



Breathline

Volume 40, Issue 2
March/April 2020

INSIDE:

PRESIDENT'S MESSAGE: Celebrate Strengths: Elevate Practice

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

In May of 2019, Regina Hoefner-Notz handed over the gavel to me and I became president of ASPAN. That ceremonial transfer of power came with a trust and a responsibility to lead this great organization. Regina, through her servant leadership, had given me the tools to be president and entrusted ASPAN would thrive. Ten months have passed, and this organization is humming.

My theme, “Celebrate Strengths: Elevate Practice,” came with a commitment that knowing and using strengths can bring your practice to a new level. The 2019-2020 Board of Directors worked diligently to identify their strengths and share these strengths. There was an identified richness with the variety of board member strengths that offered an excitement for the work we were doing. Potential blind spots of the board were recognized, and we developed a game plan to address those.

The Strengths of Each ASPAN Board Member

The Board of Directors have done a wonderful job applying their strengths to enhance ASPAN's impact to our members. The five Regional Directors, Connie Hardy Tabet, Susan Norris, Deb Moengen, Bronwyn Ship and Keisha Franks, with their strength of Relationship Building, supported their components through communication, promotion of the Component Development Institute, and sharing ASPAN resources. Director for Research Peggy McNeill has advanced Research and EBP activities by using her Strategic Thinking strength. Director for Education Mary Baird uses her strength of Relationship Building to encourage novice presenters at National Conference and she utilizes ASPAN veterans to update our education



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

offerings. ASPAN's seasoned Director for Clinical Practice Diane Swintek continues to use her strength of Executing to develop new Clinical Practice Committee members and continually updates the Frequently Asked Questions on the ASPAN website. Regina Hoefner-Notz has done an amazing job with the Emerging Leaders Program, clearly using her strength of Strategic Thinking to bring a new perspective and expectations to its members. ASPAN's ABPANC representative, Vicky Yfantis, offers her support of ASPAN's educational strength and promotes certification using her Executing skills. ASPAN Secretary Jenny Kilgore, with her Relationship Building strength, utilizes her team to review and update many of the policies, keeps the minutes of the organization and sets agendas. Chris Skinner, in her first year as treasurer, has kept the



▲ ASPAN 2019-2020 Board of Directors
Photo courtesy of Amy Dooley





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Address changes and administrative correspondence to:

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

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CONTRIBUTORS
Katrina Bickerstaff (AZ)
Melissa Davidson (FL)
M. Kate Edwards (VA)
Daphne Stannard (CA)
Greg Veenendaal (MN)

PANAW PHOTOS
Jammie Allen (OH)
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Editorial Comments and Letters
to the Editor to:
Barbara Godden
9320 Erminedale Drive
Lone Tree, CO 80124
bgodden@aspans.org

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Illustration p.2: © Can Stock Photo Inc./ iqoncept

books and has new ideas for financial stewardship. Elizabeth Card in her role as vice president/president-elect, is becoming familiar with presidential responsibility and is using her Strategic Thinking strength to facilitate her strategic plan for 2020-2021. Last, but not least, is ASPAN's CEO Kevin Dill. His strength is Executing, which he does very well. His institutional knowledge and non-profit expertise are key to the continual success of each ASPAN president and the organization.

The Strength of the National Office

The National Office staff have used their strengths by updating the education website to make it more user friendly, more concise and easier to understand the types of educational offerings. This upgrade bolsters our online presence for any perianesthesia nurse looking for education. The staff also does an amazing job answering the questions of members and non-members, being the front line for inquiries, and bringing professionalism to our organization.

The Strength of Components

We have seen components use their strengths to create outstanding educational offerings to bring the latest and greatest to their members. I have had the good fortune this year to travel to several components and participate. I was able to see firsthand the commit-

ment and passion the component leaders have for perianesthesia nursing. Being a component leader is not an easy job, but many of the leaders have a strong team behind them to support their mission and vision. Kudos to the grassroots members and leaders throughout the country who make ASPAN the strong professional organization it is.

The Strength of ASPAN Members

The application of strengths within ASPAN this year has been a testament to the amazing nurses who support ASPAN's core ideology "to be recognized as the leading organization for evidence-based perianesthesia nursing practice." I have been honored to lead ASPAN this year, and very much regret not being able to see many of you in Denver this April.

REFERENCE

1. ASPAN's Core Ideology. <https://www.aspans.org/About-Us/Core-Ideology>. Accessed February 13, 2020. 



FOLLOW US! On Social Media:



ASPAN Scholarship/Award Program

Accepting Applications Now Through July 1, 2020!

ASPAN News

The ASPAN Scholarship/Award Program is a member benefit designed to provide financial assistance to ambulatory surgery, postanesthesia, preanesthesia and pain management nurses aspiring to enhance their abilities to contribute to the perianesthesia nursing community. This scholarship/award granting year is 2021.

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

SCHOLARSHIPS/AWARDS OFFERED:

- \$1,500 for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree programs extending into 2021)
- \$1,000 for ASPAN National Conference attendance for April 25 to 29, 2021, Orlando, FL
- \$1,000 for Humanitarian Missions in 2021
- Two \$2,000 awards for the 2021 Nurse in Washington Internship (NIWI) program
- \$314 for CPAN or CAPA Certification Exam fee in 2021

ASPAN's Scholarship/Award Program postmark deadline is **July 1, 2020**. 

Management Specialty Practice Group (SPG) Update

Greg Veenendaal, MS, RN, CCRN-K, NEA-BC
Management SPG Coordinator

The Management SPG comprises 407 perianesthesia leaders throughout the country, practicing in all settings: ambulatory, acute care, academic, rural, etc. Like the other SPGs, the purpose of the Management SPG is to bring together the community of perianesthesia leaders to learn from each other, share best practices, troubleshoot challenges and build professional networks.

Sharing Knowledge and Similar Challenges

The most utilized benefit of the Management SPG is tapping into the collective knowledge held within this community. Perianesthesia leaders bring forward questions and challenges they face in their organizations and learn from their peers how they've handled similar challenges at their respective sites.

Topics are broad, ranging from staff engagement to regulatory readiness, patient care standards to cross-training processes. Recently, there has been focus on the ambulatory setting, given the continued shift in surgical volume to ambulatory surgery centers (ASCs). In addition, the community continues to share best practices associated with staff engagement, working to empower the frontline employee to identify and implement

changes to address practice challenges that impact their ability to provide care.

Methods to Interact With Each Other

The Management SPG has two primary points of interaction. The first is the online presence, located at both the ASPAN SPG Forums as well as in a Google group. The second is face-to-face at the annual ASPAN National Conference. The face-to-face meeting at the national conference is a great way to connect and network, identify topics of interest, and establish areas of focus for the upcoming year. We regret not being able to meet face-to-face in Denver this year, but hope to see many more of you at the National Conference in Orlando in 2021.



Greg Veenendaal
MS, RN, CCRN-K,
NEA-BC

Future Goals of the SPG

Future direction of the Management SPG is to continue to increase participation amongst its members. SPGs are inherently member driven. The greatest level of gain is achieved when members are active in the SPG and participate in online discussions and face-to-face meetings. Learning is tremendous as we work through our own experiences. This learning is increased exponentially as we incorporate the thoughts, ideas and perspectives of others having shared similar experiences.

If you are a leader in the field of perianesthesia, or, have an interest in learning from an incredible network of those already doing the work, join us. We welcome the opportunity to grow together in knowledge and practice. Timi Trust is the SPG's new vice-coordinator. If you would like more information or would like to reach myself or Timi, [click here](#) for the SPG webpage. 

I'm Really Angry with You, Coronavirus!

Barbara Godden, MHS, RN, CPAN, CAPA – Editor, *Breathline*



Barbara Godden
MHS, RN, CPAN, CAPA

Never, in my life have I thought something so microscopic and unseen could alter our lives in such a dramatic way. The latest, for me, is the cancellation of ASPAN's National Conference. This one is personal. It was to be held in my state, at a brand-new beautiful facility, fully equipped to care for the perianesthesia nurses who were to converge here in Denver. The planners did an outstanding job in preparing and generating the excitement that goes with getting ready for a national conference.

RMPANA members were engaged and excited to welcome ASPAN to Colorado. We, in the Rocky Mountain region, were ready to show off our beautiful state, provide unmeasured hospitality, and ensure everyone had a wonderful time learning and recreating. I'm angry, and I'm very, very sad.

ASPN Made the Right Decision

Of course, we know that ASPAN absolutely did the right thing. I am sure that this was a very difficult decision for them, and they wanted to wait until the last possible moment to ensure there was no other feasible alternative than canceling this annual event. We cannot be angry with ASPAN for canceling the event, or for carefully weighing all possible options prior to canceling the conference. They were in a very tough spot, knowing that they should cancel, but also understanding how important this event is in so many ways to so many people. They did the right thing and protected all of us.

Why National Conference is So Special

Those who may be unfamiliar with attending a national conference may state, "you can get your contact hours in many different places and different ways. What's the big deal?"

The big deal for me is this: I've been attending ASPAN's National Conference since 1987, missing only four conferences since that time. The first couple of conferences, yes, were about earning contact hours. Then, I found out what this wonderful organization is really all about! It's about the people who are members in the organization, the people who run the national office, the networking and the wonderful friendships that I have gathered over the years. It's about seeing these people each year and giving them a hug. Yes, a hug! Are hugs gone forever? I hope not.

Being a bit selfish, I hope that ASPAN can once again conference in Denver at some future date. I really want to host ASPAN here! Valerie Watkins and her National Conference Strategic Work Team did an outstanding job in planning, and it seems, we have nothing to show for it.

Our Lives Have Changed Overnight

So, in the meantime, our lives will continue to be altered. It may seem that nurses, other health-care providers, first responders and grocery workers are the only ones out there who are not "sheltered in place." In my own PACU, I work per diem now, a couple of days per week. Will I be asked to work more as these patients converge on our hospital? Will I work less, because elective surgeries are canceled? I am appreciative of our executive team at my facility. We get daily "coronavirus updates" per email, spelling out every little detail almost as it is changing. The executive team comes by for daily huddles, reassuring us and answering questions, whether it is about available supplies, the number of possible patients that have accessed our facility, reviewing correct donning of protective gear or answering questions about possible lost wages.

In Colorado, all the restaurants and other non-essential businesses are now closed. Colorado's beautiful ski resorts are closed, most of them for the season. Families are affected in many ways, and we must feel for them and offer what we can. I see people coming together offering support and money for many of these affected people. All of us are affected. I talk to people daily who have had family events canceled, whether in-town events or traveling out-of-state. Our spouses may have had their hours and/or pay cut. No one is immune to this horrible little virus.

This is a very difficult time for our nation and the world. We can only hope and pray this all ends soon. We will get through this. We are strong. And best of all, we are perianesthesia nurses!

Address letters to the editor at: bgodden@aspan.org.

With National Conference Canceled, Other Ways to Earn Contact Hours

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

NC
Cancellation

Once the reality of the situation sinks in that there will be no 39th ASPAN National Conference, we nurses pull up the bootstraps and get ready to move on. Although our focus is on the care of our patients right now, we lament the lost opportunities that come with attending ASPAN's National Conference. The face-to-face interactions we all enjoy are gone for this year. However, the opportunity to earn contact hours still exists. Although earning many contact hours in one place quickly has passed, we nurses are experts at finding other options.

In Lieu of National Conference

ASPAR's National Conference may have been canceled, but that's not stopping us from offering you what was planned for preconference and post-conference sessions...via live webcast. Earn up to 18.75 contact hours!

- Saturday, April 25, 2020

I Watch Over You While You Sleep: Caring for the Perianesthesia Patient Along the Perianesthesia Care Continuum (7.5 contact hours)

Register by midnight April 22, 2020 with Linda Wilson PhD RN CPAN CAPA NPD-BC CNE CNEcl CHSE-A ANEF FAAN FASPAR

- Sunday, April 26, 2020

Perianesthesia Certification Review (7.25 contact hours) **Register by midnight April 22, 2020 with Terry Clifford MSN RN CPAN CAPA FASPAR**

- Saturday, May 2, 2020

Anesthesia/PACU Complications (4.0 contact hours) **Register by midnight April 29, 2020 with Linda Ziolkowski MSN RN CPAN**

Signing up for one of these will be almost the same as being there! [Click here](#) to access registration.

In addition, 12 other sessions will be recorded for the National Conference On-Demand Library, which you can take advantage of at your leisure. Stay tuned for more information on these additional sessions.

Opportunities for Learning

There are many ways to earn the contact hours you need for your license or your certification. You should plan to attend your state component's fall conference. Most components have a conference in the fall, and that is an easy way to collect contact hours and get some face-to-face interactions.

There is also the opportunity to receive contact hours through your *Journal of PeriAnesthesia Nursing (JoPAN)*. ALL articles with contact hours are free to members. You can complete them at your leisure and choose those that pertain to your specific practice. This is so easy and convenient and FREE!

The next best option is to avail yourself of the ASPAN webcasts, seminars and on-demand modules. These are reasonably priced options to expand your knowledge. Be sure to read Director for Education Mary Baird's article on ASPAN's new education platform, *ASPAR Learn*, on page nine of this issue of *Breathline*. She describes and lists all the ways you can obtain education within ASPAN. The new website is easy to navigate. [Click here](#) to explore the site.

Start Planning for Next Year!

Mark your calendars for April 25-29, 2021. The next ASPAN National Conference will be in Orlando, Florida. I hope to see everyone there as we doubly celebrate our profession and all we have been through this year! 

**MORE
ASPAR
NEWS**

COVID-19 Toolkit

ASPAR has created an extensive COVID-19 Toolkit, which provides recommendations intended to guide perianesthesia nurses who may be working in those extreme situations. You can access the toolkit on ASPAN's home page or by [clicking on the link below](#):

COVID-19 Toolkit for the Perianesthesia Nurse

Representative Assembly

Representatives have been notified the 2020 Representative Assembly (RA) is to take place as a

virtual assembly on April 26, with candidates' video speeches, and electronic election and resolution voting. Representatives will receive further information on this event as plans are finalized by ASPAN leaders.

National Conference Education Offerings

ASPAR is putting several of the National Conference education opportunities online as live webcasts, and other sessions will be recorded for the ASPAN National Conference On-Demand Library. More information to come! 

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Clinical Practice Corner - COVID-19

Isolation: Social and Otherwise

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



Diane Swintek
MSN, RN, CPAN

The advent of the pandemic known as Novel Corona Virus 19 (COVID-19) has changed daily perianesthesia nursing practice, and, life for all of us. The changes began slowly at first, and then accelerated with the speed of Franz Klammer in his gold-medal-winning downhill run in the 1976 Winter Olympics in Innsbruck, Austria. Depending on where you live, you are experiencing this isolation in different ways.

Subtle Changes at Work

I live in Maryland, and in late February at my medical center, we started noticing a change in supply chain for contact isolation items such as gowns, gloves and disposable stethoscopes. My medical center also has a busy pulmonary interventional center. What that means for the OR and PACU is we do non-invasive pulmonary procedures through the bronchoscope in the OR. Some of these patients are “not clear” when the procedure is completed, and so they are recovered in the negative airflow room in our PACU. These procedures require the use of N95 masks for the nurses.

In the meantime, the procedure for obtaining N95 masks from the warehouse changed at the same time. Our nurse manager needed to make the request and the charge nurse needed to go down and sign for the masks. The uncertainty of access to adequate and appropriate personal protective equipment (PPE) has upped the anxiety that staff are experiencing.

Growing Anxiety

It is NOT business as usual, and while we were still caring for our surgical patients, there was growing anxiety and discomfort with the news of the growing epidemic. Perianesthesia nurses are skilled at preparing for every contingency. However, this virus is an unseen and unknown probability that does not allow for easy preparation. We know how to prepare to care for the patient on contact precautions, the patient with an MRSA infection, the patient with a positive C. Difficile diagnosis, and the patient with Flu A or TB.

It is this unknown adversary that has shaken our confidence in ourselves. We are perianesthesia registered nurses who KNOW how to follow the appropriate isolation procedures to keep us, our patients and our own families safe from this unseen adversary. WASH YOUR HANDS! This part is not new to us.

Changes to Social Interactions

It is a bit more difficult to have people engage in social distancing and social isolation. The directive to distance from one another – at least six feet - feels strange and unnatural. As a society, we are accustomed to meeting for a lunch date or a movie. Maybe you’re part of a prayer group or bible study, or some other supportive group. We shake hands, hug one another, gather in small and large groups for these activities and then come back to our families to share what we did. You can continue some of these activities online, but we draw strength from the face-to-face connection.

Now, in the presence of the COVID-19 virus, we are also sharing this unseen enemy. Because COVID-19 is a droplet, and possibly airborne infectious agent, the need for distancing is a primary defense against spreading the virus.

Our family is our first social group, but not everyone lives with another person. Now, in this time of distancing it is even more important to check in on people who are alone. This might be an elderly relative or friend. Maybe it’s the coworker who has an underlying disease that makes him/her more susceptible to this virus and has been cautioned to stay home. We all, or most of us, have work families too, and that is part of our socialization. I’m missing my work family while we are doing fewer surgeries and I’m not needed in my unit. My husband has been practicing social isolation for years. He gets out and about but has so many projects keeping him busy at home that he needs me to prod him to leave the house and mingle with society. Now, he says he finally does not hear me saying “leave the house!”

Maryland had its first positive COVID-19 patient at the end of January and not another until a week later. Initial cases were all in the counties surrounding Washington, D.C., and it was not until the end of February when there was a COVID-19 patient in my area of the state.

COVID-19: The Impact on Perianesthesia Nursing

Melissa Davidson, MSN, RN, CPAN

Perianesthesia nurses are involved in various aspects of patient care. They educate patients and ensure they have the proper testing and preparedness for their surgery in preanesthesia testing (PAT) clinics. They prepare patients and complete the first assessment on the day of surgery in the preoperative areas. Finally, they care for patients in the postanesthesia care unit (PACU). COVID-19, and the steps healthcare workers are taking to slow the spread of this virus and care for the patients who have it, affects every aspect of perianesthesia nursing.

Preanesthesia Testing Clinics

The impact of COVID-19 in preanesthesia testing manifests in various ways. There is wide variation across the country in the function and name of PAT clinics. Here are a few ways this pandemic may be impacting these practices:

- Increase in telemedicine usage
 - Decrease the number of patients coming into the facility
 - Utilize phone calls for patient evaluation and education
 - Utilize a virtual visit platform. Facilities may have contracts with a virtual health vendor or may use another service such as Zoom or Skype
- Shift in staff working from home
- Participate in screening either in their clinic or in a drive-through testing site
- Educate patients about COVID-19
 - Use evidence-based resources, such as www.CDC.gov
- Notify patients about changes in visitation practices
 - Limit to no visitors or restricted visitation
- Educate about facility changes to patient discharge
- Create a process to test patients for COVID-19 prior to the day of surgery
 - Create or re-educate on completing nasopharyngeal swab testing

Preoperative Areas

Preoperative areas are the first stop for patients entering facilities on the day of surgery. They also may be an area where inpatients come for the preoperative period. This practice may be impacted by:

- Screening patients prior to surgery
 - Develop a plan to isolate patients while waiting for results

- Consider going to the inpatient unit to prepare patients
 - Develop plans to send patients directly to the operating room
- Train to work in other areas of the facility

Postanesthesia Care Unit

PACU nurses have varying practice environments throughout the country. The impact to PACU nursing may be:

- Develop a plan for increased numbers of isolation patients
 - Many facilities have limited numbers of rooms with negative pressure
 - Staffing may be adjusted to allow the nurse to stay in the isolation room with one patient to help conserve personal protective equipment
- Prepare to care for overflow intensive care unit patients
 - Review ventilator management
 - Review critical care competencies, including medications
- Have an emergency management plan in place
 - Staff may be assigned to “disaster team” for response
 - Plan for relief of these team members
- Consider bypassing of PACU
 - Send ICU patients direct to unit
- Plan for discharge instructions
 - Restricted visitation may result in the need to give families instruction over the phone
 - FaceTime or another video service may be used to demonstrate care
 - Dressing changes
 - Drain care
 - Foley care
- Patient transportation plan
 - Movement between departments should be minimized
 - Discharge to families waiting in vehicles
 - Less availability of public transportation may impact patients travel to home

Impacts on Perianesthesia Nursing

The COVID-19 virus has forced perianesthesia nursing to evaluate processes. Perianesthesia nurses are recognizing the value of maintaining critical care skills, or teaching nurses how to care for critically ill patients. Staff are facing shortages of personal protective equipment.



Melissa Davidson
MSN, RN, CPAN

Our governor initiated social distancing recommendations on March 12 and there was an immediate run on the grocery stores. The schools were closed mid-March and finally I'm seeing fewer and fewer cars on the state highway that runs by my home.

Opportunities

Besides watching television and binging on news about the pandemic, there is much that you can do while isolating at home. A friend of mine is taking a free online course from a university that interests her. I have indulged my love of reading non-fiction history of WW II. Another friend is working on some gardening projects. And, ASPAN has a large number of on-demand subjects that you can peruse! Think of what you'll be able to communicate about when you can finally chat with your friends face-to-face! 

ASPN has developed a [COVID-19 Toolkit for the Perianesthesia Nurse](#), a guide to help perianesthesia staff through this pandemic.¹ The Centers for Disease Control and Prevention website also has many suggestions for preventing the spread of COVID-19.²

Perianesthesia nurses need to maintain the high level of quality of patient care for which the specialty is known, as well as develop a new level of flexibility to allow our patients to safely move through their surgical journey during this crisis.

REFERENCES

1. COVID-19 Toolkit for the Perianesthesia Nurse. ASPAN website. https://www.aspan.org/Portals/6/docs/COVID19_Toolkit.pdf?ver=2020-03-25-140650-257. Accessed April 1, 2020.
2. Coronavirus (COVID-19). Centers for Disease Control and Prevention website.. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>. Accessed April 1, 2020. 

LOOKING AHEAD

**We Say Goodbye to
What Might Have
Been in Denver...**



▲ Larimer Square
Photo courtesy of Visit Denver



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



▲ Driving into the Rocky Mountains on I-70
Photo courtesy of Visit Denver

**SAYING HELLO
To Orlando in 2021!**

Start planning now for ASPAN's 40th National Conference, April 25-29, 2021.

It's going to be a great celebration!

Check Out ASPAN's New Education Platform: "ASPAR Learn"

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

Education Provider

Please check out the new Education Platform, **ASPAR Learn**, on the ASPAN website. The site is very easy to navigate, and members can choose from a variety of educational options. These options include:

- The live in-person **ASPAR Seminars** are presented by one of our nationally recognized speakers and provide 7.25 contact hours
- The **ASPAR Seminar** live webcasts offer 2.0 to 7.25 contact hours. The ASPAN Seminar live webcasts can be attended from the comfort of your home, office or favorite learning environment
- The **ASPAR On-Demand Library** modules offer a variety of educational topics for nurses to complete at their own time and pace
- The **Journal of PeriAnesthesia Nursing (JoPAN)** Continuing Education Articles allow members to be awarded free contact hours after reading a JoPAN article, completing the evaluation and passing the post-test
- The **Perianesthesia Certification Review On-Demand Bundle** is a great resource for launching your preparation for the CAPA or CPAN Examination
- **ASPAR Select Seminars** are pre-recorded modules brought to you by your local component.

New Education Topics

In addition, the ASPAN Education Provider Committee has identified four new topics to be added to the ASPAN On-Demand Library. These new topics include:

- **Care of the Pregnant Perianesthesia Patient**, developed by Linda Beagley, MS, BSN, RN, CPAN, FASPAN
- **Patient Care Priorities in Mass Casualties and Natural Disasters**, has been developed,

and will be recorded for the ASPAN On-Demand Library

- **Challenges in Phase II Perianesthesia Nursing.** The team working on this topic is chaired by Alexis Nicpon, MSN, RN, CPAN. This program will incorporate some of the clinical practice questions submitted related to phase two care
- **Neurological Critical Care Competencies.** This team is co-chaired by Linda Beagley, MS, BSN, RN, CPAN, FASPAN, and Jennifer Voss, MSN, RN, CMSRN

ASPAR members can look forward with anticipation to these educational offerings prepared by perianesthesia nurses, for perianesthesia nurses.

Competency-Based Orientation Modules

The ASPAN Education Provider Committee, in collaboration with the *2019 A Competency-Based Orientation Program for the Registered Nurse in the Perianesthesia Setting* (CBO for the RN) chapter authors, are developing educational modules for each of the CBO for the RN chapters. These modules will be added to the ASPAN On-Demand Library. Please watch for further updates.

ASPAR National Conference

The ASPAN National Conference Strategic Work Team did a tremendous job in selecting topics and speakers for our National Conference in Denver. We are disappointed that we will not be meeting in Denver. Stay tuned for National Conference updates and information on the 2021 conference in Orlando, Florida. It will prove to have just as many great topics and speakers as were planned for this year. 



Katrina Bickerstaff
BSN, RN, CPAN, CAPA

What Does Legacy for Life Mean to Me?

"When I think back to when I first started with ASPAN, my life was very different. I was a young nurse struggling to learn my profession through work. I was looking for more, and I found ASPAN. Engaging with others across the country in our specialty excited me. The idea of having the power through a vote to change my practice was exhilarating, and the knowledge I gained through ASPAN has been immeasurable. The relationship with friends I made along the way has been, and always will be, priceless. ASPAN has been a constant in my life and still is. The gift of **Legacy for Life** was a way for me to give back to the organization which has given me so much." 



Mary Baird
MSN, RN, CPAN



**Daphne Stannard
PhD, RN-BC, CNS, FCCM**

Click, Critique, and Connect!

Daphne Stannard, PhD, RN-BC, CNS, FCCM

Coordinator, Evidence Based Practice Strategic Work Team

*J*t is a standard of professional perianesthesia nursing practice to participate in clinical inquiry, which can be described as “a constellation of research and research-related activities. These may include primary and secondary research, evidence-based practice, and quality improvement activities.”¹ However, in our busy clinical environments, it is often difficult to find time for an essential, yet often perceived to be an extra, activity. In an upcoming issue of the *Journal of PeriAnesthesia Nursing*, I argue that embracing evidence-based practice (EBP) and employing it daily in one’s practice is achievable and does not have to be an added task or burden.

How to Keep Up with the Evidence

Integrating best available evidence into daily practice is one thing, but how does one keep up with the burgeoning evidence base—the articles, posters, and other scholarly works—that help inform our practice? ASPAN can help! Your perianesthesia professional nursing organization is hard at work revitalizing the ASPAN Journal Club, which will be an online forum to assist individuals and groups to critique and discuss a significant journal article each month.

The Value of Journal Clubs

A journal club can be defined as a group of individuals who meet regularly in a synchronous fashion (as in a face-to-face meeting or video conference) or asynchronously (as in a chat room or online forum) to discuss current research and clinical evidence. Journal clubs have a long history in the health sciences, and their existence has been documented for over a century.²

Aside from keeping up with the literature, why should one care about participating in a

journal club? Research has shown that journal clubs can improve participants’ critical appraisal skills, promote social networking, facilitate research utilization, and serve as a venue for reflecting on practice and keeping up with recent research evidence.³⁻⁵

Using the ASPAN Journal Club

The ASPAN EBP Strategic Work Team will help facilitate monthly discussion groups, but the ultimate success rests with ASPAN members to log on to the ASPAN website, click on the ASPAN Journal Club, utilize the ASPAN EBP resources (which includes tools to assist with critique), and to connect with the evidence, their own practice, and other perianesthesia nurses. More information will be available soon about the new and improved ASPAN Journal Club. Stay tuned, and may the evidence be with you!

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3. Belanger L. The Vancouver General Hospital acute spine journal club: a success story. *SCI Nurs*. 2004;21(1):29-30.
4. Kartes S, Kamel H. Geriatric journal club for nursing: a forum to enhance evidence-based nursing care in long-term settings. *J Am Med Dir Assoc*. 2003;4(5):264-267.
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SAVE THE DATE

Leadership Development Institute

The Leadership Development Institute (LDI) is scheduled for November 7-8, 2020, and will be held at the Kansas City Marriott, Country Club Plaza. The meeting will be all day on Saturday and a half day on Sunday. Stay tuned for more information.

Board of Directors Mid-year Meeting Highlights

Clearwater Beach, Florida - November 1-3, 2019

BOD Meeting Highlights

As a member of the Board for five years, my appreciation and awe of the effort and energy that ASPAN leaders invest simply amazes me. Reports from Specialty Practice Groups (SPG), Strategic Work Teams (SWT), Liaisons, Committee Chairs, Mission Directors, Regional Directors and officers describe all the work that goes on everyday within our organization. I, for one, am very grateful to have the opportunity to study them prior to the meeting because there is a lot of activity.

ASPN's Board reviewed the working strategic plan, revised ongoing work, and discussed future goals and proposals. Refreshing and publishing a new version of the *Redi-Ref* was discussed. Another noteworthy item was the restructuring of the Emerging Leaders Committee, which will now become a strategic work team, with the goal to provide all with a rich, lasting and meaningful experience. A coordinator will be appointed by the ASPAN president to lead this SWT.

Regina Hoefner-Notz described the Nominating Committee's quest for 2020-21 candidates and presented slate. ASPAN remains fiscally solvent and aims to be good stewards of ASPAN resources. A balanced budget was presented and approved by the Board. ASPAN supported components to attend Component Development Institute and provided multiple scholarships for continuing education, Nurse In Washington Internship (NIWI) attendance, certification and humanitarian missions.

One of the most meaningful elements of this year's mid-year Board Meeting was related to ASPAN President Amy Dooley's theme, *Celebrate Strengths – Elevate Practice*. Last April, the Board was asked to participate in a Clifton Strengths-Finder questionnaire/evaluation. During the mid-year Board meeting, we took a deeper dive into the strengths of the current Board. The value of this exercise in identifying each of our strengths was uniquely powerful.

We briefly took time to discuss our 'talent DNA' and individual profiles. My top five strengths were connectedness, futuristic, includer, positivity and intellect. Reading and reflecting on results empowered us to examine what we do best, learn how to apply our strengths every day, share results to create stronger relationships and improve teamwork. It was an enriching time, goal accomplished!

"To love what you do and feel that it matters – how could anything be more fun?"¹ This quote sums up how I feel about being a part of ASPAN. I absolutely love perianesthesia nursing – everything about it. Being involved in ASPAN, part of the Board, serving on strategic work teams and committees, and contributing to the work – matters. Make it count!

REFERENCES

1. Katherine Graham quotes. https://www.brainyquote.com/quotes/katherine_graham_126094. Accessed February 14, 2020. 



Jennifer Kilgore
ASPN Secretary



Gratitude Board

PACU

Novant Health UVA/Haymarket Medical Center - Haymarket, VA

In the January/February 2020 issue of *Breathline*, Kate Edwards wrote about her challenge to create a "Kindness" culture in her PACU. The project was so successful she recently created the "Gratitude Challenge." The remarkably enthusiastic results are displayed in her photos of before and after below. **Great job, Kate!**



M. Kate Edwards
BSN, RN, CPAN



◀ Photos courtesy of M. Kate Edwards

PANAW CELEBRATIONS

continued from page #



▲ MD Anderson Cancer Center, Houston, Texas



▲ Cincinnati, Ohio, Veterans Administration Medical Center



▲ Houston Medical Center, Houston, Texas



▲ INSPAN celebration in Indiana – goodies and education



▲ Hendrick Medical Center, Abilene, Texas



▲ CBSPAN seminar speakers pose for a photo



▲ TAPAN nurses celebrating PANAW



▲ Children's Hospital Colorado



▼ San Antonio, Texas – gathered at a seminar



▲ Veterans Administration Medical Center, Miami, Florida

▼ University of Pittsburgh Medical Center, Shadyside



▼ Virtua Marlton in New Jersey – more celebrating from the PACU nurses!



▲ Midland Memorial Hospital, Abilene, Texas

▼ Virtua Marlton in New Jersey - these girls celebrated!



▼ *Tri-City Medical Center in Oceanside, California – cake is always welcome!*



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▲ *Northeast OPANA celebration in Ohio*

CERTIFICATION

REMINDER:

Important Information on Deadlines for Spring 2020 CPAN/CAPA Certification and Recertification Candidates:

ABPANC has reached out to its certification and recertification candidates already regarding deadline changes. However, if you continue to have questions related to COVID-19 changes, please contact ABPANC at abpanc@cpancapa.org or ABPANCCandidatesupport@psionline.com.

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REGION FOUR UPDATE

Bronwyn Ship, BSN, RN, CPAN, CAPA

Regional Director, Region Four

Greetings from Region Four. On behalf of all of us in the northeast region, I hope everyone is ready, like most of us, to turn our sights towards spring. I had the pleasure of attending many of the component fall conferences and am looking forward to the spring conferences. Meeting members of each component and sharing ideas and information has been the highlight of my visits.

It is an honor and privilege to work with the component leadership. The enthusiasm and passion they bring to their components is inspiring. Each and every one, from the leadership to the nurses attending the conferences, show a commitment not only to our specialty of perianesthesia nursing, but to the patients who rely on us to deliver the highest quality, evidence-based care.

Here is a brief update on the educational offerings and activities in Region Four:

Connecticut Society of PeriAnesthesia Nurses (CSPAN)

Diane Perrone is the CSPAN president. CSPAN held a *Certification Review* on September 21, 2019, in Meriden, featuring Kim Noble. I attended this conference and enjoyed listening to the lecture given by Kim and meeting the people who attended the review.

Maine Society of PeriAnesthesia Nurses (MeSPAN)

Deb Roy is MeSPAN president. The MeSPAN fall conference was held on October 26, 2019. The Maine spring conference scheduled for April 4, 2020, was canceled. Visit <http://mespan.nursingnetwork.com> for further information.

Massachusetts Society of PeriAnesthesia Nurses (MASPAN)

MASPAN canceled its March 28, 2020 spring conference in Waltham due to the COVID-19 pandemic. On June 13, they will be hosting an ASPAN seminar, also in Waltham.

New Jersey/Bermuda PeriAnesthesia Nurses Association (NJB PAN)

Grace Squibb is president. A fall conference was held on October 5, 2019, in Morristown. NJBPANA held a virtual spring conference on April 4, 2020, in Morristown.



New York State PeriAnesthesia Nurses Association (NYSPANA)

Sherry Fieroh is president. The fall NYSPANA conference was held on November 9, 2019, in Melville. I attended this conference, which offered several interesting topics on alternative medicine and its uses and benefits to perianesthesia nursing.

Pennsylvania Association of PeriAnesthesia Nurses (PAPAN)

Ursula Mellinger is president. The annual PAPAN Pride Conference was in King of Prussia on October 5-6, 2019. PAPAN hosted an ASPAN seminar, *Perianesthesia Certification Review*, on February 15, 2020, in Middletown.

Rhode Island Association of PeriAnesthesia Nurses (RIAPAN)

Susan DiBlasi is president. RIAPAN held its fall conference on October 26, 2019, in Providence. I had the privilege of speaking at this conference.

Vermont/New Hampshire Association of PeriAnesthesia Nurses (VT/NH APAN)

Sandie Watts is president. VT/NH APAN held its fall conference on October 5, 2019, in Burlington, VT. I was also able to attend this conference and enjoyed spending the day learning with the members of VT/NH APAN. An ASPAN seminar, *Refreshing Your Perianesthesia Practice*, scheduled for March 14, 2020, was canceled. Visit <http://vtnhapan.nursingnetwork.com> for further information.

Component Education Program

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.

Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) will hold its annual Retreat in the Rockies October 2-4, 2020, at Snow Mountain Ranch outside of Winter Park, Colorado. Visit <https://rmpana.nursingnetwork.com/> for more information.

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. 

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