



# Breathline

Volume 41, Issue 2  
March/April 2021

## INSIDE:

## PRESIDENT'S MESSAGE: Innovation and Dedication to Organizational Well-being

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

In this, my final *Breathline* article as the 2020-2021 American Society of PeriAnesthesia Nurses (ASPN) president, I have enjoyed the honor of serving and leading our organization over the past year. We have, as perianesthesia nurses, been innovative, flexible, courageous and dedicated to the well-being of our patients, colleagues and ourselves during these challenging times, and with vaccine distributions, we are seeing the beginning of the end of this pandemic.

In order to spark innovation and nurture well-being within ASPN membership, I launched three new Strategic Work Teams: Innovation, Well-being and Humanitarian Global Outreach. The co-coordinators for these groups have done an outstanding job! I would like to share some thoughts regarding what is required to sustain a healthy nonprofit organization, and how your current Board of Directors (BOD) acted to fulfil its responsibilities in this regard. Just as regular trips to our healthcare providers prevent or mitigate the impact of chronic conditions, regular checkups on the health of a nonprofit organization and embracing healthy lifestyle changes can ensure a longer and healthier life.

### Healthy Nonprofit Organizations

Leaders are charged with consistently conducting themselves in an ethical and moral way for those they lead and serve. Doing the right thing takes courage and tenacity as taking the correct path may not always be the easiest one to travel. Any journey through change can be simple or complex with different dynamics and may pose challenges among the leaders and team members as they move forward and learn together. However, creating a healthy environment for everyone on the journey is within the grasp of every motivated group or organization. It is equal-



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ASPN President  
2020-2021

ly imperative that the individuals who serve in leadership are proactive and forward thinking to keep the organization relevant. Without these “out of the box” thinkers, even the once high quality and successful institutions can lose their edge, become irrelevant and eventually disappear altogether. Additionally, without consistently keeping the best interest of those they serve and the mission of the organization at the heart of every decision made by individuals serving on boards, organizations can also drift in focus and financial responsibilities over time.

This article is intended to inform of the transformational leadership process and reaffirm the responsibilities and duties of care, loyalty, and obedience, including technical compliance to regulations with some understanding of the intent of the laws on which they are based.

In today's climate of the pandemic, we are faced with different learning methods conducted virtually (Zoom®, GoToMeeting™, etc.). This impacts the personal interactions that normally enhance the relationships among the members of the leadership team. However, by remaining innovative we can optimize learning within a healthy environment. Creating this healthy environment for an organization's Boards of Directors includes knowledge sharing, empowering others, encouraging discussion, and embracing diversity of ideas and viewpoints. When stepping into leadership on the national level of a nonprofit, some roles, responsibilities and accountabilities are more involved and complex than those of component leadership.

### Growth in the ASPN Board of Directors

The very first meeting of the 2020-2021 ASPN BOD was held via Zoom® after the virtual Represen-



tative Assembly 2020. The BOD focused on increasing understanding of its obligations to each other and the membership. I provided individual members with a book on board governance excellence before the meeting.<sup>1</sup> We initially reviewed the fiduciary duties of directors and officers, and the key concepts of excellence in governance inclusive of the CEO and the

board's authority, responsibility and the lines of communication. The last board of directors meeting I will lead will be the new board orientation. I have compiled all we have learned together over this past year into a board orientation book to be distributed covering some of the same items I covered in the first board meeting I led.

The board then completed the first virtual ASPAN BOD strategic planning sessions, held over several weeks utilizing surveys and pre-reads. Terry Clifford partnered with me and facilitated this process. The resulting strategic plan offers innovative solutions and goals for our organization to continue to reach over the next several years.

During the first few months, the board grew in knowledge and ability, and remastered operations that had been impacted by the pandemic. Each of these amazing individuals on the board completed their job duties while remaining flexible in their thinking, open to new ideas and consistently committed to the best interest of the ASPAN membership. Having previously served six years on the board, I can honestly share this board has taken care of business like nobody's business. The sheer amount and types of situations we have faced together have been much more intense and complex than any other ASPAN board has faced in recent history. Each member of the board remained positive, collaborative, professional and united. I am extremely proud of our work together and am honored to have had the opportunity to lead this group of talented, committed, and creative individuals.

## Fiduciary Responsibilities

In our exploration regarding our fiduciary duties as the BOD of a nonprofit organization, we discovered opportunities to adopt best practices related to oversite and governance. We worked diligently where deficiencies were identified to update or create policies and procedures to guide our actions in fulfilling our duties going forward.

The fiduciary responsibilities of nonprofit boards fall into three large groups:

- The **duty of care** requires everyone has competence in performing directorial functions. These are fulfilled by fully participating in meetings (reading reports prior to meetings, each individual acting in good faith, asking clarifying questions, using independent judgement, completing assignments as requested and sharing any information that may be relevant to upcoming BOD decisions). This duty of care means each individual must use care that "a reasonably prudent person would exercise in a like position and under similar circum-

stances" (known as the *business judgment rule*). The BOD is allowed to delegate to the National Office staff or committees and to request and rely upon the advice of third parties (e.g., internal or external attorneys, accountants, etc.).<sup>2-4</sup>

- The **duty of loyalty** means the BOD acts in the best interest of ASPAN owners/members. This requires the faithful pursuit of the best interests of the organization, not the financial/other interests of an individual director/officer, or another person or organization. Loyalty means no one may use their position, or information obtained from participating on the board, to secure any personal benefit. Practicing loyalty means individuals disclose actual, potential, or perceived conflicts of interest and if conflicts exist, those directors and officers abstain from participating in discussions or board decisions made on related matters. Loyalty also means that directors/officers must maintain confidentiality of all board discussions. This duty also requires transparency and loyalty to the best interest of the membership, specifically in the board reviewing the performance of the CEO and setting the compensation for the organization's executives, oversite of regulatory filings, and reviewing the IRS form 990.<sup>2-4</sup>

- The **duty of obedience** is carried out through individuals acting within the bounds of law in compliance with the organization's articles of incorporation, bylaws, policies and procedures in faithful pursuit of the organization's mission. To this end, individual BOD members must support, help implement, and avoid undermining decisions made collectively by the Board. All individuals on the Board after any vote is completed must refrain from impeding or hindering the implementation of those decisions as the Board stands and works united under the duty of obligation.<sup>2-4</sup> When appropriate in fulfilling this duty, the Board may seek internal or external expert advice or guidance.

The current ASPAN Board of Directors reviewed all oversite responsibilities and revised or added structures or systems to accomplish these responsibilities. The BOD moved swiftly to benchmark best practices and garner subject matter expert's recommendations. The advice of an external tax



## ASPAN® Breathline

Published by the American Society of PeriAnesthesia Nurses™

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

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Deadlines for inclusion in *Breathline*:

Issue .....Deadline

January .....November 1

March .....January 1

May .....March 1

July .....May 1

September .....July 1

November .....September 1

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# ASPAN Scholarship/Award Program

Accepting Applications Now Through July 1, 2021!

ASPAN News

The ASPAN Scholarship/Award Program is a member benefit designed to provide financial assistance to ambulatory surgery, postanesthesia, preanesthesia and pain management nurses aspiring to enhance their abilities to contribute to the perianesthesia nursing community. This scholarship/award granting year is for 2022.

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

## SCHOLARSHIPS/AWARDS OFFERED:

- \$1,500 for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree programs extending into 2022)
- \$1,000 for ASPAN National Conference attendance for April 7 to 10, 2022, Philadelphia, PA
- \$1,000 for Humanitarian Missions in 2022
- Two \$2,000 awards for the 2022 Nurse in Washington Internship (NIWI) program
- \$314 for CPAN or CAPA Certification Exam fee in 2022

ASPAN's Scholarship/Award Program postmark deadline is **July 1, 2021.** 

lawyer expert was sought to ensure the policies and procedures created would align not only with laws and regulations but also with best practices. The BOD broke into subcommittees to draft or revise policies and procedures that were reviewed and edited by the policy and procedure committee, with most final products ready for voting at the mid-year BOD meeting in November.

## Resulting Policy Changes

The resulting policies and procedures are designed to ensure continued compliance with IRS requirements for nonprofit organizations. This includes policies and procedures governing “whistleblower” protections, review and setting compensation of highest compensated executives at the National Office policy and procedure, the conflict of interest policy and procedure, the BOD review of IRS 990 tax form policy and procedure, and document retention and destruction policy and procedure. The CEO and BOD job descriptions were also updated to embed fiduciary responsibilities.

This years' BOD was courageous and displayed excellent tenacity in doing the right thing, despite the difficulties and complexities of the task. They are passionate about serving the ASPAN membership with honor and integrity, and I am proud to serve our organization with them. ASPAN is positioned to model the best practices of a nonprofit organization as we face the future together stronger.

## Thank You

I am very appreciative of every member of the 2020-2021 ASPAN BOD and David Wharton, our parliamentarian. I want to recognize them for their openness to change, flexibility in thinking, willingness to learn with collaborative application of this information in creative ways to inform future boards and improve governance. It is through our willingness to be honest, open, and vulnerable - while remaining bold in thinking and acting with courage - that tremendously complex things can be accomplished. This BOD did just that. As Nelson Mandela shared, “It always seems impossible until it is done.”<sup>5</sup>

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Jennifer Kilgore  
BSN, RN, CPAN

## ASPN's Updated Strategic Plan

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

Global Positioning System (GPS) is one of my most trusted mechanisms of modern technology. I have put it to use on road trips to visit my son in Savannah, Georgia. It has saved me on several occasions, especially on unfamiliar roads of Georgia. In theory, having a GPS gives me the security that I should never be lost, right? Well, I have encountered some roads more remote than I anticipated, and the GPS was working in overdrive to “recalculate” my location. On one occasion, even the modern GPS could not help me fully find my way. Fortunately, I had stored away a map inside the glove box. On that dark evening, in South Georgia, the map was a lifesaver!

### Changes Necessitate a New Road Map

Strategic planning is our organizational map. Today, we are going places we have never been before, or for many of us it has been a long time ago. Perianesthesia nurses are traveling new roads of policy, technology, and encountering new ethical, economical, and generational terrain. We need a map. The American Society of Peri-Anesthesia Nurses (ASPN) has the map for perianesthesia nurses across our land. ASPN's Strategic Plan clearly defines our direction.

As nurses and leaders, we have a responsibility to look ahead, sense approaching change, and make the navigational adjustments necessary to keep our organization on track. We do not have a crystal ball to see the future, so we create it and adapt. Strategic planning is how ASPN sets priorities where to focus energy and resources, strengthen operations, work toward common goals, establish intended outcomes, then, obtains results, re-assesses, and adjusts ASPN's response to a changing environment. Effective strategic planning articulates not only where ASPN is going, but it also depicts how we will know if we are successful. It is my pleasure to present elements of ASPN's Strategic Plan. My hope is together we will think about these components, take them to heart, let them work in our lives, and become evident in our workspaces, every day.

### ASPN's Updated Road Map

ASPN's Core Purpose is to empower and advance the unique specialty of perianesthesia nursing. Our Core Values include courage, advocacy, respect, excellence, service. ASPN's compelling vision is to be distinguished as the pre-

mier organization for perianesthesia nursing excellence.<sup>1</sup> ASPN's goals moving forward include the following:

- Provide resources for growth and development of all perianesthesia nurses practicing in leadership, education, research, advanced practice, and direct patient care roles
- Create and present educational offerings using diverse and multimodal formats for all levels, roles, and phases of care for perianesthesia nurses
- Lead the development, support, application, and dissemination of perianesthesia nursing scientific knowledge and clinical inquiry
- Be the premier resource for evidence-based standards and practice recommendations for the perianesthesia nurse

In closing, we are on a journey, and perianesthesia nursing is a unique specialty. Many of us are traveling rough, rocky terrain that is more challenging than ever before. I think it is important for our members, and for perianesthesia nurses abroad, to recognize we need each other, and we need our professional organization. ASPN will succeed because strategic planning has been a life sustaining facet of our organization and has been prioritized by our leadership. I invite you to journey with ASPN, invite your colleagues to join ASPN and make a difference in our great specialty! The best is yet to come!

### REFERENCES

1. ASPN's Core Purpose. Accessed February 15, 2021. <https://www.aspan.org/About-Us/Core-Ideology>



## Come, Virtually, to ASPAN's 40th National Conference!

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

**T**he uncertainty of the COVID-19 virus has, unfortunately, led the ASPAN Board of Directors to cancel the live, in-person part of its National Conference. This decision was not made lightly, but only after serious deliberation and analysis of data.

However, the 40th ASPAN National Conference, April 25 – 29, 2021, is proceeding as planned as an ALL-VIRTUAL conference experience! The speakers and topics have been selected for this year's conference. In keeping with ASPAN tradition, educational sessions will feature a variety of topics presented by experts in their professional fields. And, the virtual conference platform provides many innovative options that present a much more professional and expansive experience than a simple Zoom® meeting.

All virtual registrants will be able to attend education sessions in real time, with speakers available for Q&A at the end of their sessions (Eastern Daylight Time). Attendees will also be able to view poster presentations, visit the exhibit hall, and network with colleagues. All registrants will also have the opportunity to access practically all education sessions (for the days you register) up to 120 days after the event for greater flexibility and even more contact hours!

Participants will be pleasantly challenged by the education topics, providing opportunities for professional growth as well as self-renewal. With President Elizabeth Card's theme of "Precision Vision: Empowering Innovation and Well-being," the sessions will be focused around our work environment and how to improve our overall well-being and those we care for in our work areas every day.

The National Conference will offer many opportunities for development as a perianesthesia nurse from networking with fellow attendees and learning about the latest practice standards, research, and leadership and how these can be incorporated into your work environment for best patient outcomes.

You will leave this virtual conference feeling motivated and so proud to be a perianesthesia nurse! After this incredible experience, you will definitely want to return to the National Conference again next year, whether live or virtual. We are looking forward to meeting up with you, virtually, in April! Click [HERE](#) to register now! 



Laurie Laurino  
MSN, RN, CPAN

## ASPAR Celebrates 40 YEARS!



Katrina Bickerstaff  
BSN, RN, CPAN, CAPA

**A**SPAN is celebrating its 40th year as the premier organization for perianesthesia nursing education, research, and clinical practice! To celebrate our spirit and progression, ASPAN is beginning a new program to bring us together as a specialty and an organization: Forty and Forward, a look towards the future and a celebration of our past.

The ASPAN leaf has always been ASPAN's symbol. The leaf signifies life, and the veins of the leaf represent the networking of perianesthesia nurses through our organization. The Development Strategic Work Team created the concept of celebrating ASPAN's 40th anniversary through the evolution of a tree filled with ASPAN leaves of various colors. The leaves will represent the past, present, and future, and will be portrayed as the progression of a tree through the seasons.

With your gift to the *Hail, Honor, Salute!* campaign in 2021, you will also be adding a green, bronze, silver, or gold leaf to our tree. You will be able to personalize each leaf: perhaps a name of a loved one or your thoughts about our organization. We hope to see our tree grow and flourish over this year with beautiful leaves.

As we celebrate ASPAN's 40th anniversary and move forward to our next forty years, let's watch our tree grow into a vision of beauty, strength, and resilience. The virtual ASPAN tree will be on display on the ASPAN website throughout this year for your viewing pleasure and at our 2022 National Conference in Philadelphia.

***Please take this opportunity to cover our tree in beautiful leaves.***

For additional information, please email Doug Hanisch at the National Office: [dhanisch@aspan.org](mailto:dhanisch@aspan.org). 



Lori Silva  
BSN, RN, CCRN, CPAN

## Sharing Benefits of ASPAN Membership in 2021

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

**T**he challenges faced in 2020 may still carry over into 2021, but perianesthesia nurses across the country continue to be resilient. The ASPAN organization provides its members with education, toolkits, resources, and up-to-date recommendations to guide us through challenging times. What better way to stay up to date on practice recommendations, CDC guidelines, and nursing education and research than to become an ASPAN member and encourage your colleagues to do the same?

### Numerous Perianesthesia Practice Environments

Perianesthesia nursing may include recovering patients who have received anesthesia or moderate sedation for a procedure in endoscopy, interventional radiology, cardiology, magnetic resonance imaging (MRI), and pain management procedures. Perianesthesia nurses provide care to patients having many different procedures, including same-day surgeries or overnight stay patients in hospitals and ambulatory surgery centers (ASC). Specialty ambulatory surgery centers include spine surgeries, orthopedics, eye surgeries, and vascular access centers, to name a few. Many nurses working in these areas have never heard of ASPAN, and could benefit from ASPAN membership.

### Countless Benefits of ASPAN Membership

Nurses across the country encounter challenging situations. ASPAN can offer support and guidance with a variety of resources. ASPAN's educational articles, webcasts, online forums, free COVID-19 toolkit for perianesthesia nurses,

reduced fees for the national conference, and discounts on publications, such as the new *2021 – 2022 Perianesthesia Nursing Standards, Practice Recommendations, and Interpretative Statements*, are just a few of them. Nurses can stay current in their practice by receiving free subscriptions to the *Journal of PeriAnesthesia Nursing (JoPAN)* and *Breathline* publications. Other benefits include collaborating with colleagues across the country on clinical practice issues, belonging to specialty practice groups, and receiving information on governmental affairs affecting our professional practice.

### How Can I Share These Benefits?

Sharing the benefits of ASPAN membership is easy. ASPAN has free membership brochures available. Take time to share a brochure and your personal ASPAN experience with a colleague in the breakroom. Visit nursing peers at local ambulatory surgery centers, hospitals, or specialty clinics. Invite a colleague to join you in attending an upcoming component or ASPAN seminar, either in person or remotely. Show them the ASPAN website, and resources available at their fingertips. Share a copy of the latest *Journal of PeriAnesthesia Nursing* issue during lunch or break. Share ASPAN on social media via Facebook, Instagram, Twitter, or LinkedIn with your friends. Do not assume everyone has heard of ASPAN. Reach out and share the benefits of membership and encourage others to enrich their professional lives as well!

For free member benefit brochures and application forms, simply request them from the National Office at: [dhanisch@aspan.org](mailto:dhanisch@aspan.org). 



## Legacy for Life

Lois Schick, MN, MBA, RN, CPAN, CAPA, FASPA

**A**SPAN's Legacy for Life is all about supporting the future of perianesthesia nursing education, research, practice and standards by recognizing others. I was honored to receive an anonymous donation to reach the goal and attain this honor in 2020. Legacy for Life provides a way to honor others and help support the advancement of the Society, the premier organization for perianesthesia nursing. I am honored to join Legacy for Life and will continue to *Hail, Honor and Salute!* others as well.

Learn more about ASPAN's Legacy for Life program by [clicking here](#).



# ASPA Member GET-A Member CAMPAIGN

Invite your colleagues to join ASPAN. You can obtain promotional materials and membership applications by contacting the National Office at 877.737.9696. Be sure to place your name as the recruiting member on each application form you distribute, which makes you eligible to receive prizes.



# REWARDS

January 1 - December 31, 2021



These awards are for individuals who recruit 4-9 ASPAN members during the calendar year. They are also given to members who are randomly selected as Recruiter of the Quarter from each ASPAN Region.



## ASPA Member Pin

This distinguished gold-plated lapel pin features ASPAN's Legacy Logo and name on a deep green background with clutch back.



## Perianesthesia Nursing Team Tee

This stylish unisex t-shirt is made of preshrunk 35/65 ring spun cotton/polyester. Heather royal color. Available in S, M, L, XL and XXL.



## \$25 Amazon Gift Card

Receive a \$25 gift card to purchase the item(s) of your choice from Amazon.com.

# Member



# Member CAMPAIGN

## TIER 2

These awards are for individuals who recruit 10 or more ASPAN members during the calendar year. If you are eligible for a Tier 2 award, you may select an item from Tier 1 if you prefer.



### \$50 Amazon Gift Card

Receive a \$50 gift card to purchase the item(s) of your choice from Amazon.com



### ASPAN Zip Pullover

Made with a breathable, moisture wicking fabric that offers UV protection and resists snagging. Ladies or Men's available; ladies pictured. Available in S, M, L, XL, and XXL.



### Perianesthesia Nursing Standards

Receive one copy of the authoritative set of care practices for which perianesthesia nurses are responsible.

## TIER 3

### Recruiter of the Year

This prestigious award is given to the individual who recruits the most new members during the calendar year. In appreciation for their remarkable work, ASPAN is pleased to award the Recruiter of the Year with the following:

- > **Complimentary basic registration to the next ASPAN National Conference**
- > **Complimentary one-year membership to ASPAN presented at Conference**
- > **A commemorative plaque to be presented at National Conference**

# Research Methods: Survey Research

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

## Research

**N**ursing research is conducted for many reasons, including the desire to learn about a phenomenon, test a nursing theory, and improve the lives of nurses, patients, and families. The methods used in nursing research vary depending on the purpose of the study, the research questions, and the availability of resources.<sup>1</sup> Survey research is one methodological approach, and it can be used to gather quantitative, qualitative, or both types of data.

### Survey Questionnaires

Development of a questionnaire for a survey study requires more than formulating questions for which you wish to know the answers. Demographic questions allow a researcher to describe the sample. For the rest of the survey, procedures should be applied to ensure the questions accurately reflect the concept that is being studied. Valid (does it measure what we want it to?) and reliable (does it measure it consistently?) instruments are critical to reducing measurement error in survey research. Establishing strong psychometric characteristics requires much study. Among the advantages of survey research using questionnaires are data can be collected relatively easily from many participants, and at a low cost.

### Survey Interviews

Conducting interviews is another way to collect data in survey research. In-person or virtual interviews allow the participants to provide rich answers to open-ended interview questions, and the researcher to clarify responses and observe non-verbal behaviors. Probing questions can elicit more information. Interviews can be used to gather data about experiences and feelings. Drawbacks of interviews are they take more time and are impractical for large numbers of participants.

### Some Shortcomings of Survey Research

Survey research has its disadvantages; it can be biased. Non-response, sampling, and recall biases are all types of bias that can negatively influence the results. When the response rate to a survey is low, this is of major concern. That is why I **always** complete research surveys sent by nurse colleagues for which I meet the inclusion criteria; I aim to contribute to an adequate sample size! The sample included in the survey study is important; if the population of interest is not represented well by the sample, the data collected will not be as useful. Recall bias occurs because responses depend on the memory and motivation of the participants.

### Importance of Survey Results

Surveys are ubiquitous; from shopping to healthcare, we and our patients are inundated with surveys about our opinions. These surveys are not research, however. Survey research has developed into a rigorous approach to add to the body of nursing, healthcare, and social sciences.<sup>1</sup> In nursing research, methods are employed to ensure that data collected from participants is meaningful and useful, and contributes to the body of nursing science. Survey research can measure data that cannot be readily observed, such as beliefs, attitudes, preferences, behaviors, and feelings.<sup>2</sup>

It is critical that ASPN members and other perianesthesia nurses participate in survey research with the aim of building on the knowledge that is the foundation of our practice.

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**Margaret McNeill**  
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# Clinical Practice Hot Topic: Discharge Policies

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



Melissa Davidson  
MSN, RN, CPAN

***The clinical practice committee receives many questions from members and non-members each month. This is a question which has been submitted multiple times over the last year, regarding discharge practices.***

**Q** • Our PACU is moving to discharging patients by policy. Is this OK? Does anesthesia need to evaluate each patient?

**A** • The ASPAN Standards address PACU discharge in Practice Recommendation 2: Components of Assessment and Management for the Perianesthesia Patient. This recommendation addresses all levels of PACU care.<sup>1</sup>

## ASPN Standards Recommendation

Practice Recommendation 2: Components of Assessment and Management for the Perianesthesia Patient, discusses the various aspects of assessment which should be completed on each patient.<sup>1</sup> However, there is no concrete recommendation for milestones which need to be met. In each PACU, it is the responsibility of the organization to develop the minimum levels for discharge and address them in policy. For example, vital signs must be within 20 percent of patient's preoperative level or approved by anesthesia. Per the ASPAN Standards, discharge criteria should be developed in conjunction with the anesthesia department.<sup>1</sup>

## Centers for Medicare and Medicaid Services Requirements

Occasionally there is confusion regarding the Centers for Medicare and Medicaid Service (CMS) regulations regarding postoperative anesthesia evaluations. These regulations simply state anesthesia must evaluate a patient within 48 hours of discharge from the PACU.<sup>2</sup> This can occur in the inpatient room if the patient is being admitted to the hospital. In some organizations, the ability to discharge per criteria is hampered by this regulation as the anesthesia team will need to evaluate outpatients in person prior to discharge.

## What About Scoring Systems?

A common misconception related to discharge criteria is your patient must have a minimum score on whichever scoring system your hospital utilizes. Many facilities use an Aldrete score or a

modified Aldrete, although there are other PACU scoring systems available.<sup>3</sup> Some facilities have developed their own scoring system. ASPAN supports the use of a scoring system, but does not address which one specifically, and scoring tools are not required by regulatory agencies. Defining a scoring system and putting the criteria into the organization's policy is a vital step in developing discharge criteria.

## Discharge by Policy-Defined Criteria

With a clear policy in place which has been approved by the anesthesia department, it is a safe practice to utilize a discharge by policy or criteria process. It is important to remember not every patient will meet criteria in the same manner, and an individualized plan of care accounting for the patient's unique needs may be necessary. If discharging by policy, remember this is the minimum criteria necessary. It is always okay to discuss a patient with anesthesia and the surgical team. Patient safety should be the top priority of any organization.

## REFERENCES

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2. CMS Code of Federal Regulations. Title 42 Public Health. Condition of participation: Anesthesia Services. Accessed February 20, 2021. <https://www.govinfo.gov/content/pkg/CFR-2002-title42-vol3/xml/CFR-2002-title42-vol3-sec482-52.xml>
3. Ecoff L, Palomo J, Stichler J. Design and testing of a postanesthesia care unit readiness for discharge assessment tool. *J Perianesth Nurs*. 2016;32(5):389-399. 

# REGION TWO UPDATE

Susan Norris, BScN, RN, CAPA

ASPN Regional Director Region Two

**A** little over a year ago, in the January/February 2020 issue of *Breathline*, I talked about embracing technology to meet the needs of our members. Little did any of us know how prophetic that would turn out to be. The ongoing pandemic brought a screeching halt to in-person meetings, workshops, and conferences. ASPAN and its components pivoted to the virtual world to continue providing educational programs and holding operational meetings.

The virtual world definitely has pros and cons. Pros include reaching members in all corners of our regions who may not have had the opportunity to actively participate in the past and allowing speakers, such as President Card, the ability to give presentations to multiple components on the same day. Cons include the loss of the camaraderie and personal interaction we enjoy when we get together, as well as fund-raising opportunities that are a part of our component programs.

## ASPN Pivoted with the Changes

ASPN took on the challenges head-on and has created some excellent resources for nurses related to the pandemic. ASPAN also created a variety of opportunities for you to continue to meet your educational needs when in-person conferences and workshops were put on hold. Components have access to ASPAN's Zoom® account and many are using it to provide programs for their members. The annual Leadership Development Institute, held in November, 2020, was offered free of charge to all ASPAN members, and attendance was excellent. The institute normally attracts approximately 100 attendees. This year, we had over 400 in attendance and received great feedback on the program presented. It was wonderful to have so many show an interest in learning about leadership opportunities in ASPAN.

## Come to ASPAN's All-Virtual National Conference!

ASPN is moving forward with planning for the 2021 National Conference. The decision was made by the Board of Directors to present our National Conference entirely VIRTUALLY, due to the uncertainty of the virus, and a lingering hesitancy to travel. This is an incredible opportunity for everyone to benefit from the exceptional educational programs being offered. Click [HERE](#) for the conference brochure and to register now! Full conference registrants will have the opportunity to earn over 80 contact hours!



## Region Report



**Susan Norris**  
ScN, RN, CAPA

## Component Updates

Check the component websites for upcoming meetings and educational offerings:

Iowa Society of PeriAnesthesia Nurses  
<https://ispan.nursingnetwork.com/>

Louisiana Association of PeriAnesthesia Nurses  
<https://lapan.nursingnetwork.com/>

Missouri/Kansas PeriAnesthesia Nurses Association  
<https://www.mokanpana.org/>

Mississippi Society of PeriAnesthesia Nurses  
<https://mspan.nursingnetwork.com/>

Nebraska Association of PeriAnesthesia Nurses  
<https://www.napannebraska.com/>

Oklahoma Society of PeriAnesthesia Nurses  
<http://www.ospan.org>

PeriAnesthesia Care Nurses of Arkansas  
<https://pacna.nursingnetwork.com>

Texas Association of PeriAnesthesia Nurses  
<http://www.tapan.org>

As we move into 2021, we look forward to an end to the pandemic that has gripped the nation and the world for much of the past year, and has turned our lives upside down in one way or another. The stories of how our perianesthesia colleagues have adapted, grown, and supported our colleagues in other fields have been incredible. We are resilient. We can do anything to meet the needs. We will come out of this stronger for the challenges we have faced. I wish you all health and happiness for the coming year. I hope to see you either in person or virtually at some point in the coming months. 



**Bronwyn Ship**  
BSN, RN, CPAN, CAPA

# REGION FOUR UPDATE

Bronwyn Ship, BSN, RN, CPAN, CAPA

Regional Director, Region Four

**G**reetings from Region Four. Region Four includes the following components: Connecticut, Massachusetts, Maine, New Jersey/Bermuda, New York, Pennsylvania, Rhode Island, and Vermont/New Hampshire. To say this has been an unusual year, is a gross understatement. At this time last year, the COVID-19 pandemic was just beginning to take hold of the world. Since that time, we have faced adversities and hardships we never could have imagined we would have to face. I am proud to see how we, as perianesthesia nurses, have risen to the challenges and stepped outside of our comfort zone to help care for those stricken with this virus.

### Virtual Conferences and Meetings

The pandemic has also challenged how we meet and communicate within our region, and nationally. All of us have become more adept at virtual meetings and conferences. Keeping abreast of the latest information is vital during these times of isolation and information overload. It enables us to become a source of accurate data for the people we are caring for in our units.

Here in Region Four, many of our components offered virtual educational opportunities and conferences for their membership. I was able to attend several of these conferences and was impressed with the number of nurses who took



time out of their precious days off to attend the meetings. I applaud the commitment of our membership for continuing to seek new knowledge and delivering the highest quality, evidenced-based care to our patients.

### What Does the Future Hold?

The future still seems uncertain as we are seeing a surge in cases all across the country and new variant strains of the virus emerge. There is reason for hope with the vaccines which have shown promising results in the clinical trials. The rolling out of the vaccine is a monumental task and one I hope will help our country start on the road to bringing the COVID-19 virus under control.

My hope is we will be able to see each other face-to-face soon. Until then, stay safe and take time to take care of yourselves as well those who put their trust in us to care for them. 🌱

# CERTIFICATION

### NEW: ABPANC Offers Remote Exam Proctoring

The Accreditation Board for Specialty Nursing Certification (ABSNC) has approved ABPANC's application to provide remote exam proctoring on a temporary basis in light of COVID-19 to allow nurses greater flexibility in scheduling the CPAN or CAPA exam outside of visiting a PSI test center. For more information on remote proctoring, visit ABPANC's [website](#).

### Learning Builder Tutorials

Need help with the recertification process in Learning Builder? Visit [here](#) for easy-to-follow videos on how to log in, update your profile and upload documents for continuing education.

### REMINDERS:

- Spring recertification window closes **April 30**
- Spring examination window closes **May 15**
- Spring recertification reinstatement window closes **May 15**

### We've Moved!

Please note ABPANC's new address and contact information:

1133 Broadway, Suite 544, New York, NY 10010

NEW Phone: 347.708.7975

Email: [abpanc@cpancapa.org](mailto:abpanc@cpancapa.org)

Web site: [www.cpancapa.org](http://www.cpancapa.org)

# PANAW CELEBRATIONS

PANAW  
Celebrations



▲ Brigham & Women's Faulkner Hospital, Boston, MA

▼ VA Medical Center, San Francisco, CA



▲ Erie County Medical Center, Buffalo, NY



▲ MOKAN PANA, Missouri-Kansas



▲ Dayton Area PeriAnesthesia Nurses Association, Dayton, OH

▲ TAPAN (TX) North and East Virtual PANAW Conference

► Unity Point Health-Meriter, Madison, WI



## PANAW Celebrations

▼ Mountain Area,  
NCAPAN, NC



▲ NAPAN, NE



▲ Midcoast Hospital, Brunswick, ME



▲ ASC University of Pittsburgh Medical Center, Shadyside, Pittsburgh, PA



▲ Cake at Erie County Medical Center, Buffalo, NY

▼ Sky Ridge Medical Center, Lone Tree, CO



▼ Brigham & Women's Faulkner Hospital, Boston, MA



# Component Education Programs

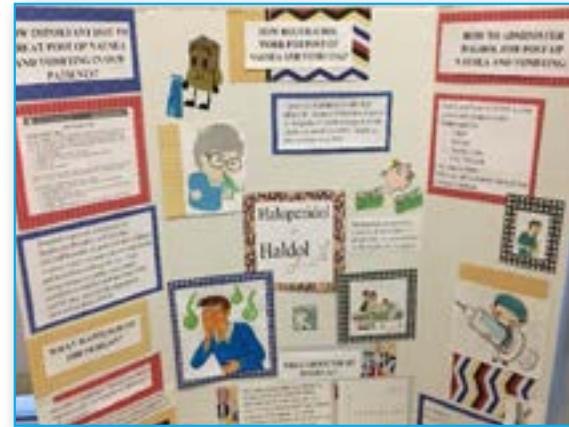
The Maine Society of PeriAnesthesia Nurses (MeSPAN) will hold a virtual conference April 10, 2021. Contact Julianna Choi at [lovehjhee@gmail.com](mailto:lovehjhee@gmail.com) or [mespanbod@gmail.com](mailto:mespanbod@gmail.com) for more information.

Arizona PeriAnesthesia Nurses Association (AzPANA) will hold its "Annual Spring Seminar" June 3, 2021 at St. Joseph's Hospital, Phoenix, AZ. For information contact: Jennifer Nopoulos at [jlbnopoulos@cox.net](mailto:jlbnopoulos@cox.net).

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>.



▲ MOKAN PANA Missouri-Kansas



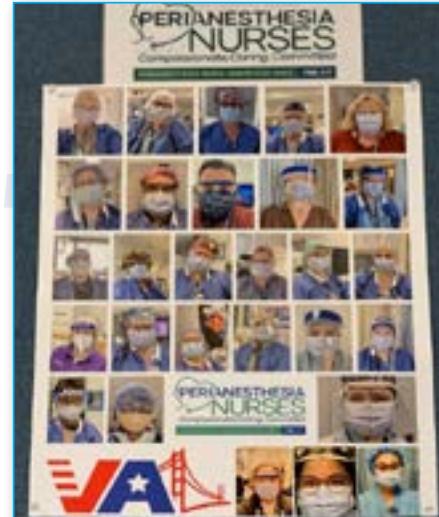
▲ Midcoast Hospital, Brunswick, ME



▲ ASC, University of Pittsburgh Medical Center, Shadyside, Pittsburgh, PA



▲ Unity Point Health-Meriter, Madison, WI



▲ VA Medical Center, San Francisco, CA



▲ Dayton Area - OPANA, Dayton, OH

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### LIVE WEBCASTS - FULL-DAY PROGRAMS

#### FOUNDATIONS OF PERIANESTHESIA PRACTICE

June 13, 2021 SUNDAY

#### PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

June 19, 2021

#### PERIANESTHESIA CERTIFICATION REVIEW

May 8, 2021

#### SAFETY BEGINS WITH US

April 11, 2021 SUNDAY

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

May 22, 2021

### LIVE WEBCASTS - HALF-DAY

#### PERIANESTHESIA FOUNDATION

May 23, 2021 SUNDAY

### LIVE WEBCASTS - TWO-HOUR PROGRAMS

#### ANESTHESIA AGENTS AND TECHNIQUES

May 19, 2021 WEDNESDAY

#### COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA

June 2, 2021 WEDNESDAY

#### EMERGENCY PREPAREDNESS

May 26, 2021 WEDNESDAY

#### GASTROINTESTINAL AND ENDOCRINE PATHOPHYSIOLOGY AND ASSESSMENT

April 14, 2021 WEDNESDAY

#### INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR THE PERIANESTHESIA NURSE

June 23, 2021 WEDNESDAY

#### NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

April 7, 2021 WEDNESDAY

#### OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

May 12, 2021 WEDNESDAY

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

June 9, 2021 WEDNESDAY

#### PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT AND DISCHARGE CRITERIA

May 5, 2021 WEDNESDAY

#### PREVENTION OF UNWANTED SEDATION: PUTTING THE PRACTICE RECOMMENDATION INTO PRACTICE

June 16, 2021 WEDNESDAY