



Breathline

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INSIDE:

PRESIDENT'S MESSAGE: Reignite your Passion for Perianesthesia Practice

Alphonzo Baker, Sr., DNP, RN, CAPA – ASPAN President 2023-2024

*Fulfilling the Dream with Foresight Vision:
A World of Belonging, Innovation, and
Solutions*

As I think about this month and celebrating Independence Day, and next month being back to school, I am reminded we need to reignite our passion for perianesthesia nursing. My goal as president is to keep the energy alive and keep myself and all our perianesthesia nurses empowered.

First, it's important to remember why you chose this field in the first place. What drew you to perianesthesia nursing? Was it the opportunity to care for patients during a critical time in their healthcare journey? Or perhaps, it was the fast-paced, high-pressure environment you thrive in? Whatever it was, try to reconnect with that passion. Think back to some of the most meaningful patient experiences you've had and remind yourself of the difference you made in patients' lives as a perianesthesia nurse.

It's also important to remember to take care of yourself in this challenging field. Make sure you're getting enough rest, food, and breaks during your shifts. Seek support from colleagues and mentors, and don't be afraid to ask for help when you need it.

Additionally, consider exploring continuing education opportunities in perianesthesia nursing. By keeping up-to-date with the latest advances in technology and clinical practice, you can stay engaged and passionate about your work. Think about watching a webcast, attending in-person



Alphonzo Baker
DNP, RN, CAPA

learning, or participating in upcoming events like the Perianesthesia Academy for nurse leaders in September and the Perianesthesia Development Institute (PDI) in November for component development.

Finally, try to approach each day with a positive attitude and enthusiasm for the role you play in your patients' care. By staying focused on the importance of your work and the impact you can have, you may find your passion for perianesthesia nursing reignited.

I will leave you with some tips to stay inspired and motivated:

- Remember the importance of your work: As a perianesthesia nurse, you are responsible for ensuring patients are safe before, during, and after their procedures. You play a crucial role in the healthcare system, and your work can have a significant impact on patients' lives. Remember, your work is important, and you are making a difference
- Stay up-to-date with the latest knowledge: The field of perianesthesia nursing is constantly evolving, and it is important to stay current with research and evidence-based practices as well as best clinical practices. Attend conferences and seminars, read professional journals, and join professional organizations to stay informed
- Seek out mentorship and guidance: As a perianesthesia nurse, it is important to have mentors and colleagues who can offer guidance and support. Seek out experienced nurses or nurse practitioners who can offer advice and share their knowledge and expertise
- Focus on self-care: Perianesthesia nursing can be stressful and challenging, and it is important to take care of yourself as well as your patients. Make time for self-care activities such as exercise, meditation, or hobbies that bring you joy

So as the fireworks ignite, and as everyone begins to go back to school soon, remember your "why" and promote excellence as you continue to bloom. 🌱



▲ Connie Hardy Tabet and Alphonzo Baker in celebration after Alphonzo is installed as ASPAN president

Serving nurses practicing in all phases of preanesthesia and postanesthesia care, ambulatory surgery, and pain management.



ASPAN

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**Susan Norris
BScN, RN, CAPA**

Highlights from the ASPAN Board of Directors Meetings and Representative Assembly

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

Denver, Colorado was the site of ASPAN's 42nd National Conference. It might have taken us a couple extra years to get to Denver, but it was definitely worth the wait! The energy and enthusiasm of those in attendance was palpable.

ASPAN Board of Directors Preconference Meeting

The ASPAN Board of Directors (BOD) met on Wednesday, April 26, for the preconference BOD meeting. Votes taking place included:

- Amending the Treasurer job description to be inclusive of all Executive Board members during budget review
- Approving the ASPAN 2022 Financial Audit and 990 Form. There was a lively discussion related to speaker compensation, fiduciary responsibility, equity, and equality. This topic will be brought back for a vote after further research on the topic takes place
- Approving changes to the Meeting Minutes Policy #03-120, adding requirements for minutes of Committees, Strategic Work Teams (SWTs) and Specialty Practice Groups (SPGs)

Other topics on the agenda included:

- Treasurer Lori Silva presented the current financial statement, which prompted additional discussion on ideas for cost-saving measures which could be implemented. Vice President/President-elect Alphonzo Baker brought forward concerns from the Development SWT related to scholarships. After much discussion, he will take the BOD's comments back to Development SWT for their consideration in making revisions to the policy
- Immediate Past President Jennifer Kilgore brought forth a recommendation from the Component Revitalization SWT (CR SWT) to hire a professional consultant to evaluate our organization to determine where we are, where we can grow, and the best options for our structure. The BOD, after much discussion, agreed this was a reasonable idea and referred the matter back to CR SWT to determine the scope and obtain

quotes. It will then be brought back to the CR SWT to vote

- Regional Director Region 3 Deborah Moengen presented the work of the Onboarding BOD Subcommittee, including an updated policy list for regional director transition, a timeline of activities/events, and a revised transition checklist. She also reviewed the onboarding handbook created by the mission directors. Further work will be done to ensure the onboarding materials for all officers is updated and provides a clear path for the new directors to follow

Representative Assembly Meeting

Thursday, April 27, brought the ASPAN Representative Assembly (RA) together in person for the first time in three years. The 94 duly credentialed representatives constituted a quorum. This number is significant as it meant we had two representatives in attendance from EVERY component. This is something we have not had in several years, including prior to the pandemic. The RA proceeded as follows:

- Candidates for office presented their platforms, and the members of the RA cast their ballots in the election
- There were no initiatives on the agenda this year
- President Connie Hardy Tabet presented a summary of her year's activities
- Treasurer Lori Silva presented the ASPAN financial report and entertained questions
- The CR SWT presented the results of the survey conducted in 2022. This was followed by extensive discussion on topics that were identified, such as changing membership time frames, instituting automatic renewal, eliminating component membership requirements, and more. The discussion continued into the Component Presidents' Luncheon and resumed after the break. Members were provided a QR code to submit additional comments and questions. This data will be compiled and taken back to the CR SWT for further review and discussion of best practice opportunities



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- The meeting concluded with the announcement of the election results and presentation of plaques to the members completing terms of service


ASPAN Postconference BOD Meeting

The 2023-2024 BOD met on Tuesday, May 2, for the annual postconference BOD meeting. The agenda included:

- Approving a new American Organization for Nursing Leadership (AONL) Advocacy Day scholarship award. This will replace the Nurse in Washington Internship award, as that program was discontinued by the organizers
- Director for Clinical Practice Melissa Davidson presented an introduction letter for ASPAN's liaisons to

be sent to the organizations we interact with to foster more collaborative relationships. The BOD voted to endorse this letter unanimously

- President Alphonzo Baker reviewed the committee and SWT assignments for the upcoming year
- A discussion was held concerning continuation of the ASPAN Insights program and potential topics to be presented, as well as additional opportunities to ensure component leadership needs are addressed and enhance member engagement

As always, all ASPAN members are welcome to attend the BOD meetings. It is a great opportunity to see the work going on to make ASPAN the premier organization for perianesthesia nursing excellence. 

The Call for Nominations is Open!

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

ASPAN Immediate Past President and Nominating Committee Chair

Are you ready to bloom in the ASPAN garden? ASPAN is calling for the next slate of candidates to run for the 2024-2025 Board of Directors (BOD). Our society continues to flourish with diverse innovative ideas in this distinguished ASPAN environment. Each society member brings extraordinary talents and expertise to the advocacy platform for perianesthesia nurses while promoting patient safety.

Marian Moore shares, *"The heart that gives, gathers."* Each member has unique tangible assets, qualities, and foresight as an effective voice for nursing transformation. Consider belonging, collaborating, and serving your society by giving back your passions! Fulfill a dream through volunteerism by being an active caring member for ASPAN's bright future. Grow in professional development, enhance skill sets, and be rewarded through the boomerang gifts of giving through volunteerism within our specialty organization.

Take the first integral step to be an essential part for society solutions by running as a candidate for the ASPAN 2024-2025 BOD. ASPAN needs you to be involved and invites YOU to consider running for an eligible board position. Be a fearless member, visionary leader and take action to drive ASPAN to higher magnitudes. Ensure our perianesthesia specialty legacy provides unparalleled education, clinical inquiry, practice expertise, standards, and sustainability.

Grow. Cultivate. Develop. Participate. Your time to bloom and inspire your exceptional leadership is now. Be a voice for perianesthesia nurses. Share your foresight and vision to make a lasting difference.

ASPAN needs YOU, to be the change!

For complete information on open 2024 Board of Directors and Nominating Committee positions, please visit ASPAN's home page www.aspan.org.

Then click on the 'Call for Nominations' link under ASPAN Highlights.

Qualified and eligible candidates are needed for the six 2024-25 ASPAN Board of Directors positions:

- Vice President/ President-Elect (three-year term)
- Secretary (two-year term)
- Director for Clinical Practice (two-year term)
- Director for Education (two-year term)
- Regional Director, Region 2 (two-year term)
- Regional Director, Region 4 (two-year term)

And, Five Nominating Committee members (one-year term)


To run for a leadership position:

- Declare your candidacy as soon as possible via email to Connie Hardy Tabet at chardytabet@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, 2023 – no exceptions. Hard copies, faxed copies, or late submissions will not be accepted

For all information, [click here](#) or contact Connie Hardy Tabet at chardytabet@aspan.org.

The deadline to submit all required candidate paperwork is October 1, 2023.

REFERENCE

1. Marian Moore quotes. Passiton.com. Accessed May 6, 2023. <https://www.passiton.com/inspirational-quotes/7157-the-heart-that-gives-gathers> 



SAVE THE DATE!

Perianesthesia Development Institute (PDI) will be held November 3-4, 2023, in St. Louis, Missouri

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

- Plan to arrive Friday, November 3, at 5:00 pm for Meet and Greet activities with the ASPAN BOD
- Saturday, November 4, will be interactive learning and breakout sessions
- Leave Sunday, November 5, to go home

Topics will be diverse on component leadership roles, recruitment, engagement strategies, resource management, financial inquiries, and more. The ASPAN BOD is excited to share valuable information to champion the success of ASPAN components, leadership, and members to develop skills beyond the bedside.

Online registration will be open on ASPAN's website late summer. Stay tuned for more information as the date approaches. 🌿

Plan Now to Showcase Your Accomplishments with Abstracts and Posters for the 2024 National Conference in Orlando!

Celebrate Successful Perianesthesia Practices abstracts are due **October 15, 2023**. Patient education, process improvements, improved patient care, leadership strategies, and staff education are just a few of the topics you may want to consider. Topics may be derived from any successful practice related to perianesthesia nursing. For more information, [click here](#).

Clinical Inquiry (Research) abstracts are also due **October 15, 2023**. Start planning now to showcase your accomplishments! [Click here](#) for more information.

Consider Nominating Someone for an ASPAN Award!

Excellence in Clinical Practice

Do you know someone who is a recognized expert in clinical nursing practice, or participates actively in nursing programs, committees or projects resulting in contributions to perianesthesia nursing? If so, consider nominating this colleague for ASPAN's prestigious *Excellence in Clinical Practice Award*. The deadline to do so is **November 30, 2023**. [Click here](#) for more information.

Award for Outstanding Achievement

Do you know someone whose dedication to excellence has furthered the art and science of perianesthesia nursing? If so, consider nominating this colleague for ASPAN's prestigious *Award for Outstanding Achievement*. The deadline to do so is **November 30, 2023**. [Click here](#) for more information.

Above and Beyond Service Recognition

The ASPAN *Above and Beyond Service Recognition Awards* are given to individuals in recognition of exemplary service to ASPAN and/or their component. The deadline to do so is **January 10, 2024**. Visit: www.aspan.org > Members > Awards

Start Working on Your Gold Leaf Application Now!

Gold Leaf Component of the Year Award

The deadline for the *Gold Leaf Component of the Year Award* submission is **February 1, 2024**! Components competing for the *Gold Leaf Award* must submit their applications to the ASPAN National Office by February 1, 2024. The award reflects the activity of your component from January 1, 2023, through December 31, 2023. The Membership/Marketing Strategic Work Team is looking forward to reviewing the applications from components and announcing the winner at the National Conference in Orlando. For information, guidelines, and the application, [click here](#). 🌿

Welcome to Clinical Inquiry!

Amy Berardinelli, DNP, RN, NE-BC, CPAN, FASPAN
Director for Clinical Inquiry

It is truly my honor to serve the ASPAN members as the Director for Clinical Inquiry. I want to personally thank and applaud Dr. Peggy McNeill for being a role model and mentor, and for elevating the science of perianesthesia nursing. Dr. McNeill has graciously agreed to continue leading the ASPAN journal club. I encourage everyone to attend. The authors are present and able to provide a real-time discussion, and Dr. McNeill possesses the advanced skills to lead us through a thorough and educational critique.

Fantastic data from the 2023 National Conference: Approximately 50% of the attendees were first-time attendees. To me, that says WE ARE BACK! It was such a pleasure to meet many of you in Denver. I have already received emails asking for guidance, inviting me to present for your components, and just to say, "Hi." Thank you! My goal is to log in to my ASPAN email daily with a 72-hour timeframe to return an email. I appreciate everyone keeping me on track. Do not hesitate to send an additional email reminding me of my goal!

ASPAN Clinical Inquiry Committee members: the list is long and comprises nurses with so much talent and

experience. Expect a welcome email to introduce myself to you and you to one another. Our first project involves literature reviews and leveling evidence for the next edition of the ASPAN Standards. Your commitment to our nursing specialty is appreciated by every perianesthesia nurse in our nation.

In July, fellow ASPAN member Dr. Alison Partridge and I are attending the JBI Institute Training for Comprehensive Systematic Literature Reviews (CSLR) that directly contributes to the ASPAN Board of Directors' approved research priorities. The ASPAN JBI reviewers collaborate in pairs to complete systematic reviews upon which ASPAN Practice Recommendations can be created. Please contact me at aberardinelli@aspan.org and Dr McNeill at mcneillm@aol.com if you are interested in applying for the JBI Training Grant. Additional information is available on the ASPAN website.

I invite you to review the Clinical Inquiry section on the ASPAN website www.aspan.org for additional information and support. Again, thank you for allowing me the opportunity to serve! 🌱

Clinical Inquiry/ Clinical Practice



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

Clinical Practice Hot Topic: ASPAN Standards

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.

Q: *I have an issue I believe needs to be addressed in the ASPAN standards. How do I submit it?*

A: In 1984, the American Society of PostAnesthesia Nurses (ASPAN), as a professional nursing organization, established the first set of standards guiding postanesthesia nursing. Along with ASPAN's evolution to the American Society of PeriAnesthesia Nurses, updating the standards became a process which also evolved over the years.

Perianesthesia nursing is a specialty, but we are dealing with the same issues as many other nursing specialties. This has led to collaboration with other professional organizations to develop position statements supporting such topics as investigation of waste anesthetic gases and promoting civility.¹ How do these collaborations happen? And how do new practice recommendations get created?

Traditionally, the ideas for practice recommendations and position statements come from the professionals within our organization. The questions submitted through the website to the Clinical Practice Committee are trended and shared with the Standards Strategic Work Team (SWT). This team of dedicated ASPAN members reviews the questions and evaluates if something in the current edition of the *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* needs to be reworded to make it clearer or if it needs more evidence to support the recommendation.

The ASPAN president may also create strategic work teams and appoint members to work on a specific issue. For example, this was how the collaborative position statements on workplace civility and waste anesthetic gases were created.

To ensure we are following a process for identifying issues, the ASPAN Board of Directors (BOD) has cre-



Melissa Davidson
MSN, RN, CPAN


ated a policy to address how to move these items forward. Any person who has identified a change they wish to see in our *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* can submit a written request with supporting evidence to the director for clinical practice. This will then be evaluated by the BOD and sent to the Standards SWT for review and possible development of a new position statement or practice recommendation, or an addition to a current section in the Standards.

ASPAN is strong because we listen to our members and develop evidence-based standards to support our nurses in their practice. The *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* are published every two years, but the SWT's work is ongoing. They work diligently throughout each year to add evidence and support to these standards, as well as

develop new practice recommendations and position statements supporting our nurses. With the questions submitted by our nurses, we can identify current practice trends and enrich the publication.

If you have an issue you believe needs to be included in the *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, please email ASPAN's clinical practice director. The email address is available at www.aspan.org. With the aid of our members, we will continue to promote the most current, evidence-based, best practices for our nurses and patients.

REFERENCE

1. American Society of PeriAnesthesia Nurses. 2023-2024 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2022. 

CONGRATULATIONS TO ALL ASPAN AWARD WINNERS!

The Ina Pipkin ASPAN Past Presidents' Distinguished Service Award *Lynn Sekeres, MSN, BS, RN, CPAN, CAPA*



▲ From left, Immediate Past President Jennifer Kilgore presenting the award to Lynn Sekeres

The Ina Pipkin ASPAN Past Presidents' Distinguished Service Award is given to an ASPAN member in recognition of significant lifetime contributions that have positively impacted ASPAN's core purpose: to empower and advance the unique specialty of perianesthesia nursing. This year's recipient is Lynn Sekeres, MSN, BS, RN, CPAN, CAPA, a nurse who has dedicated her life to the specialty of perianesthesia nursing for over 37 years in the PACU at a major medical center in Pennsylvania.

Lynn has been an active member of ASPAN since 1987 and continues to serve wholeheartedly. She has been a member and champion of ASPAN's Education Approver Committee and served as its chair. Lynn has participated in many ASPAN strategic work teams and committees, including National Conference, Clinical Practice, Membership/Marketing, and Credentialing, and has published articles in *JoPAN* and *Breathline*. She served as a peer reviewer for *JoPAN* and has received a Mary Hanna Journalism Award. According to seminar audiences, Lynn is an outstanding ASPAN national speaker. A mentor and model, she promotes ASPAN in the workplace and community.

She has also been very committed in serving her home component, Pennsylvania Association of PeriAnesthesia Nurses, in numerous roles including education chairperson, publications committee, membership chairperson, board of directors vice president/president-elect and president.

Lynn has been a collaborator, a mentor, and a friend to many. She exemplifies so many rich attributes our world is longing for. She loves, she has joy, she is a peacemaker, she demonstrates patience and kindness, she seeks the good in others, she has a gentle spirit, always balanced, grounded, and self-controlled. She also worked gracefully and tirelessly on behalf of ASPAN and perianesthesia nursing as ASPAN's 2022 National Conference Strategic Work Team Coordinator in Philadelphia.

Congratulations, Lynn, on receiving this prestigious award!

Submitted by Jennifer Kilgore, BSN, RN, CPAN, ASPAN President 2021-2022

Award for Outstanding Achievement

Lori Erni, BSN, RN, CCRN, CPAN

This year's winner of the Award for Outstanding Achievement was awarded to Lori Erni, BSN, RN, CCRN, CPAN, from Washington and member of the Northwest PeriAnesthesia Nurses Association.

Lori continues to serve on a variety of ASPAN committees and SWTs, including the Standards SWT, the Well-being SWT, and as a team leader on the Clinical Practice Committee.

Lori is well respected in the PACU environment. Colleagues who nominated her stated: "She has an elegant way of educating and providing evidence-based knowledge that helped my PACU with better patient outcomes." "She could frequently be found looking up ASPAN standards and pertinent PACU experiences for co-workers." "As a traveler, and not required of her, she even participated in our annual PICOT challenge. She challenged our unit to dive deep into our hospital practices and ask, 'Why are we doing what we are doing,?' and 'How can the patient have a better outcome?'" "In our PACU, we often can be found saying, 'Remember when Lori said, 'It takes a strong, skilled and passionate nurse to make such an impact on a unit?'" "Her ripple is still being felt."

She is highly organized, is a change agent, has served in various leadership positions within her home component, NPANA, and is currently past president. She advocates for membership in ASPAN and certification and is a CPAN holder. She has also assisted with perianesthesia certification review questions and is awaiting authorship acceptance of these questions. She is a go-getter and has also begun a graduate nursing program.

Congratulations, Lori!

Submitted by Shay Glevy, BSN, RN, CPAN, CAPA, ASPAN Membership/Marketing SWT Coordinator



▲ From left, Lori Erni receiving the award from President Connie Hardy Tabet

Excellence in Clinical Practice Award

Toni Strickland, BSN, RN, CPAN

Each year, ASPAN bestows the Excellence in Clinical Practice award to the perianesthesia nurse who demonstrates a willingness to enhance patient care, promote professionalism, and supports the specialty of perianesthesia nursing. This year's award was presented to Toni Strickland, BSN, RN, CPAN, of Oklahoma.

With her dedication to her team as a perianesthesia nurse educator, Toni demonstrates, as she has throughout her career, why nursing is a calling. She has been a preceptor in the PACU for 20 years. A coworker writes: "Toni receives many compliments from patients, families, and coworkers for ... excellent care." "Toni was instrumental in coordinating the orientation incorporating ASPAN's CBOs and creating strategic orientation plans for the team." Emily Allen, a nominator, comments: "She prepares inservices for staff and has made yearly mandates streamlined so the staff are successful."

She has been a certified postanesthesia nurse since 2012. As a member of ASPAN's Clinical Practice Committee, she has helped others in perianesthesia nursing understand and apply our standards. Nominator Stephanie Rosenquist reflects: "She empowers other nurses to get involved...She has been an invaluable resource and supported me in my transition from bedside to supervisor."

Toni presented her poster on a pediatric anesthesia emergence delirium scale at the ASPAN National Conference in 2022. In this project, she collaborated with anesthesia to implement a scale which helped the team to better recognize emergence delirium and seek intervention.

Toni has also been an active member of the Oklahoma Society of PeriAnesthesia Nurses. She served as the treasurer and is now a director at large focusing on membership. Toni recruits other nurses to join ASPAN and has been a mentor to other board members. A coworker writes "Toni is a gem to work with and a role model inside and outside of work."

Congratulations, Toni!

Submitted by Melissa Davidson, MSN, RN, CPAN, ASPAN Director for Clinical Practice



▲ From left, Toni Strickland receiving the award from President Connie Hardy Tabet



▲ From left, Elizabeth Card receiving the award from President Connie Hardy Tabet

ASPAN President's Award

Elizabeth Card, DNP, APRN, FNP-BC, CPAN, CCRP, FASPAN

In President Connie Hardy Tabet's words: "The ASPAN President's Award is the highest honor bestowed on a member of our society by the ASPAN president. This award is given to an individual who has made an important contribution to the advancement of the nursing profession through strong commitment to the profession and a willingness to work for the benefit of others. This person is also of support to the ASPAN president during the year of her term. There are many who are worthy of this year's award, however only one recipient. The ASPAN President's Award this year goes to Elizabeth Card, DNP, APRN, FNP-BC, CPAN, CCRP, FASPAN."

"Elizabeth has the gift of giving and being a mentor, supporter, and champion cheerleader. She instills evidence-based practices and research to create inspiration and momentum for perianesthesia nursing. Elizabeth has extended her friendship through actively lifting others."

"Our mentoring relationship started before it was even an option or even intentional. I saw an ASPAN advertisement on the JBI scholarship. I considered this scholarship could be meaningful in my life as I serve ASPAN. I started to read and ask questions, and Elizabeth said 'you should consider applying' and I did."

"During my time as a regional director, Elizabeth advocated for doing what is right, even if it is a hard discussion or topic. Despite challenges or conflicts, there are always lessons to be learned and knowledge to be gained in life. As we started our board of directors for updating the ASPAN strategic plan, she gave us each permission to have the courage to think innovatively and rethink new ideas to lead our organization. As I stepped into the role of vice president, Elizabeth mentored me in finding vision, purpose, and excellence."

"I have been fortunate to witness unofficial mentoring in her easy, relaxed southern drawl leaving you with a higher level of confidence and truly believing you can! She shares kind and generous words, actions, time, energies, and collaboration for others' successes."

"Elizabeth has been generous with her ongoing mentoring, despite her other commitments. She has opened doors, shared resources, edited, provided timely constructive feedback to ensure end products are better."

"Elizabeth, as an ASPAN leader, has innovative ideas and has collaborated with organizations to empower and advance the unique specialty of perianesthesia nursing. Her leadership has been empowered to create the inaugural joint position statements and two whitepapers, namely on civility and waste anesthesia gas."

"Elizabeth, I thank you for your service and commitment to exceptional leadership. You are a collaborator and an igniter for positive change. It is with great pleasure and immense gratitude to bestow this honor on ASPAN Past President, Dr. Elizabeth Card! Thank you, Elizabeth!"



New FASPAN inductee, Meg Beturne ▶

2023 FASPAN Inductee

Meg Beturne, MSN, RN, CPAN, CAPA, FASPAN

Induction into ASPAN's Fellow Program is one of the highest honors ASPAN can bestow upon its members. As such, introduction as a Fellow of the American Society of PeriAnesthesia Nurses (FASPAN) is an honorable distinction that is earned through hard work, commitment to professional advancement, and substantive contributions in the field of perianesthesia nursing. Meg, a past ASPAN president, has been involved in and contributed to a broad scope of activities within perianesthesia nursing, including research, teaching, administration, clinical practice, and notable participation within ASPAN.

Congratulations, Meg!

PANAC Wins Gold Leaf Component of the Year Award!

PeriAnesthesia Nurses Association of California

The Gold Leaf Component of the Year Award was created to recognize an outstanding component for their leadership, innovation, member development, communications, education services and community relations. It is also a road map for component growth and development. The remarkable things achieved by the PeriAnesthesia Nurses Association of California (PANAC) in 2022 included frequent communication with component members by utilizing their newsletter, email, Facebook, and their website. PANAC did an outstanding job of recognizing member achievements and providing financial assistance by offering nine different types of scholarships! Serving their community is one of their top priorities, including giving to non-profit organizations at their state conferences. PANAC increased its membership by 6% and has 50 members who are involved in ASPAN at the national level. Congratulations, PANAC!

Submitted by Shay Glevy, BSN, RN, CPAN, CAPA, ASPAN Membership/Marketing SWT Coordinator



▲ From left, Shay Glevy presenting the Gold Leaf Award to PANAC President Kristy Thompson

From the Heart

Lori Erni, BSN, RN, CCRN, CPAN

ASPAN core values are the heart of what we practice. We care for individuals who are at their most vulnerable. I have been a perianesthesia nurse for over 21 years. So much has evolved with patients getting discharged the same day, who we used to keep at least overnight.

I have been working in Tucson, Arizona. I received a patient later in the day who had her ankle fracture repaired with a block and no sedation. Her neighbor was her ride home. This patient was wide awake when she arrived in the PACU. The patient said that her elderly husband was in the hospital, and she was going home alone. Her neighbor would be checking on her. I was curious to how she had fractured her ankle in the first place. I noticed bruises on her arms and chest. The patient proceeded to tell me that she had "fainted" and fell between the washer and dryer in her home. Because of the block, her mobility was impaired. I didn't feel she was safe to be home alone that night. I felt if she were to get up to use the restroom, she could easily fall. In discussion with her neighbor, we arranged for the patient to

stay at the neighbor's home. In the follow-up phone call, the patient was thankful to have felt safe after her procedure.

Part of fully caring for our patients, who we send home, is to understand what and where they will be recovering. This was an elderly woman with no support in her home. She would not be able to easily care for herself and her activities of daily living. She could easily become further injured. I voiced my concerns with the neighbor. The neighbor understood my concerns. After an ongoing discussion, the neighbor arranged for the patient to stay in her home. On a follow-up phone call, the patient had a safe recovery and did not injure herself.

This demonstrated to me we need not only be aware of caring for our patients in our setting, but we need to determine the patient has a safe environment to finish their recovery.



Lori Erni
BSN, RN, CCRN, CPAN



Each year, many of the "stars" of ASPAN are recognized for their contributions to perianesthesia nursing ASPAN and their components. These are the members recognized this year in various categories. Congratulations!

Recruiter of the Year Award!

The 2022 Recruiter of the year goes to Teri Baughman, BSN, RN, CEN, CPAN, CAPA, from the PeriAnesthesia Nurses Association of New Mexico (PANANM) who recruited 12 new members last year, the most of any ASPAN participant! Congratulations, and thank you for your outstanding work, Teri!

Click [here](#) to learn more about ASPAN's annual Member-Get-A-Member campaign.



▲ From left, Teri Baughman receiving the Recruiter of the Year Award from President Connie Hardy Tabet

CONGRATULATIONS TO ASPAN'S 2023 ABOVE AND BEYOND SERVICE RECOGNITION AWARD WINNERS!

The ASPAN Above & Beyond Service Recognition Awards are given to individuals in recognition of exemplary service to ASPAN and/or their component. Recipients of this honor/award demonstrate an attitude of excellence, teamwork, and go "Above and Beyond" the expectations of their job/duties. There are only 10 selected each year out of the applications received, and it is an honor to announce this year's 10 winners:

Lacey Allemand, TAPAN
Debra Bennett, NEVPANA
Bethany Biardi, AZPANA
Lori Erni, NPANA
Brian Harradine, PANAC

Cindy Ladner, MOKANPANA
Kate Mooney, PANAC
Jose Planillo, NJBPANA
Kathy Sandel, NCAPAN
Nancy Strzyzewski, MAPAN

Congratulations to these new members of the Nominating Committee!



Janice Hamouz-Fultz,
BSN, RN



Brian Harradine, MSN, RN,
CAPA, CNOR, NP-BC



Thank You to the National Conference Strategic Work Team!

Valerie Watkins, BSN, RN, CAPA (Ret), Coordinator
 Felicia Selman, MSN, RN, CAPA
 Kim Godfrey, BSN, RN, CPAN
 Regina Hoefner-Notz, MS, BSN, RN, CPAN, CPN, FASPAN
 Marcia Keiser, BSN, RN, CPAN (Ret)
 Sana Zamarripa, BSN, RN, CPAN
 Lynn Sekeres, MSN, BS, RN, CPAN, CAPA
 Katrina Bickerstaff, BSN, RN, CPAN, CAPA
 Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN
 Alphonzo Baker, Sr., DNP, RN CAPA
 Lori Silva, MSN, RN, CCRN, CPAN
 Linda Wilson, PhD, RN, CPAN, CAPA, NPD-BC, CNE, CNEcl, CHSE-A, ANEF, FAAN, FSSH, FASPAN



▲ From left, President Connie Hardy Tabet recognizing Valerie Watkins, the 2023 NCSWT Coordinator

Thank You to the ASPAN National Office Staff!

Kevin Dill
 Jane Certo
 Terry Clifford
 Marie Gallagher
 Pam Gottschalk
 Doug Hanisch
 Donna Ingram
 Connie Jameson
 Courtney Papp
 Linda Wilson
 Eileen Zeiger

Gold Leaf Applicants for 2022 Activity

ASPAN's Membership/Marketing Strategic Work Team wants to give a special shout out and recognize the components who submitted applications for Gold Leaf Component of the Year! It takes a lot of effort to compile and show all the amazing things your component does each year!

- **MASPAN:** Massachusetts Society of PeriAnesthesia Nurses – State: Massachusetts
- **NAPAN:** Nebraska Association of PeriAnesthesia Nurses – State: Nebraska
- **OPANA:** Ohio PeriAnesthesia Nurses Association – State: Ohio
- **PANAC:** PeriAnesthesia Nurses Association of California – State: California
- **RMPANA:** Rocky Mountain PeriAnesthesia Nurses Association – States: Colorado, Wyoming, W. Nebraska
- **VT/NH APAN:** Vermont/New Hampshire Association of PeriAnesthesia Nurses – States: Vermont, New Hampshire

Congratulations to these members who were nominated for the Excellence in Clinical Practice Award:

ElizaBeth Cooper, BSN, RN, CPAN, CAPA, LMT – Atwater, OH
 Jessica Hoff, BSN, RN, CPAN – Turner, OR
 Julie Miller, BSN, RN, CPAN – Salem, OR
 Toni Strickland, BSN, RN, CPAN – Edmond, OK

National Conference Support Outstanding!

Thank you for your tremendous support of ASPAN's Development activities at our 42nd National Conference this year! Because of your generosity, the tradition of giving continues.

The ASPAN exhibit hall opened Friday evening to a crowd of attendees waiting to visit our generous exhibitors and learn more about their products and services. The exhibit hall also accommodated the always-exciting Silent Auction, with items donated by members. We had several interesting items, from a Wedgewood vintage tea set to a Columbian emerald necklace along with many purses and gift cards. This year's auction made more than \$4,300 dollars. Thank you all who donated!



▲ Which Silent Auction item must I have?

The Sunday morning Development Breakfast was sold out and featured the inaugural Lois Schick Memorial address by Dolly Ireland, ASPAN past president. Dolly inspired us with her words, and her passion, on "Reflecting on the Past; Collaborating on the Future: YOU can BE the Difference!" There was also a delicious breakfast, networking, induction of the 2022-2023 Legacy for Life recipients, Hail, Honor, Salute! gifts, and the announcement of the Pat Hansen Memorial Honoree, Tina Harvey from OPANA. This award is given to the National Conference attendee who scored the most points on their scholarship application. Congratulations!

The gifts given at the Development Breakfast and Silent Auction are used to give back to the members for professional education, evidenced-based research, scholarships and awards, advocacy and more. 🌱

CONGRATULATIONS

to ASPAN's Legacy for Life members who were installed at the Development Breakfast this year!



▲ From left, Elizabeth Martin with Development SWT Coordinator Katrina Bickerstaff



▲ From left, Linda Beagley with Katrina Bickerstaff

Thank You to our Component and Corporate Sponsors!

Component Sponsors 2023

Chesapeake Bay Society of PeriAnesthesia Nurses
Florida Society of PeriAnesthesia Nurses
Georgia Association of PeriAnesthesia Nurses
Illinois Society of PeriAnesthesia Nurses
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Michigan Association of PeriAnesthesia Nurses
Minnesota-Dakotas Society of PeriAnesthesia Nurses
Missouri-Kansas PeriAnesthesia Nurses Association
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New York State PeriAnesthesia Nurses Association
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Pennsylvania Association of PeriAnesthesia Nurses
PeriAnesthesia Nurses Association of California
PeriAnesthesia Nurses Association of New Mexico
Rocky Mountain PeriAnesthesia Nurses Association
Tennessee Society of PeriAnesthesia Nurses
Texas Association of PeriAnesthesia Nurses
Vermont/New Hampshire Association of
PeriAnesthesia Nurses

Corporate Sponsors 2023

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Silentia
SMI Cold Therapy
Teleflex
UVA Health

Passport

Gebauer Company



▲ Visiting the publisher exhibit



▲ Checking out the products in the Exhibit Hall

Journal of PeriAnesthesia Nursing Awards

Congratulations to the Mary Hanna Memorial Journalism Award Winners for the 2022 Volume Year!

BEST PRACTICE

First Place:

Navigating the Path to a Sustainable 'PACU Pause' and Standardized Perioperative Handoff: A Quality Improvement Project

Lori Servas, BSN, RN, CPAN
Cathy Hayes, MSN, RN, CCRN
Tiffany Mayhorn, MSN, RN
Kerry A. Milner, DNSc, RN

Second Place:

Use of Apfel Simplified Risk Score to Guide Postoperative Nausea and Vomiting Prophylaxis in Adult Patients Undergoing Same-day Surgery

Robynn Choy, DNP, CRNA
Katherine Pereira, DNP, RN, FNP, FAAN, FAANP
Susan G. Silva, PhD
Neel Thomas, MD
Denise H. Tola, DNP, CRNA, CHSE

Third Place:

Improving PACU Throughput Using an Electronic Dashboard: A Quality Improvement Initiative

Paula Sexton, DNP
Kimberly Whitman, DNP, RN
Elisabeth L. George, PhD, RN
Mary Fanning, DNP, RN, FRE, NEA-BC
Kimberly Stephens, DNP, RN

Aromatherapy Blend for Postoperative Nausea in Ambulatory Surgery Patients

Sarah C. Trandel-Koreenchuk, DNP, FNP
Harpreet Gujar, DNP, FNP-BC
Claire Bode, DNP, MS, CRNP
Susan L. Bindon, DNP, RN, NPD-BC, CNE, CNE-cl

ISBAR as a Structured Tool for Patient Handover During Postoperative Recovery

Agnet Kaltoft, RN, MHSc
Yth Inga Jacobsen, RN
Mariann Tangsgaard, RN
Hanne Irene Jensen, RN, MHSc, PhD



CLINICAL

First Place:

Nurse's Role in Preoperative Neurological Evaluation and Management to Lower the Risk of Acute Stroke in Patients Undergoing Noncardiac, Nonneurological Surgery

Martha Power, APRN, SCRNP, FAHA
Claire Bentley, MD
Curtis Benesch, MPH, MD

Second Place:

Nursing Care During Lidocaine Infusion Therapy for Chronic Pain

Kathleen R. Wren, PhD, CRNA

Third Place:

Fire in the Operating Room: Surgical Case Report From a Forced-Air Warming Device Equipment Fire

Christopher H. Stucky, PhD, RN, CSSM, CNOR, CNAMB, NEA-BC
Joshua M. Wolf, MSN, RN, CRNA

REVIEW

First Place:

Health Professionals Perception of Enhanced Recovery After Surgery: A Scoping Review

Rafhani Rosyidah, MSc
Agung Dewanto, PhD
Elsi Dwi Hapsari, DS
Yunita Widayastuti, PhD

Second Place:

The Effectiveness of Capnography Versus Pulse Oximetry in Detecting Respiratory Adverse Events in the Postanesthesia Care Unit (PACU): A Narrative Review and Synthesis

Margaret M. McNeill, PhD, RN, APRN-CNS, CCRN-K, CCNS, TCRN, CPAN, NE-BC, NHDP-BC, FCNS, FAAN
Connie Hardy Tabet, MSN, RN, CPAN, CAPA, FASPAN

Third Place:

Perioperative Dexamethasone for Patients With Diabetes and Its Effect on Blood Glucose After Surgery

Jose L. Bonilla, DNAP, CRNA
Jeanette B. Rodriguez-Torres, DNAP, CRNA, LTC, AN, USA*
Gilbert L. Verar, DNAP, CRNA
Jill Mason-Nguyen, DNAP, MSN, CRNA, COI
Chad B. Moore, DNP, CRNA, CHSE, CDR, NC, USN

RESEARCH

First Place:

Effectiveness of Music Intervention on Postoperative Nausea and Vomiting: A Systematic Review and Meta-analysis

Fatma Dursun Ergezen, MSc, RN
Zeynep Özer, PhD, RN
Emine Kol, PhD, RN

The Effects of Designing an Educational Animation Movie in Virtual Reality on Preoperative Fear and Postoperative Pain in Pediatric Patients: A Randomized Controlled Trial

Şeyda Binay Yaz, PhD, RN
Hatice Bal Yilmaz, PhD, RN

Second Place:

Could Your Patient be Taking Uber or Lyft Post-Anesthesia? A New Era for Transportation Policy & Practice Considerations

Jennice Gist, DNP, CRNA
Lisa Muirhead, DNP, APRN-BC, ANP, FAANP, FAAN
Kelly L. Wiltse Nicely, PhD, CRNA, FAANA

Half-Dose Sugammadex After Neostigmine Versus Neostigmine as a Routine Reversal Agent: A Pilot Randomized Trial

Ayşe Baysal, MD
Gonul Sagioglu, MD
Mevlut Gogukan, MD
Ismail Ozkaynak, MD



2023 National Conference Online Recorded Sessions

Available June 26 – October 24

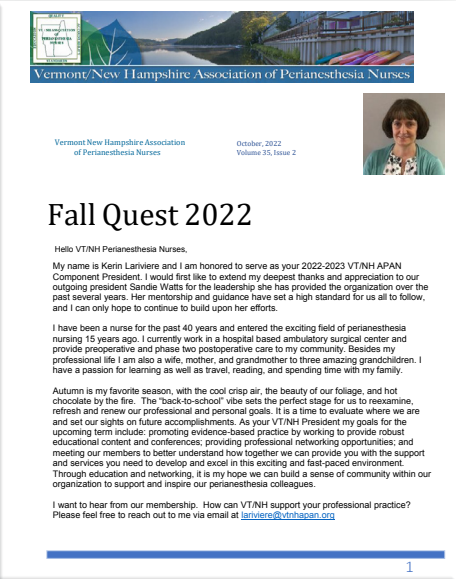
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Pulseline
PeriAnesthesia Nurses Association of California
Editor:
Ronda Dyer, MSN, BSPA, RN, CPAN,
CAPA, CNE



QUEST
Vermont/New Hampshire Association of
PeriAnesthesia Nurses
Editor:
Karen Flanagan, MSN, RN



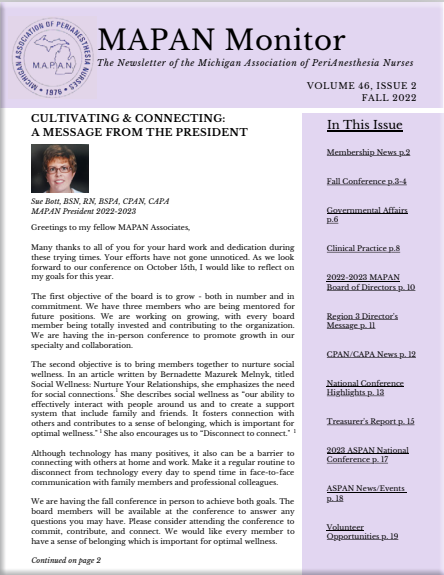
1-8 PAGES

9-14 PAGES

Newsletter Contest Winners

15+ PAGES

PEOPLE'S CHOICE



MAPAN Monitor
Michigan Association of PeriAnesthesia Nurses
Editor:
Kristen Lemorie, MSN, RN, AGCNS-BC,
CPAN, CAPA

Pulseline
PeriAnesthesia Nurses Association of California
Editor:
Ronda Dyer, MSN, BSPA, RN, CPAN,
CAPA, CNE

The High Cost of Staying Silent

Juli Reynolds, BSN, RN, CCA, NC-BC – Member, Well-being Strategic Work Team



Juli Reynolds
BSN, RN, CCA, NC-BC

Crucial conversations are discussions that occur when emotions are high, stakes are important, and opinions vary.¹ These conversations are essential in the workplace and for overall well-being and nurse health because they allow for effective communication, problem-solving, and relationship building.

It is not a new idea to suggest effective communication is critical in the workplace, especially in healthcare settings where lives are at stake. Nurses must be able to communicate effectively with colleagues, patients, and families to ensure quality care. Crucial conversations provide an opportunity for nurses to express their concerns and opinions in a safe and respectful manner. This can lead to a better understanding of the situation and a shared goal to improve patient care.

We may know it as “workplace drama” - when conflict arises due to differences in opinions, values, and personalities. Ignoring or avoiding these conflicts can lead to a toxic work environment, decreased job satisfaction, and ultimately, burnout. By having crucial conversations, nurses can address conflicts and find solutions that work for everyone involved. When nurses feel unsupported, unheard, or undervalued, they may experience feelings of frustration, anger, or even hopelessness. These negative emotions can have a significant impact on mental health and may lead to burnout or turnover.²

When nurses feel valued and their concerns are heard, they are more likely to feel engaged and satisfied in their work, so they stay.²

Seeking mastery in communication increases autonomy, empowering the development of strong relationships with colleagues, patients, and families. This can create a positive work environment that promotes collaboration, trust, and teamwork, and enhances the sense of purpose.

There are some great tips we can start implementing right now to improve our communication and conflict resolution skills. One of the most important things we can do is practice empathy and active listening. This means really listening to what the other person is saying, clarifying any misunderstandings, and acknowledging their feelings. We can do this by maintaining eye contact, nodding, and asking open-ended questions to better understand their perspective.


Another tip is to use “I” statements when expressing concerns or opinions during a crucial conversation. Instead of saying “you’re not listening to me,” we could say



“I don’t feel heard when I share my concerns.” This helps to avoid blaming or accusing and keeps the conversation focused on the problem rather than the person.³ Finally, it’s important to seek feedback, and if needed, agree on follow-up.³ Feedback can help identify areas for improvement and build confidence in our communication and conflict resolution skills.

Crucial conversations are essential in the workplace and for overall well-being and nurse wellness. By effectively engaging in crucial conversations, we can create a positive work environment that promotes collaboration, trust, and teamwork. Staying silent or “letting it go” comes at a cost to our overall well-being, our sense of autonomy, mastery and purpose - and it can cost us the best outcomes we desire for our patients.

REFERENCES

1. Grenny J, McMillan R. *Crucial Conversations: Tools For Talking When Stakes Are High*. McGraw-Hill Education; 2006.
2. Evans CR, Bachman JW, Broome ME. Embracing the complexity of communication in nursing. *J Nurs Educ Pract*. 2011;1(2):12-21.
3. Kinsman KA. Effective communication in nursing: a review of literature. *J Nurs Educ Pract*. 2018;8(10):1-6. 

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The ASPAN Board of Directors opened the Exhibit Hall with the traditional ribbon-cutting

RMPANA President Chanda Hassemer welcomes attendees at Opening Ceremonies ▶



◀ Closing Speaker Dr. Brad Nieder with some audience participation



▼ A busy Exhibit Hall



▲ The Hospitality Booth volunteers welcomed attendees



Education sessions were packed ▶



▼ Opening Ceremonies. We're back!



▲ The "Happening," a well-attended social event on Thursday evening



NC Photo Collage

**Closing Speaker
Dr. Brad Nieder - what
a funny guy! ▶**



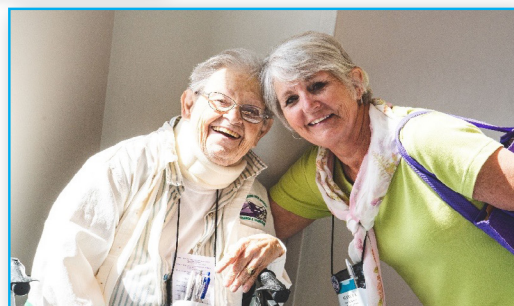
**▼ Friendly hostesses were
everywhere ready to help**



▲ One of the free Photo Booths



▲ Closing Breakfast.....it's ending all too soon!



▲ From left, Esther Watson with Marcia Keiser

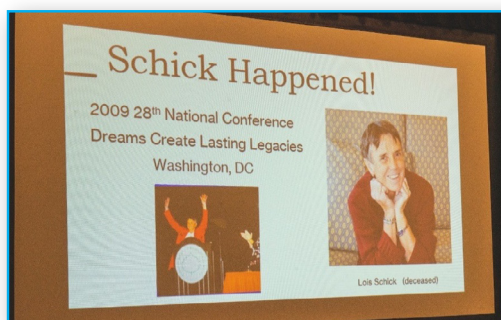


▲ Taking a break outside. The weather was gorgeous!

**▲ Connie Hardy Tabet
with Alphonzo Baker
at the President's
Reception**



▲ Showing off their bags!



**◀ The Development
Breakfast honored
the late Past
President Lois
Schick in looking
toward the future**



**Networking. It's so fun to
be back in person! ▶**

CONGRATULATIONS TO THE ASPAN 2023-2024 BOARD OF DIRECTORS!



President

Alphonzo Baker, Sr., DNP, RN, CAPA

Alphonzo has been a nurse for 24 years caring for adult and pediatric patients within perianesthesia critical care. He is a charge/staff nurse at Medstar Georgetown University Hospital in Washington, D.C. in Preop/OR Holding/PACU. In his D.C. district of CBSPAN, he served as president. During his nursing career he has been a change agent for nursing practice, working as the chairperson/leader of the perianesthesia collaborative governance council, Medstar corporate council representative of quality and safety, and the northern Virginia representative for the American Nurses Association.

Vice President/President-Elect

Lori Silva, MSN, RN, CCRN, CPAN

Lori has been a nurse for 40 years working in critical care, emergency nursing, and perianesthesia nursing, which is her love. She is a PACU nurse at Doctors Medical Center in Modesto, California. Lori has been an ASPAN/PANAC member since 1997, serving in various leadership positions in both PANAC and ASPAN. She has served as ASPAN's treasurer, Finance Committee chair, Membership/Marketing SWT coordinator, the 2018 ASPAN National Conference SWT coordinator, Emerging Leaders SWT, Conference Revitalization SWT, and past National Conference SWT teams. Lori feels the most enjoyable part of being a member of PANAC/ASPAN is meeting amazing colleagues across the country. She has a passion for learning and serving. She is honored to serve as the 2023 – 2024 ASPAN vice president/president-elect.



Secretary

Susan Norris, BScN, RN, CAPA

Susan has 36 years of experience in preadmission, preop and phase II recovery. She is the manager for preadmission testing at Baylor St. Luke's Medical Center in Houston, Texas. Susan is currently TAPAN's webmaster. Within ASPAN, Susan is involved in Clinical Practice, Publications, Policy & Procedures, and Component Revitalization, as well as the Preoperative Assessment and Informatics SPGs. Susan has presented perianesthesia lectures for national and component meetings. She is a contributing author for ASPAN's *Redi-Ref* and *Certification Review for PeriAnesthesia Nursing*, fourth edition.



Treasurer

Teri Baughman, BSN, RN, CEN, CPAN, CAPA

Teri is a frontline nurse and previous manager with 29 years of nursing experience in cardiac stepdown, emergency nursing, and perianesthesia Phase I PACU. She discovered her perianesthesia nursing passion in 2008, became dual certified, and is a certification coach. She serves the PeriAnesthesia Nurses Association of New Mexico as current president. As PANANM's treasurer for six years, she transitioned their IRS status to a 501(c)(3), revised policies and procedures, bylaws, updated strategic plans, and organized several educational events. Teri participates on ASPAN committees and strategic work teams, including Finance, Education Approver, Development, and Bylaws/Policy and Procedures. She has 12 years' experience and skills on an Emergency Nurses Association chapter board of directors as president, treasurer, and secretary.





Immediate Past President

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

Connie has 33 years nursing experience, with 23 years in adult and pediatric perianesthesia, and ten years as an educator. She is a valued caring collaborator, author in *JoPAN*, and an Elsevier subject expert. Connie advocates for kindness, civility, well-being, and anti-bullying. She promotes peer review, education, certification, adores mentorship, and shares podium and poster presentations. Her ASPAN leadership includes president, vice president/president-elect, and regional director for region one. She served as a resource for Standard & Guidelines, EBP, Research, Civility Task Force, and many other strategic work teams and committees. She remains active with the PeriAnesthesia Nurses Association of New Mexico.

Regional Director, Region One

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

In healthcare for over 40 years and an RN for 35 years, Ronda's experience wandered through critical care, home health and hospice before finding her passion 15 years ago in perianesthesia nursing, working in PACU Phase I, pre-op, and Phase II. She joined ASPAN/PANAC in 2009, became dual certified in 2012, and has served as PANAC's *PulseLine* editor since 2013. As regional director, region one, her passion is clinical excellence, education, and certification. This passion resulted in the creation of a kitchen table certification study group which has evolved with the help of colleagues, to a virtual component-wide group, and this year, is expanding to a regional effort.



Regional Director, Region Two

Tracy Galyon, BSN, RN, CPAN

Tracy has been a RN since 1984, and in the PACU since 2005. She joined ASPAN/OSPA (Oklahoma Society of PeriAnesthesia Nurses) in 2012 and became CPAN certified in 2013. She has served OSPAN in various roles, including president, education, and conference planning. She has attended multiple Component / Leadership Development Institutes, and several ASPAN National Conferences. She fills in for speakers at the local level when needed. Tracy currently works as a bedside PACU RN for a spine specialty hospital on a per diem basis, while also doing travel contracts full-time.



Regional Director, Region Three

Marlene Nahavandi, BSN, RN, CAPA

Marlene has been a nurse for 42 years, with 32 years in the perianesthesia setting. Currently, she is the day charge RN in PACU and a certification coach for ABPANC. Marlene is an active member of WISPAN and has served on the WISPAN board in various roles, most recently as past president.

She is a member of ASPAN's Clinical Practice Committee and the Membership/Marketing Strategic Work Team. She has attended multiple ASPAN National Conferences and Leadership Development Institutes. Marlene is excited and proud to serve as regional director of region three.



Regional Director, Region Four

Ursula Mellinger, BSN, RN, CPAN, CAPA

Ursula has been a nurse for 47 years, starting her career in the ICU in Pittsburgh. She then spent 15 years at a federally funded healthcare facility for medically underserved populations and homebound geriatric patients. Wanting to return to more acute patient contact, she took a position in the PACU. For the past 22 years, she has been working PACU Phase I, Phase II, and preop assessment and readiness. She has been an ASPAN/PAPAN member for 17 years. She is currently employed at a free-standing ASC as a pre/post RN. She enjoys working per diem and is passionate about her continued role as an ASPAN regional director.





Regional Director – Region 5

Nickcole Price, MSN, RN, CPAN, CAPA

Nickcole is a dual certified perianesthesia nurse educator, experienced leader, and a facilitator for bridging best practices and optimizing safe patient care. She is instrumental in recruiting perianesthesia nurses and encouraging activism at the component and national level. Nickcole is currently employed as a perioperative nursing professional development specialist for Medstar Southern Maryland Hospital Center. She has been an ASPAN member since 2004 and has participated on ASPAN committees and strategic work teams, including the Bylaws/Policy & Procedures SWT, Credentials SWT, Standards SWT, Clinical Practice Committee, and Educator Approver Committee. In the Chesapeake Bay Society of PeriAnesthesia Nurses, Nickcole served as the component president, and District of Columbia district president.

Director for Clinical Practice

Melissa Davidson, MSN, RN, CPAN

A 2000 graduate of Western Michigan University, Melissa started her nursing career in med-surg before landing in her PACU home. She has moved throughout the country over the last 22 years working in a variety of settings, from large trauma centers to critical access hospitals, always as a nurse in the perianesthesia setting. She received her master's degree in nursing from the University of West Florida. Currently, she works as a perianesthesia manager at a small hospital in Tarpon Springs, Florida. Melissa has served as an active ASPAN member for 13 years, participating on many ASPAN committees and strategic work teams. She is currently in her second term as ASPAN's director for clinical practice.



Director for Education

Felicia Selman, MSN, RN, CAPA

Born and raised in Panama, Felicia, an RN for 44 years, was given the opportunity to accomplish her goal to serve. Felicia joined ASPAN and the Texas Association of PeriAnesthesia Nurses (TAPAN) in 2010 and obtained CAPA certification in 2012. Her passion for perianesthesia nursing led her to serve as TAPAN president 2019-2021. As the director for education on the ASPAN Board of Directors, Felicia believes this is truly a life-changing experience, both personally and professionally, and aspires to continue to move ASPAN forward.

Director for Clinical Inquiry

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

Dr. Amy Berardinelli has been a registered nurse for 20 years. Much of her career involves leading others in the specialty of perianesthesia nursing. Amy spent twelve years at the Cleveland Clinic, where she was the team lead for the New Knowledge and Innovations section for the hospital's Magnet® submissions and was awarded the Cleveland Clinic research nurse of the year.

Amy is published in *JONA*, *JoPAN*, and *Outpatient Surgery*. Recently, she shifted gears to the specialty of pediatric perianesthesia nursing as the clinical nurse manager of the perianesthesia and the perioperative surgical home departments at Akron Children's Hospital.

Amy is active in the Ohio PeriAnesthesia Nurses Association (OPANA) and ASPAN. Locally, she is the president of the Greater Cleveland PeriAnesthesia Nurses Association and OPANA.

Amy is honored to be the ASPAN director for clinical inquiry, as well as a team lead for the Clinical Practice Committee and the Standards SWT.



ASPAN Chief Executive Officer

Kevin Dill

MBA, BS

THANK YOU

TO THESE OUTGOING BOARD OF DIRECTORS MEMBERS FOR THEIR
YEARS OF SERVICE!

Immediate
Past President



Jennifer Kilgore
BSN, RN, CPAN

Regional Director –
Region 3



Deborah Moengen
BSN, RN, CPAN

Regional Director –
Region 5



Keisha Franks
MSN, RN, CPAN

Director for Clinical
Inquiry



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

MORE National Conference Fun!



▲ Outdoors during a break

The “Happening” ►



▲ The Rocky Mountain High photo booth





LIVE IN-PERSON SEMINARS

**ADVANCED PATIENT SAFETY:
NEW APPROACHES AND DIRECTIONS**

September 23, 2023 SATURDAY

Philadelphia, PA

FOUNDATIONS OF PERIANESTHESIA PRACTICE

October 28, 2023 SATURDAY

North Little Rock, AR

PERIANESTHESIA CERTIFICATION REVIEW

August 5, 2023 SATURDAY

Modesto, CA

August 19, 2023 SATURDAY

Jacksonville, FL

REFRESHING YOUR PERIANESTHESIA PRACTICE

September 30, 2023 SATURDAY

Indianapolis, IN

LIVE WEBCASTS – FULL DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

November 18, 2023 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW

September 23, 2023 SATURDAY

November 5, 2023 SUNDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

October 11, 2023 WEDNESDAY

October 18, 2023 WEDNESDAY

October 25, 2023 WEDNESDAY

**PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE**

October 14, 2023 SATURDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE

August 12, 2023 SATURDAY

SAFETY BEGINS WITH US

August 26, 2023 SATURDAY

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

October 21, 2023 SATURDAY

LIVE WEBCASTS – HALF-DAY

**INNOVATIVE CONCEPTS IN PEDIATRIC
PERIANESTHESIA CARE**

November 12, 2023 SUNDAY

**LEADERSHIP STRATEGIES TO SUSTAIN A CULTURE
OF SAFETY**

November 19, 2023 SUNDAY

PERIANESTHESIA ESSENTIALS II

August 13, 2023 SUNDAY

PERIANESTHESIA ESSENTIALS III

August 20, 2023 SUNDAY

PERIANESTHESIA ESSENTIALS IV

August 27, 2023 SUNDAY

PERIANESTHESIA ESSENTIALS V

September 17, 2023 SUNDAY



LIVE WEBCASTS – TWO-HOUR

**COMPLICATIONS AND EMERGENCIES AFTER
ANESTHESIA**

August 9, 2023 WEDNESDAY

CRITICAL CARE COMPETENCIES: NEUROLOGICAL

August 16, 2023 WEDNESDAY

EMERGENCY PREPAREDNESS

August 23, 2023 WEDNESDAY

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

August 30, 2023 WEDNESDAY

**GASTROINTESTINAL AND ENDOCRINE
PATHOPHYSIOLOGY AND ASSESSMENT**

September 13, 2023 WEDNESDAY

HOW TO BECOME A TRANSFORMATIONAL LEADER

October 4, 2023 WEDNESDAY

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

September 20, 2023 WEDNESDAY

**LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA
NURSING**

September 27, 2023 WEDNESDAY

**MALIGNANT HYPERTHERMIA AND POSTOPERATIVE
NAUSEA AND VOMITING**

November 1, 2023 WEDNESDAY

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

November 8, 2023 WEDNESDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

November 15, 2023 WEDNESDAY

**PEDIATRIC ANESTHESIA AND POSTANESTHESIA
COMPLICATIONS**

August 3, 2023 THURSDAY

**PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT
AND DISCHARGE CRITERIA**

August 10, 2023 THURSDAY

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

October 5, 2023 THURSDAY