



Breathline

November/December 2023

Volume 43 Number 6

INSIDE:

PRESIDENT'S MESSAGE:

Fulfilling the Dream with Foresight Vision:

A World of Belonging, Innovation, and Solutions

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

Dear perianesthesia nurses, I hope this message finds you all in good health and high spirits. As we approach a period of gratitude and reflection, I want to take a moment to express my utmost appreciation for your unwavering dedication and incredible work in the field of perianesthesia nursing.

Belonging is the essence of our profession. We come together as a team, supporting each other, and providing the highest level of care to our patients during their most vulnerable moments. The sense of belonging we create within our units is truly remarkable, fostering a culture of trust, respect, and camaraderie. Each one of you plays an integral part in creating this inclusive and empowering environment, for which I am sincerely grateful.

The question of whether one belongs is a fundamental human need that is fulfilled through connections, significance, and purpose. Belonging leads to alignment with our values, confidence, improved performance, a strengthened identity, and increased resilience.¹ For nurses, asking themselves if they belong may be a way of expressing the confusion and conflict they have experienced during the pandemic. Some have praised nurses as the most trustworthy profession, viewing them as angels and heroes, while others have demonized nurses and doubted the reality of the pandemic or rejected basic safety measures. Meanwhile, nurses have faced the relentless challenge of not having enough resources and support to fulfill their training and commitment to providing care.

When trust is undermined, we start to doubt ourselves and others. We may question our purpose and our place in our profession. This could include doubting our career choices and whether we should continue as nurses. We may also question the actions, decisions, and dedication of others, including our leaders and colleagues. Furthermore, we may feel our patients have turned against us, disrespecting and sometimes even becoming violent towards us. The lack of



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meaningful connection with those we serve erodes our sense of purpose.¹

Creating a healthy work environment requires a sense of belonging. It is crucial for establishing and maintaining trust. Belonging is a multifaceted concept that encompasses being true to oneself, having a connection with patients, feeling a sense of belonging to the nursing profession, and feeling a sense of belonging to one's role or position.²

In the world of perianesthesia nursing, the moments we share with our patients are profound and life changing. From the preoperative assessments to the postanesthesia recovery, your expertise and compassionate care bring comfort and reassurance to those in our care. Your ability to anticipate and respond to the needs of our patients, while balancing the complexities of their medical conditions, is nothing short of extraordinary.

I am humbled by your unwavering commitment to learning and professional development. Perianesthesia nursing demands a level of expertise that requires constant self-improvement and up-to-date knowledge. Your dedication to advancing your skills and staying abreast of new developments in our field is truly admirable.

During this season of gratitude, let us not forget to express our thanks to one another for the incredible work we do as a team. The challenges we face together only make us stronger, and we must always pause to acknowledge and celebrate the milestones we achieve in our shared journey. Your contributions, both big and small, matter. From the crucial tasks to the uplifting gestures, every action you take enhances the lives of our patients and their families. Thank you to ASPAN past presidents, 2023-2024 ASPAN Board of Directors, National Office staff, Committees, Strategic Work Teams members and leaders, and liaisons.

As we gather with our loved ones this holiday season, let us remember the immense impact we have on the lives of others.



Your dedication and kindness create a ripple effect that extends far beyond the walls of our healthcare facilities. Through your care, you provide comfort, hope, and healing in a world that so often feels uncertain. For that, I am eternally grateful.

I am honored to serve as your president and stand alongside each of you as we continue to make a difference in the lives of our patients. Together, we are a force to be reckoned with, and I am proud to belong to this exceptional community of perianesthesia nurses.

With deep appreciation, I wish you all a joyful and restful holiday season filled with love, laughter, and gratitude.

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WILLINGNESS TO SERVE Influence Your Practice – Teamwork, Collaboration, Commitment

Lori Silva, MSN, RN, CCRN, CPAN – ASPAN Vice President/President-Elect



Lori Silva
MSN, RN, CCRN,
CPAN

Greetings ASPAN colleagues. Conducting the business and work of ASPAN takes a team. ASPAN represents over 60,000 nurses in perianesthesia care, supporting nursing practice with education, clinical inquiry, standards of practice, and governmental affairs. ASPAN members come from diverse clinical settings and roles in perianesthesia nursing. Your skills, knowledge, and experience are needed to advance the unique specialty of perianesthesia nursing. ASPAN has twenty-two committees and strategic work teams collaborating throughout the year. The work and commitment of these teams benefit the members of the organization and our professional practice.

I first became involved in ASPAN as part of the Membership/Marketing Strategic Work Team (SWT). I met and worked on various projects with members from across the country. I developed life-long friendships which I treasure today. Since my first time submitting my Willingness to Serve, I have continued serving on various committees and SWTs, expanding my professional network, mentors, and passion for serving. Serving ASPAN continues to expand my knowledge and passion for my profession. Just like the excitement I experience coming home from the National Conference, that excitement continues with my volunteer service on committees and SWTs throughout the year.

An article from the American Institute of CPAs discusses reasons to get involved with your professional organization. The article mentions professional development and finding your passion as reasons to get involved.¹ ASPAN provides multiple opportunities for professional development and developing meaningful relationships through volunteering. When choosing a committee or SWT on which you would like to serve, find something about which you are passionate.

Go to the ASPAN website, www.aspan.org, click on About/Organization/2024-2025 Committees and SWTs to get more information. The WTS page will be available online in early October. **The deadline is November 20, 2023.** If you have any questions, contact me at lsilva@aspan.org.

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DEADLINE
NOV 20, 2023



ASPAN® Breathline

Published by the American Society
of PeriAnesthesia Nurses
Indexed in the Cumulative Index to Nursing
Allied Health Literature (CINAHL)

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Deadlines for inclusion in *Breathline*:
Issue Deadline
January November 1
March January 1
May March 1
July May 1
September July 1
November September 1

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CALL FOR RESOLUTIONS

The ASPAN Resolutions Review Team is announcing the Call for Resolutions for the 2024 Representative Assembly (RA) meeting on Sunday, April 14, 2024.

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

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

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

Submission Deadline:

Resolution forms relating to **ASPAN bylaws changes, position statements or other issues relating to perianesthesia nursing** must be received by the ASPAN National Office no later than **January 15, 2024**.

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

Please contact Kevin Dill at the ASPAN National Office: 877-737-9696, ext. 211 or kdill@aspan.org to obtain a sample resolution form and instruction sheet. 🌱

What is the Nursing Community Coalition?

Donna Goyer, BS, RN, CPAN, CAPA – Liaison, Nursing Community Coalition

The Nursing Community Coalition (NCC) includes 63 professional nursing associations with the focus on building consensus and advocating on a broad spectrum of healthcare issues including education, research, practice, and regulation. The coalition was established in 2008 with ASPAN being a long-standing member. The NCC focuses on improving the health and healthcare of our nation by collaborating to support the education and practice of Registered Nurses and Advanced Practice Registered Nurses. As a member of the NCC, ASPAN leadership supports many of the letters and events of the coalition. The ASPAN liaison to the NCC along with the Governmental Affairs and Collaborative Advocacy Strategic Work Teams assist in dissemination of information from the NCC.¹

The Nursing Community Coalition supports multiple core principles including:

- A robust and diverse nursing workforce
- Nurses are an integral part of the healthcare team and are committed to the patient, their families, and the community
- The services nurses provide are linked directly to the availability, cost, and quality of healthcare services
- Nursing involvement is essential to the development of all aspects of the new healthcare information technology infrastructure¹

The Steering Committee is the only standing committee of the coalition and is led by Rachel Stevenson as the executive director and member of the American Association of Colleges of Nursing (AACN). Representatives from nine additional nursing associations comprise the steering committee. The committee reviews and approves time-sensitive

communications and attends in-person administrative and Capitol Hill meetings on behalf of The Nursing Coalition Committee. They provide advocacy and policy updates to the full membership during the monthly meetings.

The Nursing Community Coalition submits multiple letters to House and Senate leaders throughout the year, including a list of NCC member associations that support that specific letter. These letters may request support of specific legislation or appropriations for nursing education, workforce diversity, and research, and includes the evidence and data to support the request.

The NCC sponsors one to two events annually, either virtually or in-person. These events include members of Congress and nurses providing opportunities for meaningful dialogue and networking. A benefit of virtual meetings, even prior to the pandemic, is the opportunity to participate without traveling to Washington. Fortunately, for those near the Capitol, the NCC is now able to offer more in-person events.

The Nursing Community Coalition, as a collective voice of nursing, serves as an excellent resource to our legislators and nurses. For information related to member organizations, members of the steering committee, and letters sent to Congress please visit the Nursing Community Coalition website.¹

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Donna Goyer
BS, RN, CPAN, CAPA

Governmental Affairs: What Do We Do Anyway?

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

Coordinator, Governmental Affairs Strategic Work Team



Brian Harradine
MSN, RN, CAPA,
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The ASPAN Governmental Affairs Strategic Work Team (GA SWT) assists the ASPAN Board with keeping an eye on legislation working its way through Congress that could affect member practice or the health of our patients. We accomplish this in a number of ways:

- We work with the Nursing Community Coalition to track legislation and to blend our voices with other nursing organizations to have an impact on legislation as it moves through the halls of Congress
- We assist the Advocacy SWT in reaching out to governmental officials to support safety and practice guidelines that protect our members and our patients
- We help the ASPAN components by providing liaison services with local governmental affairs chair people to assist with local and state level activities
- We provide training for ASPAN members on reaching out to governmental officials and agencies to influence legislative outcomes and final rules for when legislation comes into effect

This is a huge effort that can bring big rewards to our profession and our patients. What we need is help on the work team to accomplish all these tasks. If you are a good speaker, a good letter writer, or can get your point across professionally and succinctly, we could use your help. Keep an eye out for the Willingness to Serve form or read the article in this issue on Willingness to Serve to be appointed to next year's GA SWT. 🌱

The Benefits of the Joanna Briggs Institute to ASPAN Members

Alison Partridge, PhD, RN, CPAN – Member, Clinical Inquiry Committee



Alison Partridge
PhD, RN, CPAN

What a privilege it was to attend the Joanna Briggs Institute (JBI) Training for Comprehensive Systematic Literature Reviews (CSLR). JBI is an amazing collaborative committed to 'Best Practice' and I am so thankful to ASPAN for the support and opportunity to participate with healthcare professionals from around the world! Evidence-based healthcare has made amazing strides since Dr. Archie Cochrane first shed light on the missed opportunity to organize a critical summary of randomized control trials.¹ However, many questions remain left unanswered by evidence.

Dr. Amy Berardinelli and I were able to attend a full week of training, which covered both qualitative and quantitative methods. I now have a much stronger understanding of the importance and rigor it takes to complete a systematic review, and plan to use this in my future clinical inquiry endeavors.

JBI is unique in providing a framework for qualitative systematic reviews. Although my background is mostly quantitative, I found the qualitative process most interesting. It really allows you to dive in and reanalyze themes that may go unnoticed from a single study. The power of the meta-analysis became quite apparent during the quantitative session. How interesting it was to practice inputting real data to create a forest plot. It broadened my knowledge of how an effect size is calculated and expanded my appreciation of statistics.

While article appraisal may seem like an arduous task, doing so is vital no matter which direction clinical inquiry takes you. It also does not require an advanced degree. As members of ASPAN, we have wonderful appraisal tools on the Clinical Inquiry tab on the ASPAN website. They provide a simple, structured approach to analyzing an article and determining its quality.

We have such an exciting opportunity to advance perianesthesia nursing knowledge as we strive to fill in the gaps. I challenge all of you to continually ask questions in pursuit of clinical inquiry so we can move our specialty forward!

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Empowering Perianesthesia Nurses: The Impact of Advanced Degree Perianesthesia Nurses and the Role of the Advanced Degree SPG

Ashlynn Penna, DNP, RN, CPAN, CAPA, NPD-BC
Coordinator, Advanced Degree Specialty Practice Group

Perianesthesia nursing plays an essential role in ensuring patient well-being before, during, and after surgical procedures. Advanced degree nurses are uniquely equipped to make significant contributions in this vital field; thus, the Advanced Degree Specialty Practice Group (AD SPG) actively works towards raising specialty awareness, appraising research to advocate for best practices, and aligning closely with ASPAN's vision to become the premier organization for perianesthesia nursing excellence.

Enhancing Clinical Expertise

Nurses holding advanced degrees contribute significantly to perianesthesia nursing's clinical expertise. Conley's research discovered nurses from higher educational backgrounds exhibited superior critical thinking, clinical decision-making, and problem-solving capabilities.¹ The AD SPG supports and fosters this role development while actively advocating higher education for perianesthesia nurses to ensure continued clinical excellence.

Leadership and Advocacy

Advanced-degree nurses are perfectly suited to taking leadership roles within perianesthesia nursing. According to a 2018 study by Lamb et al., advanced-educated nurses proved themselves extremely efficient at increasing patient safety, decreasing complications, and providing patient-centric care.² Additionally, nurses' level of education may foster awareness and integration of professional values into clinical practice.³ The AD SPG encourages members to use their education and expertise for leadership and advocacy work that aligns with ASPAN's vision for nursing excellence.

Research and Evidence-Based Practice

Advanced-degree nurses play an invaluable role in driving forward the field of perianesthesia nursing through research and implementation of evidence-based practice.⁴ The AD SPG supports its members who embark on research initiatives which positively impact patient outcomes as well as advancement of the field itself.

Professional Growth and Networking

Membership in the AD SPG offers many opportunities for professional development and networking, aligning closely with ASPAN's vision of distinguished excellence while creating a stimulating intellectual dialogue focused on perianesthesia practices. By connecting with like-minded professionals in their field, members can stay

informed of advancements while actively shaping its future development. Currently, the AD SPG has 233 members and continues to grow its membership by extending invitations to all nurses with advanced degrees, including nurses enrolled in a graduate program, to join.

Future Initiatives of the AD SPG

With meetings scheduled throughout the year, monthly practice questions via Telegram, and biannual newsletter communication, the AD SPG dedicates focused efforts to initiatives designed to raise awareness of its existence, promote best practices, expand membership numbers, and ensure it remains true to ASPAN's compelling vision. Through these endeavors, its primary focus remains on bolstering the development of advanced-degree nurse roles, concurrently fostering a culture of higher education among perianesthesia nurses. In doing so, the AD SPG contributes to fulfilling ASPAN's commitment to being the premier organization for achieving excellence in perianesthesia nursing.

Conclusion

Advanced-degree nurses possess the unique power to influence perianesthesia nursing through their clinical acumen, leadership abilities, advocacy efforts, commitment to evidence-based practice, and dedication to professional development. By actively working towards its growth and in alignment with ASPAN's vision, the AD SPG serves as an integral factor in realizing these goals. Recent literature strongly supports their role in improving patient outcomes while simultaneously furthering field knowledge while upholding high standards of care.^{1,2,3,4}

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Ashlynn Penna
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Try Singing to Improve Your Well-being!

ElizaBeth Cooper, BSN, RN, CPAN, CAPA – Coordinator, Well-being Strategic Work Team



ElizaBeth Cooper
BSN, RN, CPAN,
CAPA

Music has many modalities. We can listen to music live or recorded. We can play a musical instrument by ourselves or with multiple people. Some songs have a special, personal meaning that could be an uplifting memory of a special event, or a heartbreaking reminder of a sad, life occurrence. Listening to music is one way to enhance our well-being. Singing along to music brings on additional positive health benefits.

A simple definition of singing is using our own voice as an instrument. It can be classified as a performing art. One can sing solo or join in with other people. Singing can occur at almost any location. Some performance theaters are known to have incredible acoustics, like Red Rocks Amphitheatre in Colorado, or EJ Thomas Hall in Akron, Ohio. Some singers' voices are unique, and we have the ability to listen to recordings of their songs after their death. Some songs have a natural association with specific singers, like "White Christmas" and Bing Crosby.

Music therapy is an acknowledged health profession. The American Music Therapy Association defines music therapy as "using music within a therapeutic relationship to address physical, emotional, cognitive, and social needs."¹ Music therapists apply music-based interventions.

Studies on the effects of music and health conditions have been documented since 1913. Positive reviews have been published regarding music-based interventions for conditions, not limited to childbirth, chemotherapy infusions, receiving shock waves during lithotripsy for kidney stone removal, treatment of nose fractures, and in-vitro ovum retrieval.¹

Singing is an excellent way to boost one's well-being. There are a few studies documenting the benefits of singing to help with certain diseases. It is considered aerobic exercise. Breathing deeply to sing helps the diaphragm and promotes good posture. It can decrease snoring. It can help people with COPD and Parkinson's disease. Endorphins are associated with euphoria and pleasure. Oxytocin, sometimes called "the cuddle hormone," can be released.²

Singing helps improve intellect. Singers and musicians have consistently shown a higher IQ.³ Older adults with short-term memory find relaxation in singing songs from their younger years. People diagnosed with dementia are able to recall the words of older songs. This can help decrease frustration.⁴

Most of us hear our first songs while in our mother's womb. As infants, we may hear songs to soothe our frustrations. We hopefully hear the *Happy Birthday to You* song every year and sing it to our loved ones on their birthday. Singing at church is a part of worship. Special ceremonies in our lives that have musical performances include baptism, dedication, Bar and Bat Mitzvahs, graduations, marriage, receptions, and funerals.

Singing in school choirs teaches teamwork. It benefits improved cognition. "Glee" was a popular TV series focusing on the lives of high school students who sang in the choir. Many areas offer community choirs. They are exceptionally beneficial for older adult socialization. Members unite to sing harmoniously and focus on being the best they can at performance times.⁵ A Yale and Harvard study showed improved heart health and longevity resulted from this form of group participation.⁶

The next time you find yourself feeling overwhelmed, think of a happy tune. Then hum it or sing it. Evidence shows it can decrease your blood pressure. Singing is an excellent way to boost one's well-being.⁶

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Clinical Practice Hot Topic: PACU Logs; Monitor Alarms

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

Clinical Practice

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



Melissa Davidson
MSN, RN, CPAN

Technology has changed the way we document patient care, and also the way we monitor and care for our patients. Our electronic medical records (EMR) now provide templates, making documentation easier and more consistent. We have the ability to build hard stops into the system, increasing patient safety and allowing nurses to perform some time-consuming tasks more efficiently.

Q: What information is required in a PACU log?

A: Questions about log sheets are frequently asked questions to the Clinical Practice Committee. This topic is not addressed in the ASPAN 2023-2024 *PeriAnesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*.¹ We need to look to other regulatory bodies within our individual states to ensure this is an item which is still necessary. We also need to ask ourselves why we keep PACU logs and how can the information be obtained in another way?

Many facilities kept large books of PACU logs, or a daily record on paper. These logs were used prior to computer documentation to identify patient time in PACU Phase I and II, as well as track care assignments. These logs also created a method for PACUs to track postop phone calls, among other events. Logs were implemented prior to the creation of EMRs.

Technology has changed the way we document. When looking at logs, many of the items we are asking for can now be retrieved from the EMR. We can easily track how long patients are in the PACU, medication usage, and patient assignments. With this information, we are better able to develop staffing patterns which meet the needs of our patients. This is also the dominant means of developing evidence-based practice questions through research studies based on documentation.

If the information on your PACU log is easily found elsewhere, the paper log may be obsolete.

Q: Is it necessary to have the heart rate indicator beep on in the PACU?

A: Alarm fatigue is widely recognized as a leading cause of patient harm. The greater number of non-critical alarms in an area, the more likely they are to be ignored.

The current recommendation is to turn off noises that are not necessary. This continues to be a national patient safety goal identified by The Joint Commission.² When monitors first became widely used, they did not have the smart technology we have today. Current generation monitors have alarms which can aid in the detection of arrhythmias with incredible accuracy.³ Heartbeat indicators were used so a nurse could listen for changes in the heart rhythm, but they are often now redundant. They also add to the cacophony of the numerous other alarms in the PACU.

Frequently, we have practices in our PACUs which have now been enhanced by technology. As we continue with new ways to document, we need to ask ourselves if what we have been doing on paper still has value, is it still necessary, or can this information be easily pulled from the EMR? When we're creating quiet spaces for our patients, we need to ask ourselves if the beeps are all necessary? Or can we turn these off, and create a healing environment for our patients?

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Did You Know ASPAN has a Perianesthesia Online Learning Program?

“ASPAN: Mosby’s Orientation to Perianesthesia Nursing”

Barbara Godden, MHS, RN, CPAN, CAPA

Theresa Clifford, DNP, RN, CPAN, CAPA, FAAN, FASPAN

Did you know ASPAN has an online orientation program for perianesthesia nurses? ASPAN, along with Mosby (Elsevier Publishing), created a 35-module learning program for all phases of perianesthesia nursing, including pediatrics. The program, Mosby’s Orientation to Perianesthesia Nursing, is also known as MOPAN.

In 2016, Elsevier met with us at the ASPAN National Conference in Philadelphia. Planning began at this meeting as to the structure and format for this program. In early 2017, Barbara Godden, Terry Clifford, and ASPAN Chief Executive Officer Kevin Dill met with representatives from Elsevier in their corporate offices in Philadelphia. We began the planning process, and started working on this massive, but awesome, project!

We based the project and its learning modules on the ASPAN Competency-Based Orientation for Perianesthesia Nurses. Woven throughout the contents are the ASPAN Standards. We then recruited subject matter experts to write the module content, following Elsevier (Mosby’s) templates for online learning. The project was completed in early 2018 and rolled out at the ASPAN National Conference in Anaheim, California, with information at the Elsevier booth in the Exhibit Hall.

The following topics are included in each of the modules:

ASPAN: Mosby's Orientation to Perianesthesia Nursing

1	Introduction to ASPAN: Mosby's Orientation to Perianesthesia Nursing	Welcome to ASPAN How to Use this Course	
2	Quality Improvement in Perianesthesia Nursing (30 screens)	Introduction to Lesson Essential Quality Knowledge Quality Improvement Tools Continuous Quality Improvement	Nursing Quality Indicators Common Quality Improvement Steps Lesson Conclusion
3	Evidence-Based Practice and Research in Perianesthesia Nursing	Introduction to Lesson Research Evidence-Based Practice	Implementing Practice Change Lesson Conclusion
4	Perianesthesia Ethics and Safety (25 screens)	Introduction to Lesson Ethics	Safety Lesson Conclusion
5	ASPAN Standards	Introduction to Lesson Perianesthesia Nursing Standards How Standards Are Created Position Statement	Practice Recommendations Variations in Perianesthesia Practice ASPAN Resources and the Continuum of Care Lesson Conclusion
6	Professional Practice	Introduction to Lesson Perianesthesia Nursing Knowledge The Patient Experience Family Care and Needs	Professional Behavior in the Care Environment Perianesthesia Orientation Beyond Perianesthesia Orientation Lesson Conclusion
7	Legal Implications in Perianesthesia Nursing	Introduction to Lesson Key Legal Concerns Liability	Documentation Lesson Conclusion
8	Preanesthesia Care: From Scheduling to Day of Procedure	Introduction to Lesson Scheduling Assessment Coordination	Communication and Collaboration Patient and Family Education Preoperative Patient Contact Lesson Conclusion
9	Preanesthesia Care: Day of Procedure	Introduction to Lesson Day of Procedure	Day of Surgery Preparation Lesson Conclusion
10	Perianesthesia Care Across the Lifespan (26 screens)	Introduction to Lesson Pediatric Patients Adult Patients	Geriatric Patients Lesson Conclusion

Barbara Godden
MHS, RN, CPAN,
CAPA

Theresa Clifford
DNP, RN, CPAN,
CAPA, FAAN,
FASPAN

ASPAN: Mosby's Orientation to Perianesthesia Nursing *cont'd*

11	Special Populations: Bariatric Patients and Patients with Substance Use Disorders	Introduction to Lesson Bariatric Patients	Patients with Substance Use Disorders Lesson Conclusion
12	Special Populations: Perinatal, Developmental, Cultural, and Transgender Considerations	Introduction to Lesson Perinatal Patients Patients with Disabilities	Patients with Transcultural Concerns Gender-Change Patients Lesson Conclusion
13	General Anesthesia: Inhalation and Induction Agents	Introduction to Lesson Induction Agents Inhalation Agents Intravenous Adjuncts	General Anesthesia and Nursing Care Complication Management Lesson Conclusion
14	General Anesthesia: Muscle Relaxants and Reversals (19 screens)	Introduction to Lesson Muscle Relaxants Reversal Agents Intraoperative Monitoring	Complications Nursing Assessment Lesson Conclusion
15	Moderate Sedation	Introduction to Lesson Moderate Sedation and Nursing Nursing Assessment	Safety Issues Lesson Conclusion
16	Regional Anesthesia: Spinal	Introduction to Lesson Spinal Anatomy Agents for Spinal Anesthesia Nursing Scope for the Placement of Spinal Anesthesia Spinal Block Placement	Spinal Block Effects and Assessments Spinal Block Complications and Care Postoperative Safety Concerns Lesson Conclusion
17	Regional Anesthesia: Epidural (21 screens)	Introduction to Lesson Epidural Anesthesia (Indications and Contraindications, Physiology, Placement Considerations)	Nursing Assessment Recovery and Discharge Lesson Conclusion
18	Regional Anesthesia: Peripheral Nerve Blocks and Local Anesthetics	Introduction to Lesson Regional Anesthesia Peripheral Nerve Blocks	Local Infiltration Lesson Conclusion
19	Respiratory and Airway Concepts	Introduction to Lesson Respiratory Assessment Respiratory Management	Anesthesia with Respiratory Compromise Lesson Conclusion
20	Respiratory Complications: Compromised Airway and Ventilation	Introduction to Lesson Advanced Assessment Complications	Interventions for Compromised Airway Lesson Conclusion
21	Central Nervous System Complications	Introduction to Lesson Assessment Unexpected Postoperative Responses	Central Nervous System Surgery Lesson Conclusion
22	Postoperative Nausea and Vomiting	Introduction to Lesson Postoperative Nausea and Vomiting Assessment	Interventions Lesson Conclusion
23	Thermoregulation and Malignant Hyperthermia (29 screens)	Introduction to Lesson Thermoregulation	Malignant Hyperthermia Lesson Conclusion
24	Hemodynamics, Fluids, and Electrolytes	Introduction to Lesson Review of Fluids and Electrolytes Perianesthesia Fluid/Electrolyte Imbalances	Fluid Replacement Acid-Base Imbalances Hemodynamic Monitoring Lesson Conclusion
25	Pain and Comfort: Treatment and Management of Acute Pain	Introduction to Lesson Patient's Right to Pain Management Definitions Acute Harmful Effects of Unrelieved Pain Assessment	Pain Management Pharmacologic Pain Management Evaluation Lesson Conclusion

ASPAN: Mosby's Orientation to Perianesthesia Nursing *cont'd*

26	Pain and Comfort: Age and Cultural Considerations, Chronic Pain, and Alternative Pain Therapies (41 screens)	Introduction to Lesson Essential Pain and Comfort Knowledge Special Needs	Complementary and Alternative Therapies Lesson Conclusion
27	Pediatric Anesthesia: General Anesthesia	Introduction to Lesson GA: Inhalation, Induction, and Intravenous Agents	GA: Muscle Relaxants and Reversals Moderate Anesthesia Lesson Conclusion
28	Pediatric Anesthesia: Regional Anesthesia	Introduction to Lesson Regional Anesthesia Central Regional Anesthesia Peripheral Nerve Blocks	Complications Local Anesthetic Systemic Toxicity Local Anesthesia Lesson Conclusion
29	Pediatric Pain and Comfort	Introduction to Lesson Pediatric Acute Postoperative Pain Pediatric Pain Assessment	Pediatric Pain Management Lesson Conclusion
30	Pediatric Patient Education and Discharge Readiness	Introduction to Lesson Discharge Criteria Patient and Family Education	Care After Discharge Lesson Conclusion
31	Pediatric Perianesthesia Complications	Introduction to Lesson Perianesthesia Complications in Pediatric Patients Respiratory Complications Emergency Delirium and Agitation	Postoperative Vomiting Thermoregulation Regulation of Body Fluids Lesson Conclusion
32	Pediatric Perianesthesia Patients (29 screens)	Introduction to Lesson Developmental Considerations Communication	Preoperative Pediatric Considerations Lesson Conclusion
33	Procedures and Interventions	Introduction to Lesson Perianesthesia Nursing Responsibilities Surgical and Procedural Methods	Considerations by Type of Procedure Lesson Conclusion
34	Trauma	Introduction to Lesson Rapid Assessment Resuscitation and Stabilization Patterns of Injury	Diagnostic Testing Assessment and Care Specialty Populations Lesson Conclusions
35	Discharge Readiness (21 screens)	Introduction to Lesson Phase 1 Postanesthesia Care Phase 2 Postanesthesia Care Discharge Readiness Documentation	Patient and Family Education Extended Care Postdischarge Follow-up Lesson Conclusion
	Final Exam (Adult and Pediatric Populations)		
	Final Exam (Adult Population)		

In September 2021, Barbara Godden, assisted by Terry Clifford, completed an update of the entire set of learning modules. Each lesson includes knowledge checks, case studies, preceptor exercises to help guide the learner, course notebooks, references, and contact hours! The program serves as a great foundation for onboarding new staff as well as a thorough review for veteran staff.

These modules are available through the Elsevier website at <https://www.elsevier.com/products/clinical-learning>. This link can also be found on the ASPAN website at ASPAN→ Publications and Resources→ Mosby's Orientation to Perianesthesia Nursing-Online Course. 🌱

FOLLOW US!
On Social Media:



Membership/Marketing Update

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

ASPAN
Development

The Membership/ Marketing SWT wants to remind colleagues of ASPAN's upcoming national awards. Please click on each award link below to get a description and start your nominations! Winners of the awards will be announced at the 2024 ASPAN National Conference. Deadlines are fast approaching!

DEADLINE

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](#) to learn more and to access nomination forms.

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](#) to learn more and to access nomination forms.

Above and Beyond Service Recognition

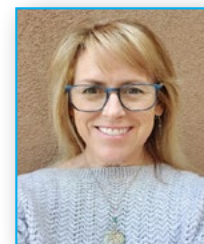
The ASPAN *Above and Beyond Service Recognition Awards* are given to individuals in recognition of exemplary service to ASPAN and/or their component. The deadline to do so is January 10, 2024. [Click here](#) to learn more and to access nomination forms.

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](#).

Recruiter of the Year Award

This prestigious award goes to the individual who recruits the most new members during the calendar year. The winner gets complimentary basic registration to the next ASPAN National Conference, complimentary one-year membership to ASPAN, and a commemorative plaque presented at the National Conference. [Click here](#) for information! 🌱



Shay Glevy
BSN, RN, CPAN, CAPA

What's New with the Gold Leaf Application?

A sub-team of ASPAN's Membership/Marketing SWT met and discussed the Gold Leaf application. This sub-team comprises members who have reviewed applications in the past and considered ways to improve the Gold Leaf application, including input received by components and the ASPAN Board of Directors. After this year's meeting, we did some wordsmithing and stressed the need for "screen shots" of work. We eliminated question #21 (having to do with a percentage of scholarships given as we would get a variety of answers), and the information on scholarships is already addressed in question #20. We added an additional question to the application as well. Components now get credit for applying for Gold Leaf within the past three years. We also considered making the Gold Leaf Award a tiered, or first, second, and third place, award. In the end, the sub-team decided it should be left as-is, because of the potential of this prestigious award being diluted. It would then become like a participation ribbon rather than components being recognized for the hard work put into applying for the award. We will continue to discuss possible improvements at future meetings. 🌱



SAVE THE DATES

**PeriAnesthesia Nurse Awareness Week
(PANAW) 2024**
February 5 – 11, 2024

Volume 43, Issue 6
November/December 2023

11

Come to Orlando in April 2024 for ASPAN's 43RD NATIONAL CONFERENCE!

Kim Godfrey, BSN, RN, CPAN

Coordinator, ASPAN National Conference Strategic Work Team 2024



**Kim Godfrey
BSN, RN, CPAN**

Your National Conference Strategic Work Team (NCSWT) has been busy getting ready for ASPAN's 43rd National Conference in Orlando, Florida. Our NCSWT met at the conference hotel in July 2023. We toured the hotel and meeting spaces. We reviewed proposals and the new way the proposals were submitted and selected, and finished the final program for the National Conference. We are excited about the program we have chosen for everyone and are especially excited about the awesome opening and closing speakers we selected.

Weather in Florida in the spring can vary, so bring a variety of outerwear. The National Conference hotel is the Orlando World Center Marriott, which has a variety of wonderful features, including the best water park and pool areas in Orlando. The water park has a lazy river, slides, splash pool and a nightly laser water show. There is also a golf course on the property. The hotel has nine restaurants, with menus to suit every taste. The hotel is also located on the I-Drive trolley route, which will take you to a variety of other restaurants and entertainment venues, and the hotel is just a couple of miles from the Disney Resort.*¹

We are looking forward to reconnecting and networking with many perianesthesia nurses in April. See you then!

REFERENCE

1. Orlando World Center Marriott. Accessed October 22, 2023. <https://www.marriott.com/en-us/hotels/mcowc-orlando-world-center-marriott/overview/?scid=f2ae0541-1279-4f24-b197-a979c79310b0> 🌿



[Click here](#) for more information

Terry Clifford Inducted as a Fellow into the American Academy of Nurses!

Terry Clifford, DNP, RN, CPAN, CAPA, FASPAN, FAAN, and the Nurse Liaison for Special Projects for the American Society of PeriAnesthesia Nurses, was recently inducted as a Fellow into the American Academy of Nurses during their annual ceremony. The induction took place on October 7 at the Marriott Marquis in Washington, D.C., at the closing of the Academy's 2023 Transforming Health Driving Policy Conference.

From the brochure: *"The 2023 new class of Fellows represent nursing's indelible impact in a variety of settings and roles—from governmental positions to entrepreneurial leadership; from leading health systems to providing care; from educating future nurses to advancing public health through nonprofits. This year's class of Fellows are truly diverse and exceptional in their expertise and impact. It is our honor to celebrate each of them and their achievements today.*

To each new Fellow, we offer a sincere congratulations and welcome. You now belong to the Academy's Fellowship of nurses who create a platform for intellectual debate to build meaningful consensus on health care's most complex challenges."

Denise O'Brien, DNP, RN, ACNS-BC, CPAN, CAPA, FAAN, FCNS, FASPAN, and Dina Krenzischek, PhD, MAS, RN, CPAN, CFRE, FAAN, FASPAN, were Terry's sponsors. Congratulations, Terry! 🌿



▲ From left, other FAANs including Jan Odom-Forren, Vallire Hooper, Terry Clifford, Denise O'Brien, Myrna Mamaril, and Dina Krenzischek

ASPAN SCHOLARSHIPS

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

Begin today to plan for next year's ASPAN scholarship program. The scholarship application is based on a point system with a minimum amount of points required, along with the customary letters of recommendation, statement of financial need, personal statement and maintaining your Active category ASPAN and component membership for two full continuous years prior to the July 1 application deadline. Download ASPAN's scholarship checklist and example application and see where you could be earning points to use toward your scholarship application. The time to start planning is now!

Scholarship applications are available online in February, 2024, and due no later than July 1, 2024, for BSN, MSN, or doctoral degrees, the 2025 ASPAN National Conference, humanitarian missions, AONL Advocacy Day in Washington, and certification exam.

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

- Attend a component education offering, (local, district, state, or virtual)
- Volunteer for a component project
- Sit on a component board of directors
- Provide a lecture, write for a component newsletter
- Attend an ASPAN National Conference

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

The points add up quickly. All activities are based on your last three years of activities between the dates of July 1, 2021-June 30, 2024.

ASPAN's Core Purpose is to empower and advance the unique specialty of perianesthesia nursing. The ASPAN scholarship program is one of the avenues to support our purpose and goals. Please consider applying for one of our many scholarships. 🌱

Congratulations to the 2023 ASPAN Scholarship Recipients!

Teresa Ballard, BSN, RN, CAPA
Gina Barry-Davis, BSN, RN, CAPA
Sue Bott, BSN, BSPA, RN, CPAN, CAPA
Clara Boudreaux, BSN, BA, RN, CAPA
Michele Dickson, BSN, RN, CAPA
Lori Erni, BSN, RN, CCRN, CPAN
Regina Hoefner-Notz, MS, BSN, CPAN, CPN, FASPAN
Laurie Laurino, MSN, RN, CPAN
Margaret McNeill, PhD, RN, APRN-CNS, CCRN-K, CCNS, TCRN, EBP-C, CPAN, NE-BC, NHDP-BC, FCNS, FAAN, FASPAN
Sally Swartzlander, BSN, RN, CAPA
Nanette Wecker, BSN, RN, CPAN
June Pat Williams, MSN, RN, CPAN, CAPA

Scholarships/ Awards



Katrina Bickerstaff
BSN, RN, CPAN, CAPA

Scholarship/Award Program: (to be awarded in 2025)

\$1,500 tuition scholarships for Bachelor of Science in Nursing, Master of Science in Nursing or Doctorate in Nursing (for degree classes in 2025)

\$1,000 awards to attend ASPAN's 2025 National Conference to be held in Dallas, Texas

Electronic educational sessions from ASPAN's 2025 National Conference (available online after the conference)

\$314 awards for CPAN or CAPA Certification Exams in 2025

\$1,000 Humanitarian Mission awards (approved expenses for mission trips occurring in 2025)

AONL Advocacy Day in Washington program in 2025 – two awards available (early bird registration fee plus approved expenses)

CERTIFICATION

Have you considered taking part in a Medical Mission to help underserved communities and provide care to those who may not have access to healthcare? Or use the unique opportunity to gain experience and skills in unfamiliar settings?

ABPANC wants to support our CPAN and CAPA certified nurses as they pursue their passions within perianesthesia nursing. We are excited to be offering two (2) grants for nursing education and two (2) grants for medical mission work for 2024. Get more information about these opportunities by visiting <https://www.cpancapa.org/nurse-leaders/>. Apply for one of our competitive grants today!



UPDATES FROM ABPANC The American Board of Perianesthesia Nursing Certification, Inc.

ABPANC is Asking “What is Your Why?” with New Competitive Grant Program

Are you interested in furthering your education and expanding your knowledge and skills to provide better patient care? Or to advance your career opportunities and increase your earning potential?

REGION ONE UPDATE

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

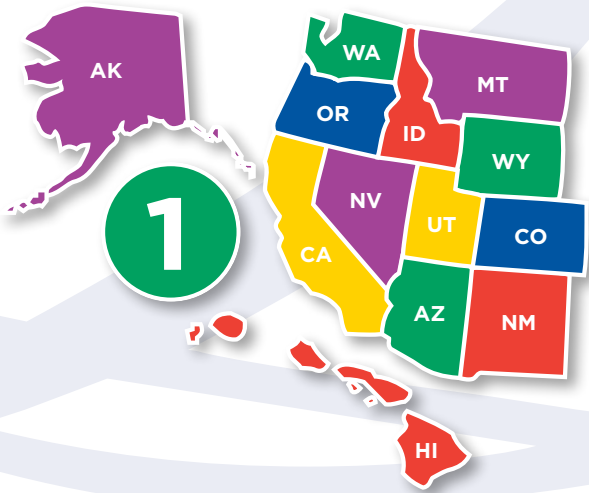


Ronda Dyer
MSN, BSPA, RN, CPAN,
CAPA, CNE

There are so many things to be thankful for this holiday season. Among these, I am thankful for the many amazing perianesthesia nurses who are willing to give of their time to make ASPAN's components thrive. Region One has been a hotbed of activity this fall. The evaluations are barely completed, and leaders are already busy planning winter and spring activities, seminars, and meetings. Keep an eye on component websites and check out the regional calendars on ASPAN's website <https://www.aspan.org/Education-Events/Regional-Events-Calendar> for upcoming educational opportunities wherever you may be.

The first Region One virtual certification study group, consisting of 14 leaders and 86 members, met for 12 two-hour sessions to review and discuss perianesthesia topics in preparation for certification exams. Members expressed their gratitude to regional leaders who volunteered their time and expertise. Leaders have been enjoying the opportunity to celebrate all who passed their CPAN and CAPA exams. Watch your websites, newsletters, and emails for news of upcoming certification groups.

New Mexico (PANANM) was honored to host ASPAN's Perianesthesia Academy, and the other seven Region One components held fall seminars across the western United States. It was a great privilege to attend the Northwest (NPANA,) Rocky Mountain (RMPANA,) and Hawaii (HIPAN) conferences in person. Meeting



perianesthesia nurses around the country always inspires new ideas and gives an extra shot of energy to make them become reality.

Component leaders attended the Perianesthesia Development Institute (PDI) in St. Louis. The event provided valuable information related to leading, growing and developing our organizations. Component presidents are working together to share ideas to better meet the needs of members. Projects such as ASPAN Insights, the regional calendar, and the Region One study group have resulted from leaders meeting, brainstorming, and sharing resources. Together, we can do more!

It's time to begin prepping for Orlando and ASPAN's National Conference. Turn in those vacation requests and plan to join us April 14-18, 2024, for an incredible week of learning, networking, and inspiration! 🌿

CERTIFICATION

Reminders

- **July 1- Oct. 31:** Fall exam registration window open; Fall recertification window
- **Sept. 15-Nov. 15:** Fall testing window
- **Jan. 1- April 30:** Spring exam registration window open; Spring recertification window
- **March 15- May 15:** Spring testing window

Learn more at: www.cpancapa.org

Are You Ready to Earn your CPAN and/or CAPA Designation?

ABPANC offers several resources to help candidates prepare for the certification examination, including:

- 12-Week Study Plans
- Flashcards
- Certification Coaches
- Practice Exams
- Question of the Week
- Study References

Check these out, and more, online at

<https://www.cpancapa.org/exam-prep/>

Apply for a Certification or Recertification Scholarship for the Spring 2024 Window!

A limited number of scholarships are available each year for perianesthesia nurses to obtain the fees for certification and recertification. Apply by November 30 through the ABPANC website <https://www.cpancapa.org/become-certified/scholarship-program> to be considered for one of these scholarships!

ABPANC

Address and Contact Information:

1133 Broadway, Suite 544, New York, NY 10010

Phone: 347.708.7975 | Email: abpnc@cpancapa.org

Web site: www.cpancapa.org

**WINTER/
SPRING**

2024
WEBCASTS & SEMINARS

LIVE IN-PERSON SEMINARS

FOUNDATIONS OF PERIANESTHESIA PRACTICE

January 27, 2024 SATURDAY

Billings, MT

PERIANESTHESIA CERTIFICATION REVIEW

February 3, 2024 SATURDAY

Charlotte, NC

March 2, 2024 SATURDAY

Humble, TX

LIVE WEBCASTS – FULL-DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

May 18, 2024 SATURDAY

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

February 24, 2024 SATURDAY

PEDIATRICS: BEYOND THE BASICS

February 3, 2024 SATURDAY

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

February 10, 2024 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW

January 28, 2024 SUNDAY

March 9, 2024 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

February 8, 2024 THURSDAY

February 15, 2024 THURSDAY

February 22, 2024 THURSDAY

**PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT:
A SYSTEMS APPROACH**

March 2, 2024 SATURDAY

**PERIANESTHESIA STANDARDS AND IMPLICATIONS
FOR PRACTICE**

June 1, 2024 SATURDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE

June 8, 2024 SATURDAY

SAFETY BEGINS WITH US

June 22, 2024 SATURDAY

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

June 29, 2024 SATURDAY

LIVE WEBCASTS – HALF-DAY

**ADVANCED CARDIOVASCULAR AND PULMONARY
PATHOPHYSIOLOGY**

February 25, 2024 SUNDAY

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

March 3, 2024 SUNDAY

**INNOVATIVE CONCEPTS IN PEDIATRIC
PERIANESTHESIA CARE**

June 23, 2024 SUNDAY

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

June 30, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS I

May 19, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS II

June 2, 2024 SUNDAY

WINTER/ SPRING

2024 WEBCASTS & SEMINARS

LIVE WEBCASTS – HALF-DAY

PERIANESTHESIA ESSENTIALS III

June 9, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS IV

January 21, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS V

June 30, 2024 SUNDAY

PERIANESTHESIA FOUNDATION

February 4, 2024 SUNDAY

LIVE WEBCASTS – TWO-HOUR

ACUTE AND CHRONIC PAIN MANAGEMENT

May 29, 2024 WEDNESDAY

ANESTHETIC AGENTS AND TECHNIQUES

May 22, 2024 WEDNESDAY

ASPAN PRACTICE RECOMMENDATIONS AND
POSITION STATEMENTS

March 7, 2024 THURSDAY

COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA

February 29, 2024 THURSDAY

CRITICAL CARE COMPETENCIES: NEUROLOGICAL

June 5, 2024 WEDNESDAY

EMERGENCY PREPAREDNESS

March 14, 2024 THURSDAY

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

February 21, 2024 WEDNESDAY

GASTROINTESTINAL AND ENDOCRINE
PATHOPHYSIOLOGY AND ASSESSMENT

February 28, 2024 WEDNESDAY

HOW TO BECOME A TRANSFORMATIONAL LEADER

May 15, 2024 WEDNESDAY

INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR
THE PERIANESTHESIA NURSE

February 7, 2024 WEDNESDAY

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA
NURSING

March 13, 2024 WEDNESDAY

MALIGNANT HYPERTHERMIA AND POSTOPERATIVE
NAUSEA AND VOMITING

May 16, 2024 THURSDAY

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

May 23, 2024 THURSDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

June 26, 2024 WEDNESDAY

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

May 30, 2024 THURSDAY

PATIENT SAFETY GOALS AND ASPAN STANDARDS

June 27, 2024 THURSDAY

PEDIATRIC ANESTHESIA AND POSTANESTHESIA
COMPLICATIONS

June 4, 2024 TUESDAY

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT AND
DISCHARGE CRITERIA

June 20, 2024 THURSDAY

PREVENTION OF UNWANTED SEDATION: PUTTING THE
PRACTICE RECOMMENDATION INTO PRACTICE

March 6, 2024 WEDNESDAY