



# Breathline

Volume 42, Issue 1  
January/February 2022

## INSIDE:

## PRESIDENT'S MESSAGE:

### Kindness Brings Us Together

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

Do you believe simple acts of kindness are good for our health? Science backs it up! Studies reveal learning about and practicing kindness strongly influence our mindset, outlook, and even our health. In a newsletter published by the Mayo Clinic, researchers describe modest methods which have the power to transform our minds to be more present and kinder to others. The three methods include loving meditation, acts of kindness, and focusing on gratitude. Mayo researchers also point out how kindness slows the aging process, lessens pain and tension, and reduces depression.<sup>1</sup>

About two years ago, I was invited to share an inspirational verse with the ASPAN Board of Directors and guests. I started reflecting on the previous years of service as a member of ASPAN, regional director, secretary, and as a member of several committees and strategic work teams. At that time, ASPAN President Regina Hoefner-Notz selected her theme as *Leading with Knowledge, Serving with Heart*<sup>2</sup>. Her theme resonated then and continues to inspire me to strive to lead with a servant heart.

I believe kindness is at the heart of being a servant and is essential to becoming an effective leader. The book *Wonder*, written by R. J. Palacio, is about a young man named August Pullman, who was born with extensive facial deformities and survived multiple surgical events. In this story, Auggie overcomes great challenges, including horrific bullying and loneliness. This is a moving story about courage, strength, friendship, and kindness. All these attributes make an eternal impression on humankind. In the wake of complex conversations and thoughtful efforts to address



Jennifer Kilgore  
BSN, RN, CPAN

civility, I felt this message is appropriate to include today.

So, allow me to set the stage. The scene is at the conclusion of the book *Wonder*, and is at the students' end of the year awards ceremony. Dean Tushman says: "When you reflect on this past year, I want you all to look at where you are now and where you've been. You've all gotten a little taller, a little stronger, a little smarter ... I hope.

But the best way to measure how much you've grown isn't by inches or the number of laps you can now run around the track, or even your grade point average—though those things are important. It's what you've done with your time, how you've chosen to spend your days, and whom you have touched this year. That is the greatest measure of success."<sup>2</sup>

In a book by J. M. Barrie called *The Little White Bird*, he writes, "Shall we make a new rule of life, always to try to be a little kinder than is necessary."<sup>3</sup> Kinder than is necessary because it's not enough to be kind or civil. One should be kinder than needed. We carry with us, as human beings, not just the capacity to be kind, but the choice of kindness. What does that mean? How is that measured? Can you benchmark it? It's not like measuring how much you've grown in a year. It's not exactly quantifiable. How do we know we've been kind? What is being kind?

In 1989, Christopher Nolan wrote his autobiography in the third person through a narrator named Joseph Meehan. It is a bewilderingly expressive and inspirational work, filled with powerful and moving moments of triumph, sorrow, anger, and above all, captivating wit. In *Under the Eye of the Clock*, the



main character is a young man who is facing some extraordinary challenges. There is one part where a student in his class makes a lasting impression on the life of another. Nolan writes, "On the surface, it's a small gesture. But to this young man, whose name is Joseph, it's well, it was at moments such as these that Joseph recognized the face of God in human form. It glimmered in their kindness to him, it glowed in their keenness, it hinted in their caring, indeed it caressed in their gaze."<sup>4</sup>

Such a simple thing, kindness. A nice word of encouragement given when needed. An act of friendship. If every single person reading this ASPAN president's message made it a rule wherever you are, whenever you can, you will try to act a little kinder than is necessary—the world would be a better place. And if you do this, if you act just a little kinder than is necessary, someone else, somewhere, someday, may recognize in you, in every single one of you, the face of God.

In the story *Wonder*, the excitement is building as the dean describes the Henry Ward Beecher Medal of Honor. He says, "It is bestowed upon students who have been notable or exemplary in certain areas throughout the school year. In Auggie's mind, he immediately figured Charlotte would get this medal because she organized the coat drive this year, so he kind of zoned out a bit again. He looked at his watch: 10:56. He was getting hungry for lunch already."<sup>2</sup>

Henry Ward Beecher was the nineteenth-century abolitionist—and fiery sermonizer for human rights—after whom their school was named. Henry Beecher wrote the power of one's friendship, the test of one's character, the strength of one's courage, are the qualities that define us as human beings, and propel us, on occasion, to greatness.


The dean goes on to say the Henry Ward Beecher medal is about recognizing greatness. Greatness lies not in being strong, but in the right using of strength. "He is the greatest whose strength carries up the most hearts." Then he announces, "without further ado, this year I am

very proud to award the Henry Ward Beecher medal to the student whose quiet strength has carried up the most hearts." The dean bestows the medal upon Auggie.<sup>2</sup>

I have been the beneficiary of kindness shared by many people within ASPAN. Cards, words of encouragement, a wink, a hearty hug, a meal, a conversation, vintage Barbies, time, support, direction, a poem – such magnificent acts of kindness have deeply impacted my life. Thank you!

In closing, there are more than 13,000 ASPAN members, and even more perianesthesia nurses around our nation who could be lifted by our kindness. ASPAN's office staff work extraordinarily hard behind the scenes to support the specialty of perianesthesia. Let them know how much we appreciate their gifts and talents. Kindness is a gift of the heart. Let's make it our purpose to be kinder than necessary to each other, our families, our friends, our patients, and colleagues. Throughout the year we have focused on the things that bring us together. Consider kindness. Kindness brings us together!

## REFERENCES

1. Mayo Clinic Staff. Mayo Clinic. Stress Management. How sharing kindness can make you healthier & happier. November 1, 2018. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/how-sharing-kindness-can-make-you-healthier-happier/art-20390060>. Accessed December 4, 2021.
2. Palacio RJ. *Wonder*. Random House; 2012:450-457.
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## ASPAN® Breathline

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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  
[aspan@aspan.org](mailto:aspan@aspan.org) [www.aspan.org](http://www.aspan.org)

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EDITOR

Barbara Godden (CO)

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Jane Certo (NJ)

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COORDINATOR

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### Editorial Comments and Letters

to the Editor to:

Barbara Godden

9320 Erminedale Drive

Lone Tree, CO 80124

[bgodden@aspan.org](mailto:bgodden@aspan.org)

### CONTRIBUTORS

Katrina Bickerstaff (AZ)

Shay Glevy (CA)

Dina Krenzischek (MD)

Lynn Sekeres (PA)

### Deadlines for inclusion in *Breathline*:

Issue .....Deadline

January .....November 1

March .....January 1

May .....March 1

July .....May 1

September .....July 1

November .....September 1

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## UPCOMING PROPOSED ASPAN BYLAWS CHANGES

The adoption of any proposed amendment to the American Society of PeriAnesthesia Nurses (ASPAN) bylaws requires a two-thirds (2/3) affirmative vote of the representatives credentialed at the Representative Assembly (RA). In April 2022, the RA will convene and will be presented with several proposed bylaws amendments. As ASPAN President, my duty is to inform ASPAN members of the proposed revisions presented to and endorsed by the Board of Directors during its midyear meeting in November 2021. Given the opportunity to communicate in *Breathline*, I would like to share with you some of the upcoming proposed changes to ASPAN's bylaws, providing background and rationale.

The American Society of PeriAnesthesia Nurses (ASPAN) and the American Board of PeriAnesthesia Nursing Certification (ABPANC) share a rich history and our connection remains strong. In 1980, ASPAN convened a Certification Committee to investigate the feasibility of specialty certification for the perianesthesia nurse. From that committee work, the American Board of PeriAnesthesia Nursing Certification was created.

From the beginning, and because of our connection as organizations, ASPAN and ABPANC have had officers, specifically the presidents of each organization, serving on each other's Board of Directors in an ex-officio role. Over the past three years, ABPANC made organizational changes and strategic moves to expand their interest to other organizations, some of which are listed as competitors to ASPAN. Given the change in interests, ASPAN and ABPANC have met and collaborated to update and redefine our relationship. Both organizations agree that certification is of the utmost importance and will continue to support and partner together to promote certification in our specialty. In addition, both organizations agree that, currently, it is wise to refrain from having ex-officio members serve on our respective Board of Directors.

In the summer of 2021, ABPANC presented the proposal to its Board of Directors to remove ASPAN's president as an ex-officio member of ABPANC's Board and the proposal was approved. The ASPAN Board of Directors voted unanimously to endorse removal of ABPANC's president as an ex-officio member of ASPAN's Board. This necessitates an ASPAN bylaws change which will be brought forward to the RA for a vote in April 2022.

There is a second proposed ASPAN bylaws amendment regarding assessment of ASPAN membership dues. For many years, ASPAN bylaws require any change in assessment of membership dues be approved by the RA. This process makes it laborious for the Board of Directors to adjust based on the economic and financial climate. The ASPAN Board of Directors has insight to the daily business of ASPAN and, as most other societies, the Board of Directors assesses membership dues. I'm comforted by the fact that we Board of Directors are also members and, likewise, pay dues. It makes sense for there to be occasional, small adjustments as opposed to rare, large increases in dues. This is coming to RA for consideration April 2022.

Thirdly, the *RA Standard Procedures* has been updated to reflect current processes and includes elements of electronic and virtual circumstances. These proposed revisions require approval of the RA in April 2022.

Additional proposed bylaws changes, other than those presented to and endorsed by the Board of Directors in November 2021 and summarized above, may appear on the final RA meeting agenda.

Until then, stay safe and connected!

Together,

**Jenny Kilgore, BSN, RN, CPAN**  
ASPAN President 2021-22 

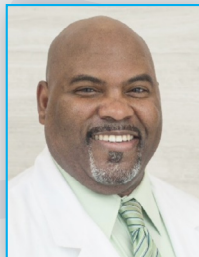
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# ASPAN'S 2021-2022 Slate of Candidates

## *Vice President/President-Elect*



**Alphonzo Baker**  
MSN, RN, CAPA



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

## *Secretary*



**Christine (Chris) Buck**  
BSN, RN, CAPA  
Candidacy withdrawn January 23, 2022



**Susan Norris**  
BScN, RN, CAPA



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

## *Director for Clinical Practice*



**Melissa Davidson**  
MSN, RN, CPAN

## *Director for Education*



**Helen Fong**  
DNP, RN, CPAN, PHN, FASPAN  
Candidacy withdrawn December 21, 2021



**Felicia Selman**  
MSN, RN, CAPA

## *Regional Director, Region 2*



**Tracy Galyon**  
BSN, RN, CPAN



**Sarah Hessling**  
BSN, RN, CPAN

## Regional Director, Region 4

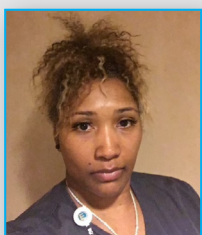


**Ursula Mellinger**  
BSN, RN, CPAN, CAPA



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

## Nominating Committee



**Kelli Simms**  
MS, BSN, RN



**Deborah Threats**  
MDiv, BSN, RN, CPAN, CAPA

## Slate of Candidates: 2022 Election

### CANDIDATE PROFILES: Your Input is Requested!

**A**SPAN's slate of candidates for the 2022 election year is impressive, and each candidate brings talent and skills to the role they are seeking to lead ASPAN in the coming years.

Utilizing this online selection process, ASPAN provides its members with all candidate qualifications and background information as well as what each Board candidate visualizes as long-term goals and strategic priorities for ASPAN.

Your component is looking for your input! Here's what you do by **February 28, 2022**:

- You must be a current ASPAN **Active** Category or **Retired** Category member
- After reading the instructions, scroll down the page and review the list of candidates' names
- Click the link called "Bio" next to each name to learn about the candidate
- Review all *2022 Candidate Profiles*
- Click the box next to the candidate's name of your choice for each position
- Only **ONE** name or abstention may be selected within each position – the exception being Nominating Committee positions
  - **Five** positions are open – however, only **two** candidates declared for the Nominating Committee this year
- Find and select your component from the list of component names in the drop-down box. This is a **REQUIRED** field since it determines where to forward your submission
- Carefully review your candidate selections before submitting
- At the page bottom, click "Submit" and your input will be forwarded to your component representatives to assist them in casting their votes as members of the 2022 Representative Assembly
- Your name and email will NOT be forwarded to your component representatives – only your selections
- Once you click "Submit," you will receive a confirmation page stating your submission has been successfully executed
- Only one 2022 candidate selection submission per ASPAN member is accepted. Submissions are available online only

**Your feedback must be submitted no later than February 28, 2022. Don't delay!** 🌱

# It's 2022, and ASPAN's 41st National Conference is Just Around the Corner!

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

**Coordinator, ASPAN National Conference Strategic Work Team**

**W**e are pleased to announce that National Conference will continue as planned April 7-10, 2022, at the Philadelphia Marriott Downtown. There is a new format for this conference since it is being held over a weekend. A previous ASPAN Board of Directors voted for this change in the hope it would provide the opportunity for more of you to attend.

## Coming Together, In-Person and Online

The 48 education sessions on Saturday and Sunday will also be recorded and available on-demand starting in May. If you register for the full conference in person, you will be given access to all recorded sessions at no additional charge to earn even more contact hours. Come live and in person to receive the full benefits of attending the conference!

If you are unable to attend the conference in person, you can still register for the on-demand sessions. You can purchase the Saturday sessions on demand, the Sunday sessions on demand or both! Preconference and postconference sessions will be offered live in-person and via live webcast (these will not be recorded).

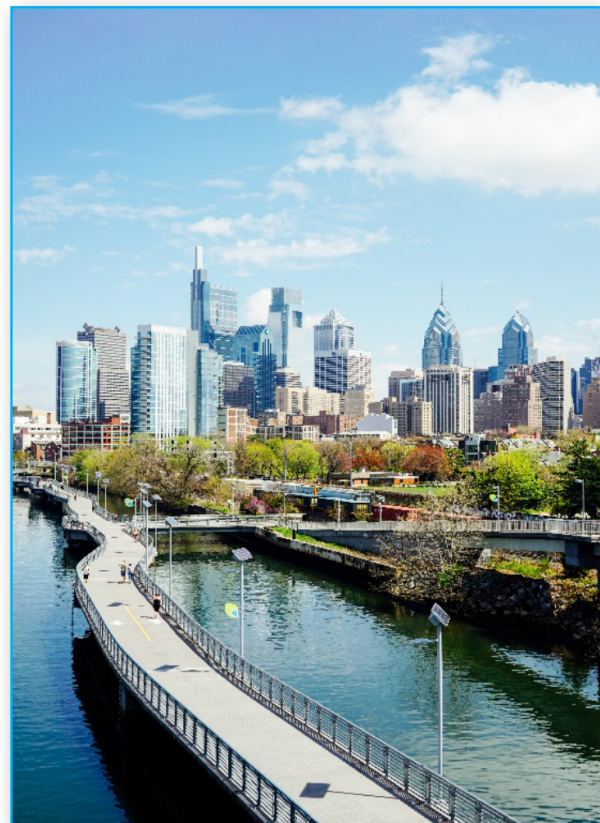
## Schedule of Conference Events

The preconference offerings will take place on Wednesday and Thursday. On Wednesday, Preconference #1A is Perianesthesia Priorities for Trauma Patients and Preconference #1B is Perianesthesia Priorities for Pediatric Patients, both presented by Dr. Myrna Mamaril. Thursday has Preconference #2, Perianesthesia Certification Review, presented by Dr. Denise O'Brien.

Start your Thursday morning participating in the 27th Annual ASPAN Dreamwalk. The Dreamwalk will be followed by the ASPAN Representative Assembly (RA). If you are not one of your component's RA representatives, you can observe the proceedings from the gallery.

The conference officially gets underway on Friday with the Opening Ceremonies. The Keynote Speaker this year is Sarah Thomas, who will present *Breaking Through: My Journey to Becoming the First Female NFL Official*. Certified nurses can celebrate at the CPAN/CAPA Celebration Luncheon. Friday is also the Grand Opening of the Exhibit Hall.

The concurrent educational sessions take place on Saturday and Sunday. There will be 48 sessions to choose from with diverse topics providing both direct and indirect contact hours.



▲ Skyline from South Street Bridge  
Photo by K.Huff for PHLCVB



▲ Macy's Center City (with the massive organ)  
Photo by K.Huff for PHLCVB



An exciting difference with this conference is a dinner gala will take place on Sunday evening! You are all invited to join ASPAN President Jennifer Kilgore and ASPAN leaders in a celebration of the successes and achievements of the past year. Enjoy a sit-down dinner, music and dance the night away! Come dressed in your favorite style of “party attire.” This will provide a chance to meet one last time before going home on Monday. Look forward to seeing you there!

The Monday postconference, Contemporary Perianesthesia Care, will be presented by Nancy Strzyzewski. This is another great opportunity to earn contact hours!

## Be a Tourist!

Philadelphia, the ‘City of Brotherly Love,’ is rich in American history. The city’s name translates from two Greek words: love (phileo) and brother (adelphos). Established and named in 1682 by the Quaker William Penn, Philadelphia was a key city in the Revolutionary War and the founding of our country. You can recreate and celebrate freedom, liberty, and independence.<sup>1,2,3,4</sup>

If you are seeking historical experiences, you will find many points of interest including Independence Hall, The Liberty Bell, and the National Constitution Center. Valley Forge is less than an hour outside the city. Take a bus tour or carriage ride around the city to see historic buildings and residences. There are many destination-defining attractions to be discovered in the city. Find your fun in the city’s many parks and outdoor spaces. Spring is a great time to visit!<sup>1,2,3,4</sup>

There’s an incredible mix of fun things to do in Philadelphia, making this city an ideal destination spot to create great memories for everyone, such as arts and culture, family entertainment, and renowned restaurants. Excellent shopping awaits visitors in Rittenhouse Square. There are photo opportunities with the LOVE Sculpture, located just northwest of City Hall, as well as the Rocky Steps and Statue at the Philadelphia Museum of Art. You can simply walk across the street from our hotel and experience the rich variety of food vendors and restaurants at the Reading Terminal Market. Don’t forget to sample a Philly cheesesteak so you can participate in the discussion about which is the best in the city.<sup>1,2,3,4</sup>

## Education, Attention to Safety

We look forward to continuing to be your source for perianesthesia education by offering such a variety of topics and formats at this year’s conference and look forward to seeing you soon! ASPAN continues to monitor the guidelines by the CDC, the city of Philadelphia and the Philadelphia Marriott Downtown to ensure the health and safety of participants while attending the conference.

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3. Visit Philadelphia. Accessed December 20, 2021. [www.visitphilly.com](http://www.visitphilly.com)
4. Official Welcome Film of Philadelphia. Accessed December 20, 2021. <https://www.youtube.com/watch?v=LUwoH5KmZfE> 🌿



▲ Big Bus Tour, Benjamin Franklin Parkway  
Photo by K. Huff for PHLCVB



▲ Citizens Bank Park, where MLB Phillies play  
Photo by bklphoto.com for PHLCVB

# One Team, One Goal: Surgical Patient Safety Council on Surgical and Perioperative Safety (CSPS)

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



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

The CSPS was incorporated as a non-profit organization in 2007. The CSPS brings each member of the surgical team together to improve patient safety. Its Board of Directors consists of two representatives from each of the seven professional organizations:

- American Association of Nurse Anesthetists (AANA)
- American Association of Surgical Physician Assistants (AASPA)
- American College of Surgeons (ACS)
- Association of periOperative Registered Nurses (AORN)
- American Society of Anesthesiologists (ASA)
- Association of Surgical Technologists (AST)
- American Society of PeriAnesthesia Nurses (ASPAN).

## Mission of CSPS

The mission of CSPS is to promote excellence in patient safety in the surgical and perioperative environment guided with principles and values. The CSPS envisions a world in which all patients receive the safest surgical care provided by an integrated team of dedicated professionals. The CSPS continues to develop Safe Surgery Resources for both patient and perioperative teams, and currently has 26 main links on its website, <http://www.cspsteam.org>. The most recent releases are Opioid Epidemic, Resuming Elective Cases after COVID-19 Pandemic, and Racial and Ethnic Equality in Surgery.

## Current Projects of CSPS

As the current Chair of the CSPS, it gives me tremendous honor to represent ASPAN with Jacque Crosson, and previously Pam Windle, to serve and fulfill the CSPS mission. Our goals are to increase awareness of patient and environment safety, serve as an expert resource, collaborate with external organizations, provide educational opportunities, and endorse, support, and utilize research initiatives.

CSPS continue to collaborate with The Joint Commission and the FDA as well as serving as the main host of all media for the Preventing Surgical Fires Initiatives. CSPS was invited as a member of the Advisory Panel Workplace Violence of The Joint Commission and Partner of the International Safety Center on Sharps Safety to focus on

environmental and perioperative team safety. CSPS supported the ISPM Medication Safety Self-Assessment for Perioperative Settings. To capitalize on the special expertise of the Council, The Joint Commission on Speak Up Campaign for Patient's Safety was supported. At the April 2021 virtual ASPAN National Conference, a CSPS panel presented a seminar: Safety Culture: Workplace Civility. The Council continues to update the Safety Resources available on the website, and a workgroup revised the violence in the workplace resource. To keep up with technology, different educational approaches are being explored, such as Adobe Spark, and a podcast.

## Research Study on Correct Site Surgery

A multi-site study was conducted for the first time and was recently completed. It is entitled: A Prospective Quantitative Descriptive Study of Patients Using a Correct Site Checklist. This study evaluates the patient's perceptions of importance to safe surgery using a self-administered correct site surgery checklist. There were five hospitals in the Preop Phase who participated in the study: Johns Hopkins Hospital (Primary Site Investigator: Myrna Mamaril), Mercy Medical Center (Primary Site Investigator: Dina Krenzischek), Vanderbilt University Hospital (Primary Site Investigator: Elizabeth Card) and University of Southern Indiana (Primary Investigator: Mary Doerner). All were supported by their respective perianesthesia nurses as data collectors. This was a remarkable opportunity for perianesthesia nurses to participate in a multi-site study.

## The Value of a Multidisciplinary Perspective

Serving on the Council on Surgical and Perioperative Safety is a privilege with responsibility and commitment to be on one team with one goal. The diversity of the Council brings new ideas, experiences and we learn from each other. These different ideas and perspectives create a culture of patient safety. 🌱







# PERIANESTHESIA NURSES



WE STAY STRONG



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## Join Us for the National Conference Development Events in Philadelphia, the City of Brotherly Love

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



**Katrina Bickerstaff  
BSN, RN, CPAN, CAPA**

There are several fun ways you can support ASPAN and your profession at the 2022 National Conference in the historic city of Philadelphia, Pennsylvania:

### ASPAN Dream Walk

This is a great way to support your professional organization, meet new friends, and enjoy some exercise early Thursday morning. The 2022 walk will provide participants with historic landmarks that lead to the finish. You can also encourage family, friends, and colleagues to sponsor your efforts and you may be in the running for the ASPAN Dream Walker award, which includes complimentary basic registration to the ASPAN National Conference the year following, complimentary entry fee to the Dream Walk the year following, a plaque of recognition, and announcement in *Breathline*. This will be a fun-filled adventure traveling through the historic streets of Philadelphia. The walk begins at 6:30 a.m. on Thursday, April 7.

### Development Celebration Breakfast

Become a patron of ASPAN! Early Sunday morning, support your professional organization, enjoy Dr. Denise O'Brien and earn .75 contact hours as she speaks about Leaving a Legacy of Caring – What Will be Your Legacy? Honor your friends, family, and colleagues with gifts to the *Hail, Honor Salute (HHS)!* campaign, and come and celebrate newly inducted members of Legacy for Life. All this, while enjoying a traditional American breakfast.

### Silent Auction

Please consider contributing an item to the ASPAN Development Silent Auction. Components

and individuals are invited to donate and bid on items. Purses, jewelry, gift cards, and gift baskets have all been popular items in the past. The auction fun begins immediately as the Exhibit Hall opens Friday evening at 6 p.m. Bid high, bid often!

### Hail, Honor, Salute!

Honor a special colleague, friend, or family member, and support ASPAN by completing a *Hail, Honor, Salute!* form, which will be available at the conference Registration Desk and the ASPAN booth in the Exhibit Hall. All completed forms can be turned in at the Development Celebration Breakfast, the ASPAN booth during exhibit hours, or the ASPAN conference registration desk.

### Legacy for Life

Please take a moment and consider becoming a Legacy for Life member. The program was established in 2013, and supports the future of perianesthesia nursing through significant, enduring contributions that are applied to perianesthesia education, research, practice, and standards. By making this significant gift, you receive a multitude of benefits and know your contribution will impact ASPAN and our vital mission for years to come.

### 40 and Forward Tree

Our wonderful tree with over 100 leaves will be on display during National Conference weekend. Come take a look and admire the beauty. Thank you to everyone who generously donated to the 40 and Forward campaign in 2021.

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



## 2021 ASPAN Scholarship/Award Recipients

### ASPAN National Conference Attendance Award (\$1000 each)

*For the 2022 National Conference in Philadelphia*

Lee Ann Cooper BSN RN CPAN  
Marengo, OH

Rose Durning MHS BSN RN CAPA  
Dayton, OH

Arlene Thurston BSN RN CAPA  
Minden, NV

### MSN Scholarship (\$1,500)

Molly Lovin BSN RN CPAN  
Spencer, IA

Heather Roberts BSN RN CPAN  
Cheyenne, WY

### Doctoral Scholarship (\$1,500)

Staci Orbell MSN RN CPAN  
N. Huntingdon, PA

# ASPAN SCHOLARSHIPS

## Begin to Earn Points Now for Your Application!

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

**H**ave you ever thought about applying for an ASPAN scholarship? Scholarship applications are available online in February 2022 and due no later than July 1, 2022, for BSN, MSN, or doctoral degrees, the 2023 ASPAN National Conference, humanitarian missions, Nurse in Washington Internship (NIWI) and certification exam.

The time to start planning is now! The scholarship application is based on a point system, along with the customary letters of recommendation, statement of financial need, personal statement and maintaining your Active category ASPAN and component membership for two full continuous years prior to the July 1 application deadline.

The points needed are easy and fun to achieve. Here are some ways:

- Attend a component local, district, or state level education session (virtual attendance counts, too)
- Volunteer for a component project
- Sit on a component board of directors
- Become certified (CPAN/CAPA)
- Provide a lecture
- Attend an ASPAN National Conference
- . . . and there many other activities that will earn points!

The points add up quickly. All activities are based on your last three years of involvement.

Think about it. 🌱

### Scholarship/Award Program: (to be awarded in 2023)

**\$1,500 tuition scholarships** for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree classes in 2023)

#### ASPAN National Conference awards

- \$1,000 in-person attendance awards for ASPAN's 2023 National Conference held in Denver, Colorado
- \$410 registration fee awards for viewing electronic educational sessions from ASPAN's 2023 National Conference

**\$314 awards** for CPAN or CAPA Certification Exams held in spring 2023 or fall 2023

**\$1,000 Humanitarian Mission awards** (approved expenses for mission trips occurring in 2023)

**Nurse in Washington Internship (NIWI)** program in 2023 – two awards available (early bird registration fee plus approved expenses)



**Katrina Bickerstaff**  
BSN, RN, CPAN, CAPA

## Membership & Marketing Update 2022

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

**W**ow, we made it to 2022! Looking at the ASPAN member benefits, I see how much ASPAN has to offer! Education, publications, scholarships, along with many resources, such as advocacy and collaboration. One of my favorite aspects of membership is gathering together, whether it be via Zoom or in person, in our area of expertise. Receiving education and collaborating with fellow perianesthesia nurses is what, I feel, ASPAN is all about.

Please let me know how the Membership/Marketing SWT can help you and your component prosper as we begin a new year. Remember the National Office is happy to reach out to any prospective member you may know. If you prefer, we can send you free promotional brochures that can be given to colleagues. For assistance with either, simply email Doug Hanisch at the National Office: [ghanisch@aspan.org](mailto:ghanisch@aspan.org).

Looking back on 2021, I think about what brought me joy and how it enriched my life. I reflect on who and what really counts. I pray as this new year begins, you can do the same and see what you want for this next year. Will it

include bringing someone along side you who is new to perianesthesia nursing? Mentor them in practice and share what ASPAN has to offer!

Here is a list of just some of the benefits:

- All continuing education articles are free
- Free subscription to *Journal of PeriAnesthesia Nursing*
- \$110 off CPAN and CAPA certification exam fees
- Up to \$245 off National Conference registration fee
- \$105 off Standards; major discounts on other publications
- Major discounts on additional education
- Educational scholarships
- Personal and professional advancement
- Free subscription to *Breathline*, our member newsletter
- State membership and related benefits
- Collaboration with colleagues, in person and online ASPAN forums
- Connecting on social media with ASPAN on Facebook, Twitter, Instagram, and LinkedIn
- Research grants up to \$10,000
- Member Awards Programs 🌱



**Shay Glevy**  
BSN, RN, CPAN, CAPA



# REGION TWO UPDATE

## Know Your Role For the Representative Assembly

Susan Norris, BScN, RN, CAPA  
Regional Director, Region Two

Happy New Year! As we enter the new year, it is time to start preparing for National Conference and the annual Representative Assembly (RA). The RA is the policy determining structure of ASPAN. The RA is composed of two representatives from each component, the ASPAN Board of Directors, and ASPAN standing committee chair(s). Each component is required to submit the names of its two qualified representatives, as well as two alternates, by the deadline determined by the RA's own Standard Procedures. How these representatives are determined is up to the component. It is important that you submit the names of your two alternates in case one or both of your representatives are unable to attend the RA. We want all components to be equally represented and have a voice in the decisions made during the term of the RA. Representatives will need to sign in at the RA credentialing desk prior to the start of the morning session and will need to present photo ID to receive their special name badge, which allows them access to the RA floor.

Prior to the annual RA meeting, representatives and alternates will have access to a web page on ASPAN's website containing important information regarding the preliminary agenda, RA Standard Procedures and any resolutions that will come before the assembly. It is important you do your homework and review all this information so you can make informed decisions.

Visitors are welcome to sit in the gallery and observe the RA in action. I highly recommend visitors attend the morning session, as this is when all the action takes place. Resolutions are brought forward, and discussion takes place. Visitors can also address the assembly during this time. The morning session is also when candidates for elected offices and positions present their platform, and representatives cast their election votes. Voting on the resolutions and the announcement of election results occurs in the afternoon session.

Credentialed members of the RA serve in this role for an entire year. Once credentialed at the annual meeting at National Conference, the RA may be called upon throughout the year to vote on resolutions that need to be addressed prior to the next annual RA meeting. Components are responsible for notifying the National Office if their credentialed representative becomes ineligible to serve during that year.

As I come to the end of my final term as Regional Director for Region Two, I want to thank all my components who have been so great to work with and to represent. I have enjoyed traveling to meet the members on your home turf and to share experiences and knowledge. While we have not had as much in-person contact over the last two years, I have enjoyed connecting during your virtual meetings. It has been an honor to represent Region Two.



Susan Norris  
BScN, RN, CAPA

## CERTIFICATION

### World-Renowned Illusionist Harris III at CPAN/CAPA Celebration Luncheon!

CPAN/CAPA nurses: Join us for a very special **CPAN/CAPA Celebration Luncheon** at the ASPAN National Conference in Philadelphia on Friday, April 8, 2022. World-renowned illusionist and master storyteller Harris III will surprise and delight you with amazing illusions, magic tricks, and inspiring stories on innovation, imagination, and leadership! awarded the Shining Star Award at the annual CPAN/CAPA celebration event, held in

conjunction with the ASPAN National Conference. The award, a beautiful silver star, is engraved with the component's name and year of award. Applications are due February 1, 2022.

### ABPANC Offers Remote Exam Proctoring

Live remote proctoring is a safe, secure, and convenient way to schedule and sit for your certification exam. Earn a valuable CPAN or CAPA certification from the convenience of your home or office! For more information on remote proctoring, visit [ABPANC's website](#).

## ASPAN Midyear BOD Meeting Highlights

Alphonzo Baker, MSN, RN, CAPA — ASPAN Secretary

**G**reetings to all ASPAN members. The weather was wonderful with a nice breeze in Kansas City and the smell of KC BBQ in the air. Over 60 attended the in-person CDI conference with over 90 in attendance virtually. It was so great to see all our PeriAnesthesia friends again in person. The meeting was called to order by Madame President Jennifer Kilgore. Mostly all board members were present. The agenda went as planned with a few additions.

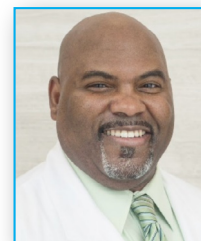
The agenda was approved and on went the meeting of a group of brilliant and talented PeriAnesthesia nurses to make innovative and phenomenal changes within PeriAnesthesia nursing. There has been a revised Scholarship/Award policy #08-200 to include virtual awards. Several bylaw changes are in the works along with the RA standards procedures that are being revised and will be sent to the RA for a final vote. The changes will look at the response time for RA members to vote on urgent issues. The electronic procedure policy was revised to include virtual instructions in addition to in person. A treasurer review was conducted to detail our profits, losses and financial stability.

The board agreed to establish a Representative Assembly Job Description.

President Jennifer Kilgore discussed a detailed President's Initiatives report with a plethora and extensive amount of work she has completed while in office. Vice President/President Elect Connie Hardy Tabet followed with the executive summary of the working Strategic plan. You all will be excited to see the Strategic plan and the upward path that ASPAN is leading as a professional organization.

Next all ASPAN committee/SWT/Editors/Liaison/Officer/SPG/and Region Reports were presented.

The board agreed to review and update changes to the treasurer job description and be able to have transparency of financial matters be reported on a more frequent basis. Lastly the new slate of candidates was presented by the immediate past president. Whew!! You should all be proud of your board of directors. There were very sensitive matters and discussions held and we all agreed to do what is best not for ourselves but for you our members and to protect our organization and continue to be the #1 PeriAnesthesia professional organization. See you all in Philly! 🌱



**Alphonzo Baker**  
MSN, RN, CAPA

## CERTIFICATION contd.

### Learning Builder Tutorials

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

### Recognize CPAN and CAPA Certification with ABPANC Awards

#### ABPANC Certification Achievement Award

- Honor the CPAN and CAPA certified nurses in your unit with the ABPANC Certification Achievement Award that recognizes at least 75%, or 100%, of all eligible perianesthesia nurses in a specific department have earned CPAN® and/or CAPA® certification each year. Entries for the 2021 calendar year are due on January 31, 2022. Complete the application by [clicking here](#).

#### Shining Star Award

- ABPANC's Shining Star Award publicly recognizes ASPAN components for supporting and encouraging CPAN® and CAPA® certification at the local level. All components, meeting the determined criteria, will be awarded the Shining Star Award at the annual CPAN/CAPA celebration event, held in conjunction with the ASPAN National Conference. Applications are due February 1, 2022.

#### ABPANC Advocacy Award

- Do you have a story to tell about how a CPAN and/or CAPA certified nurse advocated above and beyond one's normal role to meet the needs of a perianesthesia patient and/or their family? If so, nominate him or her for the ABPANC Advocacy Award. The purpose of the ABPANC Advocacy Award is to publicly recognize the CPAN® and/or CAPA® certified nurse who exemplifies leadership as a patient advocate. Nominations for the 2022 award are due February 15, 2022.

### REMINDERS:

- Spring examination registration window is **January 1 – March 15**
- Spring recertification application window is **January 1 – April 30**

## ABPANC

### Address and Contact Information:

1133 Broadway, Suite 544, New York, NY 10010

Phone: 347.708.7975 | Email: [abpanc@cpancapa.org](mailto:abpanc@cpancapa.org)

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

## Clinical Practice Hot Topic: Staffing Levels

Melissa Davidson, MSN, RN, CPAN – ASPAN Director for 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. These are some of the many questions that come up related to staffing levels in the perianesthesia areas.*

**W**hen starting a career as a perianesthesia nurse, there is a good chance your preceptor oriented you to the minimum staffing levels recommended in the ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. These standards have been a cornerstone of safe perianesthesia practice for many years. ASPAN addresses staffing in Standard III: Staffing and Personnel Management, and in Practice Recommendation (PR) 1: Patient Classification/Staffing Recommendations in the 2021-2022 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*.<sup>1,2</sup>

**Q:** *Should we staff based on number of patients or patient acuity?*

**A:** Staffing levels vary greatly in a PACU. The most common schedule seems to be variable shifts with variable start times. Meaning, if you anticipate 15 ORs being completed around 10:00 a.m., you need to staff eight PACU Phase I competent RNs. Acuity should always factor into staffing levels, which can be harder to anticipate.

Preoperative staffing is more of a challenge. There are a variety of practices and patients in a preoperative department, depending on the type of facility. Staffing here should be adequate to complete necessary procedures and to ensure patients are ready for their procedure in a timely manner.

**Q:** *Can a CRNA be the second PACU nurse in Phase I?*

**A:** The requirement for a second RN in Phase I is explained in the interpretive statement in PR 1.<sup>2</sup> This statement clarifies the intent of the second RN is to have someone readily available to help if needed. This person needs to be within hearing distance, not in the OR cleaning or in another department and only reachable via page.

The second RN requirement can be met by someone with a higher level of licensure. A CRNA or an anesthesiologist would meet the requirement. The critical element is the person should be able to support the PACU nurse in a medical emergency.


**Q:** *Are two nurses required in PACU Phase II?*

**A:** It's important to remember Phase II is dependent on the patient's medical scenario, not a physical location. If the PACU is a blended level of care, then two nurses should be present as you may be caring for Phase I and II patients in the same area.

If you are caring for patients who meet Phase II criteria, then per PR 1 you need "Two personnel, one of whom is a RN competent in Phase II postanesthesia nursing."<sup>2</sup> This does mean an RN and an unlicensed person could be in the department and still meet the standards requirement, as long as they do not exceed the patient ratios. The intent of this statement is to give the RN a support person who can help in a medical emergency.

Staffing for perianesthesia is a complex and fluid process. Decisions and staffing levels need to be adjusted throughout the day to meet the needs of the department and provide safe patient care. The standards and practice recommendations provided by ASPAN give guidance for staffing, but will not address all scenarios. Nurses need to use their clinical judgment to ensure they are practicing in a safe environment.

### 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 1: patient classification/staffing recommendations. In: *2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2020:40-46. 





# Component Education Program

Education

**Illinois Society of PeriAnesthesia Nurses (ILSPAN)** Spring Conference March 5, 2022. Save the Date. For more information, please visit [www.ilspan.org](http://www.ilspan.org).

**Maine Society of PeriAnesthesia Nurses (MeSPAN)** will hold its 2022 Margaret Bailey Spring Conference on March 12, 2022. The conference will be via live webcast, all virtual conference. For more information, please contact Julianna Choi at [lovejhhee@gmail.com](mailto:lovejhhee@gmail.com) or visit [www.mespan.nursingnetwork.com](http://www.mespan.nursingnetwork.com).



## LIVE IN-PERSON SEMINARS

PERIANESTHESIA PATHOPHYSIOLOGY AND  
ASSESSMENT: A SYSTEMS APPROACH

February 12, 2022 SATURDAY

*Springfield, OR*

## LIVE WEBCASTS – HALF-DAY

ADVANCED CARDIOVASCULAR AND PULMONARY  
PATHOPHYSIOLOGY

February 27, 2022 SUNDAY

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

March 6, 2022 SUNDAY

INNOVATIVE CONCEPTS IN PEDIATRIC  
PERIANESTHESIA CARE

**NEW!**

January 23, 2022 SUNDAY

May 22, 2022 SUNDAY

PERIANESTHESIA ESSENTIALS I

May 22, 2022 SUNDAY

PERIANESTHESIA ESSENTIALS II

May 15, 2022 SUNDAY

PERIANESTHESIA ESSENTIALS III

June 5, 2022 SUNDAY

PERIANESTHESIA ESSENTIALS IV

June 26, 2022 SUNDAY

PERIANESTHESIA ESSENTIALS V

February 13, 2022 SUNDAY

PERIANESTHESIA FOUNDATION

June 12, 2022 SUNDAY

## LIVE WEBCASTS – FULL-DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

January 22, 2022 SATURDAY

PAIN MANAGEMENT IN THE PERIANESTHESIA AND  
CRITICAL CARE SETTINGS

January 29, 2022 SATURDAY

PEDIATRICS: BEYOND THE BASICS

February 12, 2022 SATURDAY

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

May 14, 2022 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW

January 30, 2022 SUNDAY

February 26, 2022 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

February 9, 2022 WEDNESDAY

February 16, 2022 WEDNESDAY

February 23, 2022 WEDNESDAY

*Must attend all 3 parts*

PERIANESTHESIA PATHOPHYSIOLOGY AND  
ASSESSMENT: A SYSTEMS APPROACH

March 5, 2022 SATURDAY

PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR  
PRACTICE

May 21, 2022 SATURDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE

June 4, 2022 SATURDAY

SAFETY BEGINS WITH US

June 11, 2022 SATURDAY

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

June 25, 2022 SATURDAY

Volume 42, Issue 1  
January/February 2022



### LIVE WEBCASTS – TWO-HOUR

#### ACUTE AND CHRONIC PAIN MANAGEMENT

May 11, 2022 WEDNESDAY

#### ANESTHESIA AGENTS AND TECHNIQUES

May 18, 2022 WEDNESDAY

#### ASPAN PRACTICE RECOMMENDATIONS

May 25, 2022 WEDNESDAY

#### COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA

June 1, 2022 WEDNESDAY

#### CRITICAL CARE COMPETENCIES: NEUROLOGICAL NEW!

January 26, 2022 WEDNESDAY

June 2, 2022 THURSDAY

#### EMERGENCY PREPAREDNESS

June 8, 2022 WEDNESDAY

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

January 19, 2022 WEDNESDAY

#### GASTROINTESTINAL AND ENDOCRINE PATHOPHYSIOLOGY AND ASSESSMENT

June 15, 2022 WEDNESDAY

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

March 9, 2022 WEDNESDAY

#### LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA NURSING

June 22, 2022 WEDNESDAY

#### MALIGNANT HYPERTHERMIA AND POSTOPERATIVE NAUSEA AND VOMITING

June 29, 2022 WEDNESDAY

#### NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

January 20, 2022 THURSDAY

#### OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

March 2, 2022 WEDNESDAY

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

February 22, 2022 WEDNESDAY

#### PATIENT SAFETY GOALS AND ASPAN STANDARDS

January 27, 2022 THURSDAY

#### PEDIATRIC ANESTHESIA AND POSTANESTHESIA COMPLICATIONS

February 3, 2022 THURSDAY

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

February 10, 2022 THURSDAY

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

February 17, 2022 THURSDAY