



Breathline

Volume 41, Issue 5
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INSIDE:

PRESIDENT'S MESSAGE:

Focus on the Things That Bring Us Together – Ignite Your Passion!

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

Passion for perianesthesia nursing brings us together. Water is extremely hot at 211 degrees but increasing the heat by a single degree changes its power. One degree more, turning up the heat to 212 degrees, and water can power a locomotive! I believe this applies to our professional lives. A perianesthesia nurse who does a little extra, goes the extra mile, and gets involved and contributes truly has the power to differentiate and empower change.

America's greatest inventor, esteemed by millions, is Thomas Edison. He patented over a thousand inventions, including the light bulb, phonograph, and motion pictures. Tenacity, ambition, curiosity, and passion to problem solve are qualities that set Thomas Edison apart from everybody else. He lacked formal education, but he made up for it with passion.^{1,2} What sets you apart from everybody else?

Thomas Edison did have some setbacks. He wasn't perfect. Some considered him socially awkward. For the majority of his life, he suffered from impaired hearing. Some of the trials and experiments ended up in disasters, too, like burning down barns and other buildings. Sounds like a menace, right? He wasn't a savvy businessman either. Over his lifetime, he lost millions of dollars. But, Thomas Edison was a timeless optimist and incurably persistent. He was often ridiculed because his attempts failed thousands of times, but his optimism shined through as he simply replied to his critics by saying the invention of the light bulb had thousands of steps.^{1,2} One of his most famous statements is, "Success is one percent inspiration and ninety-nine percent perspiration."³



Jennifer Kilgore
BSN, RN, CPAN

Elevating Your Commitment

Just one degree different and everything changes. What if you elevated your degree of service, courage, advocacy, excellence, or respect? What if you decided to elevate your commitment to your component just one degree? Or, suppose you decided to go an added degree in your workspace? When the heat is turned up just a notch, the outcome of the entire situation can change. It is that little extra

degree of heat that makes a champion.

Passion Makes the Difference

We need perianesthesia nurses to move the needle up one degree. Our components need emerging leaders to take the helm and step up to lead the next generation of perianesthesia nurse leaders. I believe attitude, effort, curiosity, and passion set achievers apart. It is not uncommon to think achievement and success comes from giftedness, or early advantages, that give some individuals a head start. Fact is, the single greatest element for success is not giftedness, or social status. It is drive, grit, and passion. How hungry are you? Passion is the energy of the soul, and it is often the difference between good and great. A friend of mine describes passion as the thing you find yourself singing, dreaming, or crying about. I find that true for me.

Are you serving on a committee or strategic work team? How often do you share information about upcoming ASPAN events? Do you talk about the many benefits that being an ASPAN member has for the perianesthesia nurses with whom you engage daily? Maybe you are a clinical expert. Have you written an article for your home component to share



with colleagues? There are numerous ways to contribute to the success of your grassroots component.

Why do so many seem to lack that extra degree of heat? I mean, let's be honest. We see apathy every day. Why do people, some of the very nurses we love and admire, lack passion? I think there are several reasons when we dig a little deeper. One reason is they may have not seen a model of passion or excellence. Many of us have attended a seminar or conference and returned energized because of the passion-infused environment and being together, only to return to our workspaces and see so many who don't 'get it.' So, we slip back into the mundane routines.

Maybe your colleagues lack the extra degree of heat because they fail to catch a vision for something beyond themselves. We do live in a world that is consumed with self. It's possible they don't believe their involvement will make a difference. Maybe they've tried to contribute, and they were met with resistance, because their way was different or unfamiliar. Or, it may be because there are so many other voices demanding our attention. Finally, it is possible many lack the extra degree of heat to make a difference because they have permitted something that was once cherished become ordinary, or routine.

Reenergizing Your Passion

So, what is the solution? Turn up the heat. What if you invested a few "extra degrees of heat, energy" or hours a month to your own personal development? What if you cut out thirty minutes of television or social media scrolling daily?

What if you decided to dedicate a specific amount of your energy and attention to listen in, get involved, contribute to your local component? What are the needs of component members, and how can you serve? When everyone does their part, we grow and have fun.

We all have gifts and talents to contribute to our specialty and to the future of perianesthesia nursing. Thirty years ago, I graduated from high school. I vividly remember the excitement surrounding that time. I was so fortunate to receive many graduation gifts, and my favorite was money. It was many months after graduation cards and one, I discovered, was unopened. Low and behold, I opened it to find my grandmother had gifted me the largest graduation gift of them all. It was there the whole time, but had gone unopened. Many of us have gifts that are not even opened yet. It's time, open your gifts, share your passion, and make a difference. Our gifts, talents, interests, passion, and drive are the very things that unite us.

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3. Thomas Edison quotes. Brainy Quote. Accessed July 25, 2021. https://www.brainyquote.com/quotes/thomas_a_edison_109928



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 is now open! Visit www.aspan.org. On the home page, click the CDI 2021 link in "ASPAN Highlights."



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JanuaryNovember 1
MarchJanuary 1
MayMarch 1
JulyMay 1
SeptemberJuly 1
NovemberSeptember 1

Challenge Yourself to Run for a Board of Directors' Position!

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.**



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. The simple action of sharing as a giver through



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

Inability to Transfer Patients During Shift Change: Using Evidence-based Practice to Address “Blackout” Periods for Inpatient Admissions

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



Margaret McNeill
PhD, RN, APRN-CNS,
CCRN-K, CCNS, TCRN,
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A universal issue in Phase I PACUs is often the inability to transfer patients during shift change. This article discusses a real-life scenario and the wrong and right way to use evidence to approach this common issue.

Evidence-based practice (EBP) is a problem-solving approach to answer clinical questions and optimize practice to achieve the best outcomes possible.¹ When a nurse has a clinical problem, they develop a PICO question to guide the clinical inquiry. PICO stands for:

- P** Patient/Population
- I** Intervention
- C** Comparison
- O** Outcome
- T** Time (sometimes included)

Defining the clinical problem and spending time on honing the PICO question will help in focusing the work and guide the literature search.¹

Taking a Wrong Turn in Using EBP Steps

The discussion that follows is an example of where we can take a wrong turn when trying to solve clinical problems, and do not appropriately use the steps of EBP.

A “blackout” is defined as a freeze for a period of time during shift report where patients coming to the unit for admission or transfer would be withheld until handoff is complete. At one hospital, the idea of having a blackout period during shift report was suggested by inpatient nurses because they perceived interruptions during handoff as a safety issue. The issue of blackouts was referred to the Nursing Quality, Evidence-based Practice, and Research Council for consideration.

In this case, the first PICO question developed was:

For patients being admitted to an inpatient unit from the ED, PACU, or ICU, does a blackout compared to current practice (no blackout) affect patient outcomes and safety during shift change?

A literature review is part of the EBP process. Very little research is published on blackouts and its effects on safety or patient outcomes, and the few articles found do not support the think-

ing that this practice impacts nursing outcomes or safety. As part of this project, the patterns of admissions to the units were analyzed. There was a perception that admissions actually increased during shift change, and admissions are “batched” to happen during these times. The data available did not support this perception. There is also NO data to substantiate an increase in patient harm events during shift change.

The Council had very thoughtful discussions about the issues surrounding a blackout implementation. The Council members identified many outcomes that could be related to a blackout and were concerned about the negative effects on areas other than the inpatient units. Possible measures suggested by the council to evaluate included:

- Falls
- Delayed response to call lights
- Productivity
- Time of bed assignment/decision to admit to transfer
- HCAHPS
- Delayed order accomplishment
- Omissions of care
- Increased LOS of sending unit/wait time for transfer
- Delay in bedding from waiting room in ED
- Delays in transfer from PACU impacting OR throughput

The original PICO question above was generated because a solution was suggested for the problem of patient safety at shift change (e.g., implementing a blackout period) prior to completing the EBP process, but this is NOT how the EBP process should actually unfold.

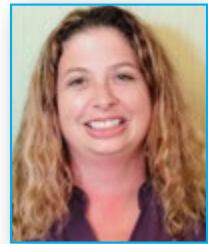
The Correct Use of the EBP Steps

Nurses are solution-oriented, but skipping the EBP process often wastes time on implementing a fix that actually is not effective. Brainstorming without an exploration of the evidence is a waste of time. We often see this approach, where implementing a solution some members of the group may perceive as the answer, before the process is complete. No support was found in the literature blackouts would actually address our problem.

Clinical Practice Hot Topic: Advanced Cardiac Life Support

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

Clinical
Practice



Melissa Davidson
MSN, RN, CPAN

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. *Is ACLS required in pre-op, or when doing recovery from regional anesthesia?*

A. In the ASPAN 2021-2022 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, ACLS is discussed in Standard III: Staffing and Personnel Management, and in Practice Recommendation 4: Competencies, Knowledge, and Skills for the Perianesthesia Registered Nurse.^{1,2} For Phase I, which would include recovery from regional anesthesia, Standard III states: “The perianesthesia registered nurse providing Phase I care will maintain a current Advanced Cardiac Life Support (ACLS) and/or Pediatric Advanced Life Support (PALS) provider status, as appropriate to the patient population served.”¹ For the preoperative and Phase II areas, Standard III states: “It is strongly recommended that the perianesthesia nurse providing Day of Surgery/Procedure, Phase II care, and Extended Care will maintain a current Advanced Cardiac Life Support (ACLS) and/or Pediatric Advanced Life Support (PALS) or Pediatric Emergency Assessment Recognition and Stabilization (PEARS) provider status as appropriate to the patient population served.”¹

In addition, Practice Recommendation 4: Competencies, Knowledge, and Skills for the Perianesthesia Registered Nurses lists BLS, ACLS, and PALS as core competencies for all phases of care, based on the population served.²

It is generally agreed everyone who works in a healthcare facility should have BLS. The facility where I work requires BLS for any employee who comes through the door. How many times has the environmental service tech been the one to enter a patient room and find the patient unconscious? It is our duty as healthcare professionals to advocate not only for patients, but for each other, and ensure our team members know how to activate the response system, or do chest compressions, if needed.

When discussing the requirements for the more advanced certifications, the factors impacting which healthcare providers need this are plentiful. ASPAN made ACLS and PALS a standard/requirement in its Standards a number of years ago for all registered nurses practicing in any phase of perianesthesia nursing. Respiratory and cardiac arrests are not a common event but can be more prevalent in this environment.


When thinking about the daily practice in Phase I PACU, recall the times a patient has been resuscitated with fluid or had an ambu bag used for a few minutes to support their ventilation. It is part of our daily activity. Therefore, ACLS in Phase I is absolutely necessary.

For Preoperative/Day of Surgery and in Phase II PACU, one may wonder if ACLS is necessary. ASPAN strongly recommends ACLS and PALS, as mentioned above, and lists it as a core competency.^{1,2} We all know that anything can happen anytime, anywhere. It is important to examine the patient mix and the expectations of the RN when deciding if it is required or just recommended. Does staff “float” between areas? Is the PACU a blended level of care? If RNs are expected to function in Phase I they should have ACLS. Another common way to evaluate the need for this is to look at the patient mix. For example, does your preoperative department accept ICU patients? If yes, then ACLS should be a requirement.

For nurses who are caring for patients during or after a regional anesthesia block, the same questions need to be addressed. What are the expectations of the RN? Regional blocks require the knowledge and awareness of potential emergency situations, such as local anesthetic systemic toxicity, which could require advanced resuscitation.

Regardless of the work situation or minimum requirements of an organization, it is important for staff to recognize the expectations of their job and to ensure they are adequately prepared. The *ASPAN Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* can guide your unit in necessary competencies.

REFERENCES

1. American Society of PeriAnesthesia Nurses. Standard III: staffing and personnel management. In: *2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2020:31-32.
2. American Society of PeriAnesthesia Nurses. Practice recommendation 4: competencies, knowledge, and skills for the perianesthesia registered nurse. In: *2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2020:62-65. 

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volunteerism further increases social activity, personal 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 strategic work team, log into the ASPAN website, go to the tab About Us / Organization / Committees and Descriptions. Consider

completing the Willingness to Serve electronic application on the ASPAN website. [Click here](#) 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.

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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. [Click here](#) for more information.

Research abstracts are also due **October 15, 2021**. Start planning now to showcase your accomplishments! [Click here](#) for more information.

Part of the EBP process is to be open to any possible evidence found to answer the question and address the problem you are trying to solve. The ongoing discussion by the Council members generated a different and more appropriate PICO question:

“For patients being admitted to an inpatient unit from the ED, PACU, or ICU, is there a best practice to improve patient outcomes and safety during shift change?”


The next step should be a literature review based on the new PICO question, and critical appraisal of the evidence found. The Council members identified that some units have implemented staggered shift start times for the charge nurses, which may be an intervention that can address the problem. Patient safety data would have been analyzed again with this in mind. But there are other interventions found in the literature as well.

Reluctance to Use the Correct Process Leads to Halting the Trial

However, some were reluctant to wait for the Council to conduct the EBP project according to EBP steps, and blackouts were piloted anyway between the ED and one of the inpatient telemetry units. The process to follow by the staff and outcomes measures were unclear, and the trial was halted due to a lack of results and a defined and effective path forward.

Several EBP models exist. They provide a problem-solving guide, and the steps provide a framework to success. It is critical for successful outcomes to ensure that the EBP process is followed as intended.

REFERENCE

1. Dearholt SL, Dang D. *Johns Hopkins Nursing Evidence Based Practice Model and Guidelines*. 3rd ed. Sigma Theta Tau International; 2018. 

Why are Research and EBP Being Redesigned?

Linda Beagley, MS, BSN, RN, CPAN, FASPAN

Amy Dooley, MS, RN, CPAN, CAPA

Co-ordinators, Research Redesign Strategic Work Team (SWT)

The Research Redesign SWT is a new strategic work team for 2021-2022 created by President Jennifer Kilgore. President Kilgore appointed Past President Amy Dooley and former ASPAN Board member Linda Beagley to co-lead this strategic work team. The rest of the team is made up of the three ASPAN mission directors from Clinical Practice, Education, and Research, along with SWT coordinators from Standards & Guidelines, current and previous coordinators of the EBP SWT, ASPAN liaisons from the National Office, and one general member. The liaison for this SWT to the ASPAN Board is Director for Research Peggy McNeill.

Getting Started

Immediately after National Conference, the group had its first meeting and members shared their previous involvement with the Research Committee and/or EBP SWT. President Kilgore's request for the SWT was to be open by taking a deep dive into the current EBP SWT and Research Committee to ensure each group was serving the ASPAN membership to its full potential. She impressed on the group the importance of this team to not spin its wheels or be hesitant, because that's what had been done in the past. We were directed to be bold and take action on how to best support the ASPAN membership.

Developing the Charter

Our first task was to write a charter for this new SWT. It was important to define the purpose, scope and outcomes to guide the work. The purpose of the Research Redesign SWT "is tasked with taking an in-depth look into the roles, responsibilities, achievements, outcomes, purpose, history and goals of the EBP SWT and Research Committee."¹ The scope of the Research Redesign SWT is to clarify the current processes of the EBP SWT and the Research Committee, identify any duplication of services, and look for opportunities to enhance current ASPAN members' needs by incorporating input from the Standard & Guidelines SWT, Education Commit-

tee, and Clinical Practice.

Smaller Work Team Assignments

Currently, the SWT has divided into smaller work teams. One small team is identifying the Research Committee's current accomplishments, its number of active members, reviewing the charter/description and reviewing the purpose. This group has also started reviewing the accomplishments of JBI Fellows and those who have completed systematic reviews for ASPAN. Another team is doing the same for the EBP SWT. The remaining members are exploring how the Research Committee/EBP SWT can support Standards and Guidelines, Clinical Practice, and Education. Our goal is to have this part of the assignment completed by September.

Next Steps

The small teams will reconvene in September to review the results of the small teams and incorporate all the findings to detail the best way to serve ASPAN members regarding EBP and Research. The Research Redesign SWT hopes to have outcomes to support the increased utilization of the resources by all ASPAN members, the needs of the Standards & Guidelines SWT, Clinical Practice, and Education, creation and dissemination of new perianesthesia research, and lastly, implementation of EBP by the bedside nurse.

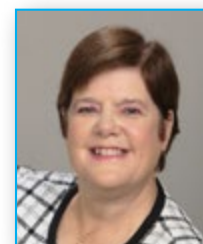
The co-coordinators will summarize the progress of the SWT and submit a report for the mid-year ASPAN Board of Directors November meeting. Ultimately, this SWT plans to conclude its work by submitting a recommendation at the annual ASPAN Board of Directors meeting prior to the 2022 National Conference in Philadelphia.

REFERENCE

1. ASPAN. Research redesign strategic work team charter. Accessed September 15, 2021. <https://www.aspan.org/About-Us/Organization/SWT-Charters>



Linda Beagley,
MS, BSN, RN, CPAN,
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Amy Dooley
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Forty and Forward! ASPAN Development Update

Katrina Bickerstaff, BSN, RN, CPAN, CAPA – ASPAN Development Strategic Work Team Coordinator



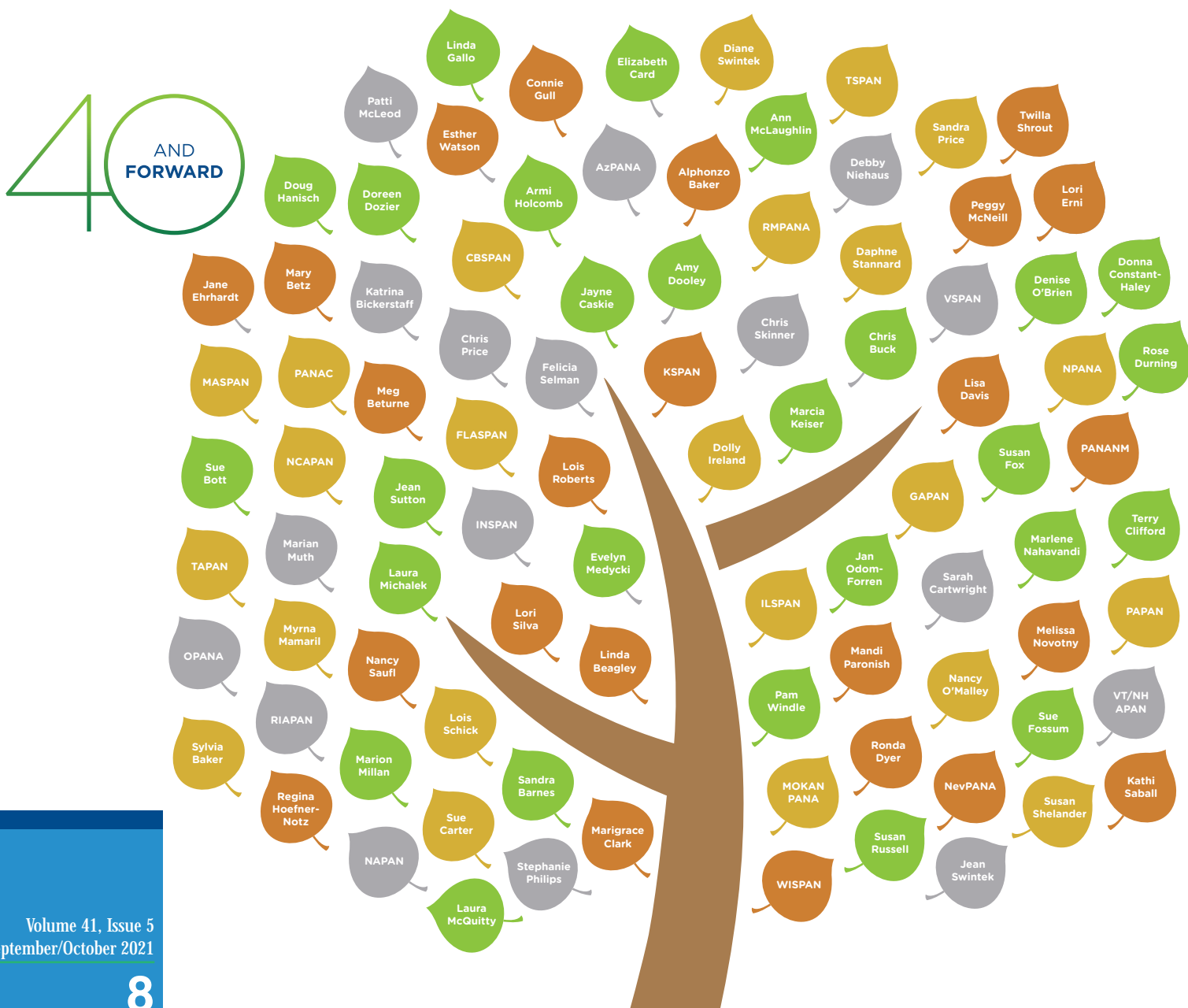
Katrina Bickerstaff
BSN, RN, CPAN, CAPA

The fall season brings a slight chill in the air, but warm sunshine. This is the time of year we see the leaves on trees change color from deep green to gold, bronze, and silver. But, unlike the fall season when leaves eventually drop to the ground, our ASPAN tree is growing stronger and more robust each month with beautiful leaves. The vision and beauty on our tree are evident, with over 90 personalized leaves.

As we continue to celebrate ASPAN's 40th anniversary of empowering and advancing the unique specialty of perianesthesia nursing, we are seeing the growth and strength of our organization through the beauty of our ASPAN tree. These leaves represent your support and the ongoing success of the association, distinguishing ASPAN as the premier organization for perianesthesia nursing excellence.

For a donation to our popular *Hail, Honor, Salute!* program, a leaf with your name will automatically be placed on the ASPAN tree for all to see and admire. The tree will continue to be displayed online throughout the year and for a final time at ASPAN's 41st National Conference in Philadelphia, April 7-10, 2022.

Please take this opportunity to support ASPAN, and have your leaf placed on the ASPAN tree, a symbol of our continued fortitude and spirit. [Click here](#) to participate and place your leaf on ASPAN's tree. Thank you in advance for your support.



What's New with Membership/Marketing?

Shay Glevy, BSN, RN, CPAN, CAPA – Membership/Marketing Strategic Work Team Coordinator

I hope your summer was filled with family, friends, and fun! As we transition into fall, our Membership/Marketing SWT is busy connecting with all component leaders to assist with promotions, including a reminder of ASPAN's upcoming national awards.

Nominations Now Open for ASPAN 2022 Awards!

Nominations are now open for ASPAN's 2022 Awards Program. Here is a brief description of each award. Winners of the awards will be announced at the 2022 ASPAN National Conference.

- **Excellence in Clinical Practice Award:** Nominate an ASPAN member who is CPAN and/or CAPA certified, involved in direct care of perianesthesia patients whose clinical practice follows ASPAN's standards and exemplifies a high-level of compassion and specialty expertise. [Click here](#) for more information. Deadline for applications is November 30, 2021.
- **Award for Outstanding Achievement:** Nominate an ASPAN member who demonstrates outstanding knowledge and expertise in the practice, education, research, and/or management of perianesthesia nursing. [Click here](#) for more information. Deadline for application is November 30, 2021.
- **Above and Beyond Service Recognition:** This award is for exemplary service to ASPAN and/or their component. Recipients of this award demonstrate an attitude of excellence, teamwork, and go "Above and Beyond" the expectations of their job/duties. [Click here](#) for more information. Deadline for application is January 10, 2022.

- **Gold Leaf Component of the Year Award:** The Gold Leaf Award recognizes excellence in component leadership and member development, communication, education services and community service. We encourage each component to submit their application to tell their story of how they navigated this challenging year. [Click here](#) for more information. Deadline for submission is February 1, 2022.
- **Recruiter of the Year Award:** This prestigious award goes to the individual who recruits the most new members during the calendar year. The winner gets complimentary basic registration to the next ASPAN National Conference, complimentary one-year membership to ASPAN, and a commemorative plaque presented at the National Conference. What a reward! Go for it!



Shay Glevy
BSN, RN, CPAN, CAPA

Membership News

Member-Get-A-Member Campaign

You, our members, are the best way we have to tell others about ASPAN. This is why we have a Member-Get-A-Member campaign each year. Learn more about the current campaign, including rewards for participating, by [clicking here](#).

Group Membership Program

Group memberships are available for facilities that wish to purchase 15 or more memberships at a time. ASPAN provides the latest in perianesthesia education, research, and clinical practice expertise, and facilities enjoy having some of the best educated, most dedicated employees as a result. There is also a small discount for each membership. Learn more about ASPAN's group membership program by [clicking here](#). 🌿

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 is available starting in the Fall 2021 examination window. More information on remote proctoring is available on the [ABPANC website](#).

REMINDERS:

- Fall CAPA/CPAN Exam Administration Registration Window:
Regular Registration Deadline: **September 15**
Exam Administration Window:
September 15 – November 15
- Fall CAPA/CPAN Recertification Window:
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

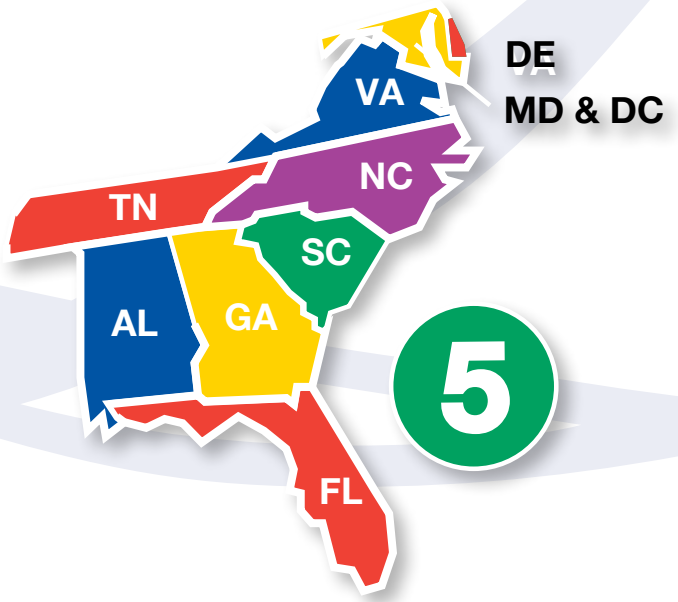
REGION FIVE UPDATE

A Model for Leadership and Succession Planning

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



Keisha Franks
BSN, RN, CPAN



It is with great honor that I am again representing Region Five as your regional director. Thank you for trusting me to represent you and be your voice. The pandemic forced us to function differently, but the most incredible outcome is we remained strong as leaders and members of ASPAN. You are all impeccable leaders who have exhibited resolute allegiance to your professional organization and members.

Some components are facing challenges, but as we walk in President Jenny Kilgore’s vision of community, this too shall pass. This community will function as a unified body of perianesthesia nurses who have the common goal of ensuring ASPAN will remain a distinguished premier organization for perianesthesia excellence. I truly appreciate those of you who have volunteered your talents to assist with the component revitalization initiative.

ASPAN has granted the regional directors their own Zoom format which will allow the directors to have meetings with each other, with our components, and to have multi-component meetings. I will also use this format to hold Region Five meetings. This will be a new initiative for me, and I hope you all find it a valuable tool. Thank you for your continued leadership, and I look forward to our continued relationship and growth.

Region Five Component Updates

Alabama Association of PeriAnesthesia Nurses (ALAPAN): Inactive. Component leaders of FLASPAN, GAPAN and TSPAN have volunteered to invite these members to their activities

Chesapeake Bay Society of PeriAnesthesia Nurses (CBSPAN): Will host a fall conference October 9, 2021. Website: www.cbspan.org

Florida Society of PeriAnesthesia Nurses (FLASPAN): Will host an annual state conference November 6-7, 2021 in Pensacola, Florida. They will be inviting Alabama and Mississippi. President Jenny Kilgore and I will be speaking. Website: www.flaspan.nursingnetwork.com

Georgia Association of PeriAnesthesia Nurses (GAPAN): Is in the planning stages of a fall conference for 2021. This component is hosting monthly journal clubs. Website: www.gapan.nursingnetwork.com

North Carolina Association of PeriAnesthesia Nurses (NCAPAN): The 2021 state conference will be held October 22-24, 2021, in Asheville, North Carolina. I will be attending this conference. Website: www.ncapan.nursingnetwork.com

South Carolina Association of PeriAnesthesia Nurses (SCAPAN) is in the planning stages of a fall conference for 2021. Website: www.scapan.nursingnetwork.com

Tennessee Society of PeriAnesthesia Nurses (TSPAN): Will host a fall conference via Zoom October 23, 2021. This component is hosting monthly journal clubs. Website: www.tspanonline.nursingnetwork.com

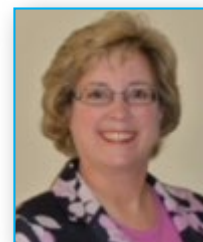
Virginia Society of PeriAnesthesia Nurses (VSPAN): 2021 virtual state conference is planned for October 2, 2021. Website: www.virginiaspan.nursingnetwork.com

Come, Celebrate ASPAN's 41st National Conference!

Lynn Sekeres, MSN, BS, RN, CPAN, CAPA

ASPAN National Conference Strategic Work Team Coordinator 2022

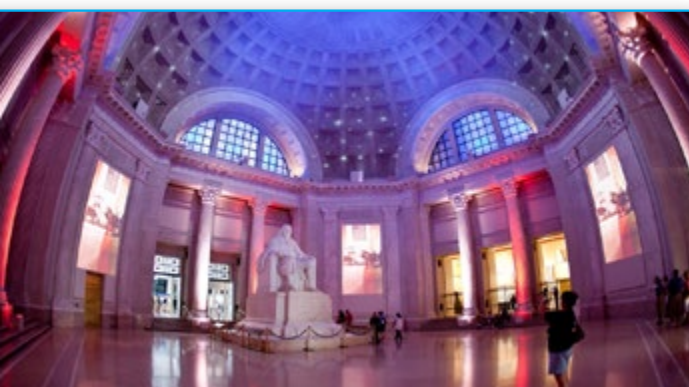
It is my pleasure to invite everyone to join us at ASPAN's 41st National Conference in Philadelphia, Pennsylvania at the Philadelphia Marriott Downtown. While this year's conference was successfully held virtually due to COVID-19 restrictions, we know that so many of you missed the in-person opportunity to network and see perianesthesia friends and colleagues from across the country. The good news is the Philadelphia conference will be held both in-person and virtually. I hope this will motivate you to attend the national conference and take part in the abundant educational offerings and other activities being offered.



**Lynn Sekeres
MSN, BS, RN,
CPAN, CAPA**



▲ **LOVE Park Statue**
Photo courtesy of K. Huff for PHLCVB



▲ **Benjamin Franklin Memorial at the Franklin Institute**
Photo courtesy of P. Loftland for PHLCVB

New Format for National Conference

There will be a new format with this conference. A few years ago, the board voted to make a change so the full-day educational offerings would be presented over a weekend. The hope is more of you will be able to attend. The dates are April 7-10, 2022. Another exciting difference with this conference is a dinner gala which will take place on Sunday evening. This will provide a chance to meet one last time before going home on Monday. There will be an upscale dinner, dancing, induction of officers, all the awards, and a chance to just have fun!

Historical Philadelphia

Philadelphia is a city rich in American history. The name translates as City of Brotherly Love. Founded in 1682 by the Quaker, William Penn, (hence the name of the state-Pennsylvania). It was a key city in the Revolutionary War and the founding of our country. You can recreate and celebrate freedom, liberty, and independence. Imagine Benjamin



▲ **City Hall viewed from LOVE Park**
Photo courtesy of A. Golod for PHLCVB

Franklin walking the streets and signing the Declaration of Independence. If you are seeking historical experiences, you will find many points of interest including Independence Hall, The Liberty Bell, and the National Constitution Center. Take a bus tour or carriage ride to see historic buildings and residences.^{1,2,3}

No Shortage of Activities and Sights to See

There are so many destination-defining attractions that can be discovered in the city. Philadelphia is known for its professional sports teams and universities. If you are lucky, the Phillies baseball team will be playing at home. Find your fun in the city's many parks and outdoor spaces. Spring is a great time to visit! There's an incredible mix of fun things to do in Philadelphia that make this city an ideal destination spot for making great memories. There is something for everyone, such as arts and culture, family entertainment, and renowned restaurants. You can simply walk across the street from our hotel and experience the Reading Terminal Market. There are also many photo opportunities, including with the LOVE statue and the Rocky steps and statue.^{1,2,3}

▼ Independence Hall with Bus
Photo courtesy of Edward Savaria, Jr. for PHLCVB



Start Planning Now!

Maybe you and an ASPAN friend can slip away during an afternoon to go see the Liberty Bell. You can discuss your future in your component and in ASPAN. The adventure will be taking place in Philadelphia and at the ASPAN National Conference. What are you waiting for?

REFERENCES

1. Philadelphia history. Accessed July 1, 2021. www.history.com/topics/us-states/philadelphia-pennsylvania.com
2. Visit Philadelphia. Accessed July 1, 2021. www.visitphilly.com
3. Official Welcome Film of Philadelphia. Accessed July 1, 2021. <https://www.youtube.com/watch?v=LUwoH5KmZfE>



▲ Rocky Statue at Philadelphia Museum of Art
Photo courtesy of Paul Loftland for PHLCVB



▲ Outdoor Dining
Photo courtesy of Anthony Sinagoga for PHLCVB

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ASPAN

Member



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.



ASPAN Member Pin

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

Special Reward

Everyone who recruits one or more new members from Sept. 1 - Dec. 31, 2021, will be entered into a random drawing, and 10 winners will also receive a \$100 Amazon gift card.

Member



Member

CAMPAIGN



ASPAN

REWARDS

January 1 - December 31, 2021



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**

Component Education Programs

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.

PeriAnesthesia Nurses Association of California (PANAC) will hold its Virtual 42nd Annual Meeting and Seminar: *Contemporary Issues in Perianesthesia Nursing* on October 16, 2021. For information, visit www.panac.org or contact Gloria Luu at glorial@panac.org or theresel@panac.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. 🌿

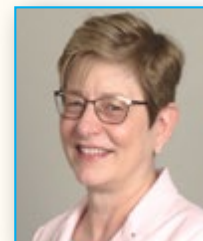
Education Update

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

These are the updates from the Education Committee:

The Education Provider Committee will be updating some of the current offerings. The Committee is also considering some new approaches to providing education, which will be discussed in a future issue of *Breathline*.

The Education Provider Committee has also volunteered to assist members with leadership and component development. Committee members have identified the need for education on Robert's Rules of Order, meeting behavior, how to run a meeting, and creating an agenda. Additionally, education provider members are working on how to do a presentation and/or quality project. 🌿



Mary Baird
MSN, RN, CPAN



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

REFRESHING YOUR PERIANESTHESIA PRACTICE

October 23, 2021 SATURDAY

PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

October 9, 2021 SATURDAY

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

September 25, 2021 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW

November 6, 2021 SATURDAY

November 20, 2021 SATURDAY

PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

October 16, 2021 SATURDAY



LIVE WEBCASTS – HALF-DAY

ADVANCED CARDIOVASCULAR AND PULMONARY PATHOPHYSIOLOGY

October 3, 2021 SUNDAY

INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA CARE

NEW!

November 21, 2021 SUNDAY

October 10, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS II

September 26, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS III

October 10, 2021 SUNDAY

PERIANESTHESIA ESSENTIALS IV

October 24, 2021 SUNDAY

LIVE WEBCASTS – TWO-HOUR

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

PEDIATRIC ANESTHESIA AND POSTANESTHESIA COMPLICATIONS

October 21, 2021 THURSDAY

PREVENTION OF UNWANTED SEDATION: PUTTING THE PRACTICE RECOMMENDATION INTO PRACTICE

November 4, 2021 THURSDAY