



# Breathline

January/February 2023

Volume 43 Number 1

## INSIDE:

## PRESIDENT'S MESSAGE: Caring Environments and Engaging Cultures

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

Let's start off with “curiosity and wonder” questions. How does one create a caring perianesthesia setting? This seems to be a recurring conversation by leaders and colleagues. How can we engage staff or recruit members? Why does this matter? It takes courage to be vulnerable and pose mindful queries, especially when the answer is revealed. It starts by looking in the mirror. We, as nurses, should compassionately care for each other. We can be the voice for caring actions.



Connie Hardy Tabet  
MSN, RN, CPAN, CAPA,  
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human needs through empowering activism as a means to heighten health equity policies and reforms for all populations.<sup>4</sup>

Growing a caring team is quintessential to nursing. Dr. Jean Watson's “Philosophy and Science of Caring” prioritizes four influential and familiar notions. This includes human beings, health, environment/society and nursing.<sup>5</sup> Leaders' and colleagues' caring awareness is necessary to meet the

needs of staff, patients, and oneself. Engagement and team member participation will not happen magically. If teams recognize and adopt belonging concepts into their organizational structures and strategies, higher levels of engagement will transpire. Ensuring a compassionate approach to supporting teams is the most direct path to inspiring a sense of one's belonging and feeling included.

### Fitting in Versus Belonging

We are all tiny pieces in complex puzzles. Each delicate piece is unique and is a search for the perfect fit. Finding where you belong within a caring team environment is even more important in today's changing world. Brene Brown's book, *Atlas of the Heart: Mapping Meaningful Connections and Language of Human Experience*, discusses the terms of fitting in and belonging.<sup>1</sup> Dr. Brown notes the differences of definitions: “Fitting in is being accepted for being like everyone else and belonging is being accepted for you. Be here. Be you. Belong.”<sup>1</sup>

### Hierarchy of Needs

Caring and healthy environments are everyday necessities. Abraham Maslow's “Hierarchy of Needs” includes belonging and love as the third foundation out of eight in his established pyramid.<sup>2</sup> Social belonging is an important connection to a person's well-being. Nurses are four million strong.<sup>3</sup> Nurses are known for being the most trusted and respected profession.<sup>4</sup> Collaboratively, nurses have the greatest advantage for ensuring positive engaging environments are fostered by our recognized caring qualities. Nurses can encourage and appreciate different perspectives, inclusion of diverse populations, cultures, communities, and team environments. We can connect the dots of

### Healthy Environments

Caring collaboratively to embrace a healthy environment is an important step in growing a thriving garden for learning and cultures of retention. Nature can teach us and share many experiences for wonder, curiosity, appreciation, growth, adaptability and how to nurture our microclimates and cultures. Cultivating kindness, respect, empathy, psychological safety, diversity, inclusion, equity, accountability, and responsibility of behavioral expectations are criteria for the healthy environment to grow and develop. Start by tending to the soil. It is the foundation for standardizing enforced principles, policies, and process for all. Successfully planted seeds can germinate and grow within hospitable conditions to nurture vulnerable seedlings. Providing sunshine, water, and amendments are required for all growing opportunities. Of course, avoiding too much stress that creates unfavorable



growth will decrease bountiful yields of plants and teams. Finding balance and resilience are the secrets to a healthy microenvironment and positive mindsets. Maintaining emotional integrity and physical security to avoid potential harm is a required safety net for growing bumper crops, best outcomes, and a sense of belonging.

## Engagement

Engagement is a buzzword in today's new world. Our communities, workplaces and components are looking for collaborative and engaged people to join our inner circles and extend strengths in our perianesthesia numbers. Yet many empty spots are open for the taking. Dr. Rose O. Sherman suggests refocusing cultural engagement strategies that evolve from organizational core values, purpose, mission statements with a vision.<sup>6</sup> Recruitment tools to nurture team development should include: championing professional growth, recognition, mentoring opportunities, valuing one's well-being, empowerment, and collaborative decision-making. These simple pathways increase colleague engagement, commitment, retention, and satisfaction, and minimize burnout.<sup>6</sup>

Sport team members aspire to a common purpose of we and not me. The outcome for playing better together occurs best when teams embrace the we or us team perspective and not a me mindset. This simple shift changes the team dynamics to a group perspective of community contribution and not individual successes. Emotional intelligence should be integrated in the team's thinking processes. Team power can have an immense outcome that produces effective impact while contributing or giving to others and being fully present in activities. Building stronger bonds among the entire team benefits everyone. A team mindfulness mentality minimizes blame and inner conflicts by building relationships. Team mindfulness ensures purposeful strategies can be elevated with effective leaders, team buy-in and professional development.

Communication, trust and sharing responsibility promotes team building. There is tremendous value in encouraging belonging values in groups. It is foundational for our mental well-being to feel supported by a caring team. It only takes a small shift to generate a huge impact. A culture of social change inspires a willingness to serve among members when barriers are reduced.

The micro change begins with the power of one person, then blossoms to benefit optimistic conditions. What a grand way to share our passions, and enhance nursing workplaces, communities, or the world.

For those readers seeking a powerful alternative visual experience, this video located in the reference below delivers a unique perspective for fostering organizational culture, respect and empowerment through caring that taps into our human caring qualities.<sup>7</sup> A recent 2022 report from "The U.S. Surgeon General's Framework for Workplace Mental Health & Well-Being" is a 30-page document encouraged to be downloaded and built upon as a workplace resource to promote "worker's voice and equity."<sup>8</sup>

We can make a difference when we actively care about our healthy circumstances, and the impact for others. Collectively, we can lift each other up towards the bright sunshine. Things that matter: caring environments matter, nurturing matters, trust and respect matter, growing and mentoring each other matter, positive mindset and empathy matter, perianesthesia nurses matter. Be the voice for belonging as a caring change agent!

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## ASPAN® Breathline

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Issue . . . . . Deadline

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March . . . . . January 1

May . . . . . March 1

July . . . . . May 1

September . . . . . July 1

November . . . . . September 1

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# ASPAN's 2023-2024 SLATE OF CANDIDATES

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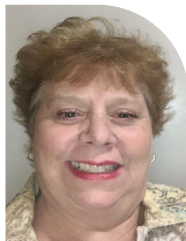
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**Janice Hamouz-Fultz**  
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**Brian Harradine**  
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**Nominating  
Committee**

**Slate of Candidates: 2023 Election**  
*CANDIDATE PROFILES: Your Input is Requested!*

ASPAN's slate of candidates for the 2023 Election year is impressive, and each candidate brings talent and skills to the role they are seeking to lead ASPAN in the coming years.

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

Your component needs your input! Here's what you do by **February 28, 2023**:

- You must be a current ASPAN Active category or Retired category member
- Go to the ASPAN website, scroll to the bottom left of the Home page, Highlights. Click on 2023 Candidate Profiles – Feedback Form. You will need to be logged in
- After reading the instructions, scroll down the page and review the list of candidates' names
- Click the link called "Bio" next to each name to learn about the candidate
- Review all *2023 Candidate Profiles*
- Click the box next to the candidate's name of your choice for each position
- Only ONE name or abstention may be selected within each position – the exception being Nominating Committee positions
- Five positions are open – however, only three candidates declared for the Nominating Committee this year
- Find and select your component from the list of component names in the drop-down box. This is a REQUIRED field since it determines where to forward your submission
- Carefully review your candidate selections before submitting
- At the page bottom, click "Submit" and your input will be forwarded to your component representatives to assist them in casting their votes as members of the 2023 Representative Assembly
- Your name and email will NOT be forwarded to your component representatives – only your selections
- Once you click "Submit," you will receive a confirmation page stating your submission has been successfully executed
- Only one 2023 candidate selection submission per ASPAN member is accepted. Submissions are available online only

————— Your feedback must be submitted no later than **February 28, 2023. Don't delay!** 🌱 —————



**ASPAN**

American Society of PeriAnesthesia Nurses



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# CALL FOR RESOLUTIONS

The 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

### 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@aspan.org](mailto:kdill@aspan.org) to obtain a sample resolution form and instruction sheet. 🌱

## 2023 ICPAN REGISTRATION FEE AWARD FROM ASPAN

Instructions and required forms for ASPAN's registration fee award to the International Conference for PeriAnaesthesia Nurses (ICPAN) being held September 20-22, 2023, in Amsterdam, Netherlands, are available on the ASPAN website. Please read instructions carefully for eligibility requirements. Visit **Members > Scholarship/Award Program > 2023 ICPAN Award** or [click here](#). The special postmark deadline for ICPAN award applications is **May 1, 2023.\***

*\*Applications/information for ASPAN's annual Scholarship/Award Program offering BSN degree, MSN degree, Doctorate degree, ASPAN National Conference (in-person attendance or electronic educational sessions), Certification Exam, and Humanitarian Mission awards) will be available on ASPAN's website in February, with a postmark deadline date of July 1, 2023. This program is separate from ICPAN.*



**Lisa Spragins**  
MSN, RN, CNL, CPAN,  
CAPA, CPPS

## Calling All Advanced Degree Nurses!

**Lisa Spragins, MSN, RN, CNL, CPAN, CAPA, CPPS**  
Coordinator, Advanced Degree Specialty Practice Group 2021-2023

Are you thinking about how you can become more involved in ASPAN? You want to get involved but don't have a lot of time available in your schedule? Don't know where to start? The Advanced Degree Specialty Practice Group (AD SPG) is the perfect opportunity for you!

The AD SPG is a member-driven group that supports and fosters the perianesthesia advanced degree nurse's role development, while promoting higher education for perianesthesia nurses.

Our group is 246 members strong, and we enjoy networking at ASPAN conferences, quarterly journal article reviews via Zoom, biannual newsletter communication, and monthly practice questions via a forum. There are many

opportunities within the AD SPG to participate in as a member or volunteer. It doesn't require a lot of time, and allows you to develop a deeper understanding of ASPAN's mission, vision, and values while networking with other nurses about their perianesthesia practice.

If you want to become more involved in your professional organization, but didn't know where to start, this is a perfect first stepping stone! Any ASPAN member who is either enrolled in a Master's program or holds a Master's degree or higher, is encouraged to join the AD SPG. Please feel free to contact me at [inamarada@yahoo.com](mailto:inamarada@yahoo.com) with any questions. 🌱

## ASPAN SCHOLARSHIPS Begin to Earn Points TODAY for Your Application!

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

Have you ever thought about applying for an ASPAN scholarship? Scholarship applications are available online in February 2023 and due no later than July 1, 2023, for BSN, MSN, or doctoral degrees, the 2024 ASPAN National Conference, humanitarian missions, and certification exams.

The time to start planning is now! The scholarship application is based on a point system with a minimum point level requirement. Other requirements include customary letters of recommendation, a statement of financial need, a personal statement, and maintaining your Active category ASPAN and component membership for two (2) full continuous years prior to the July 1 application deadline.

The points needed are easy and fun to achieve. Here are some ways you can do so:

- 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
- Write an article for your component newsletter
- Participate in a research activity that contributes to the scientific base of perianesthesia nursing
- Present a Celebrate Successful Practices poster
- Become certified (CPAN/CAPA)
- Provide a lecture
- Attend an ASPAN National Conference
- Raise public awareness of perianesthesia nursing through activities locally, regionally, or nationally

... and there many other activities that will earn points!

The points add up quickly. All activities are based on your last three (3) years of involvement. Think about it. 🌱



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

## Join Us for Development Activities at National Conference!

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

There are several fun ways you can support ASPAN and your profession at the 2023 National Conference in the mile-high city of Denver, Colorado, at the beautiful Gaylord Rockies Resort and Convention Center:

### ASPAN Silent Auction and Exhibit Hall

Friday, April 28, beginning at 6:30 pm, come and support our ASPAN exhibitors and begin your bidding on a multitude of ASPAN Development Silent Auctions items. You may also want to consider contributing an item to the Silent Auction. Components and individuals are invited to donate and purchase items. Purses, jewelry, gift cards and gift baskets have all been popular items in the past. The auction fun begins immediately as the Exhibit Hall opens Friday evening. Bid high, bid often!

## 2022 ASPAN Scholarship/Award Recipients



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

*For the 2023 National Conference in Denver*

Valerie Boatwright, RN, CAPA  
*Albuquerque, NM*

Traci Gujer, BSN, RN, CPAN, CAPA  
*Brainerd, MN*

Tina Harvey, BSN, RN, CPAN, CAPA  
*Germantown, OH*

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

Lindsey Bowen, BSN, RN, CAPA  
*Southampton, MA*

### Scholarship/Award Program: (to be awarded in 2024)

**\$1,500 tuition scholarships** for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree classes in 2024)

**\$1,000 awards** to attend in person ASPAN's 2024 National Conference held in Orlando, Florida

**Registration fee award** for online access to 2024 National Conference education sessions (after conference ends)

**\$314 awards** for CPAN or CAPA Certification Exams held in spring 2024 or fall 2024

**\$1,000 Humanitarian Mission awards** (approved expenses for mission trips occurring in 2024)

## Development Celebration Breakfast

On Sunday morning, enjoy ASPAN Past President Dolly Ireland as she presents the inaugural *Lois E. Schick Memorial Presentation*. Dolly will speak to “Reflecting on the Past; Collaborating on the Future: YOU can BE the Difference!” Earn .75 contact hour, while honoring the memory of a fellow ASPAN member, past president, and mentor to many: Lois Schick.

Join us in celebrating newly inducted members of Legacy for Life and recognition of this year’s Patricia E. Hansen Memorial honoree. You will also be able to honor your friends, family, and colleagues with gifts to the *Hail, Honor, Salute!* campaign. Share in this celebration while enjoying a traditional American breakfast.

### *Hail, Honor, Salute!*

How many times have you thought about doing something special for a colleague who always does more than her/his share and does it with a smile? Everyone works with someone special who has inspired or influenced them, who is dedicated, and always seems to make life easier for you and your colleagues. This is the perfect time to think *Hail, Honor, Salute!* (HHS)

*Hail, Honor, Salute!* is a unique way to honor that special person and, at the same time, make a charitable gift to the American Society of Peri-Anesthesia Nurses. All honorees will receive a beautiful certificate perfect for framing and

which acknowledges your appreciation and good wishes. Many ASPAN initiatives, including scholarships and awards, education, public awareness, and original research, have benefited from gifts to the *HHS* campaign. *Hail, Honor, Salute!* forms will be available during the entire conference. You can pick up the forms up at the conference Registration Desk, the ASPAN booth in the Exhibit Hall, and during the Development Breakfast. Complete your *HHS* pledge forms and turn them in during the conference weekend.

### Legacy for Life

Please take a moment and consider becoming a Legacy for Life member. The program was established in 2013, and supports the future of perianesthesia nursing through significant, enduring contributions which are applied to perianesthesia education, research, practice, and standards. By making this significant gift, you receive a multitude of benefits: formal installation at a ceremony during National Conference, including presentation of the Legacy for Life medallion, annual recognition in the National Conference syllabus, inscription of your name on a plaque displayed prominently in the National Office, and complimentary lifetime membership to ASPAN (for individuals). More importantly, you know your contribution will impact ASPAN and its vital mission for years to come. 🌱

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## Mid-Year Board of Directors Meeting Update

Susan Norris, BScN, RN, CAPA – ASPAN Secretary 2022-2024



Susan Norris  
BScN, RN, CAPA

The ASPAN Board of Directors (BOD) held a very productive meeting on Friday, November 4, immediately preceding the Perianesthesia Development Institute in Kansas City, Missouri. The meeting was called to order by President Connie Hardy Tabet.

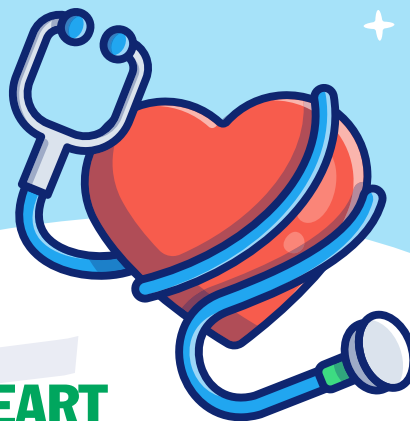
The agenda was approved unanimously. The BOD has held several virtual meetings in the months following the April 2022 National Conference and had several e-votes. These e-votes included:

- Revisions to policies covering the Director for Clinical Inquiry job description, the Clinical Inquiry Committee, and Clinical Inquiry Presentations, Oral & Poster, to reflect the change from Research to Clinical Inquiry
- Creation of a BOD Internal Sub-Committee policy
- New job description for Strategic Work Team (SWT) Vice-Coordinator
- Creation of the Lois E. Schick Memorial Lecture for Development policy

The consent agenda included minutes of these meetings and the results of the e-votes and was approved without revision.

President Connie Hardy Tabet presented a detailed report of the President’s Initiatives. She has accomplished a great deal of work in the first half of her term of office and has many more projects in the works. Vice President/President-Elect Alphonzo Baker presented the working Strategic Plan. Reports of all officers and Board members, regions, editors, committees, SWTs, Specialty Practice Groups, and liaisons were presented. Treasurer Lori Silva reviewed the current financial status of the organization and presented the 2023 budget for approval by the BOD. The budget was approved unanimously. The slate of candidates for 2023-2024 was presented by Immediate Past President Jennifer Kilgore. The meeting included spirited discussion on a variety of topics. Your BOD continues to strive to ensure ASPAN continues to serve its members and remain the premier organization for perianesthesia nurses. I invite all members to join us at the 2023 preconference BOD meeting in Denver. Members are always welcome to attend. 🌱





**Susan Bartlett**  
BSN, RN, CAPA

## FROM THE HEART "Stepping Back"

Susan Bartlett, BSN, RN, CAPA  
Altamonte Springs, Florida

I often turn into a mama bear when I get a patient, even when I float from the recovery room to work in pre-op. I recently “met” someone during a presurgery phone call, and again two days later in person when she checked in. She and her husband changed my belief I needed to control everything.

Three months ago, a fall resulted in a spinal cord injury to this patient. She had no feeling from the waist down and little strength in her shoulders. Her left-hand lay limp and her right hand slightly contorted. What followed was two surgeries to stabilize her damaged back, and physical and occupational therapy five times a week to gain use of her right hand. An electric wheelchair became a medical necessity. She wore a Depends because the level of her cord injury destroyed all bladder control. The scheduled ostomy surgery was going to rid her of that necessity.

When I met them in the waiting room, she and her husband together took control of the atmosphere. Each greeted me with a smile and direct eye contact. Down the hallway to the pre-op area, they exchanged a few comments and joked with me about how much ‘road space’ the electric chair took. There was a calmness about them. They were not silent and stoic. They had their hearts right out there on their sleeves.

In the bay set up for her, a stretcher lined the far wall. I said: “you both tell me what works best for her. I would like to help, but I also want to respect what is most comfortable for you.” I waited for their response. Her husband, a good foot taller than me, gave me a wink and moved swiftly in front of his wife so he was now facing her. “We’re good. We got this,” he said. I hesitated because I am literally a ‘hands on’ type of nurse.

As he leaned forward, he placed her arms over his shoulders and wrapped his arms around her waist. To a non-medical person, it looked like an affectionate hug, and this beautiful couple, that’s how they treated it. I was standing close enough to get to see it: absolute adoration between them — the peck he planted on her cheek — the grin she gave back. He held and moved her as if he was picking up and transferring the Hope Diamond.

She now sat on the stretcher. Hands on the bed and wrists bent back to promote her balance, I clumsily wiggled the steer gear and moved the heavy wheelchair out of the way. “Are you able to balance yourself sitting without back support?” I asked. She gave me a reassuring look and head nod. “Susan, just a little support from you, and the three of us will get me up higher in bed and my legs up onto the bed.”

I got her into a surgical gown. Then, seeing the anesthesiologist coming to interview her, I stepped away. His timing was perfect because I was becoming washed with emotion. Moving into a hallway passthrough, I gulped back a rising urge to cry. At the same moment, our business manager, a woman keen on noticing subtle changes among us, slowed as she approached me. “Susan, what’s wrong?” I cried and laughed at the same time. “Nothing’s wrong, everything’s great.”

She cocked her head and looked at me quizzically. “Oh, just had an amazing lesson in learning that stepping back is sometimes what the patient appreciates most.” 🌿

# “Come Into the Mountains”

Regina Hoefner-Notz, MS, BSN, RN, CPAN, CPN, FASPAN  
 Member, National Conference Strategic Work Team  
 ASPAN Past President 2018-2019



**Regina Hoefner-Notz**  
 MS, BSN, RN, CPAN,  
 CPN, FASPAN

At the age of 16, I was given a book of poetry entitled *Come Into the Mountains, Dear Friend* by Susan Polis Schutz. Being a teenager in New York City, I was transported by her words to a place that seemed truly magical. Little did I know at that time, I would have the amazing opportunity to live in the Rocky Mountain state, Colorado. So now, over 40 years later, I reach out to all my perianesthesia colleagues and say, “Come into the mountains, dear friends.”<sup>1</sup>

Come to ASPAN’s 42nd National Conference and take in the majestic Rocky Mountains while you learn and grow your own professional practice. Take this opportunity to connect or reconnect with your contemporaries and friends, as well as yourself via the enchantment of nature and a warm mountain spirit.

The Gaylord Rockies Resort and Convention Center surrounds each visitor in a luxurious mountain backdrop within a rustic, high-end atmosphere, showing off the beauty of mountain living as warm as a hot cup of cocoa under a starlit night sky. It is worth the visit to step into this world, even for a brief time, to “leave society and take no one with you but your true self.”<sup>1</sup>

This year’s conference is jam packed with incredible lectures that touch multiple venues of nursing within our perianesthesia scope. Take this time to care for yourself as you refresh your

knowledge as well as your spirit. “Get close to nature, your everyday games will be insignificant.”<sup>1</sup> Whether you are new to this practice or have loved it for years, you will find something to learn and bring away with you. You can choose from new evidence-based practice, leadership, surgical challenges, population-specific care, as well as the basics that round out our specialty.

The Rocky Mountain PeriAnesthesia Nurses Association is excited to welcome you to ASPAN’s 42nd National Conference in our beautiful and picturesque state.

“BUT THE COLORADO ROCKY MOUNTAIN HIGH  
 I’VE SEEN IT RAININ’ FIRE IN THE SKY  
 THE SHADOW FROM THE STARLIGHT IS SOFTER  
 THAN A LULLABY  
 ROCKY MOUNTAIN HIGH, COLORADO”  
 - JOHN DENVER<sup>2</sup>

## REFERENCES

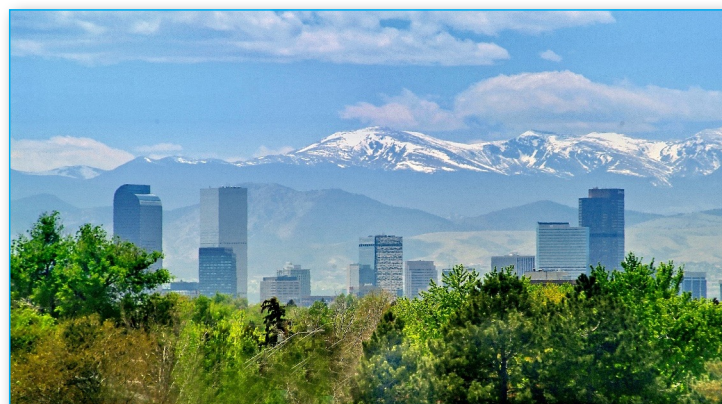
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▲ **Driving into the Rocky Mountains on I-70 from Denver**  
 Courtesy of Visit Denver



▲ **Vail Guided Biking**  
 Courtesy of Vail Resorts



Denver Skyline ►  
 Courtesy of Visit Denver

# What is Your “WHY?”

Amy Berardinelli, DNP, RN, NE-BC, CPAN, FASPAN  
Clinical Inquiry Committee Member  
Immediate Past Coordinator, Evidence-Based Practice SWT

In the current state of healthcare, is it worthwhile to ask, “Is this or that right or wrong?” “Are we practicing safely?” or “Is there a better way?” I wonder if a more suited question is, “Why?” “Why aren’t we following policies?” “Why aren’t we doing this correctly?” “Why aren’t we practicing EBP?”

I have had a “why” question for several years. “Why do nurse executives eat their young?” Sound harsh? I know because it is harsh. However, being the side eaten is much harsher than the question posed. Literature reviews cite several reasons why the nurse leader workforce is starting to morph: burnout, helplessness, lack of support, lack of preparedness, bullying, change in workforce dedication and loyalty, too many responsibilities, too many departments to manage, exhaustion, health issues, and heartbroken. But they are morphing into what? We do not know.<sup>1</sup>

Almost three quarters of our current nurse managers and leaders have voiced a decision to leave their current position within the next five years, or sooner. Their “why” is burnout and stress. If we dig deeper, 20% of our current perioperative nurse leaders intend to retire within the next three years. Why? The average national age of perioperative leaders is higher than the average age in other nursing specialties. Why does this affect healthcare organizations? The cost to fill a nurse leader vacancy ranges from \$132,000 - \$228,000.<sup>1,2</sup>

Can I be so bold to ask - WHY, in 2022, does the statement “nurses eat their young” still resonate in the world of nursing? More importantly, WHY at the highest level of a nurse's career? If you ask a bedside nurse if they aspire to one day be a nurse manager or above, you will find very few, if any, with these aspirations. Why? We have felt this lack of interest at the ASPAN component level as well. Why?<sup>3</sup>

I wish I had a crystal ball so I could see what the future holds for the profession of nursing. U.S. Surgeon General Vivek H. Murthy, MD, MBA, stated in his “Advisory on Building a Thriving Health Workforce:”

*When health workers look ahead, they should see a future where their dedication isn't taken for granted, and where their health, safety, and well-being is as much a priority as the well-being of the people and communities in their care.<sup>4</sup>*

That statement is why I continue. I have faith and hope the future of nursing will forge ahead in just that manner. Nurses have grit. Nurses have compassion. Nurses have knowledge. Nurses have desire. Nurses have each other! Nurses ask WHY?!

I am asking all of you to think about your “why.” “Why” questions stimulate knowledge - knowledge that can then be disseminated throughout the world of nursing. Your “why” questions may result in nurse-led research questions. These are questions in which the ASPAN Clinical Inquiry Committee members can help. The ASPAN Clinical Inquiry Committee members can also assist you in applying for ASPAN research grants. Refer to the ASPAN website in the Clinical Inquiry section. The 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. Research grant applications and supporting materials must be submitted electronically in their entirety, no exceptions.

Please contact ASPAN Director for Clinical Inquiry Margaret McNeill at [pmcneill@aspan.org](mailto:pmcneill@aspan.org) with any questions. We look forward to your “why” questions, as well as a future of nursing much like that of Dr. Murthy’s vision!

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1. Beitz JM. The perioperative succession crisis: a cross-sectional study of clinical realities and strategies for academic nursing. *Nurs Econ.* 2019;37(4):179-197.
2. Doyle DJ. Succession planning and the future of perioperative nursing leadership. *AORN J.* 2018;108(2):191-194.
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**Amy Berardinelli**  
DNP, RN, NE-BC,  
CPAN, FASPAN

## Clinical Practice Hot Topic: Medication Administration

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

**Q:** *Can a nurse in pre-op give fentanyl and Versed? Isn't this moderate sedation?*

**A:** Administering anxiolytic medication is not the same as moderate sedation. It is important to understand why you are administering a medication. In the *ASPAN Standards, Practice Recommendations and Interpretive Statements*, Practice Recommendation: The Role of the Registered Nurse in the Management of Patients Undergoing Procedural Sedation, the first section provides a disclaimer to eliminate anxiolysis from the scope of the recommendation.<sup>1</sup>

When administering fentanyl and Versed in the preoperative area, it is being used for minimal sedation. Typically, this is used in a small dosage, which is repeated if necessary. Patients should be monitored with a pulse oximeter after medication administration as it may cause mild respiratory depression. Patients with sleep apnea should be given more consideration as respiratory depression can be exacerbated in these patients.

**Q:** *How long should a patient stay in PACU after receiving Narcan?*

**A:** Understanding how naloxone (Narcan) works will produce the answer to this question. Narcan has a half-life of approximately 60 minutes.<sup>2</sup>

Facilities should have protocols surrounding naloxone administration. Patients should be monitored to ensure the patient does not have another respiratory event after the naloxone is out of their system. Monitoring for the 60-minute half-life is necessary. A facility may have a protocol recommending pulse oximeter monitoring for a minimum of 60 minutes. Some have recommended monitoring for up to three hours prior to patient discharge from the facility.


Another key issue with naloxone usage is it can induce acute withdrawal symptoms in opioid dependent patients. These symptoms may include cardiac and pulmonary symptoms, which will need to be monitored and managed.<sup>2</sup> When administering naloxone, the recommendation is to start with the lowest possible dosage and

repeat administration until the desired effect is achieved. This may help to minimize possible side effects.<sup>2</sup>

### Other Clinical Practice Committee Medication Questions

The ASPAN Clinical Practice Committee receives many questions related to whether nurses are allowed to administer specific medications, such as propofol and ketamine. It is important to recognize some medications have administration rules which vary by state. The purpose of the medication may also influence whether it is in the registered nurse's scope of practice. As mentioned above, an example of this is propofol. In Florida, the registered nurse is not allowed to give propofol as an IV push because this is considered anesthesia, but they are allowed to use it as an IV drip to maintain a patient's sedation level. Always consult your state's nurse practice act and your facility policies and protocols if you are unsure of a specific medication guideline.

### REFERENCES

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# REGION TWO UPDATE

## Revitalizing Region Two!

Tracy Galyon, BSN, RN, CPAN  
Regional Director, Region Two

**H**appy New Year! What a great time to revitalize our components. Revitalization is defined as: “The act or an instance of bringing something back to life, public attention, or vigorous activity.”<sup>1</sup> Spring is just around the corner with new life, and it is time to revitalize our components and bring them back to life following the COVID crisis.

COVID was a time of critical awareness and rethinking our values as they relate to faith, family, and profession. We adapted and learned how to reach out to others during this time. Many groups became very familiar with Zoom® meetings, FaceTime®, visiting with family members from the street, dropping off groceries by family, or online delivery orders for those at high-risk or unable to shop, and yes, social media, to stay in touch. This has given us, as an organization, a great opportunity to develop ways of communicating and sharing with our professional organization.

Region Two is moving forward with conferences that are virtual via Zoom® or other platforms, live conferences as venues open, and hybrid, a combination of virtual and live. There are some challenges along the way, but this is an opportunity to learn and grow as an organization. It is also an opportunity for us to reach out to other components who have successfully hosted the alternative conferences for insight on how to move forward.

Before we can revitalize others, we need to revitalize ourselves, and the PeriAnesthesia Development Institute (PDI) held in November 2022, and National Conference coming up in April are excellent resources to do just that. These activities are an opportunity to network and discover many of the same concerns are occurring within all components. Component leaders have developed wonderful ideas to revitalize their components. These ideas are all within our reach, not only at these activities, but by reaching out to the component leaders and your leaders within ASPAN. Contact information for Region Two components is listed at the end of this article. Additional component information and guidance is also available at <https://www.aspan.org/About/Components>. We are all here to assist you and be a resource during the great times and the difficult times.

Nurses are forever adapting and continuing towards a goal. A challenge for a nurse is considered an opportunity, not a roadblock. Communication has become a priority as we learn to voice our ideas and concerns – many times without seeing facial expressions, which is a key component of communication.



Tracy Galyon  
BSN, RN, CPAN

Judith Rodin shares this about adapting to challenges: “You also develop greater capacity to bounce back from a crisis, learn from it, and achieve revitalization. Ideally, as you become more adept at managing disruption and skilled at resilience.”<sup>2</sup> Let us continue to rise to the challenges, develop the ability to bounce back, communicate with each other, and revitalize our components and our organization for the future of nursing.

### Region 2 Component Websites:

**ISPAN: Iowa Association of PeriAnesthesia Nurses**  
[www.ispan.nursingnetwork.com](http://www.ispan.nursingnetwork.com)

**LAPAN: Louisiana Association of PeriAnesthesia Nurse**  
[www.lapan.nursingnetwork.com](http://www.lapan.nursingnetwork.com)

**MOKANPANA: Missouri-Kansas PeriAnesthesia Nurses Association**  
[www.mokanpana.com](http://www.mokanpana.com)

**MSPAN: Mississippi Society of PeriAnesthesia Nurses**  
[www.mspan.nursingnetwork.com](http://www.mspan.nursingnetwork.com)

**NAPAN: Nebraska Association of PeriAnesthesia Nurses**  
[www.napannebraska.com](http://www.napannebraska.com)

**OSPAN: Oklahoma Society of PeriAnesthesia Nurses**  
[www.ospan.org](http://www.ospan.org)

**PACNA: PeriAnesthesia Care Nurses of Arkansas**  
[www.pacna.nursingnetwork.com](http://www.pacna.nursingnetwork.com)

**TAPAN: Texas Association of PeriAnesthesia Nurses**  
[www.tapan.org](http://www.tapan.org)

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## Share the Benefits of ASPAN Membership!

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



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

ASPAN has so much to offer! Benefits include education, publications, and scholarships, along with many resources, such as advocacy and collaboration.

Here is a list of just some of the benefits:

- All continuing education articles are free
- Free subscription to *Journal of PeriAnesthesia Nursing*
- \$74 off CPAN and CAPA certification exam fees
- Up to \$245 off National Conference registration fee
- \$110 off Standards; major discounts on other publications
- Major discounts on additional education
- Educational scholarships
- Personal and professional advancement
- Free subscription to *Breathtline*, ASPAN's member newsletter

- State membership and related benefits
- Collaboration with colleagues, in-person and online ASPAN forums
- Connecting on social media with ASPAN on Facebook, Twitter, Instagram, LinkedIn, and Telegram
- Research grants up to \$10,000
- Member Awards Programs

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

The graphic features a yellow diagonal banner in the top left corner with the word "NEW" in purple. In the top center is the ASPAN logo, which consists of a green leaf icon and the word "ASPAN" in blue. Below the logo is a circular emblem with the text "MEMBER-GET-A-" around the top edge. Inside the circle are three stylized human figures: a larger one at the top and two smaller ones below. A blue banner with white stars on either side and the word "MANAGER" in white is positioned at the bottom of the circle. Below the entire graphic, the text "Everyone wins. Learn more." is written in bold black font.



# Component Education Program

**Illinois Society of PeriAnesthesia Nurses (ILSPAN)** Perianesthesia Hot Topics, Saturday, March 11, 2023. Live in-person and live via webcast. Northwestern Central DuPage Hospital, Winfield, IL. For more information regarding contact hours, please contact the nurse planner Katrina Blade, DNP, RN CPPS, NE-BC, CPAN, at [districtdirector1@ilspan.org](mailto:districtdirector1@ilspan.org). 🌿

## 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

**LIVE WEBCASTS – TWO-HOUR**

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