



Breathline

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May/June 2021

INSIDE:

PRESIDENT'S MESSAGE:

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

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

Perianesthesia Nurses Together – The Importance of Human Connection, Power of Community! Oh, my goodness, it is a joy and honor to be president of American Society of PeriAnesthesia Nurses (ASPN). Our year ahead will take us together on a journey to empower and advance the unique specialty of perianesthesia nursing! Together, we will focus on the importance of human connection and the power of community. There is a rising physical and emotional toll disconnection has on each one of us and beyond. We need each other and our patients need us, and society needs us. There is great strength and power in recognizing that, through our diversity, we can find unequaled unity. With that said, I believe it is crucial for us to focus on the things that bring us together.

Ownership Brings Commitment

Ownership brings us together. As members of the American Society of PeriAnesthesia Nurses, we are each owners of our specialty. One distinguishing factor an ASPAN member has, and which truly raises the bar of our practice, is ownership. Ownership takes immense commitment and sacrifice, but the rewards and return on investment are indeed great.

Have you ever noticed we tend to take better care of property when we own it? After my first year of college, I rented an efficiency apartment. It was one huge room with a bath, in an unusually large house that met my budget and needs I had at that time. The color scheme left a lot to be desired. It was drafty and dated, with the walls a dark, wood-grain paneling, and the floors sporting a long, red shag carpet. It was old and falling apart. Honestly, it did not matter to me



Jennifer Kilgore
BSN, RN, CPAN

because I knew I would not live there forever. It was not mine. It was only temporary.

My husband and I bought our first home in 1997. It was a small, startup home, but I remember how good it felt to own something and call it ours. Together, we worked hard to make improvements, updates, and renovations on our first home. We made sure everything was as perfect as possible.

Over the next five years, we took impeccable care of our house, inside and out. This house was different from my first rental, because it belonged to us. Ownership is a powerful concept. Together, we as members of ASPAN are owners of this great organization.

Ownership When We Love Our Job

I think we can easily apply this very concept to our profession. Like most, we tend to take better care of things we own. Far too many enter our first jobs like we do an apartment. We may not be positive it is 'the one' or that it is the perfect, dream job or specialty worthy of personal commitment. Maybe the uncertainty of first jobs causes us to 'rent' instead of 'own.' Often, we are less likely to get involved, seek certification, go the extra mile, attend conferences, or dive into leadership roles if we are 'renting.' This was true for me. I began my nursing career working night shift on an ortho/neuro floor.

However, when an opportunity came to transfer into the recovery room, I was so excited for a new adventure. This time was different. I knew right away I loved the unique specialty of perianesthesia nursing. It did not take long for me to buy in to our



amazing specialty. Joining ASPAN sealed the deal for sure!

Own Your Career!

We live in a selfie world and, the truth is, we are all in it for ourselves. We are building our careers daily. In the past, nurses and other professionals often stayed with a company for decades. Step-by-step, they would climb that ladder toward higher positions and better salaries. Today's nurses and professionals have moved from ladders to lily pads. Instead of climbing, it may look more like a frog hopping from one spot to another. Many nurses may have multiple careers in a variety of settings and specialties, belonging to several organizations. We live in a new day, and today's nurses may not be interested in climbing a corporate ladder. Today's nurses may not stay in one place for decades. My recommendation is still the same. Own your career, don't rent it. Wherever you find yourself, invest yourself fully into the work before you. Give it everything you've got.

A Sense of Ownership with ASPAN

One primary way to be an owner is to join and participate in your professional organization. Find ways to get involved and dig deeper and share the insight you gain with your colleagues. Promote component events, seminars, certification, and the things you learn from being a part of ASPAN. Unlike any other element of my professional development, being a member of ASPAN has brought me a greater

sense of professional growth and ownership. Shortly after I joined ASPAN, I decided to get involved in committee work and, from there, so many doors have opened. There is power in owning our work. Energy, ingenuity, creativity, focus, and passion come to life when we own our work, regardless of where we serve. You hold the keys to that open door when you are an owner. Ownership brings us together!

Franklin D. Roosevelt said, "If civilization is to survive, we must cultivate the science of human relationships – the ability of all peoples, of all kinds, to live together, in the same world at peace."¹ We are perianesthesia nursing, from eye contact and touch, to a warm whisper of reassurance to our patients, letting them know we are present and available for them – so powerful. Together, let us make 2021-2022 the very best year ever for ASPAN and perianesthesia nurses! Perianesthesia Nurses Together - The Importance of Human Connection and Power of Community.

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Address changes and
administrative correspondence to:

ASPAN

90 Frontage Road

Cherry Hill, NJ 08034-1424

877-737-9696 Fax: 856-616-9601

aspn@aspn.org www.aspnn.org

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

CONTRIBUTORS
K. Bickerstaff (AZ)
K. Dureau (CA)
M. Guardiano (CA)
E. Nunes (CA)
L. Silva (CA)

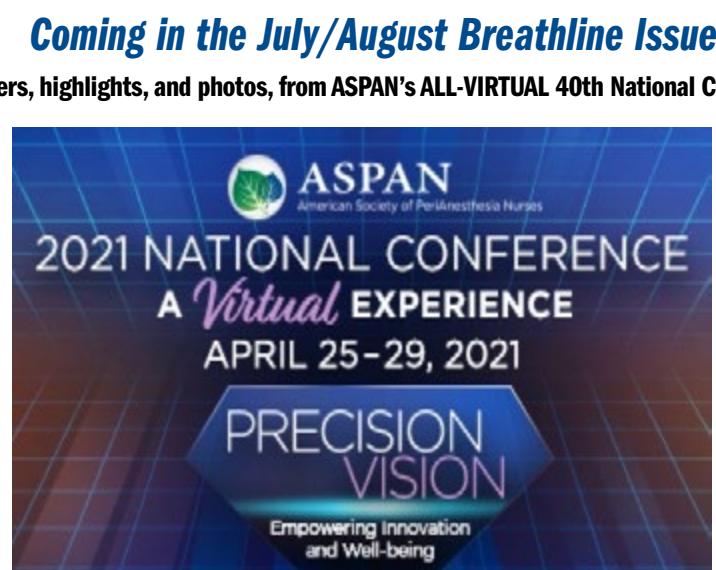
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JanuaryNovember 1
MarchJanuary 1
MayMarch 1
JulyMay 1
SeptemberJuly 1
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ASPN Scholarship/Award Program

Accepting Applications Now Through July 1, 2021!

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.aspan.org, select **Members > Scholarship/Award Program**.

SCHOLARSHIPS/AWARDS OFFERED:

- \$1,500 for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree programs extending into 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

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



SAVE THE DATE!

Component Development Institute: In Person and Virtual!
Kansas City, Missouri - November 13, 2021

Let's gather again for a fun-filled weekend of learning and networking with your colleagues! Meet with ASPAN and component leaders. Discover new skills and be part of bringing *Perianesthesia Nurses Together – The Importance of Human Connection, Power of Community!* Online registration will open on ASPAN's website by late summer. Stay tuned! 

Kansas City Fountains at
Country Club Plaza ►



ASPN News

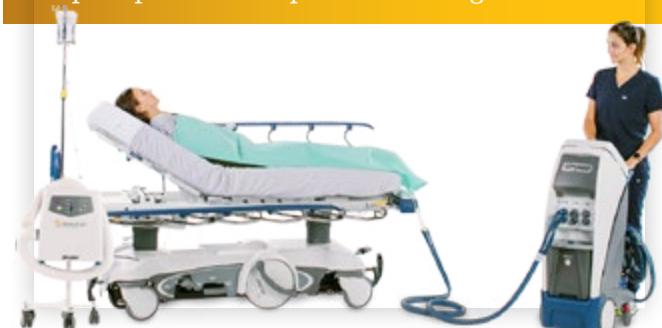
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Ernestine Nunes, RN

Component Newsletter/Publications SPG Connection

Ernestine Nunes, RN – PANAC *Pulseline* Editor 2005-2013
Publications Specialty Practice Group



Publications Specialty Practice Group (SPG) members, including some current and past component editors, contribute expert articles to the SPG newsletter with publication tools and tips targeting fellow and fledgling editors. The question is, how many component editors see these articles or are members of our SPG? Do all components have an editor or a newsletter? Are the newsletters accessible to members and nonmembers?

A Newsletter Search

A January review of component websites accessed through ASPAN's Component Regional Portal showed:

- Thirteen of 39 components posted newsletters published in the past two to six months
- Two, GAPAN and NCPAN, post regularly online in a newsletter format with articles; AZPANA, without a newsletter, posts on a blog
- Ten components are without a newsletter on their website
- Twelve components are without or calling for an editor
- Twelve websites last posted a newsletter in 2017 or 2018 despite two in recent newsletter contests
- Ten components list newsletters but restrict access to current or recent issues on their websites¹

Newsletter Know-How Needed

Whether posted online, emailed, or snail mailed, newsletters celebrate member achievements, communicate upcoming events, component, and ASPAN news, and include clinical articles. Finding contributors and topics is often a stumbling block for new or potential editors or even seasoned editors. When I attended my first Publications SPG meeting as a new PANAC editor, member editors shared publication formats, information, and their experience. At the 2006 Leadership Development Institute in Minneapolis, Joni Brady and Matthew Byrne presented practical guides on producing professional newsletters and tools for a new editor. Online, I discovered examples of successful component newsletters and news article ideas. As the Publications SPG vice-coordinator, I realized that the SPG is a valuable but unrecognized resource for new editors.

The Publications SPG Connection

Like any newspaper or magazine, it takes a team to produce a quality product and a prize-winning format. The ASPAN newsletter contest criteria offer style guidelines, but recruiting writers, photos, and potential topics are as daunting as a blank page. Visiting component webpages to see newsletters provides a visual format, but, perhaps new editors need encouragement and resources like the ASPAN *Publications Primer*, which is open to everyone.² New editors also need to know other experienced editors are willing to help.

ASPA Regional Directors are best able to know which components lack editors or need to reestablish their newsletters. Since not all components post newsletters or they restrict access, the Regional Directors are best able to assess a need for mentoring. Is this something in which the Publications SPG and Publications Strategic Work Team (SWT) could be involved?

Jennifer Kilgore's article in the 2020 November/December *Breathline* described the Component Breakthrough project to help struggling components and may show how the Publications SPG and the Publication SWT might be involved.³ How many editors and past editors are members of our SPG? The SPG coordinator, with access to members, can see if editors are SPG members. In the past, not all component editors were members of the SPG, despite our suggestion for components to pay SPG membership for their editors. But, first, components need editors and some simple guidance.

Practical Points for Discussion

Brainstorm workable guidelines to encourage new editors:

- Look at newer formats (like the SPG online newsletters), which are easier to use and may encourage editors to try
- Find articles to publish by creating possible list or visiting component webpages for article ideas
- See committee reports, district reports, president's messages, and upcoming seminars as good subjects
- Feature awards, focus on members, and call for bios of upcoming election candidates
- Use shorter articles as preferred to writing (or reading) long ones

Nursing Professional Development, Now

Megan Guardiano, BS, RN, PHN
Publications Specialty Practice Group

There is no time like the present – an idiom that may now have multiple interpretations considering our current events. The COVID-19 pandemic has necessitated many of us to focus on our priorities – including, but not limited to, physical well-being, family, and mental health.

For some of us, the aforementioned priorities are at the center, with other projects or tasks placed on the wayside for now. For others, perhaps there is now extra time for reflection and to re-evaluate goals. What is important to you?

Nursing professional development has been encouraged since our time as nursing students, as our profession is one of continuous learning. I would like to share some ideas or reminders of possible nursing professional development activities, with the hope this might inspire your own professional growth.

Organizations

Nursing organizations provide opportunities for learning, developing skills, and communicating within a specialized network among our profession. ASPAN itself has “Specialty Practice Groups (SPGs),” which are member-driven groups focused on different aspects of nursing professional development. (*To learn more about SPGs on the ASPAN website, click the “About Us” tab on the top of the webpage, followed by the “Organization” tab on the left side, and then the “Specialty Practice Groups” link*). I am speaking to you all through this Publications SPG, as I wanted to be able to further develop my writing skills and to express myself as a nurse. Perhaps you have an interest that you would like to further explore, and that may be addressed by an ASPAN SPG or nursing organization.

Virtual Conferences

Nursing organizations and nursing schools still host conferences for professional development and education, now utilizing virtual platforms. Learning and networking are still possible, just in different formats. Video educational sessions may be conducted in real time and maintain interactive features. Chat rooms may be available for participants to message each other and share ideas on nursing topics. Although I do miss the experience of the in-person conference, I also appreciate the convenience and accessibility of the virtual conference.

Certifications

If you have not yet obtained certification within your specialty area, consider pursuing it. Nursing certifications are the culmination of your hard-earned skills, knowledge, and experiences in your work area. Research your options as different certifications have different eligibility requirements based on work hours, and year-round or specific registration times and test windows. Your workplace may also have financial benefits related to certifications, such as raises or reimbursement for the exam.

Online Courses

Courses are available online, with varying levels of interactivity to help you refresh your knowledge on the care of a specific patient population or to fulfill prerequisite requirements for a graduate program you have been eyeing. Some courses are conducted live at certain dates and times, while others have course materials uploaded and available for access at any time. Some workplaces can reimburse you for taking such courses, so be sure to check if that is an option before enrolling.

Education

There is a myriad of education options, from clinician-focused to research-focused, for nurses to advance their degree. Rather than list all those options, I find it beneficial to suggest self-assessment. What is your motivation, what are your goals? What role would be the best fit for you? Additionally, there are various factors to consider – career, financial, family. What is your work-life balance?

Make the decision that allows you to thrive as a nurse and as an individual – whether that is contentedly working your current nursing job or going back to school in order to contribute to the nursing profession and patient populations in a different way.

Staying Connected

It is important to stay connected, whether that is between your current or former colleagues or mentor figures. For example, perhaps a professor from nursing school or a workplace preceptor established a mentorship relationship with you in the past. You could revitalize the connection through a simple email or phone greeting to “check in.” The Internet also provides an outlet



Megan Guardiano
BS, RN, PHN

for more local and global connections via online forums, message boards, and groups. The options and the benefits are abundant.

Conclusion

These suggestions are meant to be possible ideas for cultivating nursing professional development within the current environment. However, you know yourself and, ultimately, you know what is right for you and when the time is right.

Maybe now is the time to look up that program, to reach out to that person, to speak up and ask that question, or to submit that document. Whether you take a seemingly small action or a nerve-racking big step, that change is for your professional development and for yourself.

After all the demands and all the external pressures that we receive as clinicians in our respective environments, maybe we need to take a moment to listen to ourselves and to our internal needs. It may feel as if “before” may have been too early, but “later” may be too late. Maybe now is your time.

Reprinted from the March, 2021 ASPAN Publications SPG

Newsletter 



- Realize writers and editors are members waiting to be asked
- Use pictures, especially digital phone pictures with high resolution, which are perfect for capturing members and events. (Include a picture of name tags to identify members)

Perhaps a Publications SPG or Publications SWT task force could explore ways to provide practical experience, more how-to for new editors, and explore better ways to utilize component websites.

About Newsletter Access

Newsletters provide a glimpse in who we are as a professional society—current newsletters show how active and vital a component is. Newsletters are creative ways to promote seminars and events. For members, it encourages attendance at events and involvement. For nonmembers interested in joining ASPAN and the component, do the website and newsletter welcome nurses to learn about our component events and leadership? Restricting newsletter postings, full of coming events and seminars,

celebrating our nurses, and calling for new leaders that require signing in, may be a deterrent to joining the component. We might reconsider newsletter access as more than a member privilege but also as a membership opportunity and recruitment tool.

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Reprinted from the March, 2021 ASPAN Publications SPG

Newsletter 

Research Methods: Qualitative Research

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

Research

I have previously written that nursing 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.¹ The methods used in nursing research vary depending on the purpose of the study, the research questions, and the availability of resources.² Qualitative research is a form of social inquiry. Researchers use 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 This is also a challenge in nursing and healthcare, where qualitative research has flourished in the last several years. There are many approaches to qualitative research. All approaches require knowledge of the methods and depend on the phenomenon to be studied, the type of knowledge being sought, and the questions being asked.³ Qualitative methods have different theoretical and philosophical underpinnings from each other than that of quantitative methods.

Focused Data

Phenomenology provides a framework to explore the lived experience of individuals. Historical inquiry may provide insight into the history of a healthcare institution and its development in a community. Grounded theory might be used to delve into the process of healthcare decision-making. Ethnography would be the

method to choose if the researcher were interested in the culture of a group.⁴ There are many other qualitative methods that can be used depending on the focus of the research.

Types of Data Collection

Different data collection methods also apply to qualitative research. Interviews, focus groups, observations, and participant-observations all provide data for qualitative studies. The amount of data generated can be voluminous. Reflection is integral to the data analysis process and requires time. Conducting qualitative research is sometimes thought to be easy, perhaps because statistics are not involved.⁵ This is far from the truth; qualitative research requires structured, rigorous methods. And, it can provide valuable information to a body of knowledge.

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ASSPAN Development: Tribute to Legacy for Life

Katrina Bickerstaff, BSN, RN, CPAN, CAPA

ASSPAN's virtual conference was a great achievement. The educational sessions were amazing, and the feedback has been overwhelmingly positive. I want to thank all the members and components for their financial support to ASPAN, making our virtual conference such a success.

I would also like to acknowledge individual members and components who have made a significant donation to ASPAN, earning them the Legacy for Life honor. Each dollar goes towards supporting the future of perianesthesia nursing through perianesthesia education, research, practice, and standards. The official induction for these members and components will be in Philadelphia, 2022, at ASPAN's 41st National

Legacy for Life

Conference Development Breakfast. We will be honoring the 2020, 2021 and the newest 2022 Legacy for Life beneficiaries.

ASSPAN's 2020 and 2021 Legacy for Life members are as follows:

INDIVIDUALS

Sandra Gardner
Lois Schick
Jane Ehrhardt
Dina Krenzischek
Susan Shelander

COMPONENTS

ILSPAN
NYSPANA
MAPAN



Please take a moment to congratulate each one and thank them for their support of ASPAN.

For more information on ASPAN Legacy for Life, please contact Doug Hanisch at the National Office at dhanisch@aspan.org.



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



Melissa Davidson
MSN, RN, CPAN

Clinical Practice Hot Topic: Do Not Resuscitate (DNR) Orders

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

The Clinical Practice Committee receives many questions from members and non-members each month. This is a question which has been submitted multiple times, regarding DNR orders.

Q • ***Is a Do Not Resuscitate (DNR) order automatically void through surgery? Does it start again when the patient is in the postanesthesia care unit (PACU) or when they go to the floor?***

A • DNRs being automatically discontinued during the perioperative period is a myth which is frequently perpetuated. This is addressed in many places throughout the literature and by many of the professional practice organizations.

ASPAN Position Statement

The American Society of PeriAnesthesia Nurses (ASPAN) addresses this in Position Statement 1: A Position Statement on the Perianesthesia Patient with a Do-Not-Resuscitate (DNR) Advance Directive.¹ This statement discusses the conversations which need to occur between the medical team and the patient and their family. It is necessary to provide the patient with information about what exactly occurs during anesthesia and how a DNR will be impacted if general anesthesia is being performed.¹ It is unethical to simply declare all DNRs void during the anesthesia period, but patients need to be involved in having a clear conversation of what this means and when the DNR will be put back into effect.

The American Society of Anesthesiologists' Position

The American Society of Anesthesiologists (ASA) addresses DNRs in their Ethical Guidelines for the Anesthesia Care of Patients with Do-Not-Resuscitate Orders or Other Directives that Limit Treatment.² The importance of documenting the conversation and the decisions which have been made is stressed in this statement.

What Happens in the PACU?

When the patient arrives in PACU, the timing of reinstating the DNR should be considered. The patient needs to have clearly defined their wishes in regard to which aspects of PACU care may be considered routine. An example of this is the use of neosynephrine or other vasoactive drugs.

Patients who have a low blood pressure are frequently given a dose of this medication, but in many patients' DNRs, it is expressly stated they do not want to receive these types of medications. This example demonstrates the importance of having a discussion and explaining events which happen in the normal course of perianesthesia treatment. The ASA recommends these circumstances are discussed and they may lead to having partial code statuses for the patients, such as no compressions, but vasoactive medications are allowed.²

What About Hospital Policies?

Hospital policies need to be written to reflect the positions of ASPAN and the ASA. Some documentation systems will populate this in the anesthesia note for ease of documentation. If there are questions regarding the DNR wishes of the patient, many facilities have ethics departments or councils which can be asked to review specific cases.

Every patient has a right to determine their care, and their wishes must be respected. Developing a clear plan with the patient and family will enable the medical team to make appropriate decisions with the certainty they are respecting and honoring the desires of the patient.

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What Does Membership/Marketing Do?

Lori Silva, BSN, RN, CCRN, CPAN

Outgoing Membership/Marketing Strategic Work Team (SWT) Coordinator

The ASPAN Membership/Marketing Strategic Work Team is a group of 44 members who work throughout the year on various projects and programs. The purpose of the Membership/Marketing SWT is to coordinate the recruitment, retention, and recognition of ASPAN members. It serves to expand the image of ASPAN and awareness of all phases and settings of perianesthesia nursing practice. I want to share the many 2020-2021 M/M SWT accomplishments, and what is in store for this coming year.

PeriAnesthesia Nurse Awareness Week

The group began the year working on a theme and products for PeriAnesthesia Nurse Awareness Week. The theme "Perianesthesia Nurses – Compassionate, Caring, and Committed" could not have been a more appropriate theme for this last year during the pandemic. Even through challenging times, perianesthesia nurses stood strong, resilient, and celebrated our practice with colleagues across the country. The new 2021 – 2022 M/M SWT is already beginning to work on a theme for 2022. If you have a great idea, please email one of the SWT team members.

Member-Get-A-Member Campaign

Membership recruitment, retention, and recognition continue to be a focus for the Membership/Marketing team. The 2020 Member-Get-A-Member campaign had 653 members participating and their work led to the recruitment of 840 new and returning members. Stay tuned for the announcement of our Recruiter of the Year in the next issue of *Breathline*. ASPAN membership as of March 1, 2021 is 13,329. M/M SWT members also serve as component liaisons for component presidents and vice-presidents, connecting with them three times a year and providing information and assistance. Any ASPAN member needing membership materials can contact Doug Hanisch, Marketing and Communications Manager at dhanisch@aspan.org.

Social Media Presence

Connecting with ASPAN members and expanding the image of ASPAN is a big part of the Membership/Marketing SWT. ASPAN's social media platforms include Facebook, Twitter, LinkedIn, and Instagram. ASPAN's Facebook page continues to be the most popular venue with over 6,700 followers. The M/M SWT Millennials team suggested incorporating humor into our social media and examining ways to engage more members. There are other ideas in the wings for ways to increase ASPAN's image. If you have any ideas to share

about ways to expand ASPAN's image, grow membership, or recognize members, please send your ideas to incoming M/M SWT Coordinator Shay Glevy at shay.levy@gmail.com or Doug Hanisch, ASPAN national office, at dhanisch@aspan.org.

ASPAN Awards

Recognition of members is an exciting part of the Membership/Marketing SWT's work. Teams have been reviewing the 2020 Gold Leaf Component of the Year Award applications and Above and Beyond Award nominees. There were no submissions for the Award for Outstanding Achievement this year, so please think about someone to nominate for the coming year. More information can be found on the ASPAN website, under the Member tab, listed under awards. The M/M SWT received great feedback about the Gold Leaf Component of the Year Award program at the ASPAN Leadership Development Institute. The Gold Leaf team is working on proposals for revisions and revamping of the awards program to present to the ASPAN Board of Directors this coming year.

I want to thank the 2020 – 2021 Membership/Marketing Strategic Work Team members and the ASPAN Board of Directors for their hard work and dedication this past year. It has been a pleasure serving as the M/M SWT coordinator.

New M/M SWT Coordinator



Shay Glevy
BSN, RN, CPAN, CAPA

Shay Glevy has been appointed as the new M/M SWT coordinator for 2021-2022. She is a pediatric perianesthesia RN. Shay is active in the PeriAnesthesia Nurses Association of California (PANAC), and, has also served ASPAN on several committees and work teams, including a term as ASPAN's Regional Director for Region One. She has been a part of the ASPAN Standards and Guidelines SWT, and also authored sections of the *ASPAN Competency Based Orientation and Credentialing Program for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting*.



Lori Silva
BSN, RN, CCRN, CPAN



Deborah Moengen
BSN, RN, CPAN

REGION THREE UPDATE

A Model for Leadership and Succession Planning

Deborah Moengen, BSN, RN, CPAN
Regional Director, Region Three

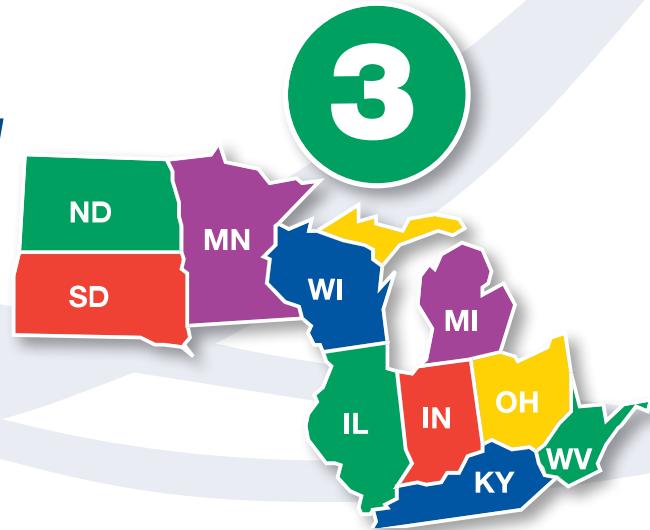
How will ASPAN sustain members and strong leaders in the future? The tiered skills acquisition model (TSAM) is an effective method for structuring the clinical unit orientation. The orientee gradually assumes increased responsibilities based on advancing through tiers of skills from simple to complex.¹ It builds on an individual's skill as they progress. It does not expect the new nurse/leader to know everything on day one but will build on success. Building on skills our members have will also develop strong leaders in our future.

The Tiered Skills Acquisition Model

I really like this model of TSAM and wonder how we can use this more for ASPAN. As a member on the Board of Directors, it has taken me two years to build on the knowledge of what it takes to serve on the board and other duties in the job description. There is a lot to learn as a new board member. As a regional director, there is an expectation to write newsletter articles, create presentations, and teach at the local and national levels. These are skills I needed to develop and refine as I began my role.

Building New Member Skills

As new members join our society and become more involved, how do we build on their skills? We need to be aware of new members' skills and potential new leaders around us. New graduate nurses need support during the critical transition from the role of student to that of a staff nurse in any setting.¹ How can we support our new members like we support the new graduate nurse? Are there ways we can help members transition into leadership positions?



Component Leadership Intern Programs

In one of our Region Three meetings, we focused on the succession planning for leaders. We learned from our Michigan component they have a structured board internship program. This allows anyone interested to shadow a board member and provides them the opportunity and support to see firsthand what it is like to fill the role on the board. A lack of support contributes to turnover of new nursing staff.¹ Just like that new nurse, we need to support our new members and leaders as this will help us sustain ASPAN and strengthen our society.

I am passionate about helping others build on their current skills and developing goals. As I read the book by Simon Sinek, *Start with Why*, I learned more about being intentional and making a plan.² Once we really grasp the reason why we are part of ASPAN, we can help build on our skill to tell our story and strengthen our society. Are you ready to build on your skills? Region Three is well on its way to building skills to gain members and new leaders.

REFERENCES

1. Joswiak ME. Transforming orientation through a tiered skills acquisition model. *J Nurses Prof Dev*. 2018;34(3):118-122.
2. Sinek S. *Start with Why*. Penguin Books; 2009.

FOLLOW US! On Social Media:





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.



ASPAN

REWARDS

January 1 – December 31, 2021

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**

Cool Nurses in Hot Units

Kathy Dureault, MSN, RN, CPAN

Life threw us a curve but you didn't waver;
You fought the pandemic; what could be braver?

Collaboration between departments, working in teams
Pulling together to stop COVID-19.

The Command Center prepared and tracked our statistics,
Strategized, compromised, took care of logistics.

You used new equipment and learned novel skills,
Completed more competencies and conducted code drills.

Rapid onboarding, checklists galore;
When you thought they were done, there was always
one more.

N95s, PAPRs and gowns,
So much gear; an additional 10 pounds.

Sani-cloths, bleach wipes, caps and masks,
All paramount to completing your tasks.

You learned to write backwards on patient room windows,
Requesting supplies, more linen and pillows.

BiPAP, CPAP and high-flow O2,
Anything necessary to pull patients through.

You became such pros at patient pronation
And adapted to various supplies for isolation.

Vent training, lab draws and respiratory treatments,
Learning new skills became especially frequent.

You thought a "tortoise" was a reptile, but you were mistaken;
It helps with turning and prevents skin from "breaking."

Break rooms were filled with food to the brim
Keeping our caregivers happy and...slim (?)

Caregivers were grateful for all the donations
While tracking was maintained by our stellar Foundation.

Letters of gratitude were sent to the community,
Their efforts appreciated as a symbol of unity.

Patients being discharged was a time for celebration,
Seeing reunions with families; faces of jubilation.

Of course this pandemic was bad news from Day 1,
But isn't it interesting what has become
Of something so tragic, a life-changing event
Has reinforced what nursing has always meant;
To care for our patients through thick and through thin;
To care for each other as if we were kin.

This hasn't been easy; exhaustion is real.
You look to the day of feeling life's zeal
And to the time when this virus abates;
To gather together and truly celebrate!

Until then, be well; I am grateful to you
For all the AMAZING work that you do.



In Kathy's words:

"Back in August, I wrote a poem of gratitude for our nurses/caregivers on the front line. I witnessed their exhaustion as our COVID-19 numbers increased. As the peri-anesthesia nurse educator, I wanted to do something to show my appreciation, so I brought the general surgery unit some snacks and presented my poem to their manager, who insisted that I read it during their morning huddle.

As I read my poem of gratitude, tears fall from their eyes, as well as from mine. I was able to share this poem throughout the campus and, for that, I am grateful.

I recently retired, but wanted to share it with other caregivers. Many of our perianesthesia and perioperative nurses assisted in hot units when our surgical cases decreased. I was honored to plan and participate in several real-time training sessions and have never witnessed such willingness to help wherever needed. Many of the educators also assisted in COVID-19 units. Seeing the clinical staff's daily sacrifices in the midst of exhaustion only reinforced my gratitude to them."

Kathy Dureault, MSN, RN, CPAN
Retired from St. Joseph Hospital, Orange, CA



Component Education Programs

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.

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.

CERTIFICATION

ABPANC to Offer Remote Exam Proctoring

The Accreditation Board for Specialty Nursing Certification (ABSNC) is considering ABPANC's application to provide remote exam proctoring on a full-time basis to allow nurses greater flexibility in scheduling the CPAN or CAPA exam outside of visiting a PSI test center. Once approved, ABPANC will be able to offer remote exam proctoring for the Fall 2021 examination window. For more information on remote proctoring, visit ABPANC's [website](#).

Share Your Certification Expertise with Others

ABPANC relies on the knowledge and expertise of CPAN® and CAPA® certified nurses to guide our organization's future efforts. Consider a volunteer opportunity with ABPANC that best allows you to impact perianesthesia nursing and CPAN/CAPA certification. Visit <https://bit.ly/2NCI94Y> for information.

ABPANC Is Seeking New Item Writers

Have you ever wondered who writes CPAN and CAPA exam questions? It's certified nurses like you! If you would like to learn how to create

items for a CPAN or CAPA certification exam and earn contact hours, please visit <https://bit.ly/2Mo6SE> for more information. You may be able to write items from your home and receive feedback (remote), or be invited to attend an annual Item Writing Review committee meeting.

REMINDERS:

- Fall CAPA/CPAN Exam Administration Registration Window Opens: **July 1**
- Regular Registration Deadline: **September 15**
- Exam Administration Window: **September 15 – November 15**
- Fall CAPA/CPAN Recertification Window Opens: **July 1**
- Recertification Window Closes: **October 31**
- Fall Reinstatement Window: **November 1 - November 15**

ABPANC

Address and Contact Information:

1133 Broadway, Suite 544, New York, NY 10010

Phone: 347.708.7975 | Email: abpanc@cpancapa.org | Web site: www.cpancapa.org



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

July 24, 2021 SATURDAY

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

SAFETY BEGINS WITH US

July 17, 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

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

July 25, 2021 SUNDAY

INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA CARE

NEW!

September 12, 2021 SUNDAY

November 21, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS I

July 18, 2021 SUNDAY

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



LIVE WEBCASTS – HALF-DAY contd.

PERIANESTHESIA ESSENTIALS IV

August 15, 2021 SUNDAY

October 24, 2021 SUNDAY

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

ANESTHESIA AGENTS AND TECHNIQUES

July 14, 2021 WEDNESDAY

ASPART 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

July 21, 2021 WEDNESDAY

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