



Breathline

Volume 40, Issue 5
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INSIDE:

PRESIDENT'S MESSAGE:

Precision Vision: Empowering Innovation and Well-being

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

Some things are inevitable, like taxes, death, and change. Change can be challenging. However, there are strategies that can be implemented to help transition through change. One of these strategies is innovation. It can be a tool leading to positive outcomes and change. Innovation can be a process which translates an idea or thought into a way to satisfy unmet needs or expectations. This creative process provides agility in resolving critical problems.

Think about the recent critical need for personal protective equipment and the response of many university schools of engineering using their 3D printers to create face shields, or the thousands who cranked up their sewing machines to create cloth masks with pockets where HEPA filters could be inserted. These activities demonstrate innovative solutions to unmet needs resulting in positive change.

Translating Evidence into Practice

Currently, it takes approximately 17 years for evidence to be translated into practice changes.¹ Yes, that is correct, 17 years! That is, indeed, a shocking amount of time for new knowledge to be translated. When reading the literature about barriers to this translation of evidence into health-care organizations and nursing care, one of the interesting limitations impeding the pace of change is simply end users (e.g., bedside clinicians) were not included in the research studies that generated the evidence. This results in a translation gap.

This chasm must be bridged before the evidence can be applied by the bedside clinicians. This bridging usually comes in the form of nursing



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ASPAN President
2020-2021

innovation. One way to accomplish this bridging is through quality improvement projects to test the innovations at various stages. This process gives the implementors the flexibility to refine the translation process as needed to create a good fit for their unit and nursing practice.

A good example of this is nurses' implementation of the ICU liberation bundles for decreasing delirium and postoperative cognitive decline. Nurses in cardiovascular ICUs struggled with the early ambulation part of the

bundle within the recommended time frames for early ambulation, with many patients still on ventilators or even balloon pumps.² By empowering innovation, these nurses implemented a multidisciplinary approach to early ambulation and successfully implemented this practice change.

ASPAN's Innovation for its 39th National Conference

Many times, this creative process of innovation is hidden. There may not be an awareness of it even occurring. However, it is happening every day. Here is an example. In the face of the coronavirus pandemic, ASPAN canceled its 39th National Conference. This left many vital processes the organization depends upon, incomplete or undone. This includes the Representative Assembly, the Board of Directors' meetings and strategic planning session, all of which usually occur during national conference and are vital to ASPAN as an organization.

Of these, the most challenging to lead without a face-to-face meeting was the strategic planning session. Historically, this is accomplished in a day-long, in-person meeting led by a strategic



planner or coach. This was not feasible in the current environment. A search of the literature revealed many instruments and tools used by other industries (business, engineering, and quality/process improvement) to accomplish group strategic planning. These instruments were synthesized into multiple surveys. Between the several surveys and multiple lively facilitator-led discussions using technology, a new strategic plan was born from an innovative process.

Opportunities to Learn Innovation Skills

Creative thinking, innovation, flexibility, and adaptability are skills which can be learned or strengthened with regular use. The first step is to embrace change, to open the mind to new ideas or concepts, to believe the world is full of endless possibilities. With intention and practice, these possibilities become more apparent. There is a beautiful line from poet Anaïs Nin demonstrating this: "... the day came that the risk of remaining tight in a bud was more painful than the risk it took to bloom."³

There are several free of charge education opportunities available to help one bloom in creative thinking or innovation. Coursera, an online "college" offers several creative thinking and innovation classes. These can be found at: <https://www.coursera.org/courses?query=creative%20thinking>

Alternatively, the University of Pennsylvania School of Nursing (Penn Nursing) is offering a free online design thinking course intended for nurses. The Director of Innovation and Co-Principal Investigator of Design Thinking for Health, Mary Leary, MSN, MPH, RN, states: "Innovation is not just one thing. It includes technology and medical devices, but also the method-


ologies we use to solve complex health problems, the systems and processes we create, and how we communicate with our patients, their families, and the broader public."⁴

The Penn Nursing education for design thinking can be found at: <https://designthinkingforhealth.org/>

A Final Thought

While the words innovation and invention are often used interchangeably, there actually are distinct differences. An invention is the result of a creating something new. However, this new item may or may not be innovative, it may just be the newest mousetrap in the history of 300 years of mouse traps. The concept of a new "use" of an idea is innovation and results in revolutionary changes to the previously existing process or solution. So, I challenge you to learn more about innovation, look for it within your institution and your unit. Empower your potential to become a nurse innovator!

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JanuaryNovember 1
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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 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, becoming involved in governmental affairs or learning 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. Committees and SWT assignments will be communicated in the spring, around the time of National Conference. Assignments run from National Conference to 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!

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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." Registration is now open to all ASPAN members. [Click here](#) for more information.

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Research in the Year of the Nurse, Nightingale's 200th Birthday, and a Global Pandemic

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



Margaret McNeill
 PhD, RN, APRN-CNS,
 CCRN-K, CCNS, TCRN,
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 FCNS, FAAN

Florence Nightingale is celebrated as the founder of modern nursing, and her 200th birthday was commemorated on May 12 this year. Her contributions to healthcare are grounded in her analysis of evidence, and subsequent interventions that improved patient outcomes. She used statistics and developed charts and graphs to communicate her findings to champion healthcare reform. She was a pioneer of evidence-based practice (EBP) long before the birth of Cochran and Sackett, modern day leaders of evidence-based medicine.¹

Nurses as Consumers of Research

We, as nurses, are obligated to be consumers of research and incorporate the best evidence into our practice. Today, ASPAN uses the framework developed by the Joanna Briggs Institute to foster EBP.² Evidence-based decision-making is evident in the evaluation and incorporation of evidence into each edition of ASPAN's Standards.³

The World Health Organization (WHO) has designated 2020 as the "International Year of the Nurse and the Midwife," in honor of the 200th anniversary of Florence Nightingale's birth. Nursing organizations, including ASPAN, have invested in efforts to recognize the contributions of nurses.^{4,5} Early this year, those contributions were thrust into the limelight when it became evident to the public that nursing care stood between life and death for so many patients across the globe.

The Impact of COVID-19 on Nurses

The emergence of the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) pandemic, with the resulting disease known as COVID-19, has impacted nurses in profound ways. There has been heightened awareness of the impact of caring for others, but research is needed to explore this impact on perianesthesia nurses. Their experiences are likely to be different than nurses in other practice areas, or those who stayed with their teams and on their units.

Studying Nurse Resilience

The importance of resilience, and the need for self-care was identified by many before the pandemic.⁶ Recently, ASPAN President Elizabeth Card and her team published results of a study on burnout and resilience in ASPAN members.⁷ Others as well have explored interventions and called for nurses to build resilience.⁸⁻¹¹

Research is also imperative now to see if these activities, from involvement in outside work interests to prayer, serve to bolster the health and well-being of perianesthesia nurses during the pandemic. The addition of family stressors and isolation may also be influential in how nurses cope with life during this pandemic. The ability to contribute in a significant and meaningful way and the recognition of this work may be protective. Only further study of the events and nurses' experiences, perceptions, and outcomes will provide clues or answers to these questions.

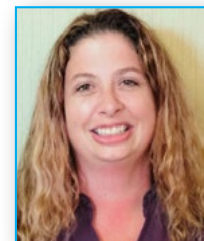
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Clinical Practice Hot Topic: **PPE and N95 Masks**

Melissa Davidson, MSN, RN, CPAN – ASPAN Director for Clinical Practice

Clinical
Practice



Melissa Davidson
MSN, RN, CPAN

COVID-19 has changed the focus of our daily work. Healthcare has been conscious about universal safety protocols for years. Hand hygiene, gloves and masks are a part of our daily lives we do without thought. With the current pandemic, there has been a focus on personal protective equipment (PPE) which we purposefully think through. This has led to an increase in questions from our members about COVID-19 and PPE.

Q. *What are the current recommendations for PPE and distancing in the PACU? With the current COVID-19 crisis, is ASPAN recommending N95 masks in Phase I?*

A. There are many resources for healthcare professionals seeking answers during the COVID-19 pandemic. The shortage of N95s and other PPE has been widely publicized in the national media, with some regions of the country having more difficulty acquiring them than others. With the ongoing crisis we need to focus on the safety of our frontline healthcare workers and our patients.

CDC Guidelines

The Centers for Disease Control and Prevention (CDC) has published recommendations supporting the use of N95s in COVID-19 positive patients.¹ N95s use should be reserved for patients who are a known COVID-19 positive patient and during aerosolizing procedures. These include common PACU procedures such as intubation, extubation, nebulizer treatments, and using CPAP and BiPAP. As a result of this, many facilities throughout the country have implemented strategies that encourage these events to occur in the operating rooms, or in a negative airflow isolation or intensive care unit room.

ASPAN's Position

ASPAN is not recommending routine N95 use during Phase I for patients with an unknown COVID-19 status. Many facilities are supporting the use of surgical masks by the healthcare team and patients, which follows the current CDC guidelines.¹ This may be more difficult during Phase I as some patients are confused when recovering from anesthesia and may remove their masks.

Many PACUs have one large open room with curtains between bays for patient privacy. The way patients are assigned may need to be reviewed to maintain optimal distancing between each patient. For facilities using their PACU as

ICU overflow, minimum staffing standards should be maintained. Separating the ICU patients into a different physical location from postoperative patients should also be considered. ASPAN addresses this issue in Position Statement 3: A Position Statement on Overflow Patients.²

COVID Resources

ASPAN has a COVID-19 toolkit available on its website.³ There is also a COVID-19 FAQ which may address many of the issues our members are dealing with throughout this crisis, including testing patients for COVID-19, discharge instructions, and preprocedure isolation protocols. Other reputable resources include www.cdc.gov and www.asahq.org. The American Society of Anesthesiologists (ASA) provides recommendations for anesthesia personnel during the current pandemic. The National Institute for Occupational Safety and Health (NIOSH) functions as a branch of the CDC.⁴ They also offer many resources for COVID-19 safety in the workplace.

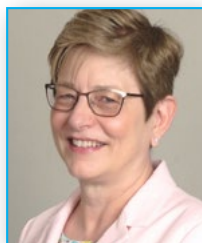
As we move toward a future where COVID-19 appears to be part of the landscape for the foreseeable future, it is imperative healthcare workers embrace the best practice for patients moving through our perianesthesia areas while being responsible stewards of our limited resources.

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ASPAN Education Update

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



Mary Baird
MSN, RN, CPAN

Wow, what a ride it has been. Let me acknowledge each of you for your continued faithfulness to your professional calling as a perianesthesia nurse. I would also like to thank those 2019-2020 Education Provider Committee members who created new material for perianesthesia nurses.

We Are All Educators

All nurses are educators, even though they may not necessarily have the title of educator in their job description. I encourage each of you to lead and educate by example in pursuing continuing professional education. Continue providing compassionate care to your patients and one another during these challenging times. Remember to smile behind your mask, speak slowly and deliberately to communicate effectively, and listen attentively to provide comfort and prevent errors.

On-Demand Education Offerings from the 2020 National Conference

As I enter another decade as a nurse, I have had the honor of personally witnessing many changes. Now, each of us can participate in another historical moment. Selected sessions that were scheduled to be presented at the 2020 National Conference are being presented as on-demand offerings. The following selected programs from the 2020 National Conference offerings are available in the ASPAN On-Demand Library:

- PACU Complications
- Anesthesia Complications
- Educator Basics: Preceptor Development and Staff-Led Education
- Phase 1 Nurse Residency Program
- Emergency Perianesthesia Care and Its Impact in a National Disaster

- Let the Music Play: Understanding Facilitators to Music Listening in the Perioperative Setting
- Hot Issues in Clinical Practice
- Those Aching Joints: Joint Replacement in the ASC

Other Options for Education

The ASPAN On-Demand Library modules offer additional educational topics for nurses to complete at their own time and pace without the concern or cost of travel.

The *Journal of PeriAnesthesia Nursing (JoPAN)* continuing education articles allow members to receive free contact hours after reading a JoPAN article, completing the evaluation and passing the posttest.

The Perianesthesia Certification Review On-Demand Bundle is a great resource for launching your preparation for the CAPA and/or CPAN examination.

Whatever method you employ for continuing education, thoughtfully complete the evaluation so the speakers and planners can improve the programs. Communicate your interests or needs on the evaluations as well.

Plan to Attend ASPAN's 40th National Conference

The ASPAN 2021 National Conference Strategic Work Team has completed reviewing and selecting from over 110 proposals for ASPAN's National Conference in Orlando, Florida, April 25-29, 2021. Make your plans to attend. If this is your first time to attend national conference, consider attending the first timer's orientation as well. It's a great session to ensure you get the most out of the entire conference experience.

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.

What Changes Will Be In the New Standards?

Jacque Crosson, DNP, RN, CPAN, FASPAN

Standards and Guidelines Strategic Work Team (SWT) Coordinator

Standards Update

The Standards & Guidelines (S&G) SWT met in Dallas, Texas, from October 24 through October 27, 2019. The primary goal of this meeting was to review the entire *2019-2020 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, and to integrate suggested updates from assigned S&G teams. The majority of the work was done prior to the meeting in order to allow for vigorous discussions to occur during the meeting. Epic Texas weather delayed five members of our team from arriving on time. Three ended up in Houston, while two were delayed in Austin overnight. By Friday, our team was intact, and work began.

Meeting Discussions

The robust agenda contained 54 items for review. There was scheduled time for a Go-To-Meeting call so that Regina Hoefner-Notz could join us for essential pediatric discussions. Important to the entire S&G SWT is the continued leveling of evidence to support ASPAN's perianesthesia standards. Daphne Stannard, Evidence-Based Practice (EBP) SWT coordinator, discussed leveling evidence and introduced the new Joanna Briggs Institute (JBI) adapted tools ASPAN will use for the EBP and S&G SWTs. Moving forward, your S&G SWT will continue with aggressive literature reviews in an effort to support all practice recommendations, position statements and standards with evidence.

Normothermia Practice Recommendation Revision

Practice Recommendation 12 - Promotion of Normothermia in the Adult Patient was revised after initial discussions with the Representative Assembly (RA) at National Conference in Nashville, Tennessee, in 2019. Input from normothermia expert Vallire Hooper, PhD, RN, CPAN, FAAN, FASPAN, was received and recommendations included in the revised version. This document was returned to the seated 2019 RA for endorsement and inclusion in the 2021-22 Standards.

New Position Statement Recommendations

New position statements were brought forward to the National Conference virtual Representative Assembly on April 26, 2020:

- A Position Statement on Human Trafficking
- A Position Statement on Electronic Nicotine Delivery Systems/Vaping Products

Updates to the Current Standards

The Representative Assembly had the opportunity to review and approve all changes for inclusion in the *2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. Updated content includes:

- Utilizing standard language throughout the document, such as interprofessional, family, clinical judgment, continuing professional development, phases of care, older adult, and call out boxes
- Research has been changed to clinical inquiry as it is the umbrella term that combines quality improvement, evidence-based practice, and research
- Practice Recommendation 2, Components of Assessment and Management for the Perianesthesia Patient has been divided into two parts: 2a: Preanesthesia and 2b: Postanesthesia.

Ongoing Work

Work for the S&G SWT is ongoing and continues to be a year-round commitment for the volunteer members. While this work would not have been possible without the entire S&G SWT, the following individuals were present in Dallas and spent over 14 hours each day to complete this rigorous review:

- Jennifer Allen, MSQSM, RN, CPAN (Ret)
- Sylvia Baker, MSN, RN, CPAN, FASPAN
- Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP, FASPAN
- Terry Clifford, MSN, RN, CPAN, CAPA, FASPAN
- Amy Dooley, MS, RN, CPAN, CAPA
- Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN
- Maureen McLaughlin, MS, RN, ACNS-BC, CPAN, CAPA
- Margaret McNeill, PhD, RN, APRN-CNS, CCRN-K, CCNS, TCRN, CPAN, NE-BC, NHDP-BC, FCNS, FAAN
- Denise O'Brien, DNP, RN, ACNS-BC, CPAN, CAPA, FAAN, FCNS, FASPAN
- Susan Russell, BSN, RN, JD, CPAN, CAPA, FASPAN
- Daphne Stannard, PhD, RN-BC, CNS, FCCM
- Diane Swintek, MSN, RN, CPAN
- Antoinette Zito, MSN, RN, CPAN, FASPAN

Many thanks to the entire Standards & Guidelines SWT for a job well done! 🍀



Jacque Crosson
DNP, RN, CPAN, FASPAN

Membership/Marketing News

Lori Silva, BSN, RN, CCRN, CPAN – ASPAN Membership/Marketing Strategic Work Team (SWT) Coordinator



Lori Silva
BSN, RN, CCRN, CPAN

Welcome to the fall season. While many summer plans may have changed, there have been new innovative ways to connect with family and friends while maintaining social distancing. The Membership/Marketing SWT has been busy connecting with all component leaders to assist with promotions, including a reminder of ASPAN's upcoming national awards.

Nominations Open for ASPAN 2021 Awards

Nominations are now open for ASPAN's 2021 Awards Program. Here is a brief description of each award. Winners of the awards will be announced at the 2021 ASPAN National Conference in Orlando, Florida.

- **Excellence in Clinical Practice Award:** Nominate an ASPAN member who is CPAN and/or CAPA certified, involved in direct care of perianesthesia patients whose clinical practice follows ASPAN's standards and exemplifies a high-level of compassion and specialty expertise. [Click here](#) for more information. Deadline for applications is **November 30, 2020**.
- **Award for Outstanding Achievement:** Nominate an ASPAN member who demonstrates outstanding knowledge and expertise in the practice, education, research, and/or management of perianesthesia nursing. This individual has made contributions in perianesthesia nursing in their community, region, or country. [Click here](#) for more information. Deadline for application is **November 30, 2020**.
- **Above and Beyond Service Recognition:** The ASPAN Above and Beyond Service Recognition Awards are given to individuals in recognition of their exemplary service to ASPAN and/or their component. Recipients of this award demonstrate an attitude of excellence, teamwork, and go "Above and Beyond" the expectations of their job/duties. [Click here](#) for more information. Deadline for application is **January 10, 2021**.
- **Gold Leaf Component of the Year Award:** The Gold Leaf Award recognizes excellence in component leadership and mem-

ber development, communication, education services and community service. The award reflects component activity from January 1, 2020 to December 31, 2020. This year has been challenging with events canceled due to COVID-19, but components have worked hard connecting virtually and doing special things to stay connected with members and their communities. We encourage each component to submit their application to tell their story of how they navigated this challenging year. [Click here](#) for more information. Deadline for submission is **February 1, 2021**.

- **Recruiter of the Year Award:** This prestigious award goes to the individual who recruits the most new members during the calendar year. In appreciation for his/her remarkable work, ASPAN is pleased to award the Recruiter of the Year with complimentary basic registration to the next ASPAN National Conference, complimentary one-year membership to ASPAN, and a commemorative plaque presented at National Conference.

Membership News

Member-Get-A-Member Campaign: Invite your colleagues to join ASPAN, and, as a thank you for your recruitment work, a variety of awards are available for members who participate. The recruitment program runs from January 1, 2020 to December 31, 2020. You can obtain promotional materials and membership applications from the National Office. Remember to place your name as the recruiting member. [Click here](#) for more information.

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

A Heartwarming Story of Group Membership

Nancy Strzyzewski, PACU education supervisor and former ASPAN Director for Education, shared this story from the University of Michigan (Michigan Medicine):

"This PACU, like many others, just went through a tremendous, historical event. Within two weeks of a great deal of construction, education and planning, the entire PACU was turned into a negative pressure room. The surgical schedule was stopped, and the unit became a COVID Surge ICU unit. Work schedules were converted to 12-hour/24-hour care. Like every other unit in the hospital, changes were happening every minute. The professional and personal stress was incredible."

Noreen Myers, Michigan Medicine's clinical nursing director, wanted to reward her PACU staff for their contributions to their patients, colleagues, and unit during such an unprecedented time. Noreen wanted all the staff to have the benefits of ASPAN membership. With Nancy's assistance, educational funds were used to purchase eighty-eight memberships for all the staff. The funds were also used to purchase ASPAN webinars, Standards for the unit, CPAN/CAPA renewals, and pre-paid conference registrations. (N. Strzyzewski, MSN, RN, CPAN, CAPA, Michigan Medicine, email communication, June 23, 2020.)

Thank you, Noreen, Nancy, and the University of Michigan (Michigan Medicine) for your group membership and recognition of your staff! 🌱

STRENGTH IN NUMBERS

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



Katrina Bickerstaff
BSN, RN, CPAN, CAPA

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 to be distinguished as the premier organization for perianesthesia nursing excellence constitute 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 benefit 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 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.

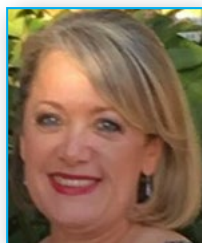
Let us continue to support these important programs while advancing our specialty and displaying strength in numbers. You can contribute to ASPAN's **Strength in Numbers** campaign in one of two ways:

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. 🌱

Come, Celebrate ASPAN's 40th National Conference!

Laurie Laurino, MSN, RN, CPAN – ASPAN National Conference Strategic Work Team Coordinator



Laurie Laurino
MSN, RN, CPAN

It is my pleasure to invite everyone to join us for ASPAN's 40th National Conference, April 25-29, 2021, in Orlando, Florida, at the Orlando World Center Marriott. While this year's conference in Colorado was canceled due to the coronavirus, we sincerely hope you will be motivated to attend next year's national conference and take part in the abundant educational sessions and other activities being offered. I imagine for many of you, a visit to sunny Florida is just what the doctor ordered. You can shake off the uncertainty of how this virus continues to affect us all, while opening yourself to the magic of learning new things and meeting perianesthesia nurses from across the country.

Orlando in April is a magical time and place and is well known for hospitality. While the city was built on theme park fame, the number and variety of Orlando attractions has grown to include world-famous restaurants, high-end outlet shopping centers, amazing concert and sporting event venues, not to mention the beaches located just a short drive away!¹



▲ **Bok Tower Gardens**
Photo courtesy of Visit Orlando



▲ **City of Orlando Lake Eola**
Photo courtesy of Visit Orlando

Orlando's Rich History

To hear some people tell it, Orlando's history didn't begin until Walt Disney World Resort opened in 1971. But the fact is, the region's rich past can be traced to the prehistoric era: with indigenous American Indians, Spanish cattle ranchers, citrus growers, and other trailblazers making their marks along the way. Tourism, conventions, and trade shows are the basis of the city's economy, while manufacturing of aerospace and missile systems, high-technology industries, and the citrus industry are important trades for the city.²



▲ **Mango's Tropical Café Orlando**
Photo courtesy of Mango's Tropical Café Orlando

Variety of Adventures

There is an incredible mix of fun things to do in Orlando, making this city an ideal destination spot for families, outdoor adventurous types, luxury shoppers and international visitors, and make for great memories. Native Floridians never tire of the land of sunshine. But the humidity varies depending on the time of year. Thus, it's always wise to never leave home without sunscreen and water! There is no limit to the many adventures awaiting you in Orlando, a city inspired by dreams and wonder. What are you waiting for?^{1,2}

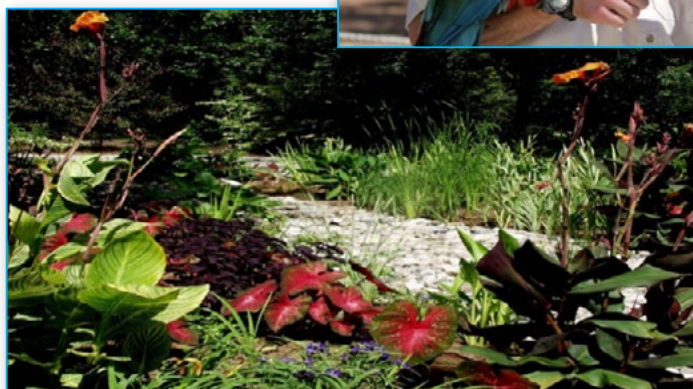
REFERENCES

1. Orlando Visitors Center. YouTube website. Accessed July 1, 2020. <https://www.youtube.com/watch?v=z6SzfR9uDOY>
2. City of Orlando. Orlando history. Orlando.gov website. Accessed July 1, 2020. <https://www.orlando.gov/Our-Government/History>

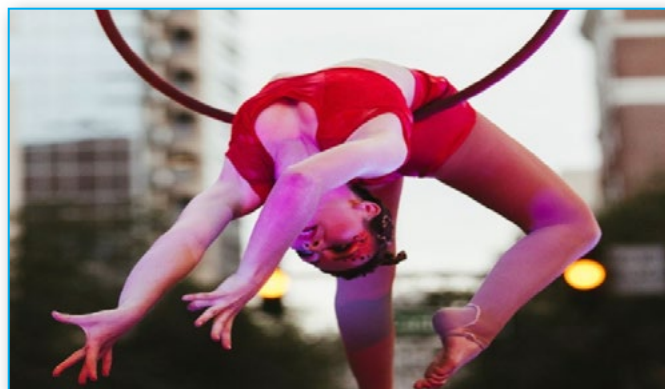


◀ **Lakeridge Winery and Vineyards**
Photo courtesy of Lakeridge Winery and Vineyards

▼ **Gatorland**
Photo courtesy of Gatorland Orlando



▲ **Harry P. Leu Gardens**
Photo courtesy of Harry P. Leu Gardens



▲ **Orlando Aerial Arts Performance in Downtown Orlando**
Photo courtesy of Creative City Project

Virtual ASPAN National Conference Option!



We are pleased to announce that, as ASPAN's 40th National Conference in Orlando, Florida, will continue as planned, you have the choice to attend in-person or online, the virtual option. Virtual attendees will watch educational sessions in real time, including preconference and postconference offerings.

Like in-person attendees, virtual attendees will be able to access practically all education sessions (for the days you register) up to 60 days after the event, for greater flexibility and even more contact hours. An online exhibit hall, poster presentations, and networking opportunities are also available, making the virtual option as much like the in-person option as possible. More details to follow!

Fighting the War

Analiza Jacinto, BSN, RN – Newton, New Jersey

In my life I never thought
my world would be in such a fraught.
COVID-19 came around
turned my world upside down.

Working in the PACU has not been the same
since getting deployed,
the virus to blame.

I floated to Step-down
and then the ICU.
most of my patients were COVID-19
nothing I could do.

It was difficult at first
I must admit.
It's like a nightmare,
a movie script.
New faces, new unit, new shift.
Now I'm ready to battle this virus,
I don't give a
My family was worried
each time I went to work.
I want to give them a hug
but afraid to give them the bug.

I was proud of what I was doing
but afraid of my well-being.
Working in the frontlines
I was exposed.
I tell my family to keep their distance
and don't get too close.

Mentally and physically drained
I fought my fear.
Put on my PPE
my battle gear.
I took precaution to the max,
But still I could not relax.
Washed and sanitized,
gowned and double-masked,
I did everything I was asked.

Donning the PPE was cumbersome.
The gown was huge,
the glasses fogged,
the mask was tight.
The whole thing didn't feel right.

The days I got deployed came and went.
The anxiety I felt,
I had to vent.
The stress I had just walking down the hall
like a novice nurse, a lost soul.

I hate this virus more than ever.
I wish I could stop it forever.
The virus is here to stay,
not soon enough it's going away.

So many patients have already died,
not even their families on their side.
I can't stand this virus anymore.
When I'm at work I feel at war.

Still I will go on and fight this battle.
Against this virus, I won't get rattled.
Nurses are dedicated.
They know how to lead.
They are a group of people,
a special breed.

My critical care experience came in helpful.
Although I had not worked in the ICU,
I was hopeful.
I knew my skills would come back.
I prayed to God and wished for luck.

The nurses in the units are really great.
On them, I had so much faith.
Taking care of COVID-19s was not easy
Yet, most of them were never in a tizzy.

So, to all the nurses that did not quit
I admire your courage and your grit.
And for all the changes by which we had to abide,
one thing for sure
from this virus we did not hide. 🌱

CERTIFICATION

ABPANC Seeks Nominations for Its Board of Directors

For all information and required documentation, go to www.cpancapa.org/nominations.

Apply for the ABPANC Certification Achievement Award

The application form and all instructions can be found on www.cpancapa.org.

REMINDERS:

Fall Certification Exam
Administration Window:
Sept 15 – Nov 15

Fall CAPA/CPAN
Recertification Window:
Closes October 31

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@cpncapa.org
Web site: www.cpancapa.org

Region Five Report

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

The coronavirus pandemic has forced many professional organizations, including ASPAN, into virtual existence. ASPAN has restructured conferences, meetings and educational offerings using this virtual format to maintain alignment with its core purpose and vision. The Region Five component leaders have followed suit in order to hold board meetings and maintain membership communication. As we move forward in these times of uncertainty, Region Five component leaders are contending with decisions to restructure or postpone future conferences, meetings and educational offerings. The ASPAN Board of Directors and I want you to know we are with you to help your components maintain viability.

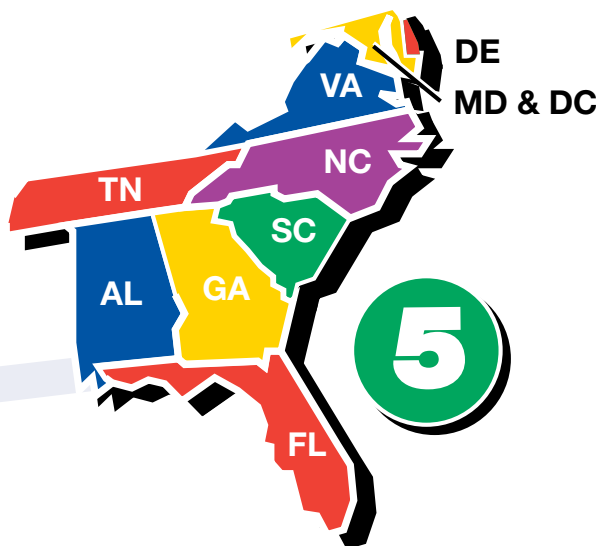
In May 2019, I committed to every component of Region 5 and ASPAN to uphold and maintain the purpose and vision of ASPAN, and I continue to stand by this commitment. Even though I may not be available to visit and meet with you face-to-face, I am available. ASPAN now offers the Zoom meeting platform to components that may be used to meet with the ASPAN Board of Directors, regional directors, hold educational and/or component meetings. These Zoom meetings have a capacity of 300 participants.

If you need leadership assistance from me and/or the Board of Directors, please do not hesitate to take advantage of this resource. I am also available by email or phone. I want to thank all the Region Five component leaders for your unwavering leadership during this challenging time. This pandemic has pushed us to exhibit our passion, respect, integrity, diversity and commitment to a higher level. We are perianesthesia nurses, a distinguished group of individuals who excel above adversity with adaptability to our circumstances. "Never think that what you have to offer is insignificant. There will always be someone out there that needs what you have to give."¹

Region 5 Component Updates

Please visit component websites for component updates:

- **Alabama Association of PeriAnesthesia Nurses (ALAPAN)** <https://www.alapan.nursingnetwork.com>
- **Chesapeake Bay Society of PeriAnesthesia Nurses (CBSPAN)** Maryland, Delaware, Washington, DC www.cbspan.org
- **Florida Society of PeriAnesthesia Nurses (FLASPAN)** <https://www.flaspan.nursing-network.com>



Region Report



Keisha Franks
BSN, RN, CPAN

- **Georgia Association of PeriAnesthesia Nurses (GAPAN)** www.gapan.nursingnetwork.com
- **North Carolina Association of PeriAnesthesia Nurses (NCAPAN)** <https://www.ncapan.nursingnetwork.com>
- **South Carolina Association of PeriAnesthesia Nurses (SCAPAN)** <https://www.scapan.nursingnetwork.com>
- **Tennessee Society of PeriAnesthesia Nurses (TSPAN)** www.tspanonline.nursingnetwork.com
- **Virginia Society of PeriAnesthesia Nurses (VSPAN)** www.virginiaspan.nursingnetwork.com

Future Meetings

November 1, 2020: The mid-year ASPAN Board of Directors meeting will be held virtually. If you have any component issues or requests you would like brought before the Board, please email me at kfranks@aspan.org before October 1, 2020, to allow for feedback and clarification, if required

November 7, 2020: The ASPAN Leadership Development Institute (LDI) will be a virtual meeting via Zoom. Registration is now open to all ASPAN members. [Click here](#) for more information

April 25-29, 2021: ASPAN's 40th National Conference in Orlando, Florida

September 7-10, 2021: International Conference of PeriAnesthesia Nurses (ICPAN) Conference in Athens, Greece

REFERENCE

1. Biswas S. Your quote website. Accessed August 5, 2020. <https://www.yourquote.in/sayan-biswas-jimn/quotes/never-think-what-you-have-offer-insignificant-there-always-lucky> 🌿

Wrong-site, Wrong-surgery, Wrong patient

Lisa Spragins, BSN, RN, CPAN, CAPA, CPPS

WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
NOT ME SAYS THE SURGEON EVERY DAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
NOT ME SAYS THE NURSE IN THE OPERATING ROOM THAT DAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
NOT ME SAYS THE SCRUB TECH ON THE CASE THAT DAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
NOT ME SAYS THE ANESTHESIA PROVIDER TODAY

WRONG-SITE, WRONG-SURGERY, WRONG SIDE YOU SAY,
DIDN'T THEY DOUBLE CHECK THE PATIENT WOULD SAY
WRONG-SITE, WRONG-SURGERY, WRONG SIDE YOU SAY,
THEY TOLD ME EVERYTHING WOULD BE OK
WRONG-SITE, WRONG-SURGERY, WRONG SIDE YOU SAY,
IT WASN'T SUPPOSED TO HAPPEN THIS WAY
WRONG-SITE, WRONG-SURGERY, WRONG SIDE YOU SAY,
IT HAPPENED TO ME TODAY

WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
THESE THINGS ARE PREVENTABLE EVERY DAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
TAKE THE TIME TO VERIFY IN EVERY WAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
HOW IMPORTANT IT IS TO CHECK AND RECHECK TODAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
TO ENSURE A MEDICAL ERROR DOESN'T COME YOUR WAY

WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
IT HAPPENED TO ME TODAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
I DON'T KNOW WHAT TO SAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
PAIN AND FEAR HAVE FILLED MY DAY
WRONG-SITE, WRONG-SURGERY, WRONG PATIENT YOU SAY,
WHAT WOULD YOU SAY?

(original poem by Lisa Spragins)

The Redundancy of Verifications

The very real concept of wrong-site, wrong-surgery, wrong-patient is on the mind of the perianesthesia nurse. The process of checking and rechecking, verifying and reverifying is done over and over again. It becomes redundant, but is still important. In this poem, the cadence is repeated over and over again to emphasize the redundancy of repeated verification within the surgical specialty. The poem provides the perspective of those working in the surgical area as well as the perspective of the patient. Most patients and staff take these policies and processes very seriously, but there are others who are very casual about them.


Wrong-site, wrong-surgery, wrong patient surgery is the ultimate error in the specialty of surgery and perianesthesia. There are multiple safety checks and processes in place to ensure the correct surgery, site and patient takes place. We check, check and check again. Yet, wrong-site surgery still happens.

Models to Incorporate Safety and Quality

Nurses want to provide safe, caring, compassionate holistic patient-centered care while involving the family. As a perianesthesia nurse, our goal should be to use evidence-based research to provide compassion and support, and enable other nurses to serve as change agents within the hospital system to ensure safe, quality care can improve outcomes.

The Patient Navigation Model and the Transitional Care Model of nursing can assist in guiding nursing practice.^{1,2} Moore and Rettig conducted a study in which they found that the Patient Navigation model of care increased communication and enhanced patient care.¹ This nursing model can be applied to practice by helping guide healthcare professionals through the process of error investigation and second victim recovery after medical errors. The goals of the Transitional Care Model focus on efficiency, quality and safety.² This model of nursing care places an emphasis on continuity of care across the healthcare continuum. Adopting characteristics of both models can enhance nursing practice from that of individual tasks to one that incorporates an entire health system and improves patient safety.

REFERENCE

1. Moore K, Rettig A. Relationship-based care: creating a patient navigation program through a professional practice model. *J Oncol Navig Surviv.* 2014;5(6):23.
2. Siew Ping Lang D, Neo Kim Ang E. Transitional care is feasible and safe for adult cancer. *Singapore Nursing Journal.* 2016;43(1):2-6. 



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IN LIEU OF 2020 NATIONAL CONFERENCE ON-DEMAND LIBRARY

[MORE INFO](#)

Component Education Program

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.

Arizona PeriAnesthesia Nurses Association (AzPANA) will hold a fall virtual conference on Saturday, November 14, 2020, from 9:00 am to 11:30 am (MST). Featured speaker will be Connie Hardy Tabet. Go to www.azpana.org, or contact Jessica Gentes at gentes42@hotmail.com for more information.





LIVE IN-PERSON SEMINARS

ADVANCED PATIENT SAFETY: NEW APPROACHES AND DIRECTIONS

October 3, 2020
Middletown, NY

PERIANESTHESIA CERTIFICATION REVIEW

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

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

September 26, 2020

PERIANESTHESIA CERTIFICATION REVIEW

November 8, 2020 SUNDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

October 7, 2020 WEDNESDAY
October 14, 2020 WEDNESDAY
October 21, 2020 WEDNESDAY

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

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

October 4, 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

ANESTHESIA AGENTS AND TECHNIQUES

November 4, 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

OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT: PUTTING THE PRACTICE RECOMMENDATION INTO PRACTICE

November 21, 2020