



Breathline

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INSIDE:

PRESIDENT'S MESSAGE:

Perianesthesia Nurses Together: The Importance of Connection, Power of Community!

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

One of my favorite memories as a child was watching the movie *The Wizard of Oz*. We didn't have instant access to movies at that time, so we had to wait for it, which led to even more excitement. We made snacks and piled on the couch together and watched Dorothy, Toto, Scarecrow, Tin Man, and the Cowardly Lion. They were an interesting and diverse band of characters who became a team. Together, they found their way from Kansas and the Land of Oz, then on to the Emerald City.

Dorothy was your typical young woman, independent, wise beyond her years, a visionary in the face of uncertainty. Despite her young age, she was a leader, a mentor. It doesn't take long for Dorothy to recognize her friends all had needs. It was through kindness, sincerity, and fortitude that this group turned into a team. They found that together they possessed intelligence, passion, and courage. And, along the way, she helped them discover their gifts and walked with them the whole way.

Inspired by the dehumanized American factory worker from the 1890s, the author of *The Wizard of Oz* introduces us to the Tin Man. Once a healthy strong person, he lost his heart, and he lost his love for his labors due to the soulless condition of modern mass manufacturing. Sound familiar?

The Scarecrow felt inadequate, was filled with self-doubt and thought he needed a brain. It's likely he had been victim to incivility, or bullying. All too often we have heard stories of nurses facing intimidation and ridicule that demoralizes them. Sound familiar?



Jennifer Kilgore
BSN, RN, CPAN

The Cowardly Lion thought his fear made him inadequate. Traditionally, the lion is remembered as the bravest animal in the kingdom. Despite his presentations of fear, the Cowardly Lion performs acts of bravery during the movie. Sound familiar?

We can draw from the themes of *The Wizard of Oz* to highlight how we, as perianesthesia nurses and members of ASPAN, are on a journey together. This is the image of a perianesthesia nurse and ASPAN member the world needs to see. We work in a complex profession, and it takes a team, not just one superstar. We all have gifts and abilities, but it calls for us working together to accomplish our goals. I think Dorothy's best qualities were that she was humble and courageous, she sought after wisdom, and she asked a lot of questions.

Encouraging each other and working together as a team is inspiring. It is through inspiration and relationships we will reach the emerging generation. We will not reach them by acting like we have it all together or know it all. Maybe some of us are trying hard to be something we're not. Maybe we're emulating styles of leadership that are outdated. Maybe the best thing that could happen to us would be to have someone pull back the curtain and reveal we aren't superheroes, but regular men and women who are on a journey and just want to reach a destination with our team, our friends.

Over the past two years, it has been evident we need each other. Together, we continue to overcome adversity and prove our resilience. As the year has progressed, we have accomplished many tremendous things. We've talked about some very important





topics like ownership, kindness, connectedness, authenticity, passion, and togetherness. I want to express my deepest appreciation to the scores of ASPAN members who have served on the Board, Committees, Strategic Work Teams, and Specialty Practice Groups to advance our unique specialty. I also want to recognize the ASPAN National Office as I have witnessed the incredible attitude, strength, and courage they have demonstrated throughout my service on the Board of Directors.

Perianesthesia Nurses Together – The Importance of Connection, Power of Community! It has been an honor to serve as president of the American Society of PeriAnesthesia Nurses. I am a bedside nurse, caring for patients in all phases, of all ages, and I recognized an opportunity and valued the importance of being connected to other perianesthesia nurses. That is why I joined ASPAN, that is why I got involved, that is why I serve ASPAN. My journey would not have happened, had my friend and nurse manager not invited me to come along. I encourage you to do the same, be nice, teach others, share your expertise, time, and energy.

In closing, Mother Teresa is quoted as



▲ President Jenny, a bedside nurse, in our perianesthesia world for the last two years
Photo courtesy of J.Kilgore

saying, "I can do things you cannot, you can do things I cannot, together we can do great things."¹ Let's face it, we are united by many things; among them are music, laughter, sports, social media, and the list goes on and on. We are united in a unique way based on our calling, our mission, our passion, and our day-to-day activities. ASPAN is made up of many diverse people, yet we are one body, one specialty all working together to provide safe care and an enjoyable experience for patients. Engaging with each other and building human connection are the ingredients that create our community. Together, we grow as individuals and as an organization. It is absolutely a joy to be part of something bigger than myself.

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▲ From left, Lois Schick with Jenny in Nashville, May 2019
Photo courtesy of J.Kilgore



◀ From left, Jenny, Twilla Shrout, Cinde Hart, Chris Buck, "perianesthesia nurses together," at 2021 CDI
Photo courtesy of Ronda Dyer

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It's Official! The 41st ASPAN National Conference Is On!

Lynn Sekeres, MSN, BS, RN, CPAN, CAPA – Coordinator, ASPAN National Conference Strategic Work Team

The ASPAN Board of Directors met and voted to continue as planned with the live in-person National Conference. The City of Philadelphia has lifted its mask and vaccine mandates in light of the dramatic decrease in COVID numbers. Masks are recommended, but not required.

In-Person and On-Demand Options

This conference offers the opportunity to earn over 80 contact hours with full conference in-person registration. If you register for the full conference in-person, you will be given access to all recorded sessions at no additional charge to earn the maximum available 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 virtual sessions. The 48 education sessions on Saturday and Sunday will be recorded and available on demand starting in May. You can purchase the recorded Saturday sessions, the recorded Sunday sessions, or both.

The preconference offerings will take place at National Conference 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. The Monday Postconference, *Contemporary Perianesthesia Care*, will be presented by Nancy Strzyzewski. This is another great opportunity to earn contact hours. Preconference and postconference sessions have additional registration fees and will be offered live in-person and via live webcast and will not be available for future access.

First Timers Orientation

If this is your first time attending a national conference or if it has been a while, please plan on attending one of the First-Timer Orientations being held on Thursday at 5:15 pm or Friday at 7 am. This will give you an overview of how to get the most out of the conference, and, put you in touch with others who are new to the scene and start you off with contacts to meet up with for different events.

Component Gatherings

Meeting in Philadelphia is a chance for component leaders to reach out to members and nonmembers who are attending. Leaders can contact Courtney Papp at the National Office cpapp@aspan.org to get a



▲ Independence Hall
Photo by Paul Loftland for PHLCVB



▲ Fairmount Waterworks & Philadelphia Museum of Art, Night
Photo by Edward Savaria, Jr. for PHLCVB



▲ Benjamin Franklin Parkway, Sunrise
Photo by K.Huff for PHLCVB



Lynn Sekeres
MSN, BS, RN,
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list of attendees from their state so they can contact these attendees before the conference. Often, component leaders organize a meet and greet for their state attendees. The best evening times are Thursday after 6:15 pm, Friday after 8 pm and Saturday after 6:30 pm. Breakfast and lunch each day also gives a chance to meet up with friends. The bar area at the conference hotel was recently renovated and is a fun place to meet and network.

Host/Hostess Opportunities

Please consider volunteering during the conference as a host/hostess. Opportunities are available to work at the sessions, the ASPAN shop, attending the host/hostess desk/hospitality desk, or at the Silent Auction. For every four hours of volunteering, a \$25 stipend will be given. Contact Ursula Mellinger ursmellinger@gmail.com or 724-612-4846 to volunteer.

the business of the organization, such as Standards and our perianesthesia practice. There is an opportunity to meet the ASPAN Board of Directors candidates on Wednesday from 6:30 -7:30 pm.

Opening Ceremonies

The conference officially gets underway on Friday with the Opening Ceremonies. The keynote speaker this year is John Perricone who invites nurses to reflect upon their personal philosophies of life and the role that philosophy plays in shaping their work ethic and the profundity of their professional calling. Certified nurses can celebrate at the CPAN/CAPA Luncheon Celebration. Friday is also the Grand Opening of the Exhibit Hall, and the always popular Silent Auction!

Closing Celebration

New this year, is the President's Dinner and Celebration on Sunday evening! Full conference



▲ Old City Shopping
Photo by Jeff Fusco for PHLCVB



▲ National Constitution Center American Experience
Photo by K.Huff for PHLCVB

Development Activities

Start your Thursday morning at conference participating in the 27th Annual ASPAN Dreamwalk. This event supports the ASPAN Development in providing scholarships. This year's event is a treasure hunt where members are given clues to different locations within the facility that ultimately lead to a small treasure/gift. Another way to support Development is at the Development Breakfast on Sunday morning. Both these activities require an extra fee, which goes directly to Development.

ASPAN Business and the Representative Assembly

The Dreamwalk will be followed by the ASPAN Representative Assembly (RA). If you are not one of your component's two RA representatives, you can observe the proceedings from the gallery. The RA is where the elections take place for new members of the ASPAN Board of Directors and Nominating Committee. It is also where decisions are made about

attendees and Sunday attendees 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 with old and new friends before going home on Monday. This event is included in your registration fee, but a ticket is needed to attend.

Take Time to See the City!

Philadelphia, the 'City of Brotherly Love,' is rich in American history. Philadelphia was a key city in the Revolutionary War and the founding of our country. You can recreate and celebrate freedom, liberty, and independence by visiting Independence Hall, The Liberty Bell, and the National Constitution Center. Arts and culture, family entertainment, renowned restaurants, and 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 Sculpture 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.^{1,2,3,4}

This National Conference gives attendees a chance to earn over 80 contact hours, reconnect with your colleagues, make new connections, explore historic Philadelphia, and make 2022 a year to advance personally and professionally. We look forward to seeing you there!

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▲ Longwood Gardens, Orchid Extravaganza
Photo by K.Huff for PHLCVB



▲ Reading Terminal Market
Photo by Paul Loftland for PHLCVB



▲ Museum of the American Revolution, British Reenactors
Photo by Jeff Fusco for PHLCVB



► Rittenhouse Square at Night
Photo by bklphoto.com for PHLCVB

What is a Journal Club?

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



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

The Institute of Medicine's Roundtable on Evidence-Based Medicine set a goal that, by the year 2020, 90 percent of clinical decisions will be supported by accurate, timely, and up-to-date clinical information, and will reflect the best available evidence.¹ Achieving this goal will positively impact patient outcomes. Nursing journal clubs are one strategy to promote evidence-based practice (EBP) knowledge.² Journal clubs provide a uniform and easy-to-follow structure suitable for different nursing contexts and provide practice for evidence appraisal. They are recommended for supporting evidence-based nursing.³ Journal club participants are given a research article on a topic relevant to nursing practice to review and appraise, and then they meet for a discussion. A tool is provided to guide the appraisal and discussion.

Outcomes desired for participants include:

- Development of critical appraisal skills
- Keeping abreast of current healthcare literature
- Development of evidence-based practice skills
- Stimulation of professional discussion and debate
- Creation of research ideas

Starting a nursing journal club is an initiative to promote nurses' use of best evidence in practice. Journal club programs serve to enhance the skills of nurses in evaluating the literature and translating research findings to clinical practice, education, administration, and research. Current events have nudged innovation and creation of virtual nursing journal clubs,⁴ and this has had a positive impact on nurses who may have not had access before to an in-person discussion.³

I believe the time has come to start and pilot a live ASPAN virtual journal club. At work, I facilitate a journal club that has been meeting once a quarter for the last few years. At each session, up to 25 nurses have appraised a recently published research article. The attendees sometimes also include nursing students. The topics, relevant to our nursing practice, are chosen by the members of the Quality, Evidence-based Practice (EBP), and Research Council. Each participant reads the research article, then comes to the session prepared to discuss the scientific merit and clinical application of the research findings. A continuing education certificate is awarded for participation once an evaluation is submitted, and the activity is also part of many nursing Clinical Ladders.

The subjects of recent Journal Club articles have been:

- Racial Bias in Pulse Oximetry Measurement
- Decision-Making for Insertion and Removal of Short Peripheral Catheters
- The Impact of Health Information Technology on the Quality of Patient Care
- Care Left Undone on Nursing Shifts
- Patient Turnover and Shift Change
- A Tool to Measure Disruptive Patient Behavior
- Moral Distress in Nurses
- Exploring the Impact of Nursing Teamwork on Nurse-Sensitive Quality Indicators

The discussions have been lively and informative, and topics are of interest to nurses from all clinical areas. Continuing education is provided while the nurses are expanding their knowledge on how to evaluate research. This is a critical skill in the EBP process, integral to optimizing nursing care delivery and patient outcomes. Participants who return every quarter have demonstrated an increased competency in research article appraisal and express an increased confidence in their abilities. One nurse also conducts a unit-based journal club focused on her specific patient population.

For ASPAN members, the articles would focus on perianesthesia nursing practice, and discussions could be scheduled for two different convenient sessions to increase the opportunities and accommodate different schedules via a virtual meeting platform. The value of journal clubs includes nursing education and knowledge development, review and support of evidence-based practice, increased visibility of nursing research, and practice improvement.⁵

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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

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

The annual Dream Walk is a great way to support your professional organization, meet new friends, and enjoy some exercise early Thursday morning. This year's event is a treasure hunt where members are given clues to different locations within the facility that ultimately lead to a small treasure/gift. The treasure hunt starts at the Conference Registration desk. 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*. The treasure hunt begins at 6:30 am 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. Come and celebrate newly inducted members of ASPAN's Legacy for Life program 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@aspn.org.



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



▲ A Sold-out Development Breakfast in Nashville, 2019

ASPAN SCHOLARSHIPS

Earn Points Now for Your Application!

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



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

Have you ever thought about applying for an ASPAN scholarship? Scholarship applications are now available online and due no later than July 1, 2022. Click [HERE](#) for application information.

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 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)* 

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▲ Steward St. Elizabeth's Medical Center, Brighton, MA



▲ Cuyuna Regional Medical Center, Crosby, MN

► St. Jude Medical
Center, Fullerton, CA



▲ University Geauga Medical Center, Chardon, OH



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PANAW Celebrations

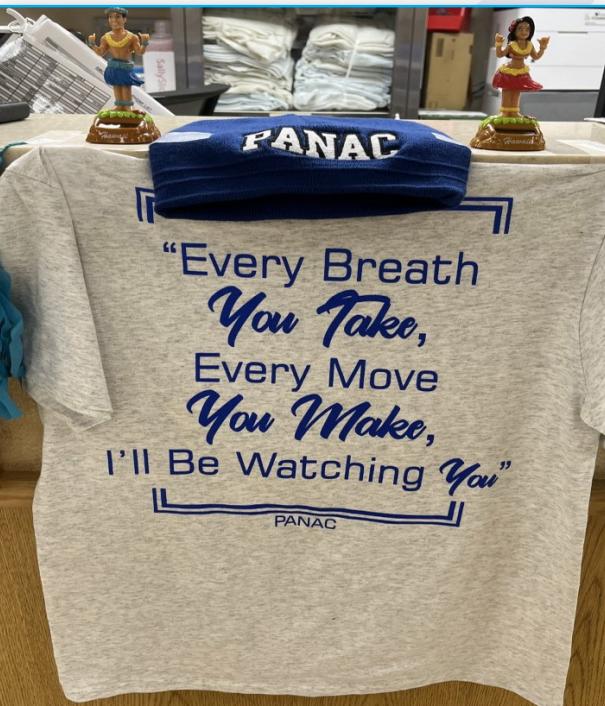
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Advocacy Activities for Perianesthesia Nurses through ASPAN Action Coalition to Address Waste Anesthetic Gases (WAGs)

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

Nursing as a profession has progressed tremendously from the early expectation of obedience in the 1800s to one today of advocacy and autonomy. Recently, the World Health Organization (WHO) has emphasized midwives and nurses' role in the identification and development of healthcare policy that contributes to ensuring patients receive high quality healthcare.¹ Advocacy for nurses has its fundamental roots in protecting the rights and welfare of the individual patients. Specifically, nurses advocate to ensure autonomy or the patients' right to make healthcare decisions, benefice or the right that treatments or therapies should offer the recipient a benefit and the desire of caregivers to "do good," nonmaleficence or doing no harm, and finally, fidelity, indicating the advocate is transparent and honest revealing any possible conflict of interest. At the heart of many advocacy activities is the desire to achieve lasting change and improved conditions. Florence Nightingale shared "Let whoever is in charge keep this simple question in her head (not, how can I always do this right thing myself, but) how can I provide for this right thing to be always done?"²

Creation of healthcare policies and legislation can ensure the advocacy for change becomes the standard. Both the American Nurses Association (ANA) and the WHO call for nurses to be involved in healthcare policy. However, as a profession, nursing lags behind our physician colleagues in participating in policy or legislative activities.³ All nurses are leaders and advocates, and the call for improved healthcare begins in advocacy.

Opportunities for Perianesthesia Nursing Advocacy

Perianesthesia nurses have the opportunity to participate in patient advocacy everyday by giving voice to their patients' needs, ensuring a safe and healthy work environment, monitoring for fatigue in their colleagues, and advocating for the global nursing profession and patient safety.⁴ Advocacy activities can also be applied to a broader group, such as communities, vulnerable populations or the nursing profession. The *ANA Code of Ethics Provision 5* calls for nurses to have the same duties to self as given to others in advocacy activities, opening the door wider for

advocacy.⁵ Nursing specialty organizations, such as the American Society of PeriAnesthesia Nurses, can be a powerful advocate for the estimated 60,000 nurses working in our specialty area.

Perianesthesia nurses advocating activities may also include increasing visibility and recognition of health hazards in the work environment, such as waste anesthetic gases in the operating rooms and postanesthesia care units. These invisible vapors were first documented as contributing to poor health outcomes such as headache, fatigue, nausea, miscarriages and congenital anomalies since the 1960s.⁶ The Occupational Safety and Health Administration (OSHA) has since recognized WAGs as hazardous occupational exposure for those working in the operating rooms, resulting in regulations requiring engineering controls, air quality surveillance and epidemiology studies.⁷ The National Institute for Occupational Safety (NIOSH) set recommended exposure limits to WAGs in 1977. Since that time, multiple research studies have followed measuring WAGs in the PACU in the patient and nurses' breathing zones. These studies data indicate WAGs exceeding the NIOSH limit with residual metabolites measured in PACU nurses were present up to three days after the last shift worked. But, there is still no regulation with legal obligation for controlling WAGs in the PACU.

ASPAN's Action Coalition to Address Waste Anesthesia Gases

In 2020, the ASPAN Action Coalition to Address WAGs was created, launched, and led by then-President Elizabeth Card, and inclusive of key scientists and experts Dr. Jim McGlothlin, Dr. Dina Krenzischek, Dr. Linda Wilson, and Dr. John Moenning. The focus of the coalition was to increase visibility of WAGs through the following activities:

- Inform and educate nurses and others on health-related outcomes related to WAGs
- Creation of a ASPAN and American Industrial Hygiene Association (AIHA) Joint Position Statement on WAGs and AIHA & ASPAN joint white paper on WAGs
- Approach other nursing organizations for endorsement of a joint position statement and share the white paper



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- Approach OSHA and NIOSH with the endorsed joint position statement and share white paper requesting:
 - Regular surveillance of air quality in the PACU during peak operating times, not on weekends or nights in an empty room
 - Legal requirements of hospitals to institute engineering source controls for WAGs in the PACU (increased air exchanges and scavenging masks for patient)
 - Epidemiology studies of health impacts of WAGs exposure in PACU

The group has been extremely active in advocacy activities since that time. Creation of the ASPAN Executive Summary of Waste Anesthetic Gases based on compelling evidence synthesized into a single page brief with links to additional information was the first deliverable. This summary was provided to the membership through email blasts and placed on the website. This group has garnered support of 10 other organizations interested in supporting this work. In August 2021 this group sponsored a virtual event “ASPART Special Event on WAGs.” This event had over 900 individuals registered with representatives from nine other nursing organizations. Presenters included experts and scientists from the American Industrial Hygienists Association, OSHA, and NIOSH. This event was recorded, and the link is open and still available for viewing on the ASPAN website. This event

was also successful in raising awareness of WAGs in PACU to individuals and organizations. Multiple conversations between the Action Coalition and NIOSH and OSHA have resulted in establishing collaborative relationships between key individuals of both organizations.

I am excited to share the ongoing advocacy activities of this group. These individuals have the expertise, knowledge, and passion to move this issue forward and to improve the work environment for perianesthesia nurses and those we care for.

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PANAW CELEBRATIONS



▲ Northside Forsyth Hospital, Cumming (Atlanta), GA

► Steward St.
Elizabeth's Medical
Center, Brighton,
MA



▲ University of Pittsburgh Medical Center, St. Margaret's Hospital, Pittsburgh, PA



Member -get-a- Member

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.



ASPA

REWARDS

January 1 - December 31, 2022

**TIER
1**

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



ASPA Member Pin

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



Perianesthesia Nursing Team Tee

This stylish unisex t-shirt is made of 50/50 cotton/polyester in a classic silhouette. Heather royal color. Available in S, M, L, XL and XXL.



\$25 Amazon Gift Card

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



Member -get-a- Member



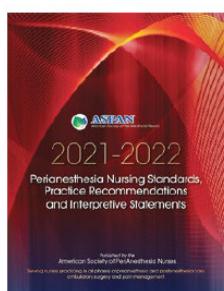
\$50 Amazon Gift Card

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.

REWARDS

January 1 – December 31, 2022

TIER 2

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

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**



REGION FOUR UPDATE

The Resilience of Region Four

Bronwyn Ship, BSN, RN, CPAN, CAPA – Regional Director, Region Four

Greetings from Region Four. Region Four includes the following components: Connecticut, Massachusetts, Maine, New Jersey/Bermuda, New York, Pennsylvania, Rhode Island, and Vermont/New Hampshire. As I reflect back on my time spent serving as the Regional Director for Region Four, I am in awe how we, as perianesthesia nurses, have faced the challenges and adversities of the past few years with dignity and resolve. We have found ways to stay connected through virtual meetings, phone conversations, and text messaging. The pandemic has pushed us all out of our comfort zone, but also helped us to see new ways to communicate and continue to provide the knowledge the membership of our individual components, region, and nation are craving.

The components of Region Four continued to hold conferences. Most were virtual, with attendance to the conferences holding steady. I was able to attend a few conferences this year and was impressed with the variety and timeliness of the topics chosen for presentation. I look forward to attending the spring conferences to be held across the region.

The future still seems uncertain. Just when it looks like the pandemic is coming under control, another variant appears and shows us that COVID-19 is not done with us yet. My hope for the future is to strike a balance between the outbreaks of variants and bringing our lives together to share our experiences and support that is the cornerstone of ASPAN. I look forward to having time to spend together with colleagues and friends in Philadelphia. In the meantime, stay safe, and continue the work that we as perianesthesia nurses were called to do: Caring for our patients with the most up-to-date, evidenced-based knowledge.

Finally, it has been an honor and a privilege to have represented Region Four on the ASPAN Board of Directors over the last four years. I thank everyone for your support and friendship along the way. 🌱



Region Report



Bronwyn Ship
BSN, RN, CPAN, 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 and magic tricks and inspiring stories on innovation, imagination, and leadership. He attracts audiences and holds their attention in a way few other speakers do, not only because of his 20-year background as a master illusionist but also as a highly effective and memorable keynote speaker who helps audiences discover what he refers to as "real magic."

***Only CPAN® and CAPA® certified nurses and formerly CPAN®/CAPA® certified nurses who are retired may register.**

While at the ASPAN National Conference, be sure to stop by the ABPANC booth to pick up the latest CPAN/CAPA gear!

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](#).

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.

REMINDERS:

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

RECERTIFICATION:

- **Jan. 1-April 30:** Spring Recertification Window
- **July 1- Oct. 31:** Fall Recertification Window

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LIVE WEBCASTS – FULL-DAY

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

May 14, 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

LIVE WEBCASTS – HALF-DAY

INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA CARE

NEW!

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 FOUNDATION

June 12, 2022 SUNDAY

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!**

June 2, 2022 THURSDAY

EMERGENCY PREPAREDNESS

June 8, 2022 WEDNESDAY

GASTROINTESTINAL AND ENDOCRINE PATHOPHYSIOLOGY AND ASSESSMENT

June 15, 2022 WEDNESDAY

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA NURSING

June 22, 2022 WEDNESDAY

MALIGNANT HYPERTERMIA AND POSTOPERATIVE NAUSEA AND VOMITING

June 29, 2022 WEDNESDAY