back to what would we want. Nor, could we or should we, but rather taking a page from the ICU director, we are in this together and not alone. Fitting in a call to a patient's family when you are titrating pressers to balance the tightrope of instability was hard, but what would we want if we were the patient.

I have learned a lot in these past three months. I am sadder than when I started. But, to see the patient needing care and not able to always have the equipment, resource or skills put a new light on what it means to care. We can talk about donning and doffing with confidence, we can use our nursing skills to problem-solve when needing alternate methods or supplies. We can navigate the complex arena of the critical care units. As I write this, we now have travel ICU RNs with skills they share, stories we won't talk about, deaths where we were the ones holding a hand or patting an arm. I am proud to be a PACU nurse who can help in the ICU. Caring for those whom need our care. 🌱

Can Ambulatory Surgery Nurses Help in this Pandemic?

Whitney Hamrick, BSN, MSN, RN, *Charleston, South Carolina*

My name is Whitney Hamrick. I am the patient care coordinator, at the Roper Ambulatory Surgery and Pain Management Center on James island, Charleston, South Carolina.

When all the COVID stuff started, we closed down, and March 20 was our last day for surgeries. We do elective outpatient surgeries, so for about a week we went without work, and of course wondered what we would do as this continued. One of our staff happened to be around some people at the Transition Clinic on Rivers Avenue doing some PPE education. They saw the clinic was going to open for testing and they needed RNs to do the testing. There are no RNs who work at the clinic normally, and they had no one to run the testing. My nurse mentioned to them that we are closed down and we are all RNs. We got set up with the Transition Clinic and were able to staff two RNs at the clinic every day since, including weekends, which we are still doing.

Not only was this necessary and helpful for patients to have somewhere to go, but we needed to work! We are completely grateful to the clinic and Amanda Farish Biondi, the transition manager for giving us the opportunity to not only serve our community during this difficult time, but allow us to continue working.

As nurses we have a role, and we have that need to help. For something like this to be going on in the world, and to see all the nurses and healthcare providers in other states working non-stop in such scary and hectic situations, we felt the need to be a part of that. Thankfully, here in South Carolina, it was never as bad as other states, but we still wanted to do our part. By being able to staff the clinic and test patients, we were able to fill that need. Again, we were so thankful for that opportunity.

What is a Traveling Nurse to Do? Ticket to Ride!

Lori Hoekstra Erni, RN, CCRN, CPAN, *Spokane, Washington*

Last Christmas, my daughter taught my family to play the game “Ticket to Ride.” The objective to winning is to have the longest route. I never did win any of the games we played, until the Coronavirus helped me win the “real” game.

I have been a travel PACU nurse for almost three years. I know jobs and assignments are subject to the surgeries being scheduled. So, when the implications of the virus hit the surgical world, I was canceled in one contract, then the following one was not even started. I was in southern California at the time, so I trekked back to my home in Spokane, Washington.

There, I waited and waited. My retired husband’s sage advice was to make sure I had

activities planned every day. I spent time doing all those things I never really got around to doing: cleaning cabinets, washing the curtains, repainting the lawn ornaments.

I also made good use of my time and utilized the learning platform on the ASPAN website. There are so many free options! Perfect when there is no paycheck.

Before I knew it, jobs started to open up. Little did I know that my “route” would be even longer. I ended up in Connecticut, about 2600 miles from my home. Driving across the United States during a pandemic was interesting. There were no consistencies from state to state.

I am grateful to be back working. I have been blessed with safe travels and good coworkers.



Converting Our PACU to a COVID ICU

PACU Staff – Mount Sinai Queens

Tenzin Kunsang, MS, AGPCNP, RN, *Mount Sinai Queens, New York City*

When the pandemic hit us in New York City, our Post Anesthesia Care Unit (PACU), which consisted of 14 beds, was converted into a COVID-19 ICU unit. Our roles transitioned overnight, and we had to step up to care for critically ill COVID-19 patients. One nurse cared for 2-3 patients who were on ventilator support and had 4-7 critical care drugs infusing, which required close monitoring.

Looking back over the last few months, this seems almost surreal. Our PACU at Mount Sinai Queens (MSQ) became an Intensive Care Unit within a week. Our shifts changed, we had to adjust quickly to a high stress environment, patients dying, wearing full PPE and working with new team members we had never met before. Although we lost many patients to this virus, we did have some whose conditions improved and they were eventually discharged from the inpatient units. One of the difficult and saddest moments for us was not being able to save everyone and losing our patients without their family members at the bedside. Despite all the anxiety and fear of the unknown, our PACU team worked extremely hard caring for COVID-19 patients. We stood firm, worked together and supported each other during these tough times.

No matter how difficult the times were, we were able to overcome our fears and provide the best care to our patients. Nurses are indeed the heart of healthcare.

We would like to commend Kelsey Moyer, a former staff nurse, who had recently stepped up to the role of a clinical nurse manager when the pandemic hit us. As a new manager, she was faced with many challenges. However, she did tremendous work in keeping our team together and supporting us. She would work long hours and be available via phone if we had any questions or needed support. A special appreciation goes out to our wonderful nursing assistants who worked equally hard to assist us in caring for our patients.

One of our nurses, Tenzin Kunsang, despite working in this environment, was also attending NYU in her final semester towards her MS, AGPCNP degree. I have worked with Tenzin for many years and can attest to her tenacity, strong work ethics and endurance. Always smiling, she is a true member of our PACU team. One of our coworkers lost both his parents at our facility to COVID-19. During this pandemic she stepped up for her patients' families and coworkers. She kept pushing through with her schoolwork and

caring for her patients every shift. I am so proud to say she graduated May 20, 2020 from NYU. COVID-19 again impacted her despite all her hard work; she did not get to have a graduation ceremony surrounded by friends and family. The PACU staff congratulates her for such an accom-

plishment during this time of great uncertainty and turmoil. She truly exemplifies what it means to be a nurse in 2020. 🌿



Nurses make a difference everyday !!!

► Photos courtesy of
Tenzin Kunsang



Nurses are the heart of healthcare
#covid-19#TeamPACU
#2020yearofthenurse



Surviving COVID in Santa Cruz

Kristy Thompson, MSN, RN, CAPA, Santa Cruz, California

Tawnya Gilbert, a PACU nurse at Sutter Maternity and Surgery Center in Santa Cruz, like many nurses, was immersed with empathy working on the frontlines during the COVID-19 pandemic. She became flooded with compassion when the pandemic hit the planet, as uncertainty and absolute obligation hit the bonds in the hearts of nurses around the world.

Tawnya wanted to find something to share with others of the beauty she discerned during this pandemic. She wanted to find a way to inspire and bring unity and a sense of hope through artwork. Every day it was hard not to see and hear about how the COVID-19 virus was affecting people, and especially healthcare professionals. Even though the hospital Tawnya worked at was not hit hard by the pandemic, she saw healthcare professionals coming together. She visualized those caring for others who were critically ill despite working long hours, families who lost loved ones or had family members in ICU trying to recover who just needed a caring touch. And, of course, it's hard to not see the visual of the pesky red spiky ball representing the COVID-19 virus all over the news and social media.

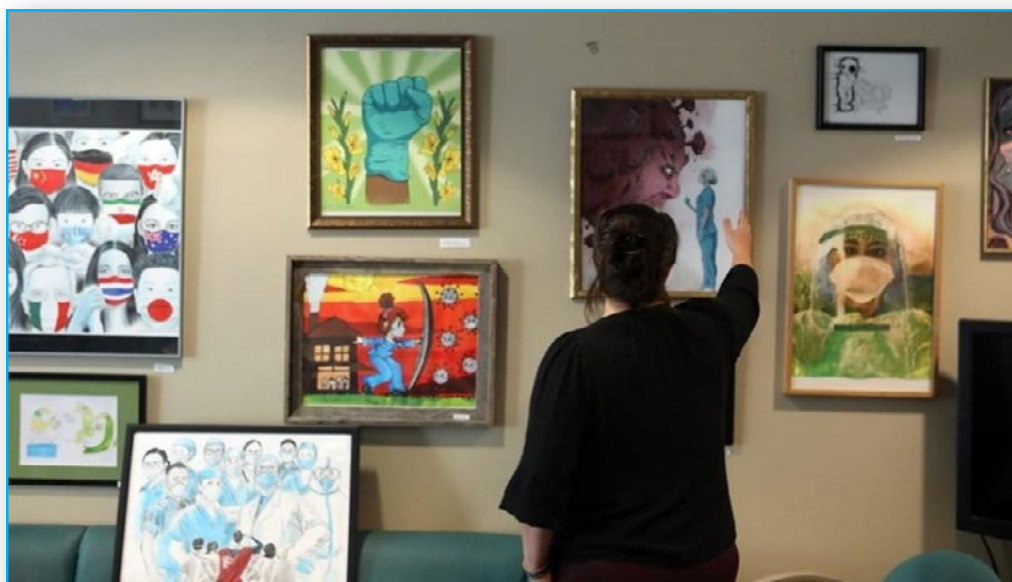
People's creativity was hard at it, as not only funny memes about COVID-19 were popping up all over social media, but also artwork portraying COVID-19. Tawnya had a vision to find artwork that showed healthcare workers in a light of integrity and heroism that she had not

witnessed in her lifetime, and display it in her hospital's breakroom. Her idea gathered tremendous momentum as she reached out to the community to get donations to help with the cause. Tawnya was able to accept donations of COVID-19 artwork from across the world, even as far as Singapore. Her idea spread to other area hospitals as well as one as far away as Maryland.

Tawnya named her project "Surviving COVID." As art hubs with art stores across the country were closed, beautiful COVID-19 artwork was jazzing up hospital break rooms and bringing a positive vibe to essential workers and beyond during these unprecedented times. 🌱



▼ Tawnya Gilbert reaching up to her favorite piece
Photo courtesy of Tawnya Gilbert



▲ Tawnya Gilbert with some of her pieces
Photo courtesy of Tawnya Gilbert

ASPAN Board of Directors 2020-2021

President 2020-2021

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

Elizabeth has been a practicing RN since 1990, and a family nurse practitioner since 2013. She has over 18 years of perianesthesia experience. She has a passion for nursing research and is a nursing research consultant at Vanderbilt University Medical Center, educating and mentoring nurses with research, selecting correct study design, interpreting analysis and dissemination. She is also an experienced reviewer for ASPAN and ICPAN's conference abstracts, a recipient of an ASPAN grant, SAGE pharmaceuticals Research Grant, VCTR Grant and Middle Tennessee Community Foundation Grant. She has written for numerous national and international journals. She is currently the editor in chief for *The Empowered Nurse* and a Joanna Briggs Institute reviewer.



Vice President/President-Elect

Jennifer Kilgore, BSN, RN, CPAN

Jennifer has been a perianesthesia nurse for over 20 years. She works as a staff nurse for Singing River Hospital System in Pascagoula, Mississippi. She is enthusiastic about ASPAN. She served ASPAN as regional director, secretary and now, vice president/president-elect. As a member of the Mississippi Society of PeriAnesthesia Nurses, Jennifer has served in various positions. She has also been instrumental in component website development and numerous education programs.

Secretary

Alphonzo Baker, BSN, RN, CAPA

Alphonzo has been a nurse for 21 years caring for adult and pediatric patients within perianesthesia critical care. He is the charge/staff nurse at Medstar Georgetown University Hospital in Washington D.C. in Preop/OR Holding/PACU. In his D.C. District, CBSPAN, he serves as president. During his nursing career he has been a change agent for nursing practice, working as the chairperson/leader of PeriAnesthesia Collaborative Governance Council, Medstar Corporate Council Representative of Quality and Safety, and the Northern Virginia representative for the American Nurses Association.



Treasurer

Chris Skinner, MSN, RN, CAPA

Serving the second year of her term as treasurer, Chris was a CBSPAN component treasurer for four years before becoming component president. She has been a nurse for over 38 years, 32 of which have been in perianesthesia. Chris is available to assist component leadership with financial questions. She is looking forward to meeting new component leaders and catching up with returning leaders at LDI.

Immediate Past President

Amy Dooley, MS, RN, CPAN, CAPA

Amy has had a long successful career as a perianesthesia nurse. After a few years at the bedside, she became involved with ASPAN beginning as a committee member. Progressing within ASPAN with increasing responsibilities, she became president in 2019. Now, she is supporting the current president and overseeing the Nominating Committee, Fellows Program, Past Presidents, and Emerging Leaders. Amy continues her day job as Clinical Educator for the PACU, Ambulatory Surgery, and Preoperative Center.





ASPAN Regional Director, Region 1

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

Connie has 29 years nursing experience: 20 years adult and pediatric perianesthesia and seven years as an educator. She is a valued teammate, has published in *JoPAN* and was an Elsevier subject expert. She is passionate and advocates collaborative kindness, EBP, peer review, research, podium/poster presentations, and coaches certification. Her ASPAN service involves Standards & Guidelines, Research, and EBP. She remains active with PANANM since 2007 in various roles and is currently their webmistress.

ASPAN Regional Director, Region 2

Susan Norris, BScN, RN, CAPA

Susan has 34 years of experience in preadmission, preop and phase II recovery. She is the manager for preadmission testing at CHI-Baylor St. Luke's Medical Center in Houston, Texas. Susan is currently TAPAN's *Eyeopener* editor and webmaster. Within ASPAN, Susan has been involved in Clinical Practice, Publications, Membership/Marketing, Nominating, Digital Media and Component Revitalization, and also the Preoperative Assessment SPG. Susan has presented perianesthesia lectures for national and component meetings. She was a contributing author for ASPAN's *Redi-Ref* and *Certification Review for PeriAnesthesia Nursing* 4th edition.



ASPAN Regional Director, Region 3

Deborah Moengen, BSN, RN, CPAN

Deborah has been a nurse for 29 years and is currently the director of perioperative clinical practice for CentraCare Health in St. Cloud, Minnesota. She has been on the MNDKSPAN board for the past 10 years and within ASPAN, she has served on the Membership/Marketing SWT and Clinical Practice Committee. She resides in South Haven, Minnesota and enjoys living on a century old farm with her husband.

ASPAN Regional Director, Region 4

Bronwyn Ship, BSN, RN, CPAN, CAPA

Bronwyn has eleven years of adult and pediatric perianesthesia experience as a staff nurse at UR Thompson Hospital, Canandaigua, New York. She received her Associates in Nursing from Finger Lakes Community College and received her bachelor's in nursing from Keuka College. Bronwyn is an active member of the Membership/Marketing SWT. She is looking forward to continuing her role as ASPAN Regional Director, Region 4 and providing support to the components of Region 4.



ASPAN Regional Director, Region 5

Keisha Franks, BSN, RN, CPAN

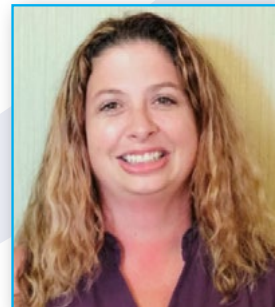
Keisha is the perianesthesia assistant nurse manager for a 633-bed level II trauma center in Marietta, Georgia. She is a CPAN certification coach. Keisha became involved with GAPAN in various positions at the district and then component levels, including treasurer, president, and currently component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



ASPAN Director for Clinical Practice

Melissa Davidson, MSN, RN, CPAN

After graduating from Western Michigan University with a bachelor of science in nursing degree, Melissa spent the obligatory year in med surg before finding her forever home in the PACU. She earned an MSN from the University of West Florida. She currently works at Moffitt Cancer Center in Tampa, Florida, as the manager for preanesthesia testing. In her spare time, she enjoys shuffleboard and kickball, and spending time with her three children.



ASPAN Director for Education

Mary Baird, MSN, RN, CPAN

Mary is the PACU clinical educator at Porter Regional Hospital in Valparaiso, IN. She facilitates and provides education to preadmissions, preop/phase II for surgery and endoscopy, IR and phase I. She worked as a bedside PACU RN for 27 years before embracing the educator role. Mary continues to provide bedside care on a prn basis. Mary's ASPAN service included the Nominating Committee, Education Provider Committee, and Clinical Practice Committee. Mary has presented at chapter meetings in Indiana and as an ASPAN speaker for webcasts.



ASPAN Director for Research

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

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



ASPAN Chief Executive Officer

Kevin Dill, MBA, BS
Ex-Officio

ABPANC President

Lynn Nolan, MSN, RN, CPAN, CAPA, NEA-BC
Ex-Officio

THANK YOU

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

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



Diane Swintek,
MSN, RN, CPAN



Component Education Program

Education

Arizona PeriAnesthesia Nurses Association (AzPANA) will hold a fall conference 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 "Bridging Knowledge to Practice" Saturday, October 3, 2020, via live webcast only. Details along with brochure will be on the website <https://papanonline.nursingnetwork.com>. Contact Ursula Mellinger at ursmellinger@gmail.com for any questions.

Northwest PeriAnesthesia Nurses Association (NPANA) will hold its Big Sky Fall Conference October 3-4, 2020, in Billings, MT, at The Northern Hotel. For information, please visit the NPANA website at www.npana.org.

Illinois Society of PeriAnesthesia Nurses (ILSPAN) will hold its fall conference Saturday, October 17, 2020, at Saint Louis Children's Hospital, Saint Louis, MO. Contact Hasima Hajdini, BSN, RN, CPN, at hasima.hajdini@bjc.org or 314-288-7218 for more information. 🌿



LIVE IN-PERSON SEMINARS

ADVANCED PATIENT SAFETY: NEW APPROACHES AND DIRECTIONS

October 3, 2020
Middletown, NY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

September 26, 2020
Indianapolis, IN

PERIANESTHESIA CERTIFICATION REVIEW

August 23, 2020 SUNDAY
Newport Beach, CA
November 14, 2020
Columbia, MD

REFRESHING YOUR PERIANESTHESIA PRACTICE

October 3, 2020
Fishkill, NY
November 14, 2020
Little Rock, AR

LIVE WEBCASTS FULL-DAY PROGRAMS

FOUNDATIONS OF PERIANESTHESIA PRACTICE
August 1, 2020

PAIN MANAGEMENT IN THE PERIANESTHESIA
AND CRITICAL CARE SETTINGS
August 15, 2020

PEDIATRICS: BEYOND THE BASICS
August 22, 2020

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES
September 26, 2020

PERIANESTHESIA CERTIFICATION REVIEW
August 8, 2020

November 8, 2020 SUNDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)
October 7, 2020 WEDNESDAY
October 14, 2020 WEDNESDAY
October 21, 2020 WEDNESDAY

PERIANESTHESIA PATHOPHYSIOLOGY AND
ASSESSMENT: A SYSTEMS APPROACH
August 29, 2020



**LIVE WEBCASTS
FULL-DAY PROGRAMS
CONTINUED**

PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE
October 24, 2020

REFRESHING YOUR PERIANESTHESIA PRACTICE
October 17, 2020

SAFETY BEGINS WITH US
October 3, 2020

SURROUNDING YOUR PRACTICE WITH EXCELLENCE:
LEGAL ISSUES, STANDARDS AND ADVOCACY
November 14, 2020

**LIVE WEBCASTS
HALF-DAY PROGRAMS**

ADVANCED CARDIOVASCULAR AND PULMONARY
PATHOPHYSIOLOGY
August 16, 2020 SUNDAY

FOUNDATIONS OF PEDIATRIC
PERIANESTHESIA CARE
October 4, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS I
September 13, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS II
September 13, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS III
October 18, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS IV
October 25, 2020 SUNDAY

PERIANESTHESIA ESSENTIALS V
November 22, 2020 SUNDAY

PERIANESTHESIA FOUNDATION
November 15, 2020 SUNDAY

**LIVE WEBCASTS
TWO-HOUR PROGRAMS**

ACUTE AND CHRONIC PAIN MANAGEMENT
August 19, 2020 WEDNESDAY

ANESTHESIA AGENTS AND TECHNIQUES
November 4, 2020 WEDNESDAY

**TWO-HOUR PROGRAMS
CONTINUED**

ASPAN PRACTICE RECOMMENDATIONS
September 9, 2020 WEDNESDAY

COMPLICATIONS AND EMERGENCIES
AFTER ANESTHESIA
November 11, 2020 WEDNESDAY

EMERGENCY PREPAREDNESS
October 28, 2020 WEDNESDAY

ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED
RECOVERY AFTER SURGERY
September 30, 2020 WEDNESDAY

GASTROINTESTINAL AND ENDOCRINE
PATHOPHYSIOLOGY AND ASSESSMENT
September 16, 2020 WEDNESDAY

INFECTION CONTROL CHALLENGES: IMPLICATIONS
FOR THE PERIANESTHESIA NURSE
August 2, 2020 SUNDAY

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA
NURSING
September 2, 2020 WEDNESDAY

MALIGNANT HYPERTHERMIA AND POSTOPERATIVE
NAUSEA AND VOMITING
August 5, 2020 WEDNESDAY

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT
August 26, 2020 WEDNESDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY
July 29, 2020 WEDNESDAY

OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT:
PUTTING THE PRACTICE RECOMMENDATION INTO
PRACTICE
November 21, 2020

PEDIATRIC ANESTHESIA AND POSTANESTHESIA
COMPLICATIONS
August 12, 2020 WEDNESDAY

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT
AND DISCHARGE CRITERIA
September 23, 2020 WEDNESDAY

PREVENTION OF UNWANTED SEDATION: PUTTING
THE PRACTICE RECOMMENDATION INTO PRACTICE
August 9, 2020 SUNDAY