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## PRESIDENT'S MESSAGE:

### Delivering Excellence Through Caring: The Power of Gratitude

Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN – ASPAN President 2022-2023

**"USE YOUR VOICE FOR KINDNESS, YOUR EARS FOR COMPASSION, YOUR HANDS FOR CHARITY, YOUR MIND FOR TRUTH, AND YOUR HEART FOR LOVE."<sup>1</sup> ANONYMOUS**

**F**all holidays are upon us, evident with everything pumpkin spice and decorations. The shortened days and cooler weather lures us back into our cozy homes. Surely, it is not time to hibernate! It is a privilege for me to personally celebrate a variety of my Canadian and American traditions. Each celebration offers a moment to pause, thoughtfully scan the past, present, and future. Take a few minutes to ponder the year to date. Acknowledge one challenge, to gain lessons from the meaningful experience. Then direct your thoughts to the positive and momentous bright spots. This simple assessment is a directional compass for potential growth or a full transformation with unlimited possibilities.

#### Gratitude Throughout Culture

The sentiment of gratitude has permeated a variety of cultures, religions, and traditions as an exceptional moral virtue to instill and exchange with others as a world-wide practice. For over a thousand years, cultures have integrated gratitude as a moral virtue and as extensively described by diverse secular and religious leaders, philosophers, and historians.<sup>2</sup> Exhibiting higher gratitude is noticeable when emotions or actions are focused on individuals being helpers.<sup>2</sup> Clinical inquiry can even measure gratitude through validated questionnaires scales and tests.<sup>2</sup> Those choosing to adopt practices of gratitude routinely have improved mental and physical health outcomes, enhanced satisfaction, happiness, and exchange appreciation gestures more often.<sup>2</sup>



**Connie Hardy Tabet**  
MSN, RN, CPAN, CAPA,  
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There are many advantages of adopting gratitude. It has been proven with science repeatedly.<sup>2,3</sup> It really does not take a gigantic leap of faith to embrace acts, feelings, thoughts, and gestures of thankfulness. A little appreciation can go a long way for the receiver and the giver. Plus, it is something that can be freely exchanged or given away.

#### ASPN Shares Its Gratitude

ASPN wants to share immense gratitude and extend appreciation to each society member. Caring is a catalyst, generating supportive bridges for better partnerships. Amplifying intentions of gratitude builds positive and caring heartfelt emotions for oneself and others. Collaboratively, we deliver compassionate care to patients daily, lead teams, drive clinical changes in our diverse settings, phases, and environments across the nation. Your calling to serve others takes courage and inner strength, especially during a lengthy pandemic.

ASPN recognizes your time and energies on the frontline, in leadership, providing education, or advancing clinical inquiry within our unique specialty of perianesthesia nursing. Thank you, for all you do!

#### Prioritize with Optimism

We understand some days can be harder than others. Set the tone for prioritizing the importance of self-care and integrating moments of thoughtful pauses to catch your breath with optimism. We often want to be hopeful, but the better aim is for optimism. Hope is a vague wish or want. Optimism holds a higher level of expectation for positive outcomes and good things. Transforming one's mindset for optimism can be influenced by practicing habits of gratitude and caring behaviors. Gratitude



even has the power to influence your profession and environment.

Caring through gratitude has powerfully influenced my own nursing career. I have thoughtfully reflected on my work-life bright spots by looking in the rearview mirror. I have been blessed with a kindhearted family, mentors, preceptors, colleagues, and friends. Without this circle of community my career would not have flourished. Collaborating with engaged professionals and committed volunteers has overflowed to many aspects of my life and added great value.

Practice intentions of setting aside negativity, as it merely zaps precious energy. It is an impossible task to simultaneously be grateful and complain. Choose to actively look for the good things and minimize intrusive negative thoughts. Open your eyes, mind, and heart to build an inviting foundation to foster a world of gratitude blossoming into a beautiful bouquet for the beholder. We all need more good things to keep us inspired. Consider gratitude and caring as an ongoing challenge to each of us. Create an empathetic and psychological safer environment of genuine kindness. These accessible caring actions are simple antidotes to improve outcomes from burnout for nurses and caregivers.

## Practice Gratitude at the End of the Day

At the end of each day, I mindfully transition my thinking to reflect upon my day's events, scanning for moments that positively shine brightly. My evening goal is to extract a minimum of three to five notable experiences. The best parts of my evening ritual include the anticipation and joyful reward of inner peace though a habitude of gratitude. This exercise helps me to be grounded in good things, and grow my attitude of gratitude, transitioning me from the day's events with an intentional contemplation seeking only the good flashbacks. A set timer on my free gratitude app notifies me to remember to push the pause button, then thoughtfully reflect on positivity. Pausing for a moment allows one to survey the joyful daily interactions and calms the noisy mind chatter. Today, I am grateful for \_\_\_\_\_. Then, transcribe thoughts into a gratitude journal. I adore

the nightly reminders and it reinforces my proactive positive self-talk and sets the tone for optimism.

## Practice Gratitude at Work

A strategy to deepen gratefulness, team mindfulness, and resilience in the work environment is to ponder specific good things provided by self-reflecting team members as a conversation starter. Listening to others highlight their observed positive recalls is extremely important in fostering a culture of gratitude through social change. Experiment describing three good things (3GTs) at the beginning of huddles, meetings, and gatherings. Just listening to others talk about 3GTs boomerangs favorable outcomes for everyone's added benefit. Begin by asking team members to contemplate three different categories of gratitude: 1. person, 2. team, and 3. team member. Then request three members to share one of their 3GTs for the group to actively listen to the responses of listed gratifying - emotions, delights, things, learned experiences, discoveries, connections, successes, mini-victories, and achievements. The science confirms joy is increased with 3GTs activities.<sup>4</sup>

## The Power of Forgiveness

Another consideration for adopting positive attitudes and enhancing environments includes the power of psychological forgiveness. The ability "to let go" of perceived negative feelings regardless of deserved forgiveness has substantial benefits.<sup>5,6</sup> A few advantages of heartfelt forgiveness by letting go of any accumulated emotions improves relationships, decreases stress, and reduces uncivil behaviors from feelings of irritation.<sup>5,6</sup> It may not be an easy task to forgive, but the benefits outweigh the risks of ongoing anger and resentment. Dr. Rick Hanson is known for his quote, "the mind is like Velcro for negative experiences, and Teflon for positive ones."<sup>7,8</sup> It takes dedication to break the brain bias for negativity.

## The Benefits of Practicing Gratitude

Mindfully rewinding the day and scanning the bright spots enables a higher level of personal gratitude and appreciation. The research supports an overwhelming health benefit when one has a heart full of gratitude. Be encouraged to adopt gratitude tools as a simple gesture and free strategy



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to expand your life's resilience. The power of gratitude will provide benefits and return on personal, team investment, and wholeheartedly add to overall well-being. Remain thankful for all of life's experiences. Gratitude is a modest action to build a culture of kindness in your home, workplace, and community.

At times, we are reminded we only need to look inside ourselves and then extend our generosity to others as we continue in our busy worlds. Daily hardwired caring extends to our welfare through our personal and professional lives. The heart of caring is a simple task. The act of caring is demonstrated through gestures of smiles, kindness, giving and sharing.

ASPN's - "why" (aka core purpose) is clear - inspire caring actions to empower and advance the unique specialty of perianesthesia nursing. Be daring to care in the perianesthesia gratitude movement. The measures of positivity we demonstrate by opening our hearts to others, giving time, energy, or sharing a specific thank you, are easily repaid in dividends. This is truly a quick fix to replenish one's habitude of gratitude. Compassionate caring and collaborating with family, friends, components, communities, charities, and ASPAN can be amplified through your deliberate gratitude words, actions, and volunteerism too!

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## Start Your Implementation of Daily Gratitude Practices

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

Consider championing or adopting a few daily gratitude practices. Here are suggestions that can boost your mental health and overall well-being to make a significant difference in your adoption of a culture of appreciation:

1. Give and express thanks and appreciation
2. Start and end day with positive emotions
3. Plant positive intentions and actions
4. Grow and lift others
5. Harvest compassion
6. Cultivate an attitude of gratitude
7. Advocate caring virtues for social glue
8. Deliver collaborative kindness
9. Dispense happiness
10. Find joy
11. Celebrate mini victories

12. Focus on blessings
13. Share expertise liberally
14. Donate time, energy, or funds
15. Integrate diversity, equality, and inclusion

**Access free science-based resources, toolkits, and guides** for nurses invested in fostering their well-being and growing a culture of gratitude practice.<sup>1</sup> The link is below.

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Shay Glevy  
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## Nominations Now Open for ASPAN's 2023 Awards Program!

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



As we move closer to the end of the year, ASPAN's Membership/Marketing SWT is busy connecting with all component leaders to assist with promotions, including a reminder of ASPAN's upcoming national awards. Nominations are open for ASPAN's 2023 Awards program, and the deadline is quickly approaching. Below is a brief description of each award. Winners of the awards will be announced at the 2023 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 application is **November 30, 2022.**
- 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, 2022.**

- 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 and teamwork and go "Above and Beyond" expectations of their job/duties. [Click here for more information.](#) Deadline for application is **January 10, 2023.**
- Gold Leaf Component of the Year Award:** The Gold Leaf Component of the Year Award recognizes excellence in component leadership and member development, communication, education services and community service. We encourage each component to submit their application to showcase all your activities of 2022! [Click here for more information.](#) Deadline for submission is **February 1, 2023.**
- 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.

## Perianesthesia N<sub>URSES</sub>

Strong, United, Resilient

The Membership and Marketing SWT has selected *Perianesthesia Nurses: Strong, United, Resilient* as its theme for PANAW 2023, which reflects some of the essential attributes our nurses have demonstrated over the last few challenging years.

PeriAnesthesia Nurse Awareness Week will be celebrated February 6-12, 2023. This is a time to celebrate our profession and recognize the great

## PeriAnesthesia Nurse Awareness Week (PANAW) February 6-12, 2023

patient care we deliver each day. Mark your calendar and plan to celebrate at work or within your component, or both! Official PANAW products can be ordered online at [www.panaw.com](http://www.panaw.com).

Also, remember to take photos and share them with your component leadership and *Breathline* Editor Barbara Godden at [bgodden@aspn.org](mailto:bgodden@aspn.org) for possible use in the March/April issue of *Breathline*.

## NEW EDUCATIONAL PROMOTIONAL VIDEO

One of the videos ASPAN recently created features our educational offerings. You can check it out and share with your colleagues. Click on the photo to the right to view this and other videos on ASPAN's YouTube channel!



## Reigniting Passion for Perianesthesia Nursing: Rolling up our Sleeves and Serving with Innovation

Alphonzo Baker Sr., DNP, RN, CAPA – ASPAN Vice President/President-Elect

**G**reetings my ASPAN colleagues and friends. It is that time to reignite your passion for perianesthesia nursing. It is that time to share your voices, ideas, and innovative plans of how our specialty can be beneficial to all our members. ASPAN needs you to be the inspiring voice to lead our organization in how we will use best practices within our perianesthesia areas.

I often share with others that I thrive from energy, and when there is none, I ignite it. Be the energy that ASPAN needs to continue to be the most innovative, premier organization for our perianesthesia colleagues. You have the passion, motivation, and energy to propel us even further. Please join us on ASPAN committees and strategic work teams. I joined the national table, first on the Nominating Committee, then as a member of the Board of Directors as secretary, and am now advocating as vice president/president-elect. Each opportunity aided to develop expertise and expand my member involvement. Teambuilding, engagement, and empowerment are essential for non-profit organizations.

Serving, while committing to volunteering, has a reciprocal effect and contributes to your well-being, health, and happiness. It further increases social activity and personal growth and development.

To review the plethora of volunteer options related to each committee and work group, log into the ASPAN website, go to the tab About – Organization – Committee/SWT Descriptions. Consider completing the **Willingness to Serve** electronic application on the ASPAN website. **The deadline is November 21, 2022.** The ASPAN community has ample opportunity to unite through the mere action of volunteerism.

We can't wait to serve together with your ideas. "Take up one idea. Make that one idea your life--think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."<sup>1</sup>

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## Call for Resolutions

**T**he ASPAN Resolutions Review Team is announcing the Call for Resolutions for the 2023 Representative Assembly (RA) meeting on April 27, 2023.

The RA is the voting body and voice of ASPAN. As the chief governance and policy determining structure of ASPAN, the RA reviews and acts upon resolutions regarding ASPAN bylaws, position statements, and other issues related to perianesthesia nursing. If you, as an ASPAN member, believe there is an issue of this nature that needs to be brought before the RA, please contact the National Office to have a sample resolution sent to you.

Amendments to the ASPAN bylaws or any general resolutions regarding position statements or other issues related to perianesthesia nursing must be proposed by at least five (5) Active Category members acting as one group. Examples include, but are not limited to:

- A Component Board of Directors - OR
- The ASPAN Board of Directors - OR
- A Standing Committee or Strategic Work Team



Alphonzo Baker, Sr.  
DNP, RN, CAPA

### Submission Deadline:

Resolution forms relating to **ASPAN bylaws changes, position statements or other issues relating to perianesthesia nursing** must be received by the ASPAN National Office no later than **January 27, 2023.**

Upon receipt of a resolution form, the Resolutions Review Team will begin its review and, if questions arise, the lead author will be contacted for clarification. At the RA meeting, the lead author of the resolution needs to be prepared to speak to the issue.

Please contact Kevin Dill at the ASPAN National Office: 877-737-9696, ext. 211 or [kdill@aspn.org](mailto:kdill@aspn.org) to obtain a sample resolution form and instruction sheet.

# Scholarships Available for the International Conference for PeriAnaesthesia Nurses!

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



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

**A**re you thinking about attending the 6th International Conference for PeriAnaesthesia Nurses (ICPAN), September 20 – 22, 2023, in Amsterdam, The Netherlands?

Why not consider applying for an ASPAN scholarship to cover your registration fee? The time to start planning is now! The scholarship application is based on a minimum point achievement, 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 application deadline. You must also maintain your active status through the date of the 2023 ICPAN conference.

ICPAN scholarship award forms will be posted on the ASPAN website in early January 2023 with a hard deadline of **May 1, 2023**. Notification letters

will be sent to all applicants by July 2023.

The points needed are easy and fun to achieve. Here are just a few examples of some of the ways to accumulate needed points:

- 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 too!

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

Think about it.

## Sunset of the “Nurse in Washington Internship (NIWI)” Program

Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN – ASPAN President 2022-2023

**I**t has come to ASPAN's attention that the yearly offering, Nurse in Washington Internship (NIWI) has been recently retired as of July 2022. The sponsor's website, Nursing Organizations Alliance (NOA), reported their board of directors' decision for the cancellation of the offering was due to multiple factors, including decrease in attendance, increased costs, and the challenge of acquiring expert speakers. Unfortunately, this affected the candidates who applied for next year's NIWI scholarship. The national office sent notifica-

tion letters to the potential recipients on the sunset of the NIWI future sessions.

ASPN is committed to collaborative nursing advocacy and will seek alternative offerings for future opportunities. ASPAN remains an active member with the Nursing Community Coalition (NCC) representing 63 member organizations nationwide. As ASPAN's ambassador to NOA, I have been fortunate to continue to sign on letters supporting nursing initiatives at the federal level and share our professional practice voice.

## Optimize Your Well-being and Lose the Snooze

Juli Reynolds, BSN, RN, NC-BC, CCA – Coordinator, Well-being SWT

**B**y definition, well-being is the state of being comfortable, healthy, or happy. Feeling swamped, overwhelmed, emotionally drained, and unable to keep up with life's never-ending demands, leads to what we refer to as burnout.<sup>1</sup> Optimizing well-being and overcoming or preventing burnout may not be easy, but there are a few simple solutions.

With the help of research, we have discovered a remedy that may help us to live younger and longer, enhance memory, minimize food cravings, and aid weight management. This remedy lowers the risk of heart disease, stroke, and diabetes. It will also maximize potential for feeling happier, more fulfilled, less anxious. It is good for relationships. It is cost-effective and accessible to most everyone. Who would say no to any of that?

## Sleep is the Foundation to Overall Well-being

One deterrent to a healthy sleep cycle is what we know as the snooze button. This option could be defended as an exercise in delayed gratification for nurses getting up to serve another glorious day. More likely, it is a stay of execution for the day you will inevitably have to face. Regardless, "just a few more minutes" does not line up with an evidence-based sleep practice. With a healthy sleep cycle being 90 minutes, 10 minutes of snooze will, at best, guarantee grogginess when you do wake up for real.

Pro-snooze or anti-snooze - we wake every day (or night) with a desire for enhanced overall well-being. With fluctuating schedules, balancing home and work may move one of the most foundational elements of well-being down on the priority list. We stay up later to get things done or to spend time with friends and family. We sacrifice sleep for what we think is productivity. We may get a lot done, possibly at the expense of our overall well-being.

Researchers at the University of Pennsylvania surveyed 393 full-time hospital staff nurses about their work schedules, sleep habits, and errors. Not surprisingly, they found nurses are not getting enough sleep. They also found when nurses work long hours and get inadequate sleep, patients and nurses are at risk for injury.<sup>2</sup> The cost of losing even one hour of sleep daily can accumulate, resulting in a hit to neurobehavioral performance such as attention span, reaction time, and problem solving ability.<sup>3</sup> A fatigued nurse may be more prone to making errors in routine, repetitive tasks, exhibit decreased productivity, and find it difficult to remain engaged and present.<sup>4</sup>

Sleep scientist Matthew Walker recently published a study suggesting poor sleep plays a major role in cognitive decline as we age, as well as in the development of Alzheimer's disease.<sup>5</sup> The literature is growing around the impact of sleep on cognitive function. It's not just our brain health impacted by sleep. Sleeplessness also hinders normal immune response and hormonal secretion - growth hormone in particular. Ghrelin, the hunger hormone, levels rise primarily in response to acute sleep deprivation, while leptin levels fall with chronic sleeplessness. A single night of poor sleep causes acute rises in ghrelin levels, but leptin concentrations remain essentially the same. Ghrelin acts on the hypothalamic-pituitary axis and other areas of the brain to stimulate a feeling of hunger.<sup>6</sup> Along with stacking the deck against our own behaviors, missing out on sleep increases the risk of obesity, diabetes, and cardiovascular disease. The impairment of performance, which is caused by 20-25 hours of sleeplessness, is comparable to a blood alcohol level of 0.10%.<sup>7</sup>

While the impact and intervention can be very similar, there is a distinction between sleep deprivation and a sleep disorder - the latter which may require a professional sleep practitioner. According to sleep scientist Matthew Walker, sleep deprivation is considered

when one has adequate ability to sleep but does not take the appropriate time to do so. People suffering from insomnia cannot produce sufficient sleep quantity/quality, even though they give themselves enough time to do so (seven to nine hours).<sup>5</sup> The most common triggers of chronic insomnia are emotional concerns, worry and distress, or anxiety. For those seeking advice on sleep disorders, the National Sleep Foundation<sup>8</sup> website <https://www.sleepfoundation.org/> is a great resource for specialized help.

## Assessing Sleep Habits

Assessing and evaluating sleep habits is a great place to move the needle on overall well-being. Consistent, quality sleep habits can lead to other positive changes - like having the energy to work or learn other healthy habits we desire.

Like any other routine, bedtime routines establish habits to help our brains recognize when it's time to sleep, whenever it is that you sleep. A good routine will include what you do with all the mind chatter that tends to rev up as soon as we lie down. Those thoughts activate your mind and sympathetic nervous system. Following a bedtime routine will help train your mind to relax instead.

Here are some tips to keep in mind when creating your bedtime routine:

- Create a consistent bedtime ritual and stick to it. Even when bedtime and wake time varies, a routine will help trigger your brain to get ready to sleep
- Exercise is great, but not too late in the day
- Avoid caffeine and nicotine. Caffeine artificially mutes the sleep signal of adenosine. Caffeine has an average half-life of five to seven hours. The older we are, the longer it takes our brain and body to remove caffeine
- Avoid alcoholic drinks before bed. Having a nightcap or alcoholic beverage before sleep may help you relax, but heavy use robs you of REM sleep, keeping you in the lighter stages of sleep and causing waking
- Avoid large meals and beverages late at night
- If possible, avoid medicines that delay or disrupt your sleep
- Don't take naps after 3 pm. (Night shift, you should probably be doing more than napping at 3 pm)
- Relax before bed. Don't overschedule your day so no time is left for unwinding
- Take a hot bath before bed. The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep
- Dark bedroom, cool bedroom, gadget-free bedroom
- Have the right sunlight exposure. Try to get outside in natural sunlight for at least thirty minutes each day
- Sleep experts recommend that you get an hour of exposure to morning sunlight and turn down the lights before bedtime if getting to sleep is difficult

# What is the Evidence? Confronting Incivility

Margaret McNeill, PhD, RN, APRN-CNS, CCRN-K, CCNS, TCRN, EBP-C, CPAN, NE-BC, NHDP-BC, FCNS, FASPA, FAAN – Director for Clinical Inquiry



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**R**ecently, I was told about a nurse who did not want to be recognized for her contributions to an improvement project that went above and beyond expectations. A few months ago, she had gotten an award for her compassionate care, and a peer had made derogatory comments to her - an incident of lateral violence or incivility. She did not want it to happen again.

My initial reaction was visceral. I felt overwhelming anger this had happened to such an exemplary and kind nurse. Then, I think I experienced denial. Surely this is an unusual incident and not how most interactions play out in my organization or in nursing.

Later, I was told this was not an isolated event. We have had incivility or lateral violence incidents elsewhere, and the extent of it is unknown. I will maintain a sense of hope and optimism – overt incivility is not apparent - so at least I think it is not a cultural norm. But, what I felt most of all when hearing this story was motivation to equip this nurse with tools or skills to address this if it ever occurs again to her.

## What Drives Incivility and its Consequences?

I soon realized this is not an individual issue to solve alone. Leaders, and all of us, need to combat this behavior. We CANNOT afford the consequences of any incivility. Studies have shown the

negative impact of incivility, bullying, and lateral violence on nurses and nursing care.<sup>1</sup> Workplace incivility, bullying, and lateral violence all affect nurses' overall health, contributing to anxiety, fatigue, cardiac, gastrointestinal, and other physical disorders, and in addition, cause mental and emotional strain.<sup>2</sup>

I also seek to understand what drives incivility from peers. It seems we have always had it, but is incivility different now? Is this now a symptom of the stress we are all coping with due to the fallout from COVID-19, short staffing, floating, hostility from patients and families, disintegration of formerly robust clinical teams, moral distress, and more? Both the staff and leaders I work with have endured many challenges in the last few years, and many express feelings of exhaustion and despair. Some speak about a sense no one will be asked to leave or be held accountable for disruptive behavior because of the staffing crisis, so "anything goes."

Do all these feelings manifest in lateral violence or incivility? Does behaving in an uncivil manner give a sense of control? Why would anyone do this to a co-worker? How does it affect us? The answers are the subject of ongoing research, and even of recent theory development to explain

- If you have problems falling asleep, don't lie in bed awake. After twenty minutes, or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep
- Honor the sleep cycle. Snoozing will only cause you to wake in a groggy state and teach your brain bad habits  
“The best bridge between despair and hope is a good night’s sleep”  
- E. Joseph Cossman<sup>9</sup>

If you haven't already, consider how you will optimize your well-being by designing an amazing bedtime ritual and, of course, if you haven't already, lose the snooze!

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Meg Danielson,  
BSN, RN

## In Memoriam

### Margaret (Meg) Danielson Alexander

JUNE 8, 1955 - OCTOBER 19, 2022

Meg Danielson, who served as ASPAN's sixth president from 1986 to 1987, passed away in October after a battle with breast cancer that had metastasized to her brain. Meg lived most of her life in Utah, having gone to school at Brigham Young University and Westminster College. Two years ago, she moved to Washington state with her husband, Jerry, to be closer to her sisters.

Meg loved the outdoors, and her personality was infectious, as anyone who knew her would tell you. Meg is remembered as a very dynamic president of ASPAN. She was also instrumental in organizing the Utah component's first meeting in 1981 and remained a member of ASPAN and USPAN until her death.

For her full obituary, please [click here](#).

how people respond, both biologically and behaviorally, when targeted with incivility in organizations.<sup>3</sup>

### Evidence to Support Responses to Incivility

I embrace a culture of inquiry, as well as a culture of professionalism, justice, and safety. Surely there is evidence on what we should do. Indeed, leaders must ensure the culture of an organization supports civility.<sup>4</sup> The American Nurses Association (ANA) published a position statement in 2015<sup>5</sup>, and it references a toolkit for leaders to address the issue.<sup>6</sup> ASPAN, along with the American Association of Nurse Anesthesiology (AANA) and the Association of periOperative Registered Nurses (AORN), published its own Position Statement on Workplace Civility.<sup>7</sup> We are all responsible for our actions and behaviors, but with leadership, what is accepted and tolerated, as well as what is promoted and role-modeled, will drive the culture. In a quality improvement initiative, a clinical nurse specialist team created a civility program to develop team cohesiveness and improve patient safety. The program, adopted by all clinical disciplines, had impressive improvement in civility.<sup>8</sup>

Griffin developed cognitive rehearsal as a response to workplace incivility. Using this method, new nurses or any nurses having problems with incivility are given cue cards with the most common forms of incivility and the appropriate responses for confronting them. They also receive education about workplace incivility and how to respond. New nurses reported that confronting lateral violence was difficult but did help to stop the behaviors.<sup>9</sup>

We can teach a skill that would equip a nurse to respond in the moment. We have much work to do for nurses, and in our organizations.

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**Ronda Dyer**  
MSN, BSPA, RN,  
CPAN, CAPA, CNE

# REGION ONE UPDATE

## *A Successful Component Rebirth in Region 1*

Ronda Dyer, MSN, BSPA, RN, CPAN,  
CAPA, CNE  
ASPAN Regional Director, Region One

**R**egion 1 is re-energized! Summer and fall have been very busy seasons with seminars, elections, and meetings.

### NevPANA's Rebirth Story

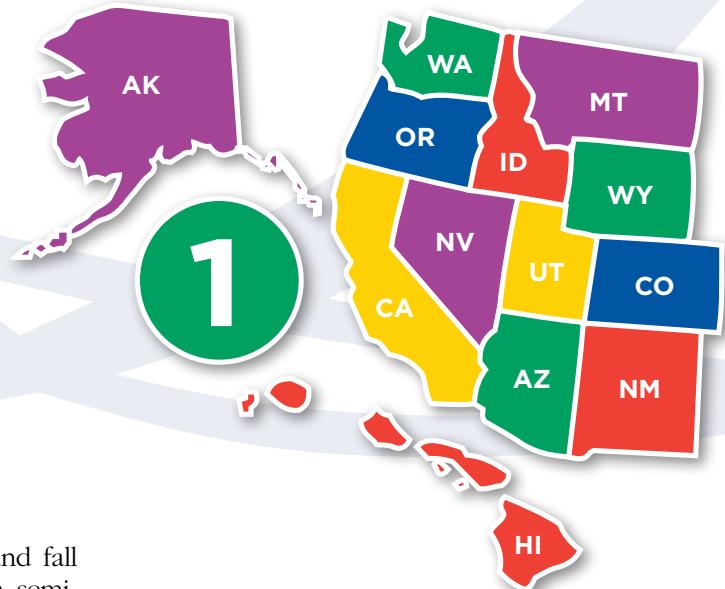
Most notably, the Nevada PeriAnesthesia Nurses Association (NevPANA), on the verge of folding due to a lack of volunteers to fill vacant board positions, is active once again. In response to a *Breathline* article about the Component Revitalization SWT, Lisa Davis, one of the remaining board members, reached out in an effort to save the component. It was decided some live action was needed to generate new enthusiasm.

Neighboring PeriAnesthesia Nurses Association of California (PANAC) volunteered to help by sending its Travelling Road Show. NevPANA member Debra Bennett was able to secure a site at Renown Regional Medical Center in Reno to hold a live seminar which brought 55 attendees. PANAC President Brian Harradine and Newsletter Editor Ronda Dyer provided education, while ASPAN President Connie Hardy Tabet, ASPAN Treasurer Lori Silva, and PANAC District Director Denise Oxford all came to show support.

The seminar included a discussion of the recent closure of the Nevada Association of periOperative Registered Nurses (AORN) component and the potential closure of NevPANA. All attendees were provided Willingness to Serve forms and 12 were submitted at the end of the day. In September, President Debra Bennett and the newly installed BOD held their first meeting! Congratulations, NevPANA!

### RMPANA Welcomes You to ASPAN's 2023 National Conference in Denver

The Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) hosted the National Conference Strategic Work Team in July as they visited the Mile-High City to further plan ASPAN's



2023 National Conference in Denver. Component members are looking forward to offering their time and energy to help make the event exciting and memorable. Springtime is bound to be beautiful in the Rockies and the Gaylord Resort will provide breathtaking views.

### Other Region 1 Component Activities

The Arizona PeriAnesthesia Nurses Association (AZPANA), Northwest PeriAnesthesia Nurses Association (NPANA), Utah Society of PeriAnesthesia Nurses (USPAN), PANAC, and RMPANA all enjoyed successful fall seminars in October. The PeriAnesthesia Nurses Association of New Mexico (PANANM) leaders had a retreat for strategic planning, and the Hawaiian Islands PeriAnesthesia Nurses (HIPAN) is developing plans for a 2023 fall seminar. (Anyone need an excuse to visit Hawaii?)

November brought leaders from all the components together in Kansas City for ASPAN's Perianesthesia Development Institute (PDI). Leaders were able to learn more about ASPAN, the nuts and bolts of component leadership, and professional and leadership skills. The best part was the opportunity to share the excitement, energy, and enthusiasm emerging throughout the region.



# Start Planning Your Trip to Colorado!

Regina Hoefner-Notz, MS, BSN, RN, CPAN, CPN, FASPA

Member, National Conference Strategic Work Team – ASPAN Past President 2018-2019

Bridget Miller, BSN, RN, CAPA

RMPANA Immediate Past President – Member, National Conference Strategic Work Team 2019-2020

National Conference

The mountains are calling perianesthesia nurses to come and explore the “Heart and Science of Caring.” Come celebrate our perianesthesia practice amid the stunning backdrop of the majestic Rocky Mountains. Attend the 42nd Annual ASPAN National Conference in Denver, Colorado. This adventure will be held April 28 - May 1, 2023, at the Gaylord Rockies Resort and Convention Center. The Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) is proud to welcome you to our spectacular state.

## Education and Networking Galore

ASPA's reputation as the premier organization for perianesthesia education continues this year with a multitude of educational topics presented by experts in their professional fields. Participants will be pleasantly challenged by educational sessions providing opportunities for professional growth as well as self-renewal. Register early to ensure your first choice of classes, as well as an amazing room with a stupendous view of the Rocky Mountains. Don't miss out on anything at this conference, especially networking with your ASPAN friends old and new. Have fun planning to attend the social events and the Exhibit Hall.

Take a chance on delightful Denver! If you are a first time ASPAN National Conference attendee, invite a colleague to share the ASPAN experience. Spread the word there is a First Timer's Orientation to help newcomers navigate the conference. Let's not forget there are excellent preconference and postconference educational choices, too. Motivation and pride for our profession will be the feeling one has after attending an enjoyable ASPAN opening and closing ceremony.

Come to Denver early or stay late to gain additional contact hours, as well as take time to experience our mountain hospitality. To increase your connection to all the ASPAN happenings, consider volunteering as a host/hostess or a moderator during the week. These opportunities are social, helpful to the success of the conference, and a great way to improve public speaking skills. Volunteer

details will be available within the conference brochure. Go for it and volunteer!

## Enjoy the Gaylord Rockies Resort and More

The Gaylord Rockies Resort and Convention Center will not disappoint, with several venues on site offering self-care options for busy conference attendees. A variety of spa services, fitness center, and awesome pool areas are all available. There are coffee shops, a Colorado souvenir shop, a large marketplace, a two-story sports bar as well as unique restaurants on site, all within a beautiful, relaxing, rustic environment. Share an adult beverage as you watch the orange and blue sunset over the magnificent Rocky Mountains at the welcoming lobby bar.<sup>1</sup>

If you wish to explore Denver off the Gaylord property, there are nearby attractions such as the Stanley Marketplace, craft breweries, and Wings over the Rockies Air and Space Museum. The Denver light rail is just a short shuttle ride from the hotel and can take you on further adventures in the downtown area, such as Union Station, U.S. Mint Tour, Colorado State Capitol, Larimer Square (the city's oldest block), Denver Walking Tours, the Denver Museum of Nature and Science, and much more. If a half-day or full-day trip to the mountains is what you desire, local sightseeing tours are available leaving Union Station. Spend some extra time enjoying this beautiful state.<sup>2,3,4,5,6</sup>



Regina Hoefner-Notz  
MS, BSN, RN, CPAN,  
CPN, FASPA



▲ U.S. Mint  
Courtesy of Visit Denver

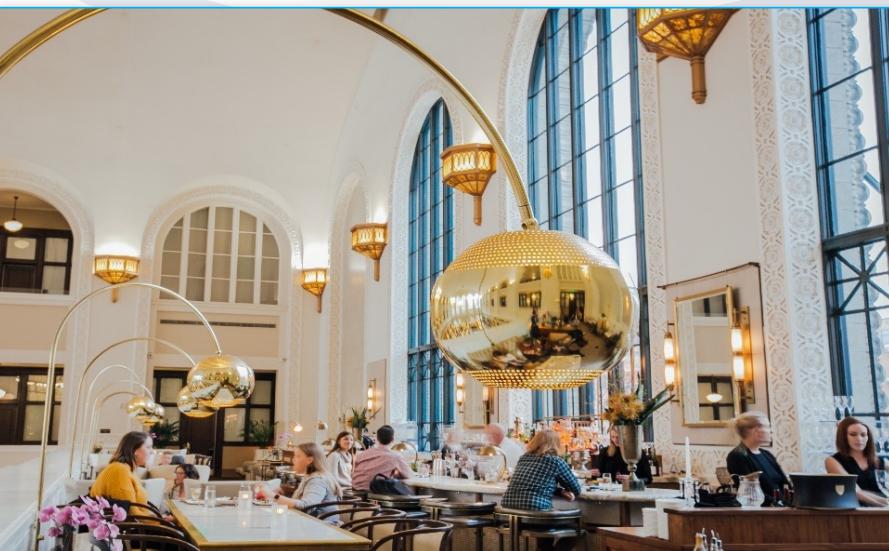
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History  
Colorado Center  
Courtesy of  
Visit Denver

► Larimer Square  
Courtesy of Visit Denver



▲ **Gaylord Rockies Resort and Convention Center**  
Courtesy of Visit Denver

◀ **Copper Lounge, Union Station**  
Courtesy of Visit Denver, Rebecca Todd Photography

## **Introducing ASPAN's Collaborative Advocacy Strategic Work Team**

Elizabeth Card, MSN, APRN, FNP-BC, CPAN, CCRP, FASPA – Coordinator, Collaborative Advocacy SWT  
LeighAnn Chadwell, MSN, RN, NE-BC – Vice-Coordinator, Collaborative Advocacy SWT  
Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPA – ASPAN President 2022-2023



**Elizabeth Card**  
MSN, APRN, FNP-BC,  
CPAN, CCRP, FASPA



**LeighAnn Chadwell**  
MSN, RN, NE-BC



**Connie Hardy Tabet**  
MSN, RN, CPAN, CAPA,  
FASPA

**N**urses have been consistently recognized as the most trusted profession in the United States Gallup Poll the past 18 years.<sup>1</sup> Nurses are educated to advocate for the rights and welfare of the individuals we care for. Nursing's basic philosophy also creates a mindset for advocacy on a broader scale for communities, populations, and even the profession of nursing. Advo-

cacy is a skill within the reach of any nurse. The American Nurses Association (ANA) states on its website, "ANA believes that advocacy is a pillar of nursing. Nurses instinctively advocate for their patients, in their workplaces, and in their communities; but legislative and political advocacy is no less important to advancing the profession and patient care."<sup>2</sup>

## ANA Education and Resources

The ANA website hosts an RN Action Center full of education and resources for nurses to stock their advocacy toolbox.<sup>2</sup> The ANA RN Action Center activates individual nurses into advocacy activities in two simple ways. One is to sign onto existing campaigns such as the “stop nurse abuse” by taking a pledge and adding your voice to the work the ANA is leading.<sup>2</sup> Another avenue is to share a personal story such as the learn how to #endnurseabuse. Personal stories of abuse or workplace violence inform the public and lawmakers. Additionally, these individual accounts provide clarity for understanding and establishing empathy for the situation. Appealing to both the mind and heart through stories provides a path for those who do not work in healthcare to move from uninformed bystanders to active informed and aware allies.

## ASPN's Many Approaches to Advocacy

Professional nursing organizations exist to educate, guide/create practice standards, and advocate and conduct original research to advance nursing science.<sup>1</sup> The American Society of PeriAnesthesia Nurses (ASPN) is a member owned non-profit specialty nursing organization for nurses who care for individuals who have received anesthesia for procedures or surgery. ASPN represents over 60,000 nurses working within this specialty in the United States.<sup>3</sup> This organization is governed by a Board of Directors inclusive of 13 voting individuals and the ASPN Representative Assembly which includes two representatives from every state component. The members of the Board of Directors strive to fulfill their fiduciary responsibilities and to advocate for the members of the organization. These responsibilities are at the heart of every decision made by members of the Board. It is critical to their success they come together at the table empowered to each voice their ideas, concerns, and perspectives. A highly functioning board will not agree on everything, but, rather, will examine issues from all angles prior to deciding on any action. The board gives voice to the members and the profession.<sup>4</sup>

Any individual serving on the ASPN Board of Directors, the Governmental Affairs Strategic Work Team (SWT), or Collaborative Advocacy SWT may become very active in advocacy activities surrounding a nursing health policy. And, if successful, these groups or an individual leader may advance the agenda of the organization. The history of ASPN is full of leaders who did just that. These passionate, informed nursing leaders recognized an issue and advanced the topic from a problem nurses recognized and

talked about into a specific well-defined issue. Then, the collective power of the organization could move forward and put solutions into action for a better work environment of the members in the future.

## Collaborative Advocacy Activities of ASPN

A recent example of advocacy activities ASPN has undertaken for the members is the ASPN Civility Task force established in 2020. The 2020-2021 president of ASPN approached and garnered support from the presidents of the American Association of Nurse Anesthesiology (AANA) and the Association of periOperative Registered Nurses (AORN) to have equal representation and ownership of a multiorganizational joint position statement. The organizations involved represented the different perspectives of nurses within the perioperative/perianesthesia spaces. In 2021, the AANA, AORN and ASPN Joint Position Statement on Civility was passed by all three organizations' governance procedures. This Joint Position Statement lays the foundation for how nurses treat one another within the perianesthesia space, but also how the organizations can collaborate in the future.<sup>3</sup>

Advocacy work can be accomplished through task forces, committees, and strategic work teams within an organization, and many times the individual leading these is also the healthcare policy advocate. Establishing an organization's position statements is one way to get a healthcare policy onto the agenda. Multiple organizations collaborating to establish a joint position statement can be extremely powerful in moving a policy forward, as it now represents the voice of many nurses. From the previous example, AANA membership includes 60,000 certified CRNAs, and AORN membership of 43,000 representing approximately 160,000 perioperative nurses. Adding these voices to those individuals ASPN represents increases visibility and amplifies the importance and breadth of the advocacy work.<sup>5,6</sup>

## ASPN's new Collaborative Advocacy Strategic Work Team

President Connie Hardy Tabet recognizes the important advocacy work ASPN can accomplish. Her vision led to her creating the newly established ASPN's Collaborative Advocacy SWT. This SWT is charged with creating education, resources, and partnering with ASPN Governmental Affairs to move forward on healthcare policy issues impacting the members of the organization and the patients or communities for which these nurses serve.

All nurses are advocates, but specialty practice

or professional organizations have the power and resources to move advocacy items into action, unlike any individual ever could successfully accomplish.<sup>1</sup> Everything any organization puts effort into must support its goals of accomplishing the mission. Legislative agendas for advocacy activities should also align with the mission and vision of the organization as well as the members they serve. Please be aware of this new SWT and keep an eye on the ASPAN website for the new tab that will contain resources, education, and activities of this group to assist ASPAN in accomplishing President Hardy Tabet's vision of the Heart and Science of Caring: Collaboration. Advocacy. Purpose. Excellence.

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# CERTIFICATION

## Updates from ABPANC - The American Board of Perianesthesia Nursing Certification, Inc.

### Congratulations to our 2022 Fall Scholarship Recipients!

ABPANC is pleased to announce it has awarded 15 scholarships for certification/recertification fees in Fall 2022. Over the past decade, ABPANC has awarded nearly 150 scholarships to candidates and certified nurses whose employers do not provide reimbursement. [Learn more](#) or apply today.

### Now Introducing Digital Flashcards!

ABPANC is pleased to offer a new way to study for the CPAN and CAPA exams:

Developed by CPAN and CAPA certified nurses, ABPANC's new digital flashcards include 250+ key perianesthesia nursing definitions and concepts designed according to ABPANC's Test Blueprint. The interactive format works on a PC, tablet, or mobile phone, providing flexibility in how and where you study. Flashcards are \$55 for a one-year license, which includes access to both the desktop and mobile versions of the flashcards. [Learn more](#).

### Coming in 2023: Exam Updates

Beginning in Spring 2023, both the CPAN and CAPA exams will follow an updated test blueprint.

The exam content outlines for the Certified Post Anesthesia Nurse (CPAN®) and Certified Ambulatory Perianesthesia Nurse (CAPA®) certification programs are based on the results of a Role Delineation Study (RDS) or Study of Practice. ABPANC's accreditation standards mandate such studies be conducted every five years; the most recent study was conducted in 2021.

As a result, the exam blueprints for both CPAN and CAPA are changing to better reflect the current knowledge, skills, and abilities of today's perianesthesia nurses.

View the [2023 CPAN Exam Blueprint](#) and the [2023 CAPA Exam Blueprint](#).

#### REMINDERS:

- CPAN/CAPA Certification spring registration window: **January 1 – March 15**
- Spring Recertification window: **January 1 – April 30**

Learn more at: [cpancapa.org](http://cpancapa.org)

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# 2023 WINTER/SPRING WEBCASTS & SEMINARS

## LIVE IN-PERSON SEMINARS

### PERIANESTHESIA CERTIFICATION REVIEW

**February 12, 2023 SUNDAY**

*Ventura, CA*

**March 25, 2023 SATURDAY**

*Bloomington, MN*

### PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

**May 20, 2023 SATURDAY**

*Waltham, MA*

## LIVE WEBCASTS – FULL-DAY

### FOUNDATIONS OF PERIANESTHESIA PRACTICE

**January 28, 2023 SATURDAY**

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

**February 4, 2023 SATURDAY**

### PEDIATRICS: BEYOND THE BASICS

**February 11, 2023 SATURDAY**

### PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

**February 25, 2023 SATURDAY**

### PERIANESTHESIA CERTIFICATION REVIEW

**March 11, 2023 SATURDAY**

**March 26, 2023 SUNDAY**

### PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

**February 8, 2023 WEDNESDAY**

**February 15, 2023 WEDNESDAY**

**February 22, 2023 WEDNESDAY**

### PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

**May 20, 2023 SATURDAY**

### PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR PRACTICE

**June 3, 2023 SATURDAY**

### REFRESHING YOUR PERIANESTHESIA PRACTICE

**June 10, 2023 SATURDAY**

### SAFETY BEGINS WITH US

**March 25, 2023 SATURDAY**

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

**June 24, 2023 SATURDAY**

## LIVE WEBCASTS – HALF-DAY

### ADVANCED CARDIOVASCULAR AND PULMONARY PATHOPHYSIOLOGY

**February 26, 2023 SUNDAY**

### FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

**March 5, 2023 SUNDAY**

### INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA CARE

**March 12, 2023 SUNDAY**

### LEADERSHIP STRATEGIES TO SUSTAIN A CULTURE OF SAFETY NEW!

**February 5, 2023 SUNDAY**

### PERIANESTHESIA ESSENTIALS I

**March 19, 2023 SUNDAY**

### PERIANESTHESIA ESSENTIALS II

**May 21, 2023 SUNDAY**

### PERIANESTHESIA ESSENTIALS III

**June 4, 2023 SUNDAY**

### PERIANESTHESIA ESSENTIALS IV

**June 11, 2023 SUNDAY**

### PERIANESTHESIA ESSENTIALS V

**January 29, 2023 SUNDAY**

### PERIANESTHESIA FOUNDATION

**January 22, 2023 SUNDAY**

# 2023 WINTER/SPRING WEBCASTS & SEMINARS

## LIVE WEBCASTS – TWO-HOUR

### ACUTE AND CHRONIC PAIN MANAGEMENT

January 18, 2023 WEDNESDAY

### ANESTHESIA AGENTS AND TECHNIQUES

January 25, 2023 WEDNESDAY

### ASPAN PRACTICE RECOMMENDATIONS AND POSITION STATEMENTS

February 1, 2023 WEDNESDAY

### COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA

March 1, 2023 WEDNESDAY

### CRITICAL CARE COMPETENCIES: NEUROLOGICAL

March 8, 2023 WEDNESDAY

### EMERGENCY PREPAREDNESS

March 15, 2023 WEDNESDAY

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

March 22, 2023 WEDNESDAY

### GASTROINTESTINAL AND ENDOCRINE PATHOPHYSIOLOGY AND ASSESSMENT

March 29, 2023 WEDNESDAY

### HOW TO BECOME A TRANSFORMATIONAL LEADER **NEW!**

May 17, 2023 WEDNESDAY

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

May 24, 2023 WEDNESDAY

### LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA NURSING

May 31, 2023 WEDNESDAY

### MALIGNANT HYPERTHERMIA AND POSTOPERATIVE NAUSEA AND VOMITING

June 7, 2023 WEDNESDAY

### NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

June 14, 2023 WEDNESDAY

### OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

June 21, 2023 WEDNESDAY

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

June 28, 2023 WEDNESDAY

### PATIENT SAFETY GOALS AND ASPAN STANDARDS

February 2, 2023 THURSDAY

### PEDIATRIC ANESTHESIA AND POSTANESTHESIA COMPLICATIONS

January 26, 2023 THURSDAY

### PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT AND DISCHARGE CRITERIA

February 29, 2023 THURSDAY

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

February 16, 2023 THURSDAY