



Breathline

Volume 41, Issue 4

July/August 2021

INSIDE:

PRESIDENT'S MESSAGE:

Perianesthesia Nurses Together – The Importance of Human Connection, Power of Community!

Jennifer Kilgore, BSN, RN, CPAN – ASPAN President 2021-2022

Some things are simply better together, such as peanut butter and jelly, or Oreos and milk. Perianesthesia nurses and ASPAN are simply better together! Just as water is essential for life, so is connection essential for humanity. Maintaining togetherness, connection, and a sense of community strengthens and empowers perianesthesia nurses.



Jennifer Kilgore
BSN, RN, CPAN

Increased Loneliness and Burnout

The Kaiser Family Foundation in 2018 reported over 55 million people felt lonely and isolated.¹ Human relationship is as essential to our well-being as food and water. Hunger and thirst are our body's signals that we need to stop to replenish our energy stores by eating and drinking. Loneliness is the natural signal that we need to connect with others. Sweeping throughout our world and perpetuating loneliness are addiction, depression, anxiety, obesity, and violence.

Building a more connected world holds the key to solving these and many more of the personal and societal problems confronting us today. In 2019, the *Journal of PeriAnesthesia Nursing* published a study on burnout. At that time, of 2,837 perianesthesia nurses who responded, 18% were currently and 35% had previously experience burnout.² Then came COVID-19. Dare we speculate on the conceivable increase of loneliness and burnout among society and our beloved nursing specialty?

Staying Connected to Prevent Burnout

Perianesthesia nursing is complex. There are mental, intellectual, emotional, and physical demands placed on us daily. Staying connected serves to protect us from burnout. The United States has an esti-

mated 60,000 perianesthesia nurses.³ Our best and most significant work can come through ASPAN, which is 14,000 members strong. There are many powerful benefits of connecting within large and small groups. Working together with ASPAN, component societies, districts, and chapters empowers the perianesthesia nurse to impact patient care on a grander scale. A large group, like ASPAN, has authority to create standards, practice recommendations, and position statements. ASPAN impacts policy, provides education, and develops research that permeates our specialty. ASPAN rewards through recognition by providing scholarships and awards.

Where the power of one voice is strong, a community has even greater power. Being together and part of something larger than ourselves is truly special. It generates energy that propels us forward and fills our tank. Together, we can attempt greater things.

Connection Burns Brighter

There are numerous benefits of belonging to a small group. It is within components, districts, and chapters we can grow and be productive by participating in a smaller more intimate group. Being together during an educational offering reminds us of our need for each other while reminding us of our common shared concerns and challenges. When we collaborate in small groups to solve problems, we grow closer. Simple togetherness is a main ingredient of professional growth and love.

Connection is critical for growth and development. If you remove a hot coal from a fireplace and put it on the hearth, what happens? At first it is hot, red, and burning bright, but, with time, that single coal



turns into a cold, dark mass. Like that coal, we burn brightly when we are together, but, with time, we burn out when we stand alone. As we face difficult times, our best strategy is to stay connected.

Connections come in a variety of forms including online meetings and social media. How does it make you feel when you are in an electronic meeting and your screen displays this message "No internet connection" or "Your connection failed"? At times in the past year, I felt sheer panic when I lost my connection during an especially important meeting. While technology promises to connect us, it can also isolate us. As humans, we are constantly preparing for our next meeting, whatever that may be. Weak professional connections are detrimental to our professional life. I have missed being together with my ASPAN family. Personally, I cannot wait to celebrate with you in Philadelphia, in 2022.

We are designed for human connection; hardwired for it. It is a basic human need, and no other entity can come close to the fellowship and support that ASPAN offers the perianesthesia nurse. If ASPAN were a greenhouse for inspiration and vision, you could not stop it from grow-

ing. Who would not want to be a part of an organization that is making everyone stronger and more confident, equipping them with the skill and knowledge to succeed? There are so many ways to engage. We have recently endured a year of pandemic, isolation, distance, and separation. It is time to refill our professional tanks through cutting-edge education, clinical practice, and research. So, if you find yourself weary and looking for something more – look to ASPAN.

Simply put, we are better together.

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1. Murthy VH. *Together: The Healing Power of Human Connection in a Sometimes Lonely World*. Harper Collins; 2020.
2. Card EB, Hyman SA, Wells N, Shi Y, Shotwell MS, Weinger MB. Burnout and resiliency in perianesthesia nurses: findings and recommendations from a national study of members of the American Society of PeriAnesthesia Nurses. *J Perianesth Nurs*. 2019;34(6):1130-1145. <https://doi.org/10.1016/j.jopan.2019.05.133>
3. American Society of PeriAnesthesia Nurses. We are perianesthesia nurses. [Video]. ASPAN – American Society of PeriAnesthesia Nurses page. February 1, 2017. Accessed July 14, 2021. <https://www.youtube.com/watch?v=delfDhWrPCA>



Component Development Institute: In Person and Virtual!

Kansas City, Missouri – November 13, 2021

Plan now to attend ASPAN's Component Development Institute (CDI)!

A pre-CDI Zoom meeting is planned for attendees to get together and meet, talk, and plan dinner. Whether you come in person or attend virtually, this will be a great opportunity to connect with other leaders, and focus on growing as a component and working together. Topics will include membership and marketing, communications, succession planning, and much more!

Online registration will open on ASPAN's website by late summer. Stay tuned!

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Deadlines for inclusion in *Breathline*:

IssueDeadline

JanuaryNovember 1

MarchJanuary 1

MayMarch 1

JulyMay 1

SeptemberJuly 1

NovemberSeptember 1

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Illustration p.12:
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The Call for Nominations is Open!

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

ASPAN Immediate Past President and Nominating Committee Chair

I am so very proud and inspired by the courage, passion, innovation, resiliency, and flexibility of members of the American Society of Perianesthesia Nurses this past year in response to the SARs CoV2 global pandemic. Nurses quickly learned needed skills and knowledge required to fight the COVID-19 pandemic and bravely answered the call for the most vulnerable needing care. Nurses challenged themselves and each other to stretch and grow into what an uncertain world needed, and we did this successfully with grace and grit.

I would like to challenge each of you to continue to stretch and grow into what perianesthesia nurses need now: innovative, progressive, forward-thinking leaders! Reflect on the challenges we have faced and successfully overcome these past 12 months. Consider for a few moments where you could go next. Where is the next opportunity to give back? How could YOU creatively contribute to perianesthesia nursing now, perhaps by running for an ASPAN leadership position? I would love to discuss the many opportunities and rewards of serving at the national level as a member of the board of directors with you. Please reach out. I look forward to seeing everyone in Philadelphia in 2022.

Qualified and eligible candidates are needed for the 2022-2023 ASPAN Board of Directors positions:

- Vice President/President-Elect (three-year term)

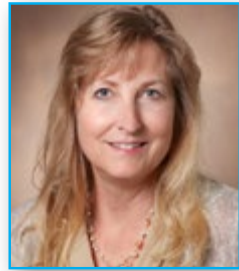
- Secretary (two-year term)
- Director for Clinical Practice (two-year term)
- Director for Education (two-year term)
- Regional Director, Region 2 (two-year term)
- Regional Director, Region 4 (two-year term)
- Nominating Committee (one-year term) (five members)

To run for a leadership position, you need to complete the following:

- Declare your candidacy as soon as possible via email to ecard@aspan.org
- An *Intent to Place Name for Nomination Form*, *Candidate Profile Sheet*, *Curriculum Vitae (CV)*, *Letter of Recommendation*, the appropriate *Conflict of Interest Policy/Form* to your candidacy, and your photograph must be submitted via email only
- All submissions must be date-stamped no later than October 1, 2021 – no exceptions. Hard copies, faxed copies, or late submissions will not be accepted

For more information visit the ASPAN website, or contact Elizabeth Card at ecard@aspan.org. **The deadline to submit all required candidate paperwork is October 1, 2021.**

ASPAN News



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

WILLINGNESS TO SERVE

Engage and Stretch Yourself in Possibilities

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

ASPAN Vice President/President-Elect 2021-2022

Distinguished perianesthesia colleagues, ASPAN needs you for continued achievements and to preserve ASPAN successes. Consider this your official invitation to challenge your inner voice, perhaps stretch your skills or share your passions while serving your beloved national organization.

ASPAN's Core Ideology was updated last year. The acronym C.A.R.E.S. has been adopted to emphasize strategic words that promote ASPAN's core values: Courage; Advocacy; Respect; Excellence; and Service. Serving alongside your ASPAN community ensures collectively we can empower and advance our unique perianesthesia specialty. The term volunteerism has been chronicled as early as 1835, and infers

the act of volunteering personal time or abilities in the role of a community involvement.¹

I have had the opportunity to serve on many ASPAN committees and strategic work teams. I excitedly joined the national table, as a board of director member for Region One, and am now advocating as vice president/president-elect. Each opportunity aided to develop expertise and expand my member involvement.

Teambuilding, engagement and camaraderie are essential for non-profit organizations.

Serving while committing to volunteering has a "double impact" and significantly contributes to one's well-being, health, and happiness. By the simple action of sharing as a giver through volunteerism, it further increases social activity, per-



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

MEMBER UPDATE

Esther Watson, our loyal ASPAN friend and historian, has moved and also has a new email address. It is estheronthemountain@gmail.com. She recently lost her dog Sunshine, and very much missed seeing everyone in person at the last two ASPAN national conferences. Esther would appreciate any correspondence from her colleagues!



Esther Watson
BSN, RN

sonal and professional impact, growth, meaningful purpose, and cultivates joy.

Volunteer involvement is extremely valuable to ASPAN. Members are encouraged to offer their talents and energies. Everyone, in return, gleans the generous gifts bestowed by committed individuals to benefit mutually perianesthesia nurses, patients, and our esteemed national organization.

Expanding your gateway to professional development and engaging opportunities through discovery are essential to life learning. To review the plethora of volunteer options related to each committee and work group, log into the ASPAN website, go to the tab About Us — Organization — Committees and Descriptions. Consider completing the **Willingness to Serve** electronic appli-

cation on the ASPAN website. Go to www.aspan.org / About Us / Organization for the WTS link. **The deadline is November 21, 2021.**

The ASPAN community has ample opportunity to unite through the mere action of volunteerism. As Margaret J. Wheatley noted, "There is no power for change greater than a community discovering what it cares about."² It will be a win-win for one and all, as we serve together.

REFERENCES

1. Dictionary. Volunteerism. Dictionary.com. Accessed June 3, 2021. <https://www.dictionary.com/browse/volunteerism>
2. Wheatley MJ. PassItOn.com. Accessed June 3, 2021. <https://www.passiton.com/inspirational-quotes/8209-there-is-no-power-for-change-greater-than-a> 🌱

Start Planning to Showcase Your Accomplishments with Abstracts and Posters for the 2022 National Conference in Philadelphia!

Celebrate Successful Practices abstracts are due **October 15, 2021**. 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, 2021**. Start planning now to showcase your accomplishments! Visit www.aspan.org / Research / Call for Research Abstracts.

Consider Nominating Someone for an ASPAN Award!

Excellence in Clinical Practice

Do you know someone who is a recognized expert in clinical nursing practice, or participates actively in nursing programs, committees or projects resulting in contributions to perianesthesia nursing? If so, consider nominating this colleague for ASPAN's prestigious *Excellence in Clinical Practice Award*. The deadline to do so is **November 30, 2021**. [Click here](#) to learn more and to access nomination forms.

Award for Outstanding Achievement

Do you know someone whose dedication to excellence has furthered the art and science of perianesthesia nursing? If so, consider nominating this colleague for ASPAN's prestigious *Award for Outstanding Achievement*. The deadline to do so is **November 30, 2021**. [Click here](#) to learn more and to access nomination forms.

Above and Beyond Service Recognition

The ASPAN *Above and Beyond Service Recognition Awards* are given to individuals in recognition of exemplary service to ASPAN and/or their component. The deadline to do so is **January 10, 2022**. [Click here](#) to learn more and to access nomination forms.

Start Working on Your Gold Leaf Application Now!

Gold Leaf Component of the Year Award

The deadline for the *Gold Leaf Component of the Year Award* submission is **February 1, 2022**. Components competing for the Gold Leaf Award must submit their applications to the ASPAN National Office by February 1, 2022. The award reflects the activity of your component from January 1, 2021, through December 31, 2021. The Membership/Marketing Strategic Work Team is looking forward to reviewing the applications from components, and announcing the winner at the national conference in Philadelphia. For information, guidelines and the application, [click here](#). 🌱

The Ina Pipkin ASPAN Past Presidents' Distinguished Service Award

Wanda Rodriguez, MA, RN, CCRN, CPAN

The Distinguished Service Award of the ASPAN Past Presidents' is given to an ASPAN member in recognition of significant lifetime contributions that have positively impacted ASPAN's core purpose: to advance and promote the unique specialty of perianesthesia nursing. This year, the award was renamed The Ina Pipkin ASPAN Past Presidents' Distinguished Service Award in honor of ASPAN's first president, Ina Pipkin. Her vision, 40 years ago, promoting perianesthesia practice, lives on.

The recipient of The Ina Pipkin ASPAN Past Presidents' Distinguished Service Award for 2020 is Wanda Rodriguez from NYSPANA. Wanda has been an active member of ASPAN and her home component for many years. Her record of service to the specialty of perianesthesia nursing is well-documented and spans more than two decades. Her devotion and commitment to sharing best practices has been demonstrated by her activities within the Research Committee and Evidence Based Practice Strategic Work Team. Wanda has overseen the coordination, reviewing, and approving of all Research and EBP poster presentations since the early 2000s. She leads the research oral presentations during National Conference with innovative ideas, and nudges novice researchers to take the next step.

Wanda places high value on the education of perianesthesia nurses. She has been educating perianesthesia nurses at the local, component, regional and national level on various perianesthesia nursing topics since 2010. She provides excellent education seminars on perianesthesia CPAN and CAPA reviews and other seminar programs. She loves to teach and always approaches nursing and nurses with dignity and respect. Congratulations, Wanda.



**Wanda Rodriguez
MA, RN, CCRN, CPAN**

President's Award

Dina Krenzischek, PhD, MAS, RN, CPAN, CFRE, FAAN, FASPAN

The ASPAN President's Award is the highest honor bestowed upon a member of our society by the ASPAN President. This award is given to an individual who has made a paramount contribution to advancing the nursing profession through a willingness to work for the benefit of others, coupled with a strong commitment to our profession and our specialty practice. This person has also been of particular support to the ASPAN president during their term year.

This year's ASPAN President's Award goes to Dr. Dina Krenzischek. In Elizabeth Card's words, she describes her special bond with Dina:

"During my ASPAN journey, I have been so fortunate to meet and collaborate with so many talented and inspiring nurses and leaders. There are people we meet in our lives who can leave a lasting impression on us, an indelible mark, and they may even contribute to us changing the course of our professional lives.

Years ago, I received an ASPAN training grant award to attend the Joanna Briggs Institute in San Francisco with the other ASPAN JBI Fellowship training grant recipients. While there, in addition to receiving excellent education on comprehensive systematic reviewing process, I also formed a friendship with the other trainees. One of those ladies, Dina, has since partnered with me in conducting four research studies. She invited me to author a chapter for her book, she challenged me to grow into the Director for Research role and later into the ASPAN president's role.

Dina is an amazing leader, an inspirational nurse, and an outstanding researcher in her own right. She is an internationally recognized speaker, subject matter expert, nurse researcher, and a past president of ASPAN. Always gracious with her wisdom, her time and insight, she has inspired so many nurses and leaders to see and reach their full potential in her gentle, humble, and yet powerful way.

Dina has celebrated my achievements, is always available, ready to share her encouragement, her insight, and her beautiful laugh. This past year, when some projects became challenging, she would tease me how much more money I was going to owe her at the end of my year, and I would respond, "Well, you just put that on my tab." Congratulations, Dina.



**Dina Krenzischek
PhD, MAS, RN, CPAN,
CFRE, FAAN, FASPAN**

Excellence in Clinical Practice Award **Emmanuelle Nafziger, MSN, RN, CAPA**

ASPAN receives nominations each year for its annual awards. The Excellence in Clinical Practice award is given to the member who exemplifies a high level of compassion and caring while practicing in the perianesthesia setting. The recipient must be active in bedside care as well as an ASPAN member.

The Excellence in Clinical Practice award for 2021 was presented to Emmanuelle Nafziger MSN, RN, CAPA. Emmanuelle currently serves as a captain in the United States Air Force at Wright-Patterson Air Base in Ohio. She is the supervising RN in the PACU, and also works with the preanesthesia team. The team members who nominated her spoke of her willingness to advocate for patients and doing things the right way each time, even if it is more difficult. She is recognized as an expert educator who precepts others.

She advocates for the perianesthesia specialty on each team in which she is involved. As a perianesthesia advocate, she has developed numerous protocols and education plans including a SBAR handoff form and Pre-Anesthesia Testing Protocol. One nominator recognized her involvement in critical patient safety programs and her passion to provide excellent care. Working as her department's regulatory unit inspector, she has educated staff, and performs audits ensuring they meet all regulations.

ASPAN is proud to recognize Emmanuelle as a patient and nurse advocate who demonstrates the highest level of excellence in clinical practice.



**Emmanuelle Nafziger
MSN, RN, CAPA**

WISPAN Wins Gold Leaf Component of the Year Award!

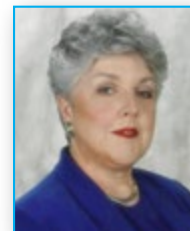
The Wisconsin Society of PeriAnesthesia Nurses (WISPAN) was the proud winner of the 2020 Gold Leaf Component of the Year Award. This award was announced at the 40th ASPAN National Conference Virtual Experience on Monday, April 26, 2021, at the virtual Opening Ceremony. Component President Brenda Gillingham and Vice-President Marlene Nahavandi did a great job with the Gold Leaf application. The 2020 year of the pandemic posed some challenges with the cancellation of the 39th ASPAN National Conference and social distancing canceling in-person events. The Gold Leaf application was modified slightly, taking these changes into consideration. The Gold Leaf award recognizes excellence in component leadership and member involvement, education services, and community relations.

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



Legacy for Life

Susan Shelander, RN



Many years ago, during my ASPAN presidency, I wrote an article for the *Journal of PeriAnesthesia Nursing* - April 2001, "Creating our Nursing Legacy." Now, those very words are more important to me than ever. Handing down a legacy is not an easy task. However, if that effort is never started, it will never happen. ASPAN needs all of us to become active participants in our Society, and that involves giving financially to sustain the core values of ASPAN. I am proud to be an ASPAN Legacy for Life member, and I challenge each of you to also participate in this wonderful program. Our job is NOW, the next generation of perianesthesia nurses needs us more than ever. Make Legacy for Life giving a priority, and commit to making a difference for ASPAN and the future of perianesthesia nursing TODAY.

Susan Shelander, ASPAN Past President 2001-2002

Journal of PeriAnesthesia Nursing Awards

Congratulations to the Mary Hanna Memorial Journalism Award Winners for the 2020 Volume Year!



BEST PRACTICE

First Place:

**Preoperative Cognitive Assessment
Recommendations for the Older Adult**

Nicholas P. Glover, DNP, CRNA
Denise H. Tola, DNP, CRNA
William Norcross, MD
Lindsey Naumuk, MSN, FNP
Christine Tocchi, PhD, APRN, GEN-BC

Second Place Tie:

**A Nurse-Led Evidence-Based Practice Protocol to
Reduce Postoperative Nausea and Vomiting in the
Bariatric Surgery Patient**

Stephanie Keeth, DNP
Ellen D'Errico, PhD, RN
Andrea M. Champlin, MPH

Second Place Tie:

**Integrating the STOP-Bang Questionnaire Into
the Preanesthetic Assessment at a Military
Hospital**

Stacy N. Carr, DNP, CRNA
Regina M. Reinsvold, MD
Thomas E. Heering, DNP, CRNA

CLINICAL

First Place:

**Perioperative Considerations for Patients with
Major Depressive Disorder Undergoing Surgery**

Edwin N. Aroke, PhD, CRNA
Alexis N. Robinson, MSN, APRN, CRNA
Bryan A. Wilbanks, PhD, DNP, CRNA

Second Place Tie:

**Perioperative Pain Management Strategies in the
Age of an Opioid Epidemic**

Marjorie Everson, PhD, CRNA
Nina McLain, PhD, CRNA
Mary Jane Collins, DHA, CRNA
Michong Rayborn, DNP, CRNA

CLINICAL contd.

Second Place Tie:

**A Practical Approach to Acute Postoperative Pain
Management in Chronic Pain Patients**

Edwin N. Aroke, PhD, CRNA
Susan P. McMullan, PhD, CRNA
Katie O. Woodfin, MSN, CRNA
Ryan Richey, MSN, CRNA
Jordan Doss, MSN, CRNA
Bryan A. Wilbanks, PhD, DNP, CRNA

RESEARCH

First Place:

**Video Glasses Reduce Preoperative Anxiety
Compared with Portable Multimedia Player in
Children: A Randomized Controlled Trial**

Yuki Hashimoto, MD
Tomohiro Chaki, MD
Naoyuki Hirata, MD, PhD
Yasuyuki Tokinaga, MD, PhD
Yusuke Yoshikawa, MD, PhD
Michiaki Yamakage, MD, PhD

Second Place:

**Comparing Forced-Air to Resistive-Polymer
Warming for Perioperative Temperature
Management: A Retrospective Study**

Brian L. Lupo, MS, CRNA
Shawn B. Collings, PhD, DNP, CRNA
Ian Hewer, PhD, CRNA
Vallire D. Hooper, PhD, RN, CPAN, FAAN

Third Place:

**Effect of the ASPAN Guideline on Perioperative
Hypothermia Among Patients with Upper
Extremity Surgery Under General Anesthesia:
A Randomized Controlled Trial**

Sookyung Kang, MSN, RN
Soohyun Park, PhD, RN

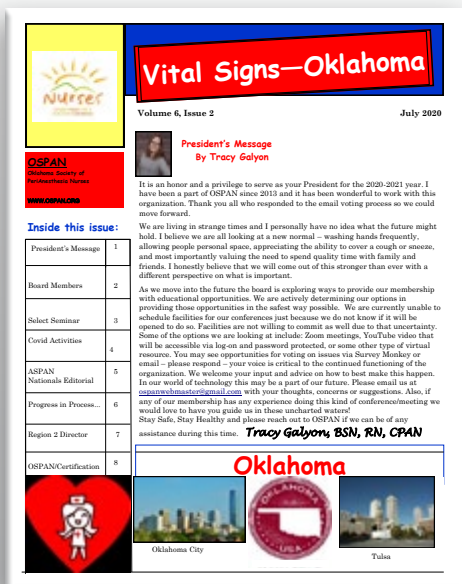


Vital Signs

Oklahoma Society of PeriAnesthesia Nurses

Editor:

Janice Hamouz-Fultz, BSN, RN



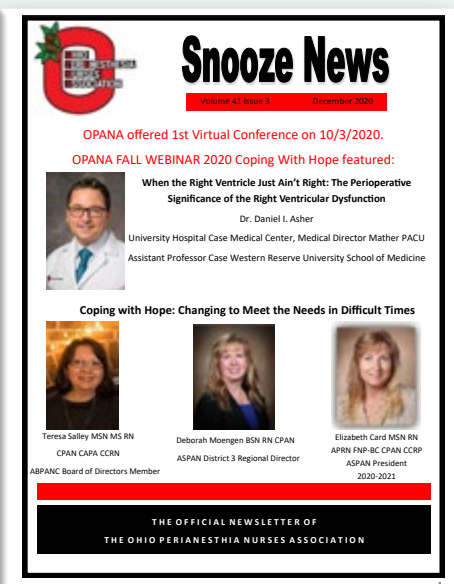
1-8 PAGES

Snooze News

Ohio PeriAnesthesia Nurses Association

Editor:

Sally Swartzlander, BSN, RN, CAPA



9-14 PAGES

Newsletter Contest Winners

15+ PAGES

PEOPLE'S CHOICE



Eyeopener

Texas Association of PeriAnesthesia Nurses

Editor:

Felicia Selman, BSN, RN, CAPA



Pulseline

PeriAnesthesia Nurses Association of California

Editor:

Ronda Dyer, MSN/Ed, BSPA, RN, CNE, CPAN, CAPA

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8



ASPAN

American Society of PeriAnesthesia Nurses

ASPAN is Proud to Acknowledge the 2021 National Conference Exhibitors

The American Society of PeriAnesthesia Nurses would like to thank the following organizations for sponsoring, supporting and exhibiting with us at the 2021 National Conference:

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EXHIBITORS



**We look forward to seeing you next year
in Philadelphia, PA, April 7 - 10, 2022!**

Journal of PeriAnesthesia Nursing Primer and Update

Jan Odom-Forren, PhD, RN, CPAN, FASPAN, FAAN and Vallire Hooper, PhD, RN, CPAN, FASPAN, FAAN
JoPAN Co-Editors



Jan Odom-Forren
PhD, RN, CPAN,
FASPAN, FAAN



Vallire Hooper
PhD, RN, CPAN,
FASPAN, FAAN

As co-editors of the *Journal of PeriAnesthesia Nursing (JoPAN)*, we like to answer questions and network with the participants at every national conference. We typically answer questions, moderate an onsite editorial board meeting, meet with our publisher, and encourage those who are writing articles for *JoPAN*. At some conferences, we have conducted writing workshops and discussed how to publish. With the ASPAN conference being held virtually this year, flexibility is the name of the game. We are conducting our editorial advisory board meeting online, as well as meeting with our publisher online. Since we will not be together in person this year, we thought we might provide a brief overview of the publication process.

As you probably know, in addition to our print journals, all *JoPAN* articles are also available online. Published issues are available (free to members.) Also, articles-in-press are available online before they move to a print issue. Articles are considered “published” at the point they go online.

JoPAN receives and publishes several types of articles: clinical, continuing education, best practice (quality improvement), research, and reviews. We also publish letters to the editor with author responses and our regular columns. There is an editorial written by one of the co-editors at the beginning of the journal, and an editorial at the end of the journal entitled the Back Page, written by a member of our Editorial Advisory Board.

From Manuscript to Publication

For those who are new to the process, we thought we could give you an idea of the process of submitting to *JoPAN*. You can find information for contributors, including how to submit your article at <https://www.jopan.org/content/authorinfo>. When you submit an article to *JoPAN*, it first goes to our editorial office. At that point, it is checked for required items essential to moving the manuscript forward to peer review. Items that are the most crucial include:

- Title page with all author names and contact information
- Cover letter
- Structured abstract: all submissions other than clinical articles should have a structured abstract that includes the following headings: Purpose, Design, Methods, Findings, Conclusions
- Double-spaced Word file with continuous line numbers

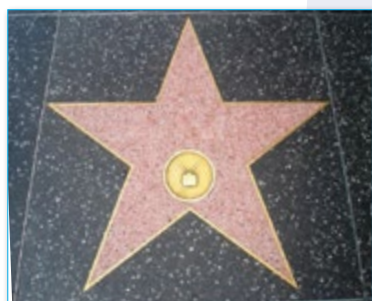
- All identifying information (author names, clinical sites, funding, acknowledgements) included on the Title Page only
- All tables and figures pulled from the body of the manuscript and uploaded as separate files

We also run plagiarism software to make sure there is no significant overlap with previously published articles. If we believe the author can work with the overlap, we will send the manuscript back for changes and allow a resubmission. If this overlap is significant, we may immediately reject the submission.

Once the article is assigned to a co-editor, the co-editor will assign reviewers who are matched to the article's topic area or research/EBP design. Sometimes, the review process goes quickly, and the reviewers return the review on time. Sometimes, it does not go as smoothly and may take a bit of time to find an adequate number of well-matched reviewers. It has been much more difficult to find reviewers during the pandemic because everyone is so busy. But, we keep moving forward!

Once all the reviews are in, the co-editors make a decision regarding the next step for the manuscript. The typical decision response one will receive is a minor or major revision. The author has a certain amount of time to return the revision, although we give extensions when needed. It is very important when making the revisions to include a table outlining each reviewer comment and how you, as the author, have addressed the reviewer comment. When a revision is returned, it comes back to the co-editor who managed the original article. The editor then determines if the article is accepted or goes out for a second review. At that point we attempt to use the original reviewers if possible. Then, the process repeats. Once an article is accepted, it then moves to the publication office (Elsevier) for final processing.

Approximately two to three weeks after the article goes to the publication office, the corresponding author will receive a page proof for final review and corrections. Once the author returns the page proof, the editor receives the page proof for final edits. On occasion, we ask to see the page proof again if significant edits were required. Once the article moves through that process, it goes online as an article in press and eventually into a print copy of *JoPAN*. At that point, the author receives a ShareLink, a unique



*Each year, many of the “stars” of ASPAN are recognized for their contributions to perianesthesia nursing, ASPAN and their components. These are the members recognized this year in various categories.
Congratulations!*

ABOVE AND BEYOND SERVICE RECOGNITION AWARD WINNERS

The *Above and Beyond Service Recognition* awards are given to individuals in recognition of exemplary service to ASPAN and/or their components. Recipients of the honor/award demonstrate excellence, teamwork, and go “Above and Beyond” the expectations of their job/duties. This year, we had 25 excellent nominees. This year’s Top 10 Above and Beyond Service Award winners are as follows:

Lynette Alcorn - TAPAN
Stephanie Ang-Kuwamura - GAPAN
Renita Bassett - PANAC
Chris Buck - TSPAN
Diala Epstein - NYSPAN
Maureen McLaughlin - MASPAN

Ursula Mellinger - PAPAN
Lori Silva - PANAC
Charlotte West - INSPAN
Karen Woods - PANAC

Congratulations to all the nominees and winners!

Congratulations
*to ASPAN members recognized
in nomination for an award by
their colleagues in 2020!*

Excellence in Clinical Practice Nominees:

Emmanuelle Nafziger, MSN, RN, CAPA
Beavercreek, OH

Maria Saraceni, BSN, RN, CPAN
Astoria, NY

Denise Ziak, MSN, RN, CPAN
Independence, OR

Congratulations, Recruiter of the Year for 2020!

The Member-Get-A-Member campaign ran from January 1, 2020, to December 31, 2020, with a total of 653 people participating in 2020. This work led to the recruitment of 840 new and returning members. The winner of the 2020 Nurse Recruiter of the Year is Hasima Hajdini from ILSPAN, with her recruitment of 14 new members.

Hasima gave her permission to share her story. Hasima writes: “I am originally from Bosnia, and my first nursing degree comes from there. As a war refugee, I ended up in Germany and got my second degree there. I came to the US in 1999 and started all over again with an RN from Forest Park Community College, BSN from UMSL, and currently working on a Master’s degree at Washington University and DNP at the Goldfarb School of Nursing. Since 2010, I have been employed as a staff PACU nurse in St. Louis BJC Children’s Hospital. My goal as ILSPAN District Director III (DD III) was to expand membership to the Greater St. Louis area and make nurses aware of the advantages that come with it. In 2015, I started my first nurses leading a research project and fell in love with this field of healthcare. Right now, I am working on my third research project and my goal is to encourage all nurses to try and wander out of their comfort zone. We have so much knowledge that can be used and, often, we get discouraged with the amount of work or unknown paths that we want to go. As ILSPAN vice president, I will keep influencing nurses and support new DD III Kari Vigna in expanding membership and nursing awareness in all hospitals in our area.” (H. Hajdini, personal communication, May 5, 2021)

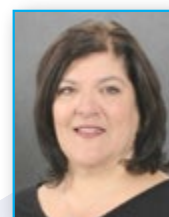
Congratulations to Hasima Hajdini as ASPAN’s 2020 Nurse Recruiter of the Year!

CONGRATULATIONS 2021-2022

*New Members of the
Nominating Committee!*



Marcia Keiser
BSN, RN,
CPAN



Suzanne Russell
BSN, RN, CAPA



Deborah Threats
MDiv, BSN, RN,
CPAN, CAPA



*ASPAN's **all-virtual** conference had remarkable positive reviews this year. We know this massive undertaking could not have taken place without the National Conference Strategic Work Team and its planning, but also the extraordinary and amazing work that took place behind the scenes before and during the national conference from the ASPAN National Office staff. We owe a tremendous **Thank You** to all of them!*

National Conference Strategic Work Team

Laurie Laurino, MSN, RN, CPAN
- Coordinator
Mary Baird, MSN, RN, CPAN
Katrina Bickerstaff, BSN, RN, CPAN, CAPA
Elizabeth Card, MSN, APRN, FNP-BC,
CPAN, CCRP, FASPAN
Kimberly Godfrey, BSN, RN, CPAN
Jennifer Kilgore, BSN, RN, CPAN
Stephanie Phillips, MSN, RN, CPAN, CAPA
Kathleen Saball, MS, BSN, RN, CPAN, CAPA
Lynn Sekeres, MSN, BS, RN, CCRN, CPAN,
CAPA
Chris Skinner, MSN, RN, CAPA
Valerie Watkins, BSN, RN, CAPA

ASPAN National Office Staff

Kevin Dill
Jane Certo
Terry Clifford
Marie Gallagher
Pam Gottschalk
Doug Hanisch
Jean Hess
Donna Ingram
Connie Jameson
Courtney Papp
Linda Wilson
Eileen Zeiger

link to their paper they can freely distribute, and this allows free access to the paper for 50 days.

The *JoPAN* team includes your two co-editors, Jan and Vallire, our issue manager (Cathy Desko) and publisher (Dawn Nahlen), both from Elsevier. We are always available to answer questions as

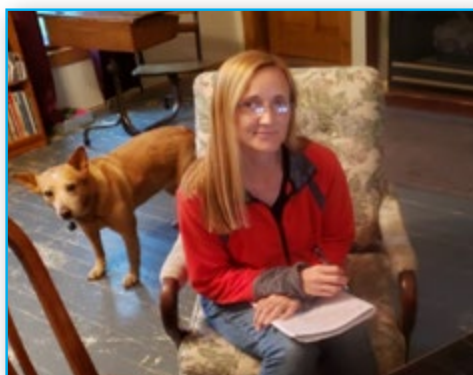
well as to support and encourage new writers. We hope you will consider writing for publication in the near future. You can reach us via email (hooperv@etsu.edu or jan.forren@uky.edu) if you should ever have any questions or concerns.

Virtual National Conference

This year's ASPAN National Conference was held entirely virtually. The reviews were overwhelmingly positive, and spoke to the outstanding work of the NCSWT and the ASPAN National Office in making this event so successful. "Attendees" shared their photos of attendance, and virtual or not, we demonstrated our resilience in being able to connect with each other from Hawaii to Louisiana to Florida! The attendees commented on the great educational sessions, the excellent audio-visual, the poster and exhibitor sessions, and also the social events, including the President's after party and the networking! These photos are some of the many ways people celebrated National Conference this year!

Happy Hour / Networking. Wow, it works!

▼ Jane Ehrhardt attending in Louisiana. She hasn't missed a conference!



▲ Kat Tollet (with Kamy, her observer) in Texas

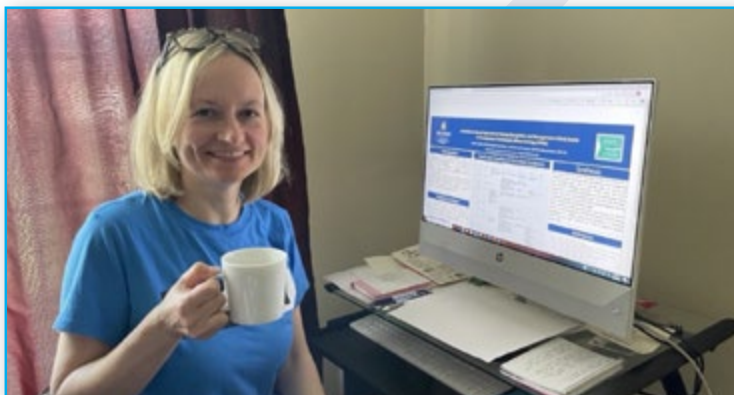


▲ Rhode Island's Ann Sheets, second from left, traveled with friends to Florida to "attend"



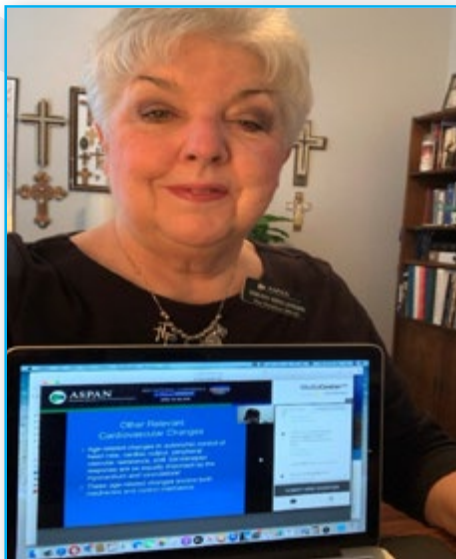
▲ NCSWT Coordinator Laurie Laurino signing in on the first day from Florida

▼ Hanna Gerke, in New Jersey, viewing posters with her coffee



NC Virtual Photos

▼ Susan Shelander, attending in Texas



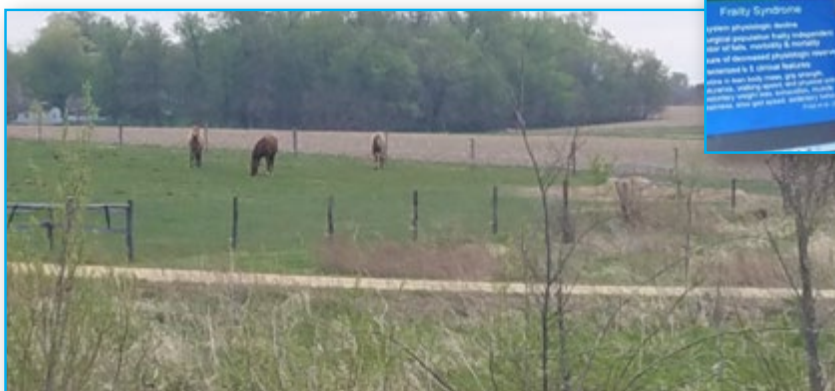
▲ Bronwyn Long, on the fitness machine, as she attended in Nevada



▲ DeDe Utter, a first time attendee, out on her deck in Colorado



From left, Charlotte West, Elizabeth Scales, Grace Walke. These girls attended everything!



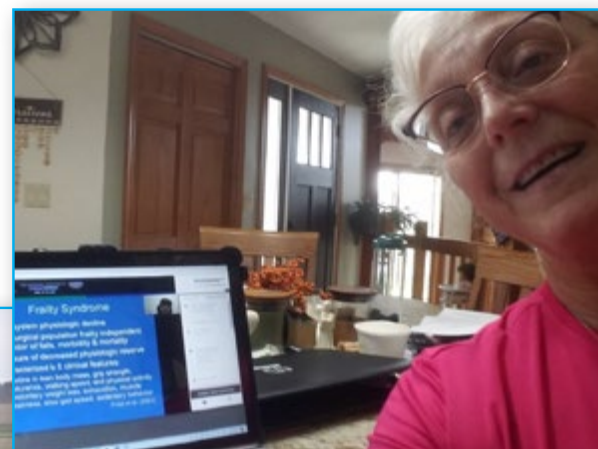
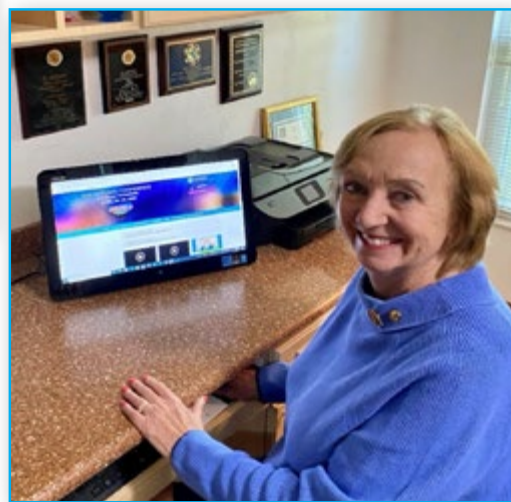
▲ Sylvia Baker, in Illinois

◀ Sylvia Baker did her own two-mile Dream Walk every day!



▲ President Elizabeth Card, opening the conference from her home office in Tennessee

▼ Nancy Saufl, attending in Florida, her home state



Clinical Practice Hot Topic: *Temperature Measurement*

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

Clinical
Practice

The Clinical Practice Committee receives many questions from members and non-members each month. To submit a question, please go to the ASPAN home page and look under the Clinical Practice tab.

Q: Does ASPAN have a recommendation about which temperature measurement we should use?

A: In *Practice Recommendation 12: Promotion of Normothermia in the Adult Patient*, various methods of temperature measurement are discussed. This practice recommendation is new in the current edition of the standards.¹

There are a variety of methods available to measure temperature. The most accurate is a core temperature using an esophageal probe or pulmonary artery catheter. But, as these are invasive measurement systems, it is necessary to find the most accurate non-invasive measurement device.² The limitations with this are obvious in that it is unrealistic to leave a patient intubated for temperature management. Additionally, pulmonary artery catheters are very infrequently used outside of cardiac surgeries.

Methods of Measurement

In the postanesthesia care unit (PACU), the oral thermometer has been the standard for measurement. Oral thermometers are not without their drawbacks, however. These drawbacks can include patients not being aware enough to hold the probe in the correct position, patients having a dry mouth, and nausea and vomiting. Alternative methods of temperature measurement have been developed over the years with varying levels of accuracy.

Tympanic thermometers were developed which measure a patient's temperature with infrared light reflecting on the tympanic membrane. There have been many reviews substantiating this as being inaccurate when a patient is hypothermic.² Temporal artery thermometers have gained in popularity over the years in PACU due to the ease of use and better accuracy than tympanic thermometers. They do have the same limitations with extremes in temperature and should be verified with an oral temperature if the patient is hypothermic.³

Goal is Normothermia

Regardless of the method of temperature measurement, it should be a priority of the team to ensure the patients normothermic status throughout the perianesthesia setting. The ASPAN practice recommendation supports prewarming of the patient. Temperatures should be taken in the pre-

operative area and the method of measurement should be consistent throughout the perianesthesia setting. The goal is to maintain normothermia, defined as a core temperature range of 36° C to 38° C, which results in better outcomes for the patient.⁴ Active warming is the preferred method for this.

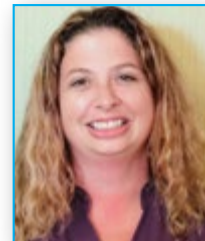
Importance of Taking Repeat Temperatures

A common mistake in the PACU setting is to take a temperature upon admission, then not repeat it until discharge if a patient is normothermic. The initiation of anesthesia can cause a decrease in a patient's core temperature for up to one hour.⁵ For patients in many facilities, specifically ambulatory surgery centers, where the surgical time may be only 30 minutes, the patient could still be experiencing a temperature drop in the first 30 minutes of PACU time. Checking temperature again at 15-minute marks in PACU may be beneficial if caring for patients with a similar circumstance.

The ASPAN practice recommendation clearly supports normothermia and identifies methods for temperature measurement. This practice recommendation has also been endorsed by the Association of periOperative Registered Nurses (AORN). Normothermia is key to providing patients with good outcomes and should be diligently maintained regardless of the measurement method.

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Melissa Davidson
MSN, RN, CPAN

Mixed Methods Research

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,
CPAN, NE-BC, NHDP-BC,
FCNS, FAAN

Mixed method research has emerged in the last several years in cases where both quantitative and qualitative methods are found to be compatible in answering the questions "If," "How," or "Why" regarding a phenomenon.¹ Nurse researchers study many complex problems that often require both methods to gain understanding.

According to Creswell and Clark,² in mixed methods research, these core procedures are conducted by the researcher:

- Collect and analyze both qualitative and quantitative data rigorously in response to research questions and hypotheses
- Integrate (or mixes or combines) the two forms of data and their results
- Organize these procedures into specific research design that provide the logic and procedures for conducting the study
- Frame these procedures within theory and philosophy

Mixed methods studies may have an emphasis on one method over the other, or place equal weight to the methods in the strategy. There may also be a sequence, where one method comes first and informs the next step, or each method is conducted concurrently. Data is integrated at data collection, at data analysis, or during interpretation.¹

Qualitative research is a form of social inquiry. Researchers use the varying approaches to explore the behavior, feelings, and experiences of people.³ Qualitative research methods to study human phenomena are grounded in the social sciences, where quantitative research methods do not fully describe relationships and concepts.⁴

Quantitative research encompasses a range of methods concerned with the systematic investigation of social phenomena, using statistical or numerical data. Quantitative research involves measurement and assumes that the phenomena under study can be measured. It can be used to find patterns, test hypotheses, reveal relationships, test differences, or make predictions through statistical analyses.⁵

There are key considerations in planning and undertaking mixed methods research. A rationale for using this approach should be evident. The researcher team must have skills in both methods, and ensure rigor is demonstrated. The team needs to plan and justify the integration of the qualitative and quantitative aspects of the

study.⁶

The research questions and what is already known about the problem will drive the methods that need to be used to discover answers, whether it is qualitative, quantitative, or mixed methods.

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Update on Waste Anesthesia Gases Action Coalition

Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP, FASPAN – ASPAN Immediate Past President

ASPAN's Action Coalition to address Waste Anesthesia Gases (WAG) was created in 2020 and is chaired by 2020-2021 ASPAN President Elizabeth Card. This action coalition seeks to elevate, educate, and address concerns related to perianesthesia nurses' unregulated occupational exposure to WAG, the lack of standard engineering control, or standardized monitoring and regular reporting. Key members of this group include WAG researchers and experts: Drs John Moenning, Jim McGlothlin, Dina Krenzischek, Linda Wilson, and ASPAN Standards and Guidelines expert Jacque Crosson, and past site researchers David Wharton and Elizabeth Card. This group has approached and has garnered support to collaborate with the American Industrial Hygiene Association (AIHA), and is devoted to anticipating, recognizing, and controlling environmental factors in the workplace that may cause sickness or impaired health within workers or among citizens of the community.

The AIHA and ASPAN believe waste anesthesia gases (WAG) are an occupational hazard in the Post Anesthesia Care Unit (PACU).¹ The source for WAGs in the PACU is the immediate post-general anesthesia procedure patient who exhales approximately >95% of WAGs unmetabolized into an unregulated environment.² The National Institute for Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA) have identified health effects from WAG exposure including: nausea, dizziness, headaches, infertility, miscarriages, birth defects, cancer, liver and kidney diseases.³⁻⁵

All current legal obligations for environmental controls for decreasing WAG have historically been for the operating rooms (that use scavenging systems during delivery of anesthetic gases and increased air exchanges to remove leaked WAGs). Additionally, there is regular monitoring of air quality in the ORs to ensure WAG does not exceed the NIOSH recommended exposure levels established in 1977. Currently, these same controls are not present in the PACUs, in which the patients are the source of the WAG as they exhale unmetabolized anesthetic gases into the unregulated environment of the PACU and intensive care areas.⁶ Relatively recent findings have shown that patients in the PACU can be significant sources of WAG exposure to nurses, with anesthetic gases exceeding the NIOSH recommended exposure levels.^{2,6-10}

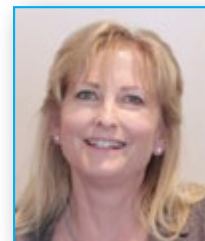
ASPAN's action coalition is working in concert with AIHA to create a joint position statement on addressing WAG outside of the OR, and has reached out to nine other professional nursing organizations who have voiced an interest in supporting this advocacy. This increases the power of our ask to OSHA and NIOSH in protecting one of healthcare's most precious resources - NURSES! There have already been multiple recent conversations with NIOSH regarding this concern.

On August 6, 2021, ASPAN's Action Coalition to Address WAG will be hosting a special event via Zoom, starting at noon eastern time. The event will have presentations from NIOSH scientists on their recent research study on WAG in the PACU, experts from the American Industrial Hygienists Association, ASPAN, and others. The event will be free of charge and available to those who register.

What can you, as an ASPAN member, do to support this work? Become familiar with the evidence and current regulations for WAG in the OR, share the literature with your colleagues of all disciplines at work as well as your leaders. Discuss your concerns and attend the ASPAN Action Coalition Special WAG event. Together, we can make a difference!

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

CERTIFICATION

Online Remote Proctoring Available for CPAN and CAPA Examinations

The Accreditation Board for Specialty Nursing Certification (ABSNC) has approved ABPANC's application to provide remote exam proctoring on a full-time basis, allowing perianesthesia nurses greater flexibility in scheduling the CPAN or CAPA exam outside of visiting a PSI test center. This method of test delivery allows the candidate to take the certification exam from their home, office or a remote site, using their own computer. The process is secure, easily accessible, and monitors testing activity and records all aspects of the exam session.

Remote proctoring will be available starting July 1 for the Fall 2021 examination window. More information on remote proctoring will be updated on the ABPANC website prior to the Fall Window opening.



**Leslie Lay,
BSN, RN, CPAN**

ABPANC Advocacy Award Winner 2021

Lesley Lay, BSN, RN, CPAN

Every year ABPANC recognizes a CPAN® and/or CAPA® certified nurse, nominated by a peer, who exemplifies leadership as a patient advocate. The 2021 recipient of the Advocacy Award is Lesley Lay, BSN, RN, CPAN, who works in the PACU/Pre-Op unit of the

University of Kentucky Medical Center. Congratulations, Lesley!

Shining Star Award Winners Announced

ABPANC's Shining Star Award publicly recognizes ASPAN components for supporting and encouraging CPAN® and CAPA® certification at the local level. All components that meet the eligibility criteria are awarded the Shining Star at the annual CPAN/CAPA Celebration Event, held in conjunction with the ASPAN National Conference. While ABPANC could not present the awards in person this year, 15 components did receive the Shining Star awards

through the mail. Congratulations to the following components for this outstanding achievement!

Component Shining Star Recipients 2021

- FLASpan (Florida)
- MASpan (Massachusetts)
- MESpan (Maine)
- MNDAKSPAN (Minnesota, North Dakota, South Dakota)
- NAPAN (Nebraska)
- NCAPAN (North Carolina)
- NPANA (Northwest)
- OPANA (Ohio)
- PANAC (California)
- PANANM (New Mexico)
- PAPAN (Pennsylvania)
- RMPANA (Colorado, Wyoming, Nebraska)
- TAPAN (Texas)
- TSPAN (Tennessee)
- VT/NH APAN (Vermont, New Hampshire)

REMINDERS:

- Fall CAPA/CPAN Exam Administration Registration Window Opens: **July 1**
NOTE: Online Remote Proctoring Option Available!
- Regular Registration Deadline: **September 15**
- Exam Administration Window: **September 15 – November 15**
- Fall CAPA/CPAN Recertification Window Opens: **July 1**
- Recertification Window Closes: **October 31**
- Fall Reinstatement Window: **November 1 - November 15**

ABPANC

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Web site: www.cpancapa.org

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President 2021-2022

Jennifer Kilgore, BSN, RN, CPAN

As ASPAN president, Jennifer's theme is "Importance of Connection – Power of Community," focusing on the things that bring us together. Jennifer has been a perianesthesia nurse for over 22 years and currently is the patient care coordinator at Singing River Health System in Pascagoula, Mississippi. She is passionate about ASPAN and the impact that ASPAN makes in the lives of perianesthesia nurses. She served ASPAN as Regional Director, Region Two, secretary, and now, president of ASPAN. Jennifer's home component is the Mississippi Society of PeriAnesthesia Nurses, in which she has served in various positions. She has also been instrumental in component website development and numerous education programs.

Vice President/President-Elect

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

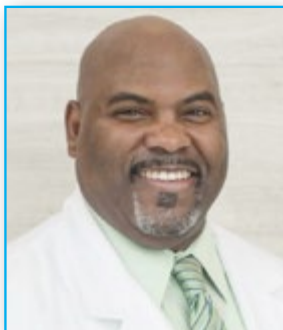
Connie has 30 years nursing experience; 21 years adult and pediatric perianesthesia and eight years as an educator. She is a valued collaborator, co-author in *JoPAN*, and was an Elsevier subject expert. She is passionate about EBP, advocates collaborative kindness, civility, and anti-bullying, peer review, research, podium poster presentations, certification, and mentorship. Her ASPAN service includes a term as Regional Director, Region One, Standard & Guidelines, EBP, Research, Civility Taskforce, and Innovation SWTs. She is active with PANANM, the New Mexico component, in mentoring roles and maintains its website.



Secretary

Alphonzo Baker, MSN, RN, CAPA

Alphonzo has been a nurse for 22 years caring for adult and pediatric patients within perianesthesia critical care. He is the charge/staff nurse at Medstar Georgetown University Hospital in Washington, D.C. in preop/OR holding/PACU. In his D.C. District, CBSPAN, he serves as president. During his nursing career, he has been a change agent for nursing practice, working as the chairperson/leader of the PeriAnesthesia Collaborative Governance Council, Medstar Corporate Council Representative of Quality and Safety, and the Northern Virginia representative for the American Nurses Association.



Treasurer

Lori Silva, MSN, RN, CCRN, CPAN

Lori's nursing background includes 37 years within critical care, emergency nursing, and perianesthesia nursing, which is her love. She is a PACU nurse at Doctors Medical Center in Modesto, California. Lori is active in PANAC, serving in various leadership positions and committees. With ASPAN, she has served as ASPAN's Membership / Marketing Strategic Work Team Coordinator, was the 2018 ASPAN National Conference SWT Coordinator, and is a member of several other SWTs, including Emerging Leaders, Component Revitalization, and past national conference SWTs. Lori believes one of the most valuable parts of membership is meeting colleagues across the country.



Immediate Past President

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

Elizabeth has been a practicing RN since 1990, and a family nurse practitioner since 2013. She has over 20 years of perianesthesia experience. She has a passion for nursing research and is a nursing research consultant at Vanderbilt University Medical Center, educating and mentoring nurses with research study design, analysis and dissemination. She is also an experienced reviewer for ASPAN and ICPAN's conference abstracts, and a recipient of several research grants. She has written for numerous national and international journals. She is currently the editor-in-chief for *The Empowered Nurse* and a Joanna Briggs Institute reviewer.



Regional Director, Region One

Ronda Dyer, MSN/Ed, BSPA, RN, CNE, CPAN, CAPA

Ronda's 33-year nursing career began in ICU, then ventured through home health, hospice, and management, before returning to the bedside in perianesthesia nursing more than 12 years ago. Ronda has worked in preop, pre-anesthesia testing, phase 1 and phase 2 recovery. She completed her MSN/Ed in 2018 from Western Governors' University and earned her CNE in 2019. She has just completed her seventh year as editor of PANAC's *PulseLine*. Her passion is perianesthesia nursing and especially certification. She earned her CPAN and CAPA in the fall of 2012 and began leading certification study groups in 2013.



Regional Director, Region Two

Susan Norris, BScN, RN, CAPA

Susan has 33 years of experience in preadmission, preop and phase II recovery. She is the manager for preadmission testing at CHI-Baylor St. Luke's Medical Center in Houston, Texas. Susan is currently TAPAN's webmaster. Within ASPAN, Susan is involved in Clinical Practice, Publications, Membership/Marketing, Nominating, Digital Media and Component Revitalization, and also the Preoperative Assessment SPG. Susan has presented perianesthesia lectures for national and component meetings. She is a contributing author for ASPAN's *Redi-Ref and Certification Review for PeriAnesthesia Nursing*, 4th edition.



Regional Director, Region Three

Deborah Moengen, BSN, RN, CPAN

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



Regional Director, Region Four

Bronwyn Ship, BSN, RN, CPAN, CAPA

Bronwyn has twelve years of adult and pediatric perianesthesia experience as a staff nurse at UR Thompson Hospital, Canandaigua, New York. Bronwyn is dual certified in both CPAN and CAPA. Bronwyn is an active member of the Membership/Marketing SWT. Bronwyn is looking forward to continuing her role as ASPAN Regional Director, Region Four and providing support to the components of Region Four.



Regional Director, Region Five

Keisha Franks, BSN, RN, CPAN

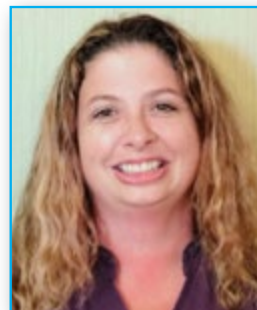
Keisha is the perianesthesia assistant nurse manager for a 633-bed level II trauma center in Marietta, Georgia. She is a CPAN certification coach. Keisha became involved with GAPAN in various positions at the district and then component levels, including treasurer, president, and currently component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



Director for Clinical Practice

Melissa Davidson, MSN, RN, CPAN

Melissa Davidson is in her second year as the ASPAN director for clinical practice. A Michigan native, she currently resides in Tampa, Florida. She received her MSN from the University of West Florida. She is passionate about clinical practice and being a nurse, patient, and family advocate. She has been active in FLASPAN and ASPAN, serving on numerous committees and SWTs. Melissa is currently a nurse manager for the preanesthesia testing clinic at Moffitt Cancer Center.



Director for Research

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

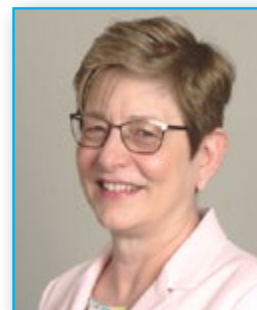
Peggy is a nurse scientist and clinical nurse specialist. She leads nursing professional development and clinical education, and guides EBP and the nursing research process at a Maryland hospital. She retired from the Air Force after 28 years of service in roles including expert clinician, administrator,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



Director for Education

Mary Baird, MSN, RN, CPAN

Mary is the PACU Clinical Educator at Northwest Heath Porter Hospital in Valparaiso, Indiana, in which she facilitates and provides education for preadmission, preop/phase II for surgery and endoscopy, IR, and phase I staff. Mary was a bedside PACU RN for 27 years before embracing the educator role, and still works prn at the bedside in PACU. At her facility, Mary is involved as a safety coach, and participates in shared governance, moderate sedation, and OSA groups. Mary's ASPAN service includes the Nominating Committee, Education Provider Committee, and Clinical Practice Committee. Mary has presented at chapter meetings in Indiana, at LDI, and as an ASPAN speaker for webcasts.



ASPAN Chief Executive Officer

**Kevin Dill
MBA, BS
Ex-Officio**

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

Immediate Past President

**Amy Dooley
MS, RN, CPAN, CAPA**



Treasurer

**Chris Skinner
MSN, RN, CAPA**



ASPAN Pre-Conference Board of Directors Meeting & 2021 Representative Assembly Highlights

Alphonzo Baker, MSN, RN, CAPA – ASPAN Secretary



**Alphonzo Baker
MSN, RN, CAPA**

Greetings to all ASPAN members. Although COVID-19 numbers are now decreasing, a joint decision was made to conduct the pre-conference Board of Directors meeting and the Representative Assembly (RA) annual meeting virtually.

The pre-conference Board of Directors meeting was called to order by President Elizabeth Card on Saturday, April 10, 2021. All board members were present. The agenda went as planned, with a few additions, revisions, and deletions to the agenda. Highlights included:

- The Board approved a one-year trial lifting of the two annual newsletters requirement for Specialty Practice Groups, offering coordinators the option of holding two Zoom meetings in place of one newsletter. The success of this trial will be reviewed and assessed in 2022
- “Willingness to Participate” name change reverted back to “Willingness to Serve” to align with ASPAN’s core values
- Regional Directors were granted an additional Zoom account, which accommodates over 300 participants, specifically for use by components
- The Board approved the investigation into electronic tools to assist with online completion of surveys and research, among other tasks

President’s Initiatives and Strategic Plan

President Card shared a detailed president’s initiatives report discussing a wide range of work completed over the past year. Vice President/President-Elect Jennifer Kilgore followed with the executive summary of ASPAN’s Working Strategic Plan.

Next, all ASPAN committee/SWT/editors/liason/officer/SPG/and region reports were presented. Treasurer Chris Skinner reviewed and discussed ASPAN financial statements from February 2021.

Representative Assembly Highlights

On Sunday, April 11, 2021, President Card called to order the all-virtual Twenty-Fourth Representative Assembly meeting. An informal session was held with President Card delivering her presidential report and Treasurer Chris Skinner delivering the financial report.

A total of 90 duly credentialed representatives were present, thus establishing a quorum. There were no resolutions brought before the assembly this year. During the formal RA session, President Card thanked the representatives for their service and announced the results of the election to the RA. With no further business, the meeting was adjourned. 🌿

Component Education Programs

Maine Society of PeriAnesthesia Nurses (McSPAN) will hold a 2021 Virtual CPAN/CAPA Certification Review Course on September 11, 2021. For Information go to www.mespan.org or contact: Julianna Choi at lovehjhee@gmail.com or Mary Will at nannyto005@yahoo.com.

Pennsylvania Association of PeriAnesthesia Nurses (PAPAN) will hold its Annual Education Conference at the Pittsburgh Marriott North in Cranberry Twp on September 18 and 19, 2021. This is a live, in-person event. For more information, contact Ursula Mellinger or visit <https://papanonline.nursingnetwork.com>.

Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) will hold its 2021 Retreat in the Rockies October 9, 2021, at **La Foret in Black Forest**. It will be a one-day event, live and virtual. For more information, visit www.rmpana.org.

Florida Society of PeriAnesthesia Nurses (FLASPAN) will hold its annual conference, “Waves of Knowledge,” November 5-7, 2021, at the Hilton Pensacola Beach, Pensacola Beach, FL. For information contact: **Florida Society of Perianesthesia Nurses | Nursing Network** or flaspan@gmail.com. 🌿



LIVE IN-PERSON SEMINARS

PERIANESTHESIA CERTIFICATION REVIEW

October 16, 2021 SATURDAY

Jacksonville, FL

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

October 23, 2021 SATURDAY

Omaha, NE

LIVE WEBCASTS – FULL-DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

October 2, 2021 SATURDAY

PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

July 31, 2021 SATURDAY

October 9, 2021 SATURDAY

PEDIATRICS: BEYOND THE BASICS

September 11, 2021 SATURDAY

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

August 7, 2021 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW

August 14, 2021 SATURDAY

November 6, 2021 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

September 22, 2021 WEDNESDAY

September 29, 2021 WEDNESDAY

October 6, 2021 WEDNESDAY

PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

August 21, 2021 SATURDAY

October 16, 2021 SATURDAY

PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR PRACTICE

August 28, 2021 SATURDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE

September 18, 2021 SATURDAY

October 23, 2021 SATURDAY

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

September 25, 2021 SATURDAY

November 20, 2021 SATURDAY

LIVE WEBCASTS – HALF-DAY

ADVANCED CARDIOVASCULAR AND PULMONARY PATHOPHYSIOLOGY

August 29, 2021 SUNDAY

October 3, 2021 SUNDAY

INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA CARE

NEW!

September 12, 2021 SUNDAY

November 21, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS I

October 10, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS II

August 1, 2021 SUNDAY

September 26, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS III

August 8, 2021 SUNDAY

October 17, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS IV

August 15, 2021 SUNDAY

October 24, 2021 SUNDAY



LIVE WEBCASTS – HALF-DAY *contd.*

PERIANESTHESIA ESSENTIALS V

August 22, 2021 SUNDAY

November 7, 2021 SUNDAY

PERIANESTHESIA FOUNDATION

September 19, 2021 SUNDAY

LIVE WEBCASTS – TWO-HOUR

ACUTE AND CHRONIC PAIN MANAGEMENT

August 4, 2021 WEDNESDAY

ASPAN PRACTICE RECOMMENDATIONS

August 18, 2021 WEDNESDAY

COMPLICATIONS AND EMERGENCIES AFTER
ANESTHESIA

September 1, 2021 WEDNESDAY

CRITICAL CARE COMPETENCIES: NEUROLOGICAL
NEW!

July 28, 2021 WEDNESDAY

EMERGENCY PREPAREDNESS

August 25, 2021 WEDNESDAY

ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED
RECOVERY AFTER SURGERY

August 11, 2021 WEDNESDAY

GASTROINTESTINAL AND ENDOCRINE
PATHOPHYSIOLOGY AND ASSESSMENT

September 8, 2021 WEDNESDAY

INFECTION CONTROL CHALLENGES: IMPLICATIONS
FOR THE PERIANESTHESIA NURSE

November 3, 2021 WEDNESDAY

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA
NURSING

October 13, 2021 WEDNESDAY

MALIGNANT HYPERTHERMIA AND POSTOPERATIVE
NAUSEA AND VOMITING

October 27, 2021 WEDNESDAY

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

November 10, 2021 WEDNESDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

November 17, 2021 WEDNESDAY

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

October 20, 2021 WEDNESDAY

PATIENT SAFETY GOALS AND ASPAN STANDARDS

September 9, 2021 THURSDAY

PEDIATRIC ANESTHESIA AND POSTANESTHESIA
COMPLICATIONS

October 21, 2021 THURSDAY

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT
AND DISCHARGE CRITERIA

August 19, 2021 THURSDAY

PREVENTION OF UNWANTED SEDATION: PUTTING THE
PRACTICE RECOMMENDATION INTO PRACTICE

November 4, 2021 THURSDAY