



March/April 2023

Volume 43 Number 2

INSIDE:

## PRESIDENT'S MESSAGE:

### Caring Actions through the Science of Safety

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

“One person seeking glory doesn't accomplish much. Success is the result of people pulling together to meet common goals.”<sup>1</sup>

JOHN C. MAXWELL

#### Heart-Centered Compassionate Leadership

Caring leadership introduced you to my year-long theme on “Heart and Science of Caring - *Collaboration. Advocacy. Purpose. Excellence.*” Each article offers focused insights of looking inward, then outward. The gift of a compassionate, optimistic, and grateful mindset are proven approaches for elevating caring values and virtues for belonging. We are all accountable for transforming perianesthesia care into action.

#### The President's Journey

A summary of themes from my ASPAN mentors suggested throughout my presidential term to cherish your advocating year as ASPAN's 42nd president. This is a once-in-a-lifetime adventure. Practice courage to lead effective teams. It will be an exceptionally challenging experience. Everyone has an opinion. Do what is best for our society.

Indeed, I have treasured the extraordinary experience and learning moments. It has been a unique opportunity to contemplate innovative ideas and think strategically. We reviewed our ASPAN thinking, highlighted our shared purpose and “why,” listed our organizational intentions and delivered on promises of growth. Collaboratively, we can show up, contribute, and take action for causes. Our members want to be valued, seen, and heard. My own purpose is to inspire nursing science through caring actions.

#### Rearranging ASPAN's Box

John C. Maxwell said, “Growth inside fuels growth outside,”<sup>2</sup> and “No change means no growth.”<sup>2</sup> Our society rearranged the inside of our ASPAN box. It is through our purposeful internal activities we can view the



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

exterior of our perianesthesia box. As kindhearted caregivers, we can compassionately understand it is what is inside of us that counts. We can embody our core values and remain courageous, empowered, and distinguished contributors to encourage grassroots activism. We are inquisitive perianesthesia warriors and insightful leaders. Remain heartened to dare to care for oneself and others. We value new ideas and acknowledge individual differences to foster a sense of belonging to ASPAN. Make the caring moments be the difference.

#### Dynamic Collaborators

Synergism among team members shows parallel engagement. This creates bigger impacts with higher success rates. ASPAN needs dynamic collaborators. This caring collaboration yields educational opportunities, practice standards, recommendations and competency-based orientation resources, joint projects with other colleagues, and development of quality teams through the science of safety. Partnerships inspire clarity of shared purposes bringing members closer together with society mission statements and visions, core values, and goals to deliver micro and macro acts improving organizational outcomes.

#### Science of Safety

Looking at my framed degree certificate, Master of Science in Nursing, provided me a moment to pause and consider the word science as it surrounds our profession and why this matters. Safer nursing practices lays the groundwork for the integration of the science of safety concepts.<sup>3</sup> The nursing literature contains a wealth of resources on the safety of science concepts and how they can be introduced and utilized for healthy work environments (HWE). The science of safety (SoS) is the basis of a caring culture. SoS increases well-being, team productivity and catalyzes the cues of

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



**ASPN**

American Society of PeriAnesthesia Nurses



caring, security and safety.<sup>3,4,5</sup> The SoS for HWE acts as a safety net and an impactful change agent for educating healthcare staff. The information has been prominent. All it takes is courageous voices to transform science into deliberate actions for positive changes.

Successful healthcare teams function at their healthiest when they are based on an integrated framework directed at improving solutions such as the “duties and justices of just culture.”<sup>3</sup> Toxic tolerance is not a viable option for improving healthcare outcomes. Aim to be challenged, coached, and mentored. This benefits your fellow nurses, staff, and the best care for patients. We all need to provide psychological safety towards others and ourselves, and this increases resilience for caregivers.<sup>3</sup> When you inspire actions of giving, caring, and belonging, engagement will most likely result. Adopt the science of safety as an accessible perianesthesia resource for our professional leadership. Caring voices matter for growing healthy work environments.

## Bright Future

It has been a joy and honor to serve while leading as the ASPAN president. I have been privileged to meet perianesthesia colleagues, engage in meaningful collaborations, expand professional networks, energize friendships, listen

and learn, while making my own unique contribution. I extend heartfelt gratitude to all ASPAN members, the National Office staff, and the caring dedication from each of you to our nursing specialty. ASPAN's radiant torch will continue to glow with Alphonzo Baker, serving as our next president. Perianesthesia nurses are the passionate fuel that burns brighter to illuminate our future. Be caring. Be bright!

## REFERENCES

1. Pass It On. Pull together. Pass It On website. Accessed January 1, 2023. <https://www.passiton.com/inspirational-quotes/8069-one-person-seeking-glory-doesnt-accomplish>
2. Quotes of famous people. John C. Maxwell quotes. Accessed February 15, 2023. <https://quotepark.com/authors/john-c-maxwell/>
3. Mamaril M, Card E. Be the perianesthesia leadership voice for the science of safety - it's more than just a culture. *J Perianesth Nurs.* 2022;37(6):987-988. <https://doi.org/10.1016/j.jopan.2022.08.005>
4. Porges SW. Polyvagal theory: a science of safety. *Front Integr Neurosci.* 2022;16. <https://doi.org/10.3389/fint.2022.871227>
5. Agency for Healthcare Research and Quality (AHRQ). Understand the science of safety. 2018. Accessed January 1, 2023. <https://www.ahrq.gov/hai/cusp/modules/understand/index.html>

## ASPAN's Year in Review Highlights

**L**ooking in the rearview mirror, this society has accomplished many tasks while moving agendas forward for perianesthesia governances. With the intention of full transparency, as president, I have ensured members received detailed emailed society quarterly reports. Listed below are some highlights. Visit our website for resources, recordings, and documents.

- ASPAN has three new publications: *Pediatric Competency-Based Orientation; 2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*, and *ASPAN AANA AORN Collaborative Civility White Paper*
- Implemented a new Strategic Work Team: Collaborative Advocacy
- Posted weekly on ASPAN's social media and introduced a message platform *Telegram* for members, SPGs, SWTs to exchange information for immediate communication for collaborative feedback
- Attended virtual and in-person component conferences and meetings
- The Board of Directors (BOD) shared an interactive, heart-centered leadership Perianesthesia Development Institute (PDI) in November 2022

- Requested member testimonial videos to share for “My ASPAN Why” and “We are ASPAN”
- New campaign implemented targeting Member-Get-a-Manager
- ASPAN advocated for more than four million nurses by supporting our signature on national sign-on letters. Collaborated with other nursing organizations and exchanged memorandum of understanding (MOU) letters
- The BOD initiated monthly ASPAN Insights with onboarding education and support for component leaders
- Revised numerous policies, procedures, templates for BOD reports, and SPG and SWT meeting minutes added measurable outcomes key results (OKRs)
- Items in progress include developing an ASPAN Pain and Comfort CBO; planning an inaugural Perianesthesia Academy conference to be held in Albuquerque, NM, and designing a perianesthesia nursing podcast
- ASPAN is addressing healthy work environments, expanding initiatives, visibility, educational series, and advancing clinical inquiry

## ASPAN® Breathline

Published by the American Society of PeriAnesthesia Nurses®

Indexed in the Cumulative Index to Nursing Allied Health Literature (CINAHL)

Address changes and administrative correspondence to:  
ASPAN

90 Frontage Road  
Cherry Hill, NJ 08034-1424  
877-737-9696 Fax: 856-616-9601  
aspn@aspn.org www.aspn.org

### 2022-2023 BOARD OF DIRECTORS

PRESIDENT  
Connie Hardy Tabet (NM)

VICE PRESIDENT/  
PRESIDENT-ELECT  
Alphonzo Baker (VA)

SECRETARY  
Susan Norris (TX)

TREASURER  
Lori Silva (CA)

IMMEDIATE PAST PRESIDENT  
Jennifer Kilgore (MS)

### REGIONAL DIRECTORS

Region 1 - Ronda Dyer (CA)  
Region 2 - Tracy Galyon (OK)  
Region 3 - Deborah Moenzen (MN)  
Region 4 - Ursula Mellinger (PA)  
Region 5 - Keisha Franks (GA)

DIRECTOR FOR EDUCATION  
Felicia Selman (TX)

DIRECTOR FOR CLINICAL PRACTICE  
Melissa Davidson (FL)

DIRECTOR FOR CLINICAL INQUIRY  
Margaret McNeill (MD)

ASPAN CHIEF EXECUTIVE OFFICER (EX-OFFICIO)  
Kevin Dill (NJ)

### BREATHLINE EDITORIAL STAFF

EDITOR  
Barbara Godden (CO)

NATIONAL OFFICE  
Jane Certo (NJ)

PUBLICATIONS SWT COORDINATOR  
Susan Norris (TX)

Editorial Comments and Letters to the Editor to:  
Barbara Godden  
9320 Ermendale Drive  
Lone Tree, CO 80124  
bgodden@aspn.org

CONTRIBUTORS  
K. Bickertstaff (AZ)  
S. Davis (NC)

R. Hoefner-Notz (CO)  
H. Kauffman (IA)  
D. Niehaus (OH)  
J. Reynolds (TN)  
A. Weathersby (CA)

Deadlines for inclusion in *Breathline*:

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

# Colorado Wonders

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

**A**s part of the National Conference Strategic Work Team, we have tried to entice you to come to Colorado to experience meeting at the magnificent Gaylord Rockies Resort and Convention Center. But Colorado holds more wonders to share for everyone. Explorers, hikers, bikers, kayakers, foodies, craft beer connoisseurs, and anyone who just likes being in the sunshine would have their fill of places to go and experiences to try.

Ironically, the American Automobile Association (AAA) of Colorado published a great article in their September/October 2022 magazine called "Three Days in Northern Colorado."<sup>1</sup> The writer starts his journey in Fort Collins, which is about a 75-minute cruise north of Denver on I-25. The easiest way to explore the town is to grab a bike, and then go grab a beer at the Odell Brewing Company on Lincoln Avenue. It's just a short ride over the stunning Cache la Poudre River. Relax on the beautiful outdoor patio, taking in the sights warming up next to one of the many fire pits. If you are still able to pedal, continue your day by taking a tour at the New Belgium Brewing Company, tasting included.<sup>1</sup>



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

The next day of this journey sent the reporter on a 30-minute drive south to Loveland, CO, a city known for sending numerous cards for people from all over the world for Valentine's Day. How romantic is the gesture to have the Valentine's Day postmark say "Loveland"? The geology along the route includes some of our famous reddish rocks with hiking opportunities at Devil's Backbone (2.4-mile hike).<sup>1</sup>

Loveland boasts four sculpture parks to get your art on, as well as over 500 public works of art throughout the town. Many of the town's sculptures are in bronze



▲ Buckhorn Exchange Restaurant, Denver, est. 1893  
Courtesy of Visit Denver

secondary to the fact that "Loveland is home to three of the largest bronze foundries in the world."<sup>1</sup> Afterwards, head west on Route 34, through the Roosevelt National Forest as you make your way through the beautiful Big Thompson Canyon to the mountain town of Estes Park.<sup>1</sup>



▲ Estes Park Stanley Hotel  
Courtesy of Visit Denver

Although it may be too early to go through Rocky Mountain National Park, you can enjoy the wonders of the mountain peaks while sipping your favorite beverage in the town of Estes Park, followed by some fun shopping. As you navigate through the town, you cannot help but see the amazing Stanley Hotel where the movie "The Shining" was filmed. Don't be afraid to venture in and visit some of the local ghosts.<sup>1</sup>

The remarkable reality of Colorado is, whether you go north, south, east, or west, you will experience extraordinary sights and places. It could be the western vineyards of Grand Junction with incredible vistas at the National Monument, or south to Colorado Springs to ride the cog rail to the top of Pikes Peak. You could

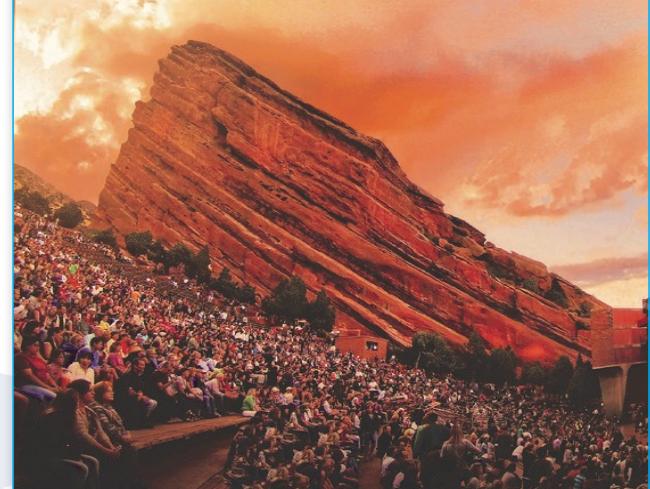
## National Conference



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



▲ Larimer Square  
Courtesy of Visit Denver



▲ Red Rocks Amphitheatre Sunset, Concert  
Courtesy of Visit Denver

then take in some time to visit the Olympic Training Center and Museum, as well as the Rodeo Hall of Fame.<sup>2</sup>

Your RMPANA hostesses and hosts will have plenty of information about local restaurants and sights in and around the Denver area. But think about your tucked away hiking boots and down vests if you choose to venture upward into the mountains to see Colorado's famous bluebird skies. Come for the fabulous educa-

tion but stay for the multiple opportunities to create the experience of a lifetime. We hope to welcome you to our amazing state this coming April.

#### REFERENCES

1. Berman J. Three days in northern colorado. *AAA Living*. September/October 2022;96(4):8-12.
2. Colorado Tourism. Accessed February 7, 2023. <https://www.colorado.com>



**Debby Niehaus  
BSN, RN, CPAN (Ret)**

## LEGACY FOR LIFE

### Making a Difference through Legacy for Life

Debby Niehaus, BSN, RN, CPAN (Ret)



**T**he ASPAN Legacy for Life program is one way for me to help perianesthesia nurses receive monetary benefits now and in the future. As I received my Legacy medallion in April 2022 at ASPAN's National Conference in Philadelphia, I thought about how this program really 'makes a difference' for many members each year. Funding nurse members for advanced degree, national conference, mission trips, or certification scholarships as well as research grants is very important to me. We have all received benefits you often cannot repay, but you can share kindness by paying it forward and giving a donation to the Legacy for Life program for the benefit of your fellow nurses.

I attended the first ASPAN National Conference in St. Louis in 1982, and every conference since. Early on, I did not receive hospital financial support, had a family, attended school, and covered my conference expenses by volunteering to take

extra 'call' on nights and weekends or worked overtime for my co-workers. I wanted to attend conference, but, at the same time, not take away from my financial obligations to my family.

Today's nursing environment is different with education expenses skyrocketing. Previous sources of extra income may not be available or practical with already long shifts and fewer days off as a remnant of the pandemic. Financial support is needed now more than ever. I am happy the Legacy for Life program funds are donated by nursing peers who understand how important it is for nurses to receive their education and stay current in their practice.

I am a member of Legacy for Life because I believe, over time, my gifts have made and continue to 'make a difference' for perianesthesia nurses.

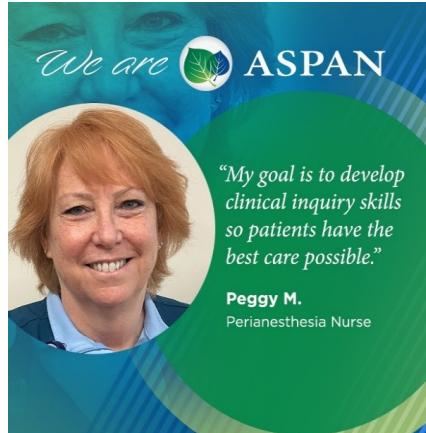


# NEW Marketing Campaign



Earlier this year, ASPAN launched a new marketing campaign—We Are ASPAN. The campaign features a dozen different ASPAN members who say a few words about their practice and purpose. A couple of ad samples appear here, and readers will find them on our homepage, in publications, social media, as well as other places online. Click on the ad for additional information.

By year's end, these ads will have been displayed hundreds of thousands of times, and thousands of people will have clicked on them wanting to know more about ASPAN and perianesthesia nursing. Component leaders are welcome to use these ads in component media too. To obtain them, simply email Doug Hanisch at the National Office: [dhanisch@aspan.org](mailto:dhanisch@aspan.org).



# FIND OUT MORE

**Barhemsys®**  
(amisulpride) injection 2.5mg/mL



Packaging and vial shown  
are not actual size.

Barhemsys® is a registered trademark of Acacia Pharma Limited.  
© 2023 Acacia Pharma Inc. All rights reserved. MLR-BAR-US-0063 02/2023  
Acacia Pharma Limited and Acacia Pharma Inc. are wholly owned subsidiaries of Eagle Pharmaceuticals, Inc.



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

# National Conference Development Events

**April 28 - May 1, 2023 Denver, Colorado**

## **"The Mile High City"**

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

**T**here are several fun ways you can support ASPAN and your profession at ASPAN's 42nd National Conference.

### **Silent Auction**

Please consider contributing an item to the Silent Auction. Components and individuals are invited to donate and bid on items. Purses, jewelry, gift cards, and gift baskets have all been popular items in the past. The auction fun begins immediately as the Exhibit Hall opens Friday evening at 6 p.m. Bid high, bid often!

### **Development Celebration Breakfast: Become a patron of ASPAN!**

Support your professional organization by attending the Development Breakfast early Sunday morning. Past President Dolly Ireland will be presenting the inaugural Lois Schick Memorial Presentation, "Reflecting on the Past; Collaborating on the Future: YOU can BE the Difference!" Earn .75 contact hours, honor your friends, family, and colleagues with gifts to the *Hail, Honor, Salute!* (HHS) campaign, and come celebrate newly inducted Legacy for Life members – all while enjoying a traditional American breakfast.

### ***Hail, Honor, Salute!***

All weekend long, you can honor a special colleague, friend, or family member and support ASPAN by completing a *Hail, Honor, Salute!* form, which will be available at the conference Registration Desk and the ASPAN booth in the Exhibit Hall. Completed forms can be turned in at the Development Celebration Breakfast, the ASPAN booth during exhibit hours, or the ASPAN Conference Registration Desk.

### **Legacy for Life**

Please take a moment and consider becoming a Legacy for Life member. The program was established in 2013 and supports the future of perianesthesia nursing through significant, enduring contributions that are applied to perianesthesia education, research, practice, and standards. By making this significant gift, you receive a multitude of benefits and know your contribution will impact ASPAN and its vital mission for years to come.

For additional information on any of these activities, please email Doug Hanisch at the National Office: [dhanisch@aspn.org](mailto:dhanisch@aspn.org).



## **Clinical Practice Hot Topic: Assessment Documentation**

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:** *Is a full head to toe assessment required in pre-op? PACU?*

**A:** ASPAN addresses this in a few places in the 2023-2024 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. In Practice Recommendation: Components of Assessment and Management for the Perianesthesia Patient, the minimal assessment elements are noted.<sup>1</sup> As you document your assessment, it is important, at a minimum, to complete a focused assessment based on the procedure or patient's medical situation. A full head to toe assessment is often unnecessary and not always required in some areas.

If the patient is a healthy patient coming in for an elective septoplasty, an assessment may be

minimal in the pre-op area. If the patient has numerous co-morbidities and is presenting for a thoracotomy, the assessment may be more in-depth. It is important to ensure you are addressing anything which is important in the PACU process. PACU nurses frequently refer to preoperative documentation to ensure patients are back to their preoperative neurological and mobility status.

In the PACU, a focused assessment related to the site of surgery and potential anesthesia impacts is appropriate. For example, the septoplasty patient should have admission and discharge assessments which include respiratory status, cardiac status, airway, pain, dressing, and neurological status at a minimum. Reassessment should happen per your hospital policy but should be documented when-



**Melissa Davidson**  
**MSN, RN, CPAN**

ever there is a change from the specific nurse's initial assessment.

It's important to remember your documentation is intended to tell the story of your patient. If you review a chart and cannot tell when the RN removed the patient's oxygen, how can you determine if they are able to be discharged without oxygen?

Assessments in the perianesthesia area should be focused and applicable to the patient's procedure and medical condition.



**Q: How often should I document pain?**

**A:** Facilities should have policies addressing pain documentation and medication administration. Pain documentation should occur with every pain medication administration. A pain assessment should also be documented 15 to 30 minutes after the medication is given to assess the effectiveness of the treatment.



**• How often should an Aldrete or other scoring tool be documented in PACU?**

**A:** ASPAN does not recommend any specific scoring system. Practice Recommendation: Components of Assessment and Management for the Perianesthesia Patient states each facility should develop discharge criteria, but a scoring tool is not required.<sup>1</sup> This is a change from the previous standards which recommended a scoring system but not a specific one. RNs should work with their anesthesia team to develop criteria for discharge. If you are using a scoring system, most facilities document this at a minimum on admission and discharge and then regular intervals during the PACU stay.

**REFERENCE**

1. American Society of PeriAnesthesia Nurses. Practice recommendation: components of assessment and management for the perianesthesia patient. In: *2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2022:55-64. 

## ASPN Nursing Research Grants Program

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

Director for Clinical Inquiry

The goals of the ASPN Nursing Research Grants Program are multi-faceted and designed to:

- Promote involvement of ASPN members in research, from the beginner to the experienced nurse researcher
- Develop a scientific body of knowledge in the field of perianesthesia nursing
- Support and validate the ASPN Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements
- Build a body of evidence to support evidence-based practice within perianesthesia areas
- Establish a mechanism for research and EBP dissemination

Funding priorities align with organizational priorities and include research related to perianesthesia:

- Clinical practice
- Standards
- Nursing education
- Patient/family education

Grants are awarded in two categories. Beginning researchers, with minimal exposure to research as a principal investigator (have not received funding before, or, have minimal experience as a researcher/ principal investigator) can be granted awards of \$500 to \$5000 to conduct individual or team projects. Team projects could include, but are not limited to, unit-based research studies, district level

studies and needs assessment, and evidence-based practice projects. Support from mentors or colleagues with expertise is required. Experienced researchers can receive twice the funding of beginners for their projects related and contributing to the growth of evidence-based perianesthesia nursing practice.

Funding can be used to pay for statistical consultation and other personnel, printing, supplies, equipment, transcription or data entry, and other expenses. A budget is submitted with the grant application.

The principal investigator must be a registered nurse holding a current ASPN Active Category membership. All applications undergo a comprehensive review process. An approval letter from the Institutional Review Board for the study from the organization where the study will be conducted must be included with the initial grant application. All applications will be treated as privileged communication and will be restricted to members of the ASPN Research Clinical Inquiry Committee, Peer Review Panel, Board of Directors, and appropriate National Office staff.

Grant Applications are due on January 1 and June 15 each year.



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

Elements of the application include:

- An abstract of the proposed research
- The problem, stated purpose, or aims of the study
- The theory/conceptual framework
- A literature review with a critical synthesis of the literature relating to the research proposal
- The methodology and procedures that include a description of the research design, study sample with power analysis if appropriate, data collection procedures, research setting, ethical protection of participants, discussion of research instruments (include a sample in the appendix), and any other procedures related to the proposed study
- The statistical tests/data analysis plan and evaluation
- A discussion of the relevance to perianesthesia nursing
- A timetable for the study
- A description of the facility and resources that will support the project

Dissemination of results is expected after ASPAN funds a project. A poster or presentation at the National Conference, and a manuscript in the *Journal of PeriAnesthesia Nursing* (*JoPAN*) are just two opportunities.

Research and evidence-based practice are important strategies for describing, understanding, and validating perianesthesia nursing. They are integral to the advancement of perianesthesia nursing practice. ASPAN recognizes the importance of these clinical inquiry activities and financially supports these efforts through the budget every year.

For more information and to find the application guidelines, please go to the ASPAN website under the Clinical Inquiry tab. 

# ASPN SCHOLARSHIPS

## Earn Points NOW for Your Application!

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

**H**ave you ever thought about applying for an ASPAN scholarship? Scholarship information is now online and application packets are due no later than **July 1, 2023**, for BSN, MSN, or doctoral degrees, the 2024 ASPAN National Conference, humanitarian missions, and certification exam.

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, but are not limited to, customary letters of recommendation, a statement of financial need, a personal statement, participation in ASPAN and component activities/events, and maintaining your Active category membership for two (2) full continuous years prior to the application deadline of **July 1, 2023**.

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, local news, all media, and social media

activities locally, regionally, or nationally and there were other activities that will now be listed.

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



## **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)

Please see instructions and required items lists on the Scholarship/Award Program webpage.

**Members>Scholarship/Award Program**  
or [click here](#).

**ASPN's Scholarship/Award Program  
postmark deadline is July 1, 2023.**

# Knowing a Sustainable Sense of Meaning and Purpose

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

**N**urses make or break the healthcare system with a calling to the fundamental respect for human dignity and an intuition for a patient's needs. If you started as a new nurse in 2020 or later, you probably did not have thoughts about whether the work of that calling would be sustainable. But, as time goes on, we begin to realize it is going to take a great deal of inner strength, a strong sense of meaning and purpose, and an intentional well-being strategy to go the long haul.

How can we live a life that fulfills our own personal needs, while also finding relevance in the world - showing up as the nurse we really want to be? Being a nurse should not mean sacrificing our own well-being.

Research shows people who live with stronger senses of meaning-based purpose exhibit higher levels of motivation, enthusiasm, optimism, hope, engagement, self-understanding, life vision, social success, work success, resiliency, personal integrity, life satisfaction, proactivity, physical health, and life longevity.<sup>1</sup> Finding meaning and sense of purpose goes hand in hand with our sense of overall well-being.

## Despite Our Best Efforts, Why Do We Still Struggle?

Our brains are not hardwired for happiness and success. They are hardwired for safety and survival. Neuroscience has shown the same areas of the brain are activated by both physical and emotional stress, which means your brain cares just as much about your physical survival as it does your emotional well-being.<sup>2</sup> If your brain feels either aspect needs protection, it will create a stressful response, like fear, anxiety, insecurity, or even physical symptoms, including pain and fatigue, all in its attempt to keep you safe.

Our thoughts about our circumstances either leave us feeling stuck, cynical, trapped, disheartened

and burnt out, or can add to our sense of meaning and purpose. It is what we make those circumstances mean. According to Raj Raghunathan, Ph.D., our brain tends to prefer the familiar, which means your brain will prefer all the same thoughts, emotions, and behaviors you've had in the past.<sup>3</sup> This is not always a good thing for us.

We can approach our well-being by being intentional about what we make it all mean, and aligning our desired outcome with our values and vision. Do you want to see what is possible in your life if you keep pushing the boundaries on your growth and potential? Do you want to see how much we can actually change our healthcare system? What if, from this day forward, we stop talking about obstacles and start learning from them? We can condition our minds every single day to believe in ourselves and in all the "impossibilities." There are too many stories throughout history that show us impossible is not a fact. It's an opinion. When you believe an opinion, it will become a fact in your life.

Don't let your protective brain tell you there's nothing you can do. Start seeing your challenges as your call to action. You bring meaning and purpose to your work, not the other way around.

## REFERENCES

1. Ryff CD. Happiness is everything, or is it? explorations on the meaning of psychological well-being. *J Pers Soc Psychol.* 1989;57(6):1069-1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
2. Achor S. *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life.* Currency; 2018.
3. Raghunathan R. Familiarity breeds enjoyment. why forced familiarity with novel experiences enhances enjoyment in life. *Psychol Today.* January 2012. Accessed September 14, 2022. <https://www.psychologytoday.com/us/blog/sapient-nature/201201/familiarity-breeds-enjoyment> 

## 2023 ICPAN Registration Fee Award from ASPAN

Instructions and required forms for ASPAN's registration fee award to the International Conference for PeriAnesthesia Nurses (ICPAN) being held September 20-22, 2023, in Amsterdam, The 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 registration fee award applications is May 1, 2023.



**Juli Reynolds**  
BSN, RN, CCA, NC-BC



## DAISY AWARD WINNER

### Angelique Weathersby, MSN, MBA, RN

Adapted from: <https://www.daisyfoundation.org/daisy-award/honorees/angelique-weathersby>

Arrowhead Regional Medical Center, Colton, CA



**Angelique Weathersby  
MSN, MBA, RN**

**A**s the writer of this article describes: Angie went above and beyond to lift her neurosurgery patient's spirits during his recovery in PACU. Her patient had been involved in a motorcycle accident and needed extensive surgery. He was feeling depressed and hopeless, and mentioned he secretly hoped he wouldn't make it through surgery. Angie took the time to get to know him and found a way to make him laugh and smile. She found they both enjoyed a '60s TV show called "The Smothers Brothers Comedy Hour." She was able to play him clips from some of the shows on her cell phone and it was a nostalgic experience for him. They quietly sang some of the Smothers Brothers' songs together. He kept laughing and thanking her. He mentioned he was feeling a lot better by the time he was assigned to a room upstairs and was smiling and in good spirits. **Great job, Angie!** 🌟

## PACU Nurse with Cancer (Missy) Continues to Share Compassion

**W**e recently had one of our own PACU nurses diagnosed with lung cancer. She has now retired from work but is still in close contact with us and we celebrate her every day. The pictures here are what she wanted us to take, and then she surprised us with canvas frames. Missy is a compassionate person and a more compassionate nurse. She has made us all come together and celebrate each other and our roles as perianesthesia nurses. Here's to Missy, a great friend and a great nurse who will beat this disease and live retirement to the fullest. Here's to You Missy, Just Breathe! 🌟

**Heidi Kaufman, MSN, RN, CPhT**

*Iowa City VA Medical Center, Iowa City, IA*





## Sharing Compassion with Hand-Made Axilla Pillows

**A**t Moses Cone Surgery Center in Greensboro, NC, you will find a team of dedicated and compassionate individuals who consistently go above and beyond what is expected. For decades, we have tackled various sewing projects with others in mind... from sewing pillowcases for kids with cancer (Ryan's Case for Smiles), to mesh JP drain bags, to drawstring bags filled with necessities for homeless in our community, to chemo caps and port pillows for chemo patients, to axilla pillows for our postoperative patients. Our team "seams" to be endlessly committed to serving others through sewing projects!

Our current project is our "Axilla Pillow." The heart-shaped pillow fits snugly under the arm, easing the discomfort from tender underarm incisions associated with lymph node removal. Before a sewing event, I cut the fabric and recruit local teenagers (co-workers' kids who are interested in service projects) who pin the pieces together and secure the handle (it has our custom-made tag stitched on), making our flow much smoother at the workshop. On "sewing day," my co-workers stay after work to sew, turn, and stuff the pillows in an assembly line fashion and the pillows are distributed to our patients prior to discharge. The project not only helps our patients but also serves as a team-building event for staff who enjoy a time of fellowship and getting to know each other better. One event was a "NASCAR" theme with racing "pitstops" that served as stations for the assembly line and similar themed snacks for refreshments.

Over the years, many have learned to sew, while others prefer turning, pressing, and stuffing. There's

a job for everyone, regardless of skill level. Our helpers have included RNs, nurse techs, OR techs, secretaries, leadership, and even surgeons! In the last two years, we have sewn and distributed nearly 300 pillows. Our patients continue to be appreciative of the gift, knowing their caregivers are attentive to their comfort even in the home environment. Recently, a former patient who had used hers for a long time (now as a neck pillow) returned asking if she could buy one. Of course, we happily gave her another and we're glad to know it held such value to her. Fortunately, we have acquired a connection to a fabric company that donates their fabric samples to us, reducing the cost of our project significantly. Our biggest expense then becomes the stuffing. After applying for a grant to the Polyfil® stuffing company, we received a donation of stuffing, which eased the financial burden. When donations dwindle, staff is always generous to buy a box of stuffing so the project can be continued.

There are few greater joys than giving an overwhelmed patient a gift you made with your own hands, knowing it will bring comfort, both physically and emotionally!

As I consider this project and how it relates to ASPAN core values, it is easy to see:

- COURAGE (not being intimidated by learning a new skill, like sewing!)
- ADVOCACY (finding ways to improve patient care and comfort)
- RESPECT (creating a project that values all volunteers regardless of their title)
- EXCELLENCE (improving patient satisfaction and offsetting related costs)
- SERVICE (staying after work to help others and recruiting young people to help with our projects)



**Sylvia Davis, BSN, RN, CAPA**  
**Moses Cone Surgery Center, Greensboro, NC**



**Ursula Mellinger**  
BSN, RN, CPAN, CAPA

# REGION FOUR UPDATE

## What is the Best Process to Engage More Members?

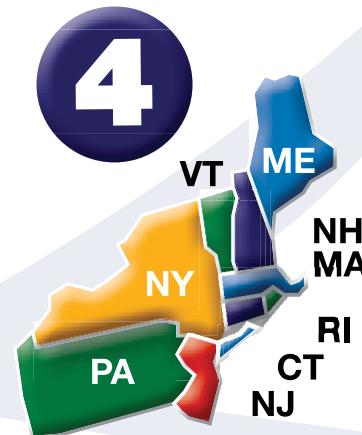
**Ursula Mellinger, BSN, RN, CPAN, CAPA**  
Regional Director, Region Four

*The secret to change is to focus all of your energy, not on fighting the old, but on building the new.<sup>1</sup>*

When I read this quote from Socrates, it resonated with me as to what the mission and goals could be in Region Four. Some components are thriving while others are struggling with membership and leadership concerns. The words 'dissolving' and 'merging' are part of active conversations among the leadership. Some members may be resisting merging components for fear of losing their individual identity as a component. Those actions may involve activities such as a new name and identity as well as bylaws revisions. Merging existing funds would also be involved, along with legal and financial considerations. Another solution could be to simply dissolve the existing component and allow the members to join any component of their choice. With Region Four components geographically small and in close proximity to each other, this may be a viable option and choice for members.

Whatever decisions are made, we must remember ASPAN's Core Values: Courage, Advocacy, Respect, Excellence and Service.<sup>2</sup> These values are the basis of ASPAN's Core Purpose: To empower and advance the unique specialty of perianesthesia nursing.<sup>2</sup> There is strength in numbers. What better way to increase and retain our numbers than to provide membership alternatives and choices that suit the lifestyle and needs of current, new, and potential members. Our upcoming members are the future of the organization, and we need to think about how to engage them!

I have attended several component Board of Director (BOD) meetings this past year. One of my goals is to increase connectivity between the compo-



nents. A common theme at these BOD meetings is "wanting to know what education other components are offering and when." Region Four will begin to create its own dashboard of these activities, in order to prevent "double-booking" of offerings on the same day. This will allow increased access to education offerings and create more interactive social networking among the leaders and members. As we look at the origin of the ASPAN logo, the aspen leaf, the ASPAN website states: "The veins of the leaf represent the networking of postanesthesia nurses through ASPAN ... and is set within a circle representing a unified body."<sup>3</sup> As the Region Four director, I say let's pool our resources and support each other.

One focus area is to ensure every existing component has a working and up-to-date strategic plan. Each component must also have an active Membership/Marketing Committee to continue the vital work of retention and recruitment. Regional leadership meetings may become an important part of our process to allow for sharing of ideas and information. I am excited to be on this journey with this amazing and energized group of leaders.

### REFERENCES

1. Socrates. Socrates quotes about change. QuoteGeeks. Accessed February 5, 2023. [www.quotegeeks.com/socrates-quotes-about-change/](http://www.quotegeeks.com/socrates-quotes-about-change/)
2. ASPAN. ASPAN's Core Ideology. Accessed February 5, 2023. <https://www.aspan.org/About/About-ASPA/ASPA-Ideology>
3. ASPAN. ASPAN History. Accessed February 5, 2023. <https://www.aspan.org/About/About-ASPA/ASPA-History> 



▲ The Perianesthesia Development Institute, held in November 2022, was a chance for the ASPAN Board of Directors to work with component leaders on common issues  
Photo courtesy of Ronda Dyer

# GAG. RETCH. RESCUE.

VISIT US AT BOOTH # 200/202 AT ASPAN



**YOU KNOW THAT FACE. YOU KNOW WHAT IT'S TELLING YOU. AND NOW YOU HAVE A PROVEN OPTION.**

Barhemsys® is the first and only antiemetic approved for rescue treatment of PONV despite prophylaxis.<sup>1</sup> Learn more at [Barhemsys.com](http://Barhemsys.com)

#### Indications

Barhemsys is a selective dopamine-2 (D<sub>2</sub>) and dopamine-3 (D<sub>3</sub>) receptor antagonist indicated in adults for:

- prevention of postoperative nausea and vomiting (PONV), either alone or in combination with an antiemetic of a different class
- treatment of PONV in patients who have received antiemetic prophylaxis with an agent of a different class or have not received prophylaxis

#### Select Important Safety Information

**Contraindication:** Barhemsys is contraindicated in patients with known hypersensitivity to amisulpride.

**QT Prolongation:** Barhemsys causes dose- and concentration-dependent prolongation of the QT interval. The recommended dosage is 5 mg or 10 mg as a single intravenous (IV) dose infused over 1 to 2 minutes. Avoid Barhemsys in patients with congenital long QT syndrome and in patients taking droperidol. Electrocardiogram (ECG) monitoring is recommended in patients with pre-existing arrhythmias/cardiac conduction disorders, electrolyte abnormalities (e.g., hypokalemia or hypomagnesemia), congestive heart failure, and in patients taking other medicinal products (e.g., ondansetron) or with other medical conditions known to prolong the QT interval.

**Adverse Reactions:** Common adverse reactions reported in  $\geq 2\%$  of adult patients who received Barhemsys 5 mg (N=748) and at a higher rate than placebo (N=741) in clinical trials for the prevention of PONV were: chills (4% vs. 3%), hypokalemia (4% vs. 2%), procedural hypotension (3% vs. 2%), and abdominal distention (2% vs. 1%). Serum prolactin concentrations were measured in one prophylaxis study where 5% (9/176) of Barhemsys-treated patients had increased blood prolactin reported as an adverse reaction compared with 1% (1/166) of placebo-treated patients. The most common adverse reaction, reported in  $\geq 2\%$  of adult patients who received Barhemsys 10 mg (N=418) and at a higher rate than placebo (N=416), in clinical trials for the treatment of PONV was infusion site pain (6% vs. 4%).

**Please click to access full Prescribing Information.**

1. Barhemsys [Prescribing Information], Indianapolis, IN. Acacia Pharma. Model used for illustrative purposes only.

**Barhemsys®**  
(amisulpride) injection 2.5mg/mL  
*Delivers when it matters most™*

**EAGLE**  
PHARMACEUTICALS  
acacia pharma

Barhemsys® is a registered trademark of Acacia Pharma Limited.  
© 2023 Acacia Pharma Inc. All rights reserved. MLR-BAR-US-0059 01/2023  
Acacia Pharma Limited and Acacia Pharma Inc. are wholly owned  
subsidiaries of Eagle Pharmaceuticals, Inc.

# PANAW CELEBRATIONS

▼ Cookville Regional Medical Center,  
Cookville, TN

Perianesthesia nurses celebrated February 6-12, 2023. Many events took place, some every day of the week. Tables were set up to share our specialty with those outside of perianesthesia nursing. Other activities included gift bags, pizza, breakfast, lunch, donuts, many thank you cards from managers, and special workshops and education. Most components also had a special proclamation from their governors.

Here are a few photos from various celebrations.

## Perianesthesia N<sup>♥</sup>RSES

Strong, United, Resilient



▲ Vanderbilt Health Belle Meade, Nashville, TN



▲ Surgery Center of Rhode Island, Warwick, RI



Vanderbilt Medical  
Center East, Periop  
Holding and PACU



▲ Nicklaus Children's Hospital SDS/PACU, Miami, FL



▲ Children's Hospital Colorado, Aurora, CO



▲ San Francisco VA  
Medical Center, San  
Francisco, CA

Elliot Hospital,  
Manchester, NH



**PANAW Photo  
CONTRIBUTORS**

Regina Hoefner-Notz (CO)  
Randy Johnson (TN)  
Cathy Lee (TN)  
Gloria Luu (CA)  
Kristina Miranda (FL)  
Jennifer Perez (TN)  
Deborah Sandoval (TN)  
Erin Smith (RI)  
Sandra Watts (NH)

**FOLLOW  
US!**  
On Social Media:



## CERTIFICATION

### CPAN/CAPA Celebration Luncheon

Join us for the CPAN/CAPA Celebration Luncheon at the ASPAN National Conference on Friday, April 28, 2023. This year's keynote speaker is Karen Allen, a mindset expert, TEDx speaker and the founder of the 100% Human movement. She is passionate about equipping individuals with the tools and resources to feel better, live better, and achieve their goals with a healthy mindset. After the unexpected loss of her husband, followed by years of transformational experiences, Karen reclaimed control of her fate by rediscovering and healing herself from the inside out.

**\*Only CPAN® and CAPA® certified nurses and formerly CPAN®/CAPA® certified nurses who are retired may register; visit the ASPAN website to sign up.**

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

### Exam Registration Windows Extended!

ABPANC is pleased to announce we have extended our exam registration windows!

**Jan. 1- April 30:** Spring exam registration window open; Spring recertification window

**March 15- May 15:** Spring testing window

**July 1- Oct. 31:** Fall exam registration window open; Fall recertification window

**Sept. 15-Nov. 15:** Fall testing window

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

### New for 2023: Exam Updates

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

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

View the 2023 CPAN Exam Blueprint and the 2023 CAPA Exam Blueprint at <https://www.cpancapa.org/exam-prep/>

### ABPANC Address and Contact Information:

1133 Broadway, Suite 544, New York, NY 10010

Phone: 347.708.7975 | Email: [abpanc@cpancapa.org](mailto:abpanc@cpancapa.org)

Web site: [www.cpancapa.org](https://www.cpancapa.org)

Volume 43, Issue 2  
March/April 2023

# 2023 WINTER/SPRING WEBCASTS & SEMINARS

## LIVE IN-PERSON SEMINARS

### PERIANESTHESIA CERTIFICATION REVIEW

March 25, 2023 SATURDAY

Bloomington, MN

### PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

May 20, 2023 SATURDAY

Waltham, MA

## LIVE WEBCASTS – FULL-DAY

### PERIANESTHESIA CERTIFICATION REVIEW

March 26, 2023 SUNDAY

### 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

### PERIANESTHESIA ESSENTIALS II

May 21, 2023 SUNDAY

### PERIANESTHESIA ESSENTIALS III

June 4, 2023 SUNDAY

### PERIANESTHESIA ESSENTIALS IV

June 11, 2023 SUNDAY

## LIVE WEBCASTS – TWO-HOUR

### 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