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INSIDE:

PRESIDENT'S MESSAGE:

Heart and Science of Caring - *Collaborate. Advocacy. Purpose. Excellence.* Adopting a Caring, Compassionate, and Open Heart

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

Care and Caring

Have you considered the difference between the commonly used words care and caring? The word care is associated with attentiveness, focus or concern.¹ The noun 'care' has been spoken since 1550. The adjective 'caring' has been shared since 1966.² There are many synonyms for caring. A few standing above the others are understanding, selfless, kind, or open-hearted.³ Collaboratively, we each are obliged to engage in caring behaviors and actions. Perianesthesia nurses deliver quality care as a basic need to ensure patients' well-being. How nurses demonstrate the heart and science of caring is an art of excellence that captures the attention of our patients and their caregivers.

Compassionate Care

It is assumed all healthcare workers exhibit compassion through their vocational calling. As it is often said, never assume. Compassionate care may disappear and become a victim due to stress, burden of care, or burnout.⁴ The collaboration of Drs. Stephen Trzeciak and Anthony Mazzarelli's work pioneered as a hypothesis, in which they followed healthcare providers to identify compassionate interactions. These interactions were measured in a mere 40 seconds between healthcare provider and patient and they observed the actions favorably impacting patients' lives.⁵ The effects of compassionate care were found to have positive boomerang effects for healthcare providers, and were a remedy for compassion fatigue and burnout.^{4,5,6,7} This clinical inquiry related to compassion behaviors has shown significantly amplified patient outcomes, and reduced healthcare costs evident from powerful caring actions.^{4,5,6,7}



Connie Hardy Tabet
MSN, RN, CPAN, CAPA,
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Open Heart, Open Mind and Open Soul

Compassionate communication is an excellent and effective manner to foster a culture of caring. Even if you are not a yogi practicing open heart poses daily, everyone can embrace a caring, open heart and mind. These qualities can influence a change of heart, or state of mind, even if we take just a few short, mindful breaths. It may come across as an easy skill set.

Transforming heartfelt intentions into actions can still be challenging if not adopted as a purposeful habit. I challenge each of you, myself included, to start all future interactions or communications with an open heart and open mind. Being sincere and genuine, and closely listening to all sides of a story are essential. Intentional understanding and deep empathy create significant ripple effects to feel the power of compassion for one another.

I was recently reminded of two eloquent Japanese words: kaizen and shoshin, each of which has a valuable meaning. A kaizen mindset encompasses an open soul, encouraging personal betterment, harmonic actions, and regular ongoing improvement for oneself or organizational processes.⁸ Shoshin, a Zen Buddhist term, means having a fresh or beginner's mind.⁹ John Perricone, keynote speaker at the 41st ASPAN National Conference, shared an inspiring and uplifting presentation. He imparted his daily shoshin practice and philosophy in action by maintaining a fresh, beginner's mind and attitude.¹⁰ Every day offers a blank slate and a fresh start. Each day we are graced with micro-opportunities to adopt novel ideas, such as communicating and practicing integration of an open heart, mindset, spirit, and soul.



Body Language

It is no secret: facial expressions and body language speak loud and clear. Our nonverbal interpersonal messaging and cues certainly do not require words to communicate a caring heart. A slightly tilted head elicits more open and compassionate interactions. Share a smile with your kind eyes, even while sporting your facial mask. With a real smile, we have Duchenne eyes, engaging the orbicularis oculi muscle at the eyelid by squinting eyes, wrinkled skin at the eye corner or crow's feet, and elevated cheeks. A joyous smile promotes the release of "happy" endorphins.¹¹ When people share a mere 30% of intentional mutual eye contact, it authenticates trust and credibility.¹¹ The literature on communications shows that a range of 60-90% of our interactions are nonverbal.¹²

Nurses can offer daily understanding, and be impactful with empathy, effective communication, and compassionate touch to our patients. Compassionate nurses value bonding with patients through eye contact, therapeutic touch to provide comfort, establishing rapport, and by demonstrating genuine caring. Matching our verbal and nonverbal body language is essential to establish trust and respect. When the two behaviors do not mimic each other, a non-therapeutic barrier is created. Nurses are encouraged to develop a better understanding and self-awareness of their own, patients', and colleagues' nonverbal communications, cues, or gestures.¹²

As caring professional nurses, we can be reminded to share our servant and heart-centered legacy through a compassionate open heart, mind, and soul. Liberally give away your smile, with a head tilt and through squinting eyes. Each of us can offer a diverse, caring manner and meaningful purpose to those we touch daily. Caring and compassion matter to us all as a person, ASPAN member, and an excellent perianesthesia nurse!

For those readers who enjoy a powerful visual experience of understanding the difference between care and caring, review the video links in the last two references listed.^{13,14}

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Deadlines for inclusion in *Breathline*:

Issue	Deadline
January	November 1
March	January 1
May	March 1
July	May 1
September	July 1
November	September 1

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Illustration p.7:
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The Call for Nominations is Open!

Jennifer Kilgore, BSN, RN, CPAN

ASPAN Immediate Past President and Nominating Committee Chair

It is my honor to talk with you about upcoming opportunities within ASPAN. Today's generation of emerging nurses loves to volunteer. ASPAN is the perfect place for emerging nurses to dive deeper. Through service and volunteerism, relationships are strengthened, our skill set broadened, and career opportunities expanded. All this can add to a happy and healthy lifestyle. We all live busy, hectic lives. It can be often challenging to find time and energy to give more. However, the benefits of service and volunteering can be immeasurable.

Serving on the ASPAN Board of Directors is also a tangible way to mentor and connect to today's perianesthesia nurse. I encourage you to submit your name as a candidate to serve on the ASPAN Board of Directors 2023-2024. Service comes with commitment and responsibilities, but, my experience, having served on the ASPAN Board of Directors, has been irreplaceable. The rewards of volunteering and service to others are abundant. Think about it!

Qualified and eligible candidates are needed for the 2023-2024 ASPAN Board of Directors positions:

- Vice President/President-Elect (three-year term)
- Treasurer (two-year term)
- Director for Clinical Inquiry (two-year term)

- Regional Director, Region 1 (two-year term)
- Regional Director, Region 3 (two-year term)
- Regional Director, Region 5 (two-year term)
- Nominating Committee Members (one-year term) (five members)

To run for a leadership position, you need to complete the following:

- Declare your candidacy as soon as possible via email to Jennifer Kilgore at: jkilgore@aspan.org
- An Intent to Place Name for Nomination Form, Candidate Profile Sheet, Curriculum Vitae (CV), Letter of Recommendation, the appropriate Conflict of Interest Policy/Form to your candidacy, and your photograph must be submitted via email only
- All submissions must be date-stamped no later than October 1, 2022 – no exceptions. Hard copies, faxed copies, or late submissions will not be accepted

For more information visit the ASPAN website [here](#), or contact Jennifer Kilgore at jkilgore@aspan.org.

The deadline to submit all required candidate paperwork is October 1, 2022. 

ASPAN News



Jennifer Kilgore
BSN, RN, CPAN

Perianesthesia Development Institute (PDI) *Inspiring the Heart to Care - Sharing the Secrets for Success*

Plan to attend the upcoming ASPAN Perianesthesia Development Institute (PDI), formerly known as Component or Leadership Development Institute (CDI/LDI).

Kansas City, Missouri - Live in-person November 4 & 5, 2022

On-demand (recorded) sessions will be available a few weeks after the scheduled PDI event.

Collaboratively, the ASPAN Board of Directors has been planning this annual opportunity to share knowledge, grow leaders, and share success for state components.

- As the date gets closer, there will be a pre-PDI virtual meeting Thursday, October 20 at 8 PM Eastern time for attendees to learn about the event, what to expect, and ask questions

- Plan to arrive Friday, November 4, in the afternoon. The program begins at 5:00 pm for a Meet and Greet and learning with networking
- Saturday, November 5, is interactive learning and breakout sessions
- Leave Sunday, November 6, to go home

Topics will be diverse on leadership roles, recruitment, engagement strategies, resource management, financial inquiries, well-being, teambuilding and more. The ASPAN Board of Directors is excited to share valuable information to champion the success of ASPAN components, leadership, and members as we develop skills beyond the bedside.

Click [here](#) for open registration on ASPAN's website. Stay tuned for more information as the date approaches.



**Alphonzo Baker, Sr.
DNP, RN, CAPA**

WILLINGNESS TO SERVE

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

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

Greetings 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 board member 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."¹

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Plan Now to Showcase Your Accomplishments with Abstracts and Posters for the 2023 National Conference in Denver!

Celebrate Successful Practices abstracts are due **October 31, 2022**. Categories include patient care, staff education, nursing leadership, preadmit/preop, patient flow, handoff communication and documentation, and unit/environment activities. Click [here](#) for more information.

Clinical Inquiry (Research) abstracts are also due **October 31, 2022**. Start planning now to showcase your accomplishments! Click [here](#) for more information.

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

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

It 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

notification 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.

Nominations Now Open for ASPAN's 2023 Awards Program!

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

As we transition into fall, our Membership/Marketing SWT is busy connecting with all component leaders to assist with recruitment and remind colleagues of ASPAN's upcoming national awards.

Here 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 applications 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.



Shay Glevy
BSN, RN, CPAN, CAPA

FOLLOW US!

On Social Media:



NEW MEMBERSHIP PROMOTIONAL VIDEO!

ASPAN premiered a new promotional video at its 2022 National Conference! You can see the new video by clicking on the image to the right.

We encourage you to share this video with anyone and everyone who may be interested in ASPAN and learning more about perianesthesia nursing.



SAVE THE DATES
February 6 – 12, 2023
PeriAnesthesia Nurse Awareness Week (PANAW) 2023
More info to come!



ASPA

Tell your colleagues about ASPAN, earn rewards for doing so.



The Nursing Community Coalition: Your Connection to Congress

Donna Goyer, BS, RN, CPAN, CAPA – Coordinator, Governmental Affairs Strategic Work Team



Donna Goyer
BS, RN, CPAN, CAPA

The Nursing Community Coalition (NCC) partners with over 60 national professional nursing organizations. For more than 10 years they have been advocating for a wide range of healthcare issues specific to education, practice, regulation, and research. They represent over four million licensed nurses (RNs/APRNs), as well as nursing students, to improve access and care for patients, families, and communities.¹ ASPAN has been an active member of the NCC for many years.

During National Nurses Week, the Nursing Community Coalition submitted a letter to Congress highlighting the NCC's top legislative priorities and encouraged them to act on these issues. On May 10, they held a virtual congressional briefing and roundtable discussion that included 100 guests on and off Capitol Hill. A variety of NCC members presented an overview of the current and future priorities for nursing workforce, academics, and research.

Requests for Congress

The initial presentation focused on the fiscal year 2023 appropriations requests for Title VIII Nursing Workforce Development Programs and National Institute for Nursing Research (NINR) funding. The Title VIII request is for \$530 million to help meet the demands for nursing practice, recruitment, and retention, as well as all aspects of nursing education. The NINR request is for \$210 million to fund nursing research and establish a scientific basis for quality patient care.

Another request included making the waivers implemented during the Public Health Emergency permanent. This would allow for expanded healthcare services, such as telehealth visits, to continue post-pandemic and practitioners to practice to the full extent of their education and training.

Other priorities focused on implementing safety measures to protect the current and future nursing workforce. The NCC has sent a letter to the Senate encouraging the passage of the Workplace Violence Prevention for Health Care and Social Service Workers Act (S.4182). The mental health and wellness of nurses is also of importance and, while the NCC has expressed appreciation for the resources provided in the American Rescue Plan Act, they continue to recommend Congress include funding and mental health resources in future legislation.



Investment in Nursing Education

The Nursing Community Coalition supports investment in nursing education by encouraging the passage of the Future Advancement of Academic Nursing (FAAN) Act (S.246/H.R.851). This would provide support for nursing students, development of diverse faculty, and expansion of clinical education opportunities to prepare nursing students for the transition from classroom to practice across the nation.

Further Priorities for the NCC

The NCC shared their top 10 legislative priorities during this briefing, which included more topics than space allows for this article. However, more specifics are available on the Nursing Community Coalition website www.thenursingcommunity.org.

The Nursing Community Coalition website is an excellent resource for connecting with congressional activities. Letters to the House and Senate may be viewed under the Advocacy and Engagement tab. A copy of the power point from the Congressional Briefing is available under Events. The Resources page provides the current version of the Title VIII brochure, the FY 23 funding chart, and the list of House and Senate Nursing Caucus members. As you engage with your legislators to encourage them to support the NCC priorities, these are excellent tools for making your connections.

REFERENCE

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What's New in Education?

Felica Selman, MSN, RN, CAPA – ASPAN Director for Education

Save the Date for ASPAN's 42nd National Conference

During 2020 and 2021, we relied heavily on virtual platforms in order to continue providing education to our 60,000 plus perianesthesia nurses. While some have enjoyed the online platform, others have longed for in-person learning. This year, from April 7 - 10, 2022, ASPAN resumed its in-person National Conference in Philadelphia. It was an exciting opportunity to see perianesthesia nurses celebrating the importance of collaboration, learning, networking, and fellowship! If you missed the opportunity to attend the National Conference in April, mark your calendar! April 28 – May 1, 2023, ASPAN's 42nd National Conference will be held at Gaylord Rockies Resort in Denver, Colorado.

We're Counting on You

We are counting on you to join us for next year's conference. Feel free to invite all your fellow perianesthesia colleagues who may be new to the specialty, or who have never experienced a national conference. I believe if one person invites another and so on, we will see a grand turn out and, together, we will celebrate the *Heart and Science of Caring*. Our National Conference Strategic Work Team (NCSWT) members have begun working extensively on the 2023 Conference in Denver. The work done behind the scenes in preparation for the conference is a true testament to the dedicated mindset of the NCSWT. This is always an anticipated time for perianesthesia nurses to see old friends and also make new friends. Together, we will network with nurses from around the globe by learning from each other and sharing professional and lived experiences. Be prepared to be inspired and motivated as you attend interesting sessions with your colleagues and hear from other experts in the perianesthesia field.



The Learning Never Stops

"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning."¹

As nurses, we are constantly learning about innovative ideas, theories, and practices within our specialty. In order to provide the best care possible, we must be open to the knowledge available to us. Even the experts within the perianesthesia field are constantly learning so they can improve their craft. We, as nurses, must adopt the mind frame "the learning never stops."¹ At next year's conference, we will have the opportunity to expand our knowledge as we hear from leaders in the field who are making strides and willing to share their knowledge with their peers. However, the learning does not end there either. Be sure to connect with your colleagues who attend the conference as well. You never know who you may run into and what knowledge you may obtain. A simple conversation during a break can turn into a learning experience you may never forget!

Additional Educational Opportunities

You don't have to wait until 2023 to get a jump-start on the educational opportunities available to perianesthesia nurses. There are a multitude of resources currently available to you now as a member of ASPAN:

- **ASPA Learn:** Provides free and paid, live and recorded webcasts, on-demand modules, article reviews, seminars, and past national conference sessions
- **ASPA On-Demand Library:** Offers a variety of educational modules covering perianesthesia topics to complete on your own time and pace without the concern of cost of travel
- **Journal of PeriAnesthesia Nursing (JoPAN):** Allows members to receive free contact hours after reading a JoPAN article, completing the evaluation, and completing the post-test.

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Felica Selman
MSN, RN, CAPA



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

ASPAN Development Strategic Work Team (SWT)

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

ASPAN's Development SWT encourages giving from individuals and organizations to help advance the vital practice of perianesthesia nursing. Each year, the Development SWT hopes to exceed the previous year in giving, and this year is no different. Support at ASPAN's 41st National Conference in Philadelphia was strong, and this was made possible by the generosity of twenty-one components, monies raised from our silent auction, charitable donations from individuals, and industry support. As we move past the 2022 conference, the Development SWT continues to promote giving in order to support the cost-effective programs you expect. We have various options where you can make contributions.

Hail, Honor, Salute!

Hail, Honor, Salute! is a unique way to honor a special person and, at the same time, make a charitable gift to ASPAN any time throughout the year. You can acknowledge a special occasion, accomplishment, or your appreciation for a special favor by clicking [here](#) and pledging any amount. Your recipient will receive a letter of recognition and a frameable certificate.



Component leaders receiving Legacy for Life recognition for their components at National Conference ▶

Legacy for Life

At the 2013 National Conference in Chicago, ASPAN introduced a new lifetime giving program. The program is open to all individuals and components to foster ongoing support for the preservation and advancement of the Society. Specific gifts to ASPAN since 2013 are all automatically credited toward Legacy for Life. Individuals who reach the momentous level of \$5,000 of support—and components that reach



\$10,000 of support—are then officially named and introduced as members of the ***Legacy for Life*** program.

In addition to making a significant, lasting impact upon ASPAN and its vital mission, benefits of membership are extensive and include: a formal installation at a ceremony during our National Conference, a *Legacy for Life* medallion, annual recognition in our National Conference syllabus, inscription of your name on a plaque displayed prominently in the ASPAN National Office, and complimentary lifetime membership to ASPAN (for individuals). For more information and to see how close you or your component are to Legacy for Life status, please contact Doug Hanisch of the National Office at dhanisch@aspan.org.

Your Gifts are for Lasting Support

Both the ***Legacy for Life*** program and ***Hail, Honor, Salute!*** campaign support the future of perianesthesia nursing. All gifts are used to assist in funding activities such as professional education, evidence-based research, scholarships and awards, advocacy, and more. All gifts are tax-deductible as allowed by law.

When you support ASPAN, you help bring about many good things: supporting nurses in perianesthesia practice which helps ensure optimal patient care, assuring ASPAN programs continue at the lowest possible costs, and, encouraging giving among other prospective donors. Let us continue to support these important programs and advance our unique specialty.

Thank you. 



▲ The Development Breakfast was an opportunity to participate in *Hail, Honor, Salute!*

Bedside Nurses - the VITAL SIGN in Clinical Inquiry!

Amy Berardinelli, DNP, RN, NE-BC, CPAN, FASPAN – Clinical Inquiry Committee Member

Immediate Past Coordinator, Evidence-Based Practice SWT

Vital signs are most crucial measurements that indicate the status of the body's vital functions. Vital signs depict the person's physical health, provide clues for possible disease, and grant us a view of recovery, especially during the perioperative experience.

When it comes to clinical inquiry, bedside nurses are the vital signs prompting crucial questioning! The bedside nurse identifies patient and caregiver safety concerns, gaps in clinical practice, and opportunities for improved efficiencies. Bedside nurses are innovative. All this is done by asking questions: How can this be done differently? Can this be done better? Did what we just executed prove to be beneficial? Simply asking the questions stimulates the mind. Bedside nurses are the clinicians nursing leaders ought to be engaging, supporting, and listening to, as this is where the IDEAS, needs, opportunities, and best practices are produced.

I recently stepped down from leadership after ten years. The pandemic played its toll on me as a nurse, a leader, and a person. I know I am not alone. However, I knew it was time for me to change directions. I made a decision to return to the bedside. Throughout the pandemic, leaders jumped into and out of staffing by covering the charge nurse role, providing lunch coverage, taking snippet assignments, all while continuing to perform their managerial duties and beyond. To me, it felt as if I was sharing the positive aspects and opportunities alongside the bedside nurses. The truth is, I was not experiencing the big picture. I was only thrown into a frame here and there.

Only when I started orientation in my new position as a bedside perianesthesia nurse did I fully realize the struggles, opportunities, and best practices to their full extent, most importantly, the electronic health record (EHR). A systematic review by Baumann et al¹ revealed physicians' documentation time increased from 16% to 28%, nurses' time from 9% to 23%, and interns' time from 20% to 26% with the implementation of the EHR. However, since EHR implementation, there have been few publications to validate or evaluate their efficiencies. Hint, Hint! According to the systematic review, when first learning the EHR, documentation time took longer than traditional written charting. Once the clinician becomes familiar with the system, their workflow improved, and time was saved.

EHR Positives:

- Point of care patient information is accurate and immediate
- Quick access to patient records for collaborative care
- Ability to share records with patients and licensed independent practitioners (LIP) in a secure platform
- Information at your fingertips allows LIPs to diagnose and prescribe, while reducing medical errors
- Improved patient and provider interaction and communication
- Helps promote legible, complete documentation, and accurate, streamlined coding and billing
- Enhances privacy and security of patient data
- Improves clinician productivity and work-life balance
- Reduces costs through decreased paperwork, improved safety, reduced duplication of testing, and improved health
- Thus, helps healthcare organizations meet their business goals (www.healthit.gov)

EHR Opportunities in the Perianesthesia Arena:

- Integrating flowsheets with the floor nurse's charting. Why do some EHRs not allow sharing of ambulatory and inpatient charts?
- Quick access to preadmission testing (PAT) information that populates to the pre-operative flowsheet. Some EHR systems do this. Some do not. Why?
- Where is the preoperative IV order? Are there nurse-driven protocols? Can the nurse enter the orders for IV insertion, pregnancy test, blood glucose, ABO?
- Do I have an up-to-date medication list, or do I have to enter and review all 30 medications in pre-op?
- Post-Op: What medications were given in the OR? In report, anesthesia just rambled them off at the speed of light. Is there an easy-to-access document? Did the nurse anesthetist, anesthesia assistant (AA), and anesthesiologist enter the medications given into the OR EHR for the post-op nurse to access? When was Zofran given last? When was Toradol given last? Was a steroid given? Was Emend or Sugammadex used? Does a hormone-related discharge instruction sheet auto-populate?



Amy Berardinelli
DNP, RN, NE-BC,
CPAN, FASPAN

- Do we have orders to irrigate the bladder, place a straight catheter, place an ice bag on the affected limb, or medicate with Tylenol since it is mentioned in the discharge instructions as a pain reliever to take once home?
- Why am I charting the antibiotic given in the OR?

Perianesthesia nursing needs each and every one of us to ask questions, to identify safety concerns, and to elevate practice, and, to be the VITAL SIGN for the perianesthesia nursing specialty. We can do this through clinical inquiry: quality improvement projects, literature searches for best practices, or through nurse-led research.

ASPAN research grants are awarded twice a year. Application deadlines are January 1 and June

15 of each year. Grant applicants will be notified of approval or denial by March 15 of the same year (January applicants) and by August 1 of the same year (June applicants). All grant awardees will be acknowledged at the ASPAN National Conference.

Please contact ASPAN Director for Clinical Inquiry, Margaret McNeill, at pmcneill@aspan.org with any questions.

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Clinical Practice Hot Topic: Orientation Questions in the PACU

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

The Clinical Practice Committee receives many questions from members and non-members each month. To submit a question, please go to the ASPAN home page and look under the Clinical Practice tab.



Melissa Davidson
MSN, RN, CPAN

Competency of nursing staff is paramount to good patient outcomes. ASPAN has developed three different competency-based orientation programs (CBO) for RNs, unlicensed personnel, and the specialty pediatric population.^{1,2,3} ASPAN has also created a resource in its *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, Resource 3: Perianesthesia Nursing Orientation Timeline.⁴ There are facilities which use a home-grown approach to orientation. Education of RNs in the department should be geared toward the learner and orientation individualized to each person, using these ASPAN resources to guide the orientation.

Q: *How long should orientation be for a travel nurse?*

A: All nurses are not created equal. The decision to hire a temporary team member is difficult, and typically only used when staffing levels are critical. When interviewing a traveling nurse, it is important to be clear about the skill level needed in your department. There are facilities where ICU patients bypass the PACU. Nurses from this type of environment may not be comfortable

working with invasive monitoring, vasoactive drips, or intubated patients. Departments utilizing a blended level of care model may need to emphasize the discharge needs of your population and ensure the candidate has experience in this area.

Clear expectations and a clear contract need to be created to ensure all parties understand the expectations of the position. If you flex staff, do not write a contract with set hours. If you want the nurse to take call, discuss this with the agency. Ensure the methods to cancel the contract are clear and in writing for each party.

Once the correct candidate is hired, orientation should be geared towards the individual's needs. Most travel nurses should come with some perianesthesia experience in the area in which they are to be hired. In this instance, the orientation can generally follow the time frame of the column "Previous Perianesthesia Experience," from the Perianesthesia Nursing Orientation Timeline, with skill expectations upon hire to 1 week for a traveler.⁴ Most facilities allow three to four shifts to completely sign off on competencies, become familiar with documentation, and learn the flow of the department. If the RN is not fitting the needs of the department within a week, it may be necessary to cancel the contract.

Q • Can we hire new graduate RNs in the PACU?

A New graduates can be a breath of fresh air to the department. They are willing to learn and bring a wealth of knowledge from recent clinical experiences with them. As mentioned above, the ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* has an orientation guideline for new graduates in its Resource 3: Perianesthesia Nursing Orientation Timeline.⁴

When developing an orientation schedule for a new RN, consider the personality and learning style of the RN. Perhaps they are learners who need a hands-on demonstration. They want to develop their own system and patterns. Ensure the learner understands the purpose of what you are doing, for example, the reason temperatures are assessed frequently. Do not assume any orientee understands anesthesia and the purpose of the PACU. Again, the ASPAN *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* provides guidance with the new graduate in its Resource 3: Perianesthesia

Nursing Orientation Timeline. This resource can be used as a guide, along with the competency-based orientation programs ASPAN offers.

By using the tools available to develop the orientation for your department and focusing on the individual's needs, you will be successful in having a competent team member who provides excellent patient care.

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2. American Society of PeriAnesthesia Nurses. Allen J, ed. *A Competency Based Orientation and Credentialing Program for the Unlicensed Assistive Personnel in the Perianesthesia Setting*. ASPAN; 2017.
3. American Society of PeriAnesthesia Nurses. Hoefner-Notz R, ed. *A Competency-Based Orientation for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting*. ASPAN; 2022.
4. American Society of PeriAnesthesia Nurses. Resource 3: peri-anesthesia nursing orientation timeline. In: *2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2020:199-202. 



◀ **Gaylord Rockies
Resort & Convention
Center**
Courtesy of Visit Aurora



**Valerie Watkins
BSN, RN, CAPA (Ret)**

Let's Try This Again! Come to Denver for the 2023 ASPAN National Conference!

Valerie Watkins, BSN, RN, CAPA (Ret) – Coordinator, National Conference Strategic Work Team

I'd like to invite everyone to join us April 28 - May 1, 2023, in Denver, Colorado, for ASPAN's 42nd National Conference at the Gaylord Rockies Resort and Convention Center. Let me share with you some exciting facts about Denver and Colorado:

Colorado is the highest state in the nation, home to over 52 mountain peaks that reach over 14 thousand feet! The breathtaking mountain, Pikes Peak, inspired the lyrics to "America the Beautiful" by Katharine Lee Bates. The state name, Colorado, is of Spanish origin, meaning

"colored red." This was first applied to the Colorado River due to the red sandstone soil throughout the riverbeds as well as various rock formations throughout the territory. Take a peek at the famous Red Rocks found in Morrison. More than 20 rivers headwater in Colorado. Although we are not next to a body of water, Colorado has the tallest sand dunes in America at Sand Dunes National Park.¹

Denver is known as the Mile High City, and not for the reason you might think. Denver sits at 5,280 feet, exactly one mile above sea level,¹

and Aurora sits even higher!¹² The area geography is classified as high desert,¹ with a dry and very temperate climate. But beware, frequently changing temperatures make wearing various layers of clothing a Colorado way of life.

The city has a superb view of the Rocky Mountains. Not to be outdone, the Gaylord also offers spectacular views of the mountains, with nearly every window looking west toward the sunset. We Coloradans say you never get tired of looking at those beautiful mountains and you always know which way is west!



▲ Denver Sunrise
Courtesy of Visit Denver

During the late 1800s, Coloradans discovered their love of beer and other spirits. In 1873, German immigrants, Adolph Coors and Jacob Schueler, established Coors Brewery situated in the beautiful foothills of Golden, Colorado. Their initial investment was \$8,000.¹ Many craft breweries have followed in the last few decades and now, more beer is brewed in Denver than any other city in the United States. As a result, Denver is known as the "Napa Valley of Beers."¹



Stanley Marketplace
Courtesy of 2018,
Rebecca Ann Photography

There are so many extraordinary opportunities. Get your inner foodie on, visit the Coors Brewery and tasting room, discover a unique microbrewery, visit amazing art museums, sports venues, and world-class shopping. There is something for everyone.

Come and stay a few extra days. See and experience many of the wonderful sights, scenery



▲ Garden of the Gods, Colorado Springs Hiking
Courtesy of Visit Denver

Gaylord Rockies
Resort & Convention
Center ►
Courtesy of
Visit Aurora



▼ Denver Skyline
Courtesy of Visit
Denver



and events that make Denver, Aurora, and Colorado so special.^{3,4,5} You may even want to take a trip up into the mountains where, if it is anything like this year, you could still go skiing or snowboarding into the early summer! Come for an incredible conference and stay for the Colorado experience.

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4. Come to Life Colorado. Colorado.com website. Accessed July 13, 2022. <https://www.colorado.com/cities-and-towns/denver>
5. 25 best things to do in Denver, Colorado. The Crazy Tourist website. Accessed July 13, 2022. <https://www.thecrazytourist.com/25-best-things-denver-colorado/> 

▼ Red Rocks Amphitheatre
Courtesy of Visit Denver

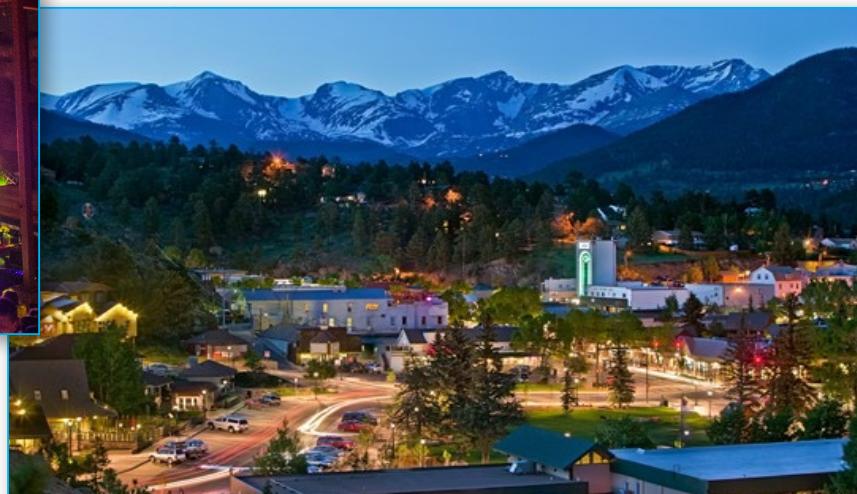


The Fort Restaurant ▶
Courtesy of Visit Denver

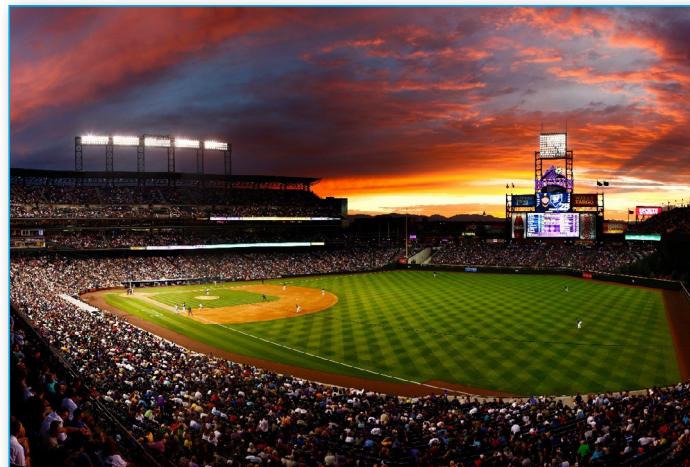


▼ Vail Hiking
Courtesy of Vail Resorts

Downtown Estes Park at Dusk ▶
Courtesy of Visit Denver, ©Zoll
Darren Edwards Photography, Inc.



▼ Colorado Rockies Baseball Game at Sunset
Courtesy of Visit Denver



◀ Driving into the Rocky
Mountains on I-70
Courtesy of Visit Denver



▼ Rocky Mountain
National Park
Courtesy of Visit Denver

Tribute to MARIE DARCY

Marie Darcy, One of ASPAN 19 Founding Directors, Passed Away June 26, 2022

Marie Anita Darcy was born in Nyack, New York. She graduated from nursing school from Lenox Hill Hospital in New York City. After working in various hospitals, Marie joined Veteran's Hospital in Miami, Florida in 1952, and worked there until she retired in 1981.

During these years, Marie worked principally in the recovery room, becoming president of the Florida Association of Recovery Room Nurses in 1980, and later was among the founding directors to form the American Society of Post Anesthesia Nurses (AS PAN), now recognized around the world. Marie was the first editor of ASPAN's newsletter, and later the first business editor of the ASPAN's scientific journal, now known as



Marie Anita Darcy

September 9, 1928 -
June 26, 2022

the *Journal of PeriAnesthesia Nursing*. She was also one of the founding directors who developed the certification process for postanesthesia nurses (ABPANC). Marie retired to Ft. Lauderdale, and in 1999 moved to Vero Beach, Florida.

From ASPAN Past President Debby Niehaus:

"I was sorry to hear of Marie Darcy's passing, and her family has my sympathy for their loss. Some of you may not have known my friend, but you know of her through her legacy she left. She was an outstanding "recovery room" state leader for many years in Florida, serving as their FARRN president when ASPAN was being formed in 1979-1980. I first met her at the meeting held at the Dutch Inn in Florida. I smile when I think of her because she was a real "character," astute, direct, and with a wry sense of humor. She had a dream she shared in 1981 of ASPAN being "the organization to provide resources for education through seminars, workshops and published periodicals." Her ASPAN dreams did come true.

Marie was one of 19 founding directors serving on ASPAN's Board, and she was elected by her peers to serve as a member of the first Executive Board of ASPAN. She was appointed the first Publication Committee chair where she had an Editorial Board made up of the editors of six state newsletters that included Anne Allen. This group's job was to put out a national newsletter and do public relations. The ASPAN newsletter was finally named *Breathline*, and due to Marie's many Board commitments, she needed assistance that led to her submitting her editorial board member Anne Allen to be the first *Breathline* newsletter editor. This was the beginning of several collaborations on ASPAN publications by this duo over the years.

Marie continued supporting the ASPAN Board, oversaw publication of *Breathline* and ASPAN Standards, but did not lose sight of her goal of ASPAN publishing a journal. After a couple of years of legal and financial investment by ASPAN, the "journal" was a reality, and Marie became the first *Journal of PostAnesthesia Nursing (JoPAN)* managing editor along with her cohort, *JoPAN* editor, Anne Allen.

Marie was always ready for a challenge, multitasking and looking ahead. While serving with Hallie Ennis on the Board, she was tapped to be on the ASPAN Certification Steering Committee. Her knowledge and commitment as well as business sense was needed, and when ABPANC was created and ready to certify the first postanesthesia nurse (CPAN) in 1986, Marie was part of the National Certification Board serving as its first treasurer and Board member. At this same time, I was treasurer of ASPAN, and we worked together with funding for certification. When I was ASPAN president, Marie, along with many founding directors, came to the 10th ASPAN National Conference in Cincinnati, where we had a few champagne toasts and shared stories that brought laughter, along with enormous respect for each one's contributions. Marie was altruistic and not out-front sharing all she did for ASPAN. I wanted to share just a little about why we owe her and the early leaders of ASPAN gratitude for the organization they imagined and made it happen for us today." 

REGION FIVE UPDATE

The Resilience of Region Five

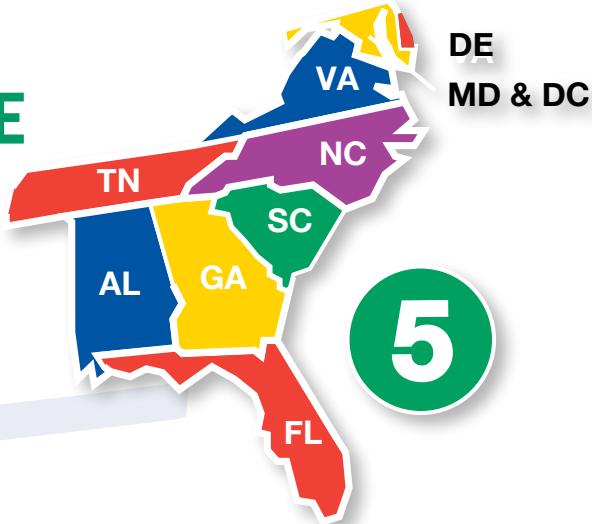
Keisha Franks, MSN, RN, CPAN
ASPN Regional Director, Region Five

“Great leaders don’t set out to be a leader, they set out to make a difference. It’s never about the role - it’s always about the goal.”¹

The component leaders of Region Five exhibit the true definition of “situational leadership.” They are flexible, adaptable, and supportive to meet the individual needs of their respective components and ASPAN. They are the binding agent that has maintained structural stability between their members, their components, and ASPAN. Their display of relentless tenacity is portrayed in numerous virtual meetings, emails, and phone calls, to maintain the integrity of their components and ASPAN. These leaders exerted themselves to overcome the obstacles of the pandemic, lack of engagement, and decreasing interest. They demonstrated ASPAN’s core values of courage, advocacy, respect, excellence, and service.² Even though the battle has been tough, they remembered their purpose and their goal to serve nurses practicing in all phases of perianesthesia care, ambulatory surgery, and pain management.

I want to personally thank each leader for your continued commitment to your peers, components, and your professional organization. I encourage you to keep pushing, regardless of the nature of the problems (pandemic), people (members), position (lack of engagement), or possibility (failure of the component). I also want to thank the members who have continued their commitment to the leaders, components, and to ASPAN.

It is now time to reenergize, reengage, rejuvenate, reconnect, and forge ahead. It was great to come together again in person at the National Conference in Philadelphia. There was a spark of excitement as we all reconnected after two years of physical absenteeism. Let’s turn this spark into a flame, and the flame into a fire. It’s time to let the world know we are perianesthesia nurses and we will continue to transcend above all adversity. Take a moment to reflect on the past two years and how you have continued to be dedicated to your practice and your professional organization. After that moment of reflection, take that energy to a higher level. Let’s set the world of professional organizations on fire with our knowledge, insight, and passion. We must let them know we are a diverse, yet inclusive, group of



Region Report



Keisha Franks
MSN, RN, CPAN

nurses with a voice. I share with you the words of Nelson Mandela: “Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do.”³ We can do this Region Five! We can rise above our circumstances.

I hope to see you all at the Perianesthesia Development Institute (PDI) November 4-5, 2022. And remember, I am always within reach at kfranks@aspan.org.

Please visit component websites for component updates:

- Alabama Association of PeriAnesthesia Nurses (ALAPAN) – seeking leadership
- Chesapeake Bay Society of PeriAnesthesia Nurses (CBSPAN)
www.cbspan.nursingnetwork.com
- Florida Society of PeriAnesthesia Nurses (FLASPN) www.flaspan.nursingnetwork.com
- Georgia Association of PeriAnesthesia Nurses (GAPAN)
www.gapan.nursingnetwork.com
- North Carolina Association of PeriAnesthesia Nurses (NCAPAN)
www.ncapan.nursingnetwork.com
- South Carolina Association of PeriAnesthesia Nurses (SCAPAN)
www.scapan.nursingnetwork.com
- Tennessee Society of PeriAnesthesia Nurses (TSPAN) www.tspanonline.nursingnetwork.com
- Virginia Society of PeriAnesthesia Nurses (VSPAN) www.virginiapan.nursingnetwork.com

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3. Whiting K. Here are 11 of Nelson Mandela’s most inspirational quotes. World Economic Forum. Updated July 2022. Accessed July 22, 2022. <https://www.weforum.org/agenda/2022/07/nelson-mandela-south-africa-quotes-madiba-inspiration/>

Component Education Programs

Rocky Mountain PeriAnesthesia Nurses Association (RMPANA) Retreat in the Rockies will be a one-day event in Loveland, CO on **October 1, 2022**. It will be at the Embassy Suites on Clydesdale Parkway, phone number 970-593-6200 for room reservations. For more information, please contact Marcia Keiser, BSN, RN, CPAN, at marciao@me.com or go to www.rmpana.nursingnetwork.com.

Illinois Society of PeriAnesthesia Nurses (ILSPAN) Fall Conference **October 22, 2022**. Half-day via live webcast. For more information, please contact Kari Vigna, BSN, RN, at districtdirector3@ilspan.org. 

ASPN Education Programs



LIVE IN-PERSON SEMINARS

ADVANCED PATIENT SAFETY:
NEW APPROACHES AND DIRECTIONS

October 15, 2022 SATURDAY

Burlington, VT

LIVE WEBCASTS – FULL-DAY

PERIANESTHESIA CERTIFICATION REVIEW

September 24, 2022 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

October 5, 2022 WEDNESDAY

October 12, 2022 WEDNESDAY

October 19, 2022 WEDNESDAY

PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE

October 22, 2022 SATURDAY

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

October 1, 2022 SATURDAY

LIVE WEBCASTS – HALF-DAY

INNOVATIVE CONCEPTS IN PEDIATRIC
PERIANESTHESIA CARE **NEW!**

October 2, 2022 SUNDAY

LIVE WEBCASTS – TWO-HOUR

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

November 2, 2022 WEDNESDAY

INFECTION CONTROL CHALLENGES: IMPLICATIONS
FOR THE PERIANESTHESIA NURSE

October 26, 2022 WEDNESDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

September 28, 2022 WEDNESDAY

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

November 9, 2022 WEDNESDAY

PATIENT SAFETY GOALS AND ASPAN STANDARDS

November 16, 2022 WEDNESDAY

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT
AND DISCHARGE CRITERIA

October 13, 2022 THURSDAY

PREVENTION OF UNWANTED SEDATION: PUTTING THE
PRACTICE RECOMMENDATION INTO PRACTICE

October 20, 2022 THURSDAY