



# Breathline

January/February 2024

Volume 44 Number 1

## 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

**"OUR MOST BASIC COMMON LINK IS THAT WE ALL INHABIT THIS PLANET. WE ALL BREATHE THE SAME AIR. WE ALL CHERISH OUR CHILDREN'S FUTURE. AND WE ARE ALL MORTAL."<sup>1</sup>**  
— JOHN F. KENNEDY

**D**ear members,  
I hope this message finds you in good health and high spirits as we step into the promising year of 2024! As your president, it is my honor to reflect upon our collective achievements and chart a course for the future, one that embodies the values of intentional inclusion, diversity, equity and anti-racism within the American Society of PeriAnesthesia Nurses.

This year, we will steadfastly hold our commitment to diversity - recognizing and embracing the unique perspectives, experiences, and backgrounds each member brings to our organization. By celebrating our differences, we can cultivate an inclusive environment that promotes innovation, collaboration, and lasting change. Let us strive to create a more representative society that values and respects the voices of all its members.

Equity stands at the core of our mission, ensuring that each member has the opportunity to thrive and succeed, irrespective of gender, race, ethnicity, or socioeconomic



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

status. We envision a future where equal access to education, resources, and leadership positions in perianesthesia nursing is not just a dream, but a reality. By working together, we can identify and dismantle any systemic barriers that may hinder the growth and advancement of underrepresented groups within our profession. We are stronger together by embracing, respecting, and harnessing our differences to increase the volume for innovation, and advance perianesthesia nursing to new heights.

Intentional inclusion means actively promoting and encouraging a sense of belonging, where every member feels empowered to contribute their unique skills and insights. We will redouble our efforts to foster an inclusive culture within our society, one that upholds fairness, respect, and dignity for all. By creating safe spaces for open dialogue, collaboration, and mentorship, we can tap into the immense potential of our diverse membership.

Lastly, we stand firmly in our commitment to anti-racism. Racism has no place within our society, and we cannot be silent in the face of injustice. Through education, awareness, and advocacy, we will work tirelessly to ensure every member is treated with fairness, compassion, and empathy. By rejecting racist practices and policies, we can collectively strive towards a more equitable and inclusive future for all healthcare professionals.

As we embark on this new year, I invite every member of the American Society of PeriAnesthesia Nurses to embark on this journey with us as we launch ASPAN's Big IDEA (intentional inclusion, diversity, equity, and anti-racism).

**"RETURNING HATE FOR HATE  
MULTIPLIES HATE, ADDING  
DEEPER DARKNESS TO A  
NIGHT ALREADY DEVOID OF  
STARS. DARKNESS CANNOT  
DRIVE OUT DARKNESS;  
ONLY LIGHT CAN DO  
THAT. HATE CANNOT  
DRIVE OUT HATE,  
ONLY LOVE CAN  
DO THAT."**  
**MLK**



## President's Message

Together, let us champion intentional inclusion, diversity, equity, and anti-racism within our profession and beyond. Our collective efforts will not only shape the landscape of healthcare, but also inspire a brighter, more inclusive society for generations to come.

If you have not done so already, please embark on the challenge to obtain an IDEA badge, developed with our Education Provider Committee and Collaborative Advocacy SWT. The Big IDEA series that was developed will not only uplift you but will inspire you to be empowered advocates for change, and to fight for human rights and the greater good where we all see each other as one.

Thank you for your unwavering support, dedi-

cation, and for being a vital part of our shared vision. I look forward to the meaningful strides we will make together in 2024 and beyond!

### REFERENCES

1. John F. Kennedy quotes. Accessed November 20, 2023. <https://quotefancy.com/john-f-kennedy-quotes>
2. Quotes for the Mind. Quotes and images about hate and love - hating others - holding grudges. Accessed November 20, 2023. <http://www.quotesforthemind.com/categories/hate-quotes/quotes-on-hate-hate-quotes-hate-quote/>



### ASPAN® Breathline

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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

Illustration p.6:  
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### From NOA's email update:

## Nursing Organizations Alliance (NOA)

## WELCOMES NEW BOARD MEMBERS

"The Nursing Organizations Alliance (NOA) is pleased to announce the election of two new Board members during the business meeting at the 2023 Fall Summit held in Providence, Rhode Island. The NOA membership elected Alphonzo Cortez Baker Sr., DNP, RN, CAPA, current president of the American Society of PeriAnesthesia Nurses (ASPAN), and George A. Zangaro, PhD, RN, FAAN, Chief Policy and Scientific Officer of the American Association of Colleges of Nursing (AACN) to join the Board.

We are confident that their extensive experience, diverse backgrounds, and fresh perspectives will greatly benefit NOA. It will also contribute to our mission of connecting elected and staff leaders of professional nursing organizations to inspire, collaborate, and provide a forum for information exchange and the sharing of resources and best practices. With their commitment and involvement, we are excited to continue growing and expanding the impact of our organization.

We extend our warmest welcome to Alphonzo and George. We look forward to working together to achieve our shared goals. Thank you to everyone who participated in this important election process and congratulations to our new Board members."



**Alphonzo Cortez Baker Sr.**

DNP, RN, CAPA

Current President

American Society of

PeriAnesthesia Nurses (ASPAN)



**George A. Zangaro**

PhD, RN, FAAN,

Chief Policy and Scientific Office

American Association of Colleges of

Nursing (AACN)

*The NOA Board of Directors is a six-member board that coordinates the activities of NOA through the Annual Fall Summit, NALA, and webinars. The board is responsible for the business affairs of NOA.*

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On Social Media:



# ASPAN's 2024-2025 SLATE OF CANDIDATES

Slate of  
Candidates

Vice President/  
President-Elect



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



**Felicia Selman**  
MSN, RN, CAPA

Secretary



**Sarah Cartwright**  
DNP, MSN-PH, BAM,  
RN-BC, CAPA, FASPAN



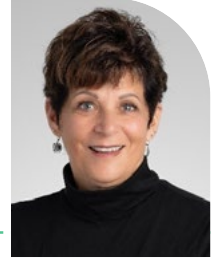
**Susan Norris**  
BScN, RN, CAPA

Director for  
Clinical Practice



**Lori Erni**  
BSN, RN, CCRN, CPAN

Director for  
Education



**Antoinette  
(Toni) Zito**  
MSN, RN, CPAN,  
FASPAN

Regional Director,  
Region 2



**Linda Allyn**  
BSN, RN, CPAN, CAPA

Regional Director,  
Region 4



**Amy Dooley**  
MS, RN, CPAN, CAPA,  
FASPAN



**Stephanie Johnson**  
MSN, RN, CPAN, CAPA



## ASPAN's 2024-2025 SLATE OF CANDIDATES

**Nominating  
Committee**



**Dorothy Flowers**  
BSN, RN, CAPA



**Natalie Friess**  
MSN-Ed, RN, CPN, CPAN



**Amy Parker**  
BSN, RN, CPAN



**Ashlynn Penna**  
DNP, RN, CPAN, CAPA,  
NPD-BC



**Alison Popa**  
RN, RSCN, DipHE,  
CPAN, CAPA



**Carrie Quinn**  
MSN, RN, ACCNS-AG,  
CPAN, CNL-BC

## Slate of Candidates: 2024 Election *CANDIDATE PROFILES: Your Input is Requested!*

ASPAN's slate of candidates for the 2024 election year is impressive, and each candidate brings talent and skills to the role they are seeking to lead ASPAN in the coming years.

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

Your component needs your input! Here's what you do by **February 29, 2024:**

- You must be a current ASPAN Active category or Retired category member
- Go to the ASPAN website, scroll to the bottom left of the Home page, Highlights. Click on 2024 Candidate Profiles – Feedback Form. You will need to be logged in
- After reading the instructions, scroll down the page and review the list of candidates' names
- Click the link called "Bio" next to each name to learn about the candidate
- Review all 2024 Candidate Profiles
- Click the box next to the candidate's name of your choice for each position

- Only ONE name or abstention may be selected within each position – the exception being Nominating Committee: five positions are open
- Find and select your component from the list of component names in the drop-down box. This is a **REQUIRED** field since it determines where to forward your submission
- Carefully review your candidate selections before submitting
- At the page bottom, click "Submit" and your input will be forwarded to your component representatives to assist them in casting their votes as members of the 2024 Representative Assembly
- Your name and email will **NOT** be forwarded to your component representatives – only your selections
- Once you click "Submit," you will receive a confirmation page stating your submission has been successfully executed
- Only one 2024 candidate selection submission per ASPAN Active category or Retired category member is accepted. Submissions are available online only

**Your feedback must be submitted no later than February 29, 2024. Don't delay!** 🌱

# ASPAN's 2023 – 2024 Working Strategic Plan

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

**H**ave you heard about ASPAN's Strategic Plan? ASPAN's Board of Directors developed a five-year strategic plan in May 2020. It is focused around ASPAN's Core Purpose – to empower and advance the unique specialty of perianesthesia nursing. It encompasses five main goals. Each year, the ASPAN Board of Directors reviews and updates a working strategic plan that looks at each goal, the initiatives to meet the goal, who is responsible, proposed timelines/due dates, action items to meet the goal, and evaluation of meeting the goal. Here is a current look at the 2023 – 2024 Working Strategic Plan:

**Goal A:** ASPAN will provide resources for the growth and development of all perianesthesia nurses practicing in leadership, education, clinical inquiry, advanced practice, and direct patient care roles.

## Initiatives/Action items

1. Plan component leadership support and development. Regional directors communicate with component leaders via regional Zoom meetings, in-person attendance at component conferences, and have a calendar on the ASPAN website for all component state meetings. Another resource is the Perianesthesia Development Institute (PDI) for component leaders. Financial assistance is available for components to attend PDI and Representative Assembly meetings, and the Finance Committees and Strategic Work Teams (SWTs) are available as resources, leadership development, and mentoring
2. Virtual educational offerings for members/leaders' growth and development via ASPAN Insights monthly. These are recorded and available after the live sessions
3. Collaborate with SWTs and Specialty Practice Groups (SPGs), and the appointed liaisons the goals, resources, and needs for each team. The action is via monthly emails, Zoom meetings, educational sessions, newsletters, minutes, *Breathline* articles, and National Conference meetings
4. Develop and provide onboarding material for new leaders in ANY ASPAN related position. Regional and Mission Directors materials are completed. Onboarding materials for the other positions will follow soon
5. Explore innovative ways and ideas to maintain and recruit membership with the goal of increasing membership by two percent. Some action items to complete this goal are increase social media platforms, Membership/Marketing campaigns, regional/national virtual certification study groups, component revitalization strategies, updating component websites and communication, and educational roadshows

**Goal B:** Create and present educational offerings using diverse and multimodal formats for all levels, roles, and phases of care for perianesthesia nurses.

## Initiatives/Action Items

1. Develop and provide targeted education at ASPAN venues. This is accomplished via the National Conference, the Perianesthesia Development Institute, the Perianesthesia Leadership Academy for nurse managers/leaders, live seminars, webinars, on-demand modules, and podcasts
2. Facilitate a plan to review and update current educational materials with half of the programs updated for 2023 – 2024 and the other half in 2024 – 2025
3. Develop and provide two new educational offerings driven by Frequently Asked Questions (FAQs). There is an educational series in progress for ASPAN's Big IDEA (Intentional inclusion, Diversity, Equity, and Anti-racism)
4. Develop one new funding opportunity to maintain financial stability and fiscal management
5. Plan a variety of resources and opportunities to promote perianesthesia certification such as in-person and webcast seminars, study groups, publications, etc.

**Goal C:** Lead the development, support, application, and dissemination of perianesthesia nursing scientific knowledge and clinical inquiry.

## Initiatives/Action items

1. Develop one education offering to teach perianesthesia nurses awareness of and skills for clinical inquiry activities and publications. This was completed with the ASPAN Insights session on Abstracts and Posters. It is available on the ASPAN website under Component Toolbox
2. Continue to provide leveled evidence in the Standards publication. This is a collaborative effort in progress with the Standards SWT and Clinical Inquiry Committee preparing for the 2025 – 2026 issue
3. Provide a Journal Club to expose nurses to clinical inquiry
4. Facilitate education and increase applications for the Joanna Briggs Institute (JBI) Training Grant

**Goal D:** ASPAN will be the premier resource for evidence-based standards and practice recommendations.

## Initiatives/Action items

1. Develop an educational tool to assist members in preparing and submitting abstracts for 2024 Celebrate Successful Perianesthesia Practice posters and oral presentations
2. Develop two "bite-size" information pieces to address hot topics such as infographics and podcasts
3. Publish "Most Asked Clinical Practice Committee" questions and recommendations
4. Facilitate education and dissemination of ASPAN's Professional Practice Model (PPM). This was completed in August 2023 as a recorded webinar and available for free on the ASPAN website

ASPAN is busy at work to meet these goals and be the premier organization for perianesthesia nursing excellence. If you have any questions or suggestions, please contact Lori Silva at [lsilva@aspan.org](mailto:lsilva@aspan.org).

## Strategic Plan Update



**Lori Silva**  
MSN, RN, CCRN,  
CPAN

## ASPAN Mid-Year Board of Directors Meeting Highlights

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



Susan Norris  
BScN, RN, CAPA

The ASPAN Board of Directors (BOD) held its mid-year meeting on Friday, November 3, 2023, immediately preceding the Perianesthesia Development Institute (PDI) in Saint Louis, Missouri. The meeting was called to order by President Alphonzo Baker.

The agenda was approved unanimously. The consent agenda included minutes of the 2023 preconference and postconference BOD meetings held in Denver, as well as the results of the e-vote held in August related to *Journal of PeriAnesthesia Nursing (JoPAN)* and several policies that had been reviewed or revised. Several policies were removed from the consent agenda for further discussion and the remaining agenda was approved.

President Alphonzo Baker presented a detailed report of the president's initiatives to date. He has represented ASPAN at several other professional conferences in the first half of his term. Vice President/President-Elect Lori Silva presented the working Strategic Plan. Reports of all officers and Board members, regions, editors, committees, SWTs, Specialty Practice Groups and liaisons were presented.

Other agenda Items included:

- Treasurer Teri Baughman reviewed the current financial statements of the organization and presented the 2024 budget for approval by the BOD. The budget was approved unanimously
- The slate of candidates for the 2024-2025 BOD election was presented by Immediate Past President Connie Hardy Taber
- FASPAN policy revisions were made allowing a candidate who did not meet the requirements the prior year to reapply the following year without paying an additional application fee
- Future of *Breathline* – ideas discussed:
  - Making *Breathline* accessible to both members and non-members, using it as a recruitment tool
  - Advertising it on Facebook, Instagram, LinkedIn with short snippets
  - Shortening the newsletter in pages and more frequent snippets of information
  - Highlighting *Breathline* at component events and other ASPAN events
  - The BOD voted to investigate other options for delivering the content currently published in *Breathline* due to low readership numbers. Look for more information soon as we want to know what you, the members, want to see
- Changing the Standards SWT to a Committee due to the ongoing work on the ASPAN Standards publication
- Director for Clinical Inquiry Amy Berardinelli reported on the survey sent out to members to “Determine the definition of Phase I and Phase II.” This is work the Standards and Clinical Inquiry teams are doing to level evidence for the new ASPAN Standards
- President Alphonzo Baker is collaborating with a new parliamentarian who will be getting familiarized with our organization and be available at the 2024 Preconference Board meeting and Representative Assembly in Orlando, Florida
- The ASPAN BOD and members of the Clinical Practice Committee will monitor all marketing, education, publications, and social media sites that have ASPAN logo to maintain ASPAN's standards, mission, vision, and core values.

ASPAN members are invited to join the 2024 preconference BOD meeting on April 13, 2024, as well as the Representative Assembly on April 14, 2024, both in Orlando, Florida. 🌿





PERIANESTHESIA NURSES

# Empowered

WITH KNOWLEDGE



FEB. 5-11,  
2024

## PERIANESTHESIA NURSE AWARENESS WEEK

### CELEBRATE THE IMPORTANCE OF PERIANESTHESIA NURSING IN HEALTHCARE!

Show support for your profession, staff, colleagues, and friends with gifts from the American Society of PeriAnesthesia Nurses (ASPAN). Our exciting collection includes clothing, drinkware, bags and totes, and many other practical items that feature the 2024 logo and theme.

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## Clinical Practice Hot Topic: Support Staff

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



Melissa Davidson  
MSN, RN, CPAN

*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.*

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:** *How do support staff fit into the perianesthesia areas?*

**A:** The Clinical Practice Committee (CPC) frequently receives questions related to minimum staffing for RNs. The Standards are clear on the need to have two RNs in Phase 1.<sup>1</sup> But how do support staff play into this equation?

The scope of the perianesthesia RN is defined as “assessment, diagnosis, outcome identification, planning, implementation, and evaluation.”<sup>2</sup> There are many ways support staff may be used in perianesthesia, as discussed in the Practice Recommendation on Competencies of Perianesthesia Unlicensed Assistive Personnel/Support Staff in ASPAN’s *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. A variety of tasks and competencies are listed in this practice recommendation.<sup>2</sup>

**Q:** *Can an LPN work in the perianesthesia areas?*

**A:** This question has also become a frequently asked question of the CPC. As staffing for RNs becomes more challenging around the country, many facilities are utilizing LPNs to supplement their teams.

LPNs are accountable to an RN. They also have differing practice acts in each state, which leaves a wide variety about which tasks are in their scope of practice. If you do utilize LPNs or LVNs, know what tasks they are allowed to do and who they are ultimately reporting to.<sup>1</sup>

LPNs cannot be used as the second RN in the Phase 1 area. The standard on this is very clear.<sup>1</sup> They can, however, be utilized to help with things like transporting patients and helping with the general patient flow in the PACU. However, these tasks do not use them at the top of their licensure.

In a Phase 2 area, LPNs can aid in many aspects of care, including education. LPNs may also be used in preop areas. Dependent upon the state in which you live, they may be able to start IVs and begin the initial work of getting a patient ready for their procedure. However, RNs are required to complete the patient assessment.<sup>1</sup> Preadmission testing (PAT) may also utilize LPNs. In departments using phone calls for PAT, an LPN is appropriate to review medications and give instructions, per your facility policy.

**Q:** *How can a CNA be used in the perianesthesia areas?*

**A:** Certified nursing assistants (CNAs) do not hold the same privileges from state to state, or from facility to facility. If you are using CNAs, or some variation of support staff, you need to be aware of what they are allowed to do within your facility’s policy. An example of the variation within facilities is that inserting foley catheters is within the scope of many states for CNA licensure, but there are many healthcare systems now requiring catheters be inserted by a RN.

In the perianesthesia setting, CNAs can be a valuable asset, especially in these fast-paced environments. For example, CNAs are able to help ensure patients are safe while dressing, which allows the RN the time needed to document appropriately. CNAs in many facilities may remove IVs, which can aid in the discharge timeliness for patients. Using CNAs as a part of your PACU team can increase team effectiveness and improve patient safety.

CNAs may also play a valuable role in the preop setting as they are able to escort patients to their bays, obtain urine samples and complete point of care testing, aid patients in changing into a gown, complete preop bathing, and obtain vital signs. They may also complete any EKGs, lab draws, or other point of care testing.

### Deciding on a Staffing Model

As nursing is shifting, we need to utilize support staff when able. They are not a replacement for RNs but can help with providing a safe environment of care, be an assistive person to complete tasks, and aid in the throughput by discharging and supporting the RN team. When deciding how best to supplement your team, ensure you are aware of the scope of practice for each license, ensure competencies are completed, and decide what your team most needs to be successful.



## REFERENCES

1. American Society of PeriAnesthesia Nurses. Standard IV: staffing and personnel management. In: *2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN;2022:39-42.
2. American Society of PeriAnesthesia Nurses. Practice recommendation: competencies of perianesthesia unlicensed assistive personnel/support staff. In: *2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN;2022:76-78. 🌱

## GLP-1 Medications and ASA's Task Force on Preoperative Fasting Recommendations

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

**G**lucagon-like peptide – 1 agonist (GLP-1) medications are approved by the United States

Food and Drug Administration (FDA) for the treatment of type 2 diabetes mellitus (T2DM) and cardiovascular risk reduction.<sup>1</sup> Off-label use, which has become extremely popular, includes prescribing GLP-1 agonists for weight loss. Rapid flourish prescribing for weight loss has led to medication scarcity for patients with FDA-approved conditions.

Gastrointestinal (GI) symptoms are common when taking GLP-1 agonists. The adverse effects are nausea, vomiting, abdominal bloating, abdominal pain, retching, and delayed gastric emptying, thus granting the sense of satiety. However, recent studies reported a reduction in the effects of gastric emptying with long-term use. Anecdotally, delayed gastric emptying is noted to increase pulmonary aspiration and regurgitation of gastric contents during general anesthesia and deep sedation.<sup>1</sup>

*“The presence of adverse gastrointestinal symptoms (nausea, vomiting, dyspepsia, abdominal distension) in patients taking GLP-1 agonists are predictive of increased residual gastric contents.”<sup>1</sup>*

### What Does This Mean for Perianesthesia Nurses and Safe Practice?

The American Society of Anesthesiologists' (ASA) Task Force on Preoperative Fasting, after reviewing the literature, developed recommendations for holding GLP-1 agonists prior to a procedure or surgery. The recommendations are the same for adult and pediatric patients. Pediatric patients are prescribed GLP-1 agonists for the treatment of T2DM and obesity.<sup>1</sup>

The ASA Preoperative Fasting Recommendations for Patients Taking GLP-1 Agonist are:

1. If taken daily, should not take the drug on the day of any procedure/surgery
2. If taken weekly, hold the medication for one week prior to a procedure or surgery
3. Emergent or urgent cases, treat the patient as if they have a full stomach, which may include delaying treatment
4. After one week held, if the patient complains of GI symptoms, consider delaying the procedure/surgery

5. Medication not held and if no GI symptoms, proceed with full stomach precautions, or ultrasound patient for gastric content volume, or delay treatment
6. For patients with T2DM, consider consulting with an endocrinologist for antidiabetic bridging to avoid hyperglycemia<sup>1</sup>

As always, refer to your organization's policies and guidelines. If this information is new to you and your organization does not have GLP-1 agonist guidelines, speak with an anesthesia provider regarding the ASA Task Force on Preoperative Fasting Recommendations.

Examples of GLP-1 Agonists are (list is not inclusive of all GLP-1 agonists):

- Byetta (exenatide), taken twice daily by injection
- Victoza (liraglutide), taken once weekly by injection
- Trulicity (dulaglutide), taken once weekly by injection
- Ozempic (semaglutide), taken once weekly by injection
- Rybelsus (semaglutide), taken once daily by mouth
- Wegovy (semaglutide), taken once weekly by injection
- Mounjaro (terzepatide), taken once weekly by injection<sup>1</sup>

### REFERENCE

1. American Society of Anesthesiologists. American Society of Anesthesiologists consensus-based guidance on preoperative management of patients (adults and children) on glucagon-like peptide-1 (GLP-1) receptor agonists. June 29, 2023. Accessed December 6, 2023. <https://www.asahq.org/about-asa/newsroom/news-releases/2023/06/american-society-of-anesthesiologists-consensus-based-guidance-on-preoperative> 🌱



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

## Nurse Self-Care

Angellique Weathersby, MSN, MBA, RN – Member, Well-being Strategic Work Team



Angellique Weathersby  
MSN, MBA, RN

Though a nursing shortage has existed intermittently since the 1990s, the COVID-19 pandemic widened the gap between demand and the actual number of registered nurses. During the last three and one-half years, many seasoned nurses left the nursing workforce due to pandemic burnout, childcare and eldercare needs, illness, career changes, compensation, and early retirement. In addition, there has been a reduction in the number of younger age registered nurses. It is projected about 203,200 registered nurses will be needed in the U.S. each year, on average, through 2031.<sup>1,2,3</sup> A connection between adequate levels of registered nurse staffing and safe patient care has been identified in numerous studies.<sup>4</sup> What steps can be taken to encourage registered nurses to enter/remain in the profession?

For most of my working years, I did not have good work-life balance. I frequently disregarded my physical and emotional well-being and had only a few meaningful activities outside of work. However, when I received a serious health diagnosis, I was forced to take time off. During the months of my recovery, I re-evaluated the life I wanted to live. That life-changing event inspired me to prioritize my health and well-being. Previously, I thought of work-life balance as a 50-50 sum total means of effectively managing my professional and personal responsibilities. I accepted that working more hours equaled less time with family or for pursuing outside interests. I now practice the concepts of self-care and gratitude each day.

Here are five suggestions for self-care that may be of value to you:

### Well-being: Physical and Mental

The American Nurses Association *Code of Ethics* for Nurses states in provision 5 that, “The nurse owes the same duty to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth.”<sup>5</sup> It is important to take the steps necessary to promote your own health to be sure you will be able to provide safe, effective care to others.

- Eat nutritious foods and get adequate sleep - a poor diet and inadequate sleep will result in mental fatigue and daytime drowsiness
- Make time to exercise. Even if you are pressed for time, a 15-minute walk during your break can boost your energy level
- Control thirst by drinking water throughout the day
- At the end of your day, take time to unwind. Turn your attention to home, and when there, focus on relaxing and resting
- Try a new hobby or take a fun class on your days off. Many people enjoy getting a massage, pedicure, meditation, or other pampering treatment. Immerse yourself in a book you’ve been wanting to read

### Well-being: Career

As you develop your nursing career, it is important to align yourself with organizations whose mission and values reflect your purpose and values. Healthcare organizations need to:

- Promote safety for nurses in the workplace. Unprofessional behaviors, threats, and retaliation cannot be tolerated<sup>6</sup>
- Increase compensation
- Prevent institutionalized bias due to organizational design, work arrangements, or new technologies
- Provide mentoring, education, and training to help cope with changes in work processes and new technologies
- Ensure adequate staffing and the resources and equipment necessary to do the job effectively
- Strive to see the nurse as a whole person, not merely their work role:
  - Make space for their lives outside work
  - Support pathways for long-term professional growth and career advancement

### Well-being: Financial

Finances are often a major source of stress. Concerns about making ends meet are ongoing. Many nurses work two jobs or establish a part-time business to generate income. Develop a financial plan to reduce stress:

- Establish an emergency fund, enough to cover three-six months of expenses
- Set aside money for unanticipated expenses
- Begin saving for retirement early in your career
- Consider pursuing higher education to increase your career options and earnings potential

### Well-being: Social

Nurses are better able to care for patients when they have the guidance, encouragement, and support of a team.

- Make time to establish and nurture meaningful positive relationships/friendships. This helps prevent isolation and loneliness
- Consider involvement with clubs and community programs, professional organizations and networking; support your colleagues
- Reach out and ask for help from trusted friends, family members, and experienced colleagues when feeling stressed or depressed. There are also lifestyle coaches, mentors and support programs available

### Well-being: Time Management

Managing your time can reduce stress, minimize procrastination, increase productivity, and increase a sense of well-being.

- Healthcare organizations need to rethink:
  - Flexible scheduling and increased autonomy

- Increased access to paid leave
- Respecting boundaries between work and non-work time
- Nurses need to consider:
  - Disconnecting from email and cell phone during time with friends and family
  - Managing your calendar by:
    - Learning to say no, to set boundaries with empathy
    - Planning ahead and setting time limits on your tasks and priorities to free up time
    - Leaving room for unplanned circumstances and opportunities

Executing self-care requires a combination of strategies, from prioritizing what matters most to you, practicing time management, and adopting healthy lifestyle choices to setting boundaries and asking for help when needed. As we are told during the safety briefing on airplanes, we need to secure our oxygen masks first before helping the person next to us. The health of nurses impacts the care of patients across healthcare settings. Practicing self-care may encourage registered nurses to enter/remain in the profession by improving their well-being, job satisfaction, and overall quality of life. In turn, patients, families, and communities will benefit from the quality care provided by nurses possessing physical and mental well-being.

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## FURTHER READING

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# ASPAN Scholarship Program: Ready, Set, Go!

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

It's time again to begin thinking about applying for an ASPAN scholarship. Are you interested in attending the 2025 ASPAN National Conference in Dallas, Texas? Are you pursuing an advanced degree? Are you interested in policy and advocacy and would like to attend Advocacy Day in Washington, D.C. in June 2025, or would you like funding for a humanitarian mission? If you have maintained your Active category membership for two full, continuous years prior to July 1, 2024, you are eligible to apply.

Beginning February 1, 2024, when you log on to the scholarship application tab, you will find two additional resources. The ASPAN Development Strategic Work Team has designed a checklist to help gather the information needed to apply, as well as an example of a completed scholarship application for you to use as a guide.

The time to act is now!

## 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 education sessions from ASPAN's 2025 National Conference (available online after the conference)



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



- \$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)

**Scholarship applications are available online in February 2024 and due no later than July 1, 2024.**

ASPAN's Core Purpose is to empower and advance the unique specialty of perianesthesia nursing.<sup>1</sup> The ASPAN scholarship program is one of the avenues to support our purpose and goals. Please consider applying for one of our many scholarships.

#### REFERENCE

1. American Society of PeriAnesthesia Nurses. ASPAN core purpose. Accessed November 6, 2023. <https://www.aspan.org/About/About-ASPAN/Core-Ideology>



**Leaving a legacy is about creating a positive future for the those who come after you. Legacy for Life is a way to impact the future of ASPAN. Therefore, it is my wish to give ASPAN the insurance of the continuation of our organization to promote the unique specialty of perianesthesia nursing.**

**– Valerie Watkins**



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



**Tracy Galyon**  
BSN, RN, CPAN

## REGION TWO UPDATE

Tracy Galyon, BSN, RN, CPAN

ASPAN Regional Director, Region Two

Region Two was very busy last fall with conferences and activities. The component leaders met via Zoom to improve communication within the Region Two components. This has been an opportunity to see what is going well, and to voice concerns and network on possible ideas to increase membership and participation. It also gives us a chance to put faces to names and to know we are all in this together.

It has been so satisfying to work with these components this past year. With the struggles the components are experiencing in maintaining membership and being able to provide educational opportunities, they are rising above! The interaction between the components in Region Two and across the country has been encouraging. We are sharing conference flyers, not only within the components, but across regions as well. There has been virtual participation from other regions when it is offered. The one good thing coming from the recent pandemic became the ability to reach out further than we ever have with the utilization of Zoom and other avenues of technology. However, I do believe we are all excited to be meeting live and interacting personally with each other.

#### These are some events that happened in 2023:

- **LAPAN** held their 2023 state conference March 4, 2023, in Baton Rouge, Louisiana
- **MOKAN PANA** presented their 2023 fall Peri-anesthesia Topics conference in Kansas City, Missouri, October 7, 2023



- **MSPAN** held a conference February 25, 2023, in Ocean Springs, Mississippi. This was live and virtual
- **NAPAN's** fall conference was October 14, 2023, and was presented live and virtual in Omaha, Nebraska
- **OSPAN** had their 2023 fall conference in Oklahoma City, Oklahoma, September 23, 2023. This was live and virtual. OSPAN also had a fun painting event at the Topsy Artist in Guthrie, Oklahoma
- **TAPAN's** fall conference was held October 20-21, 2023, in Dallas, Texas

PDI was held November 3-4, 2023, in St. Louis, Missouri. We were fortunate to have representatives from each component for this fun-filled educational weekend!



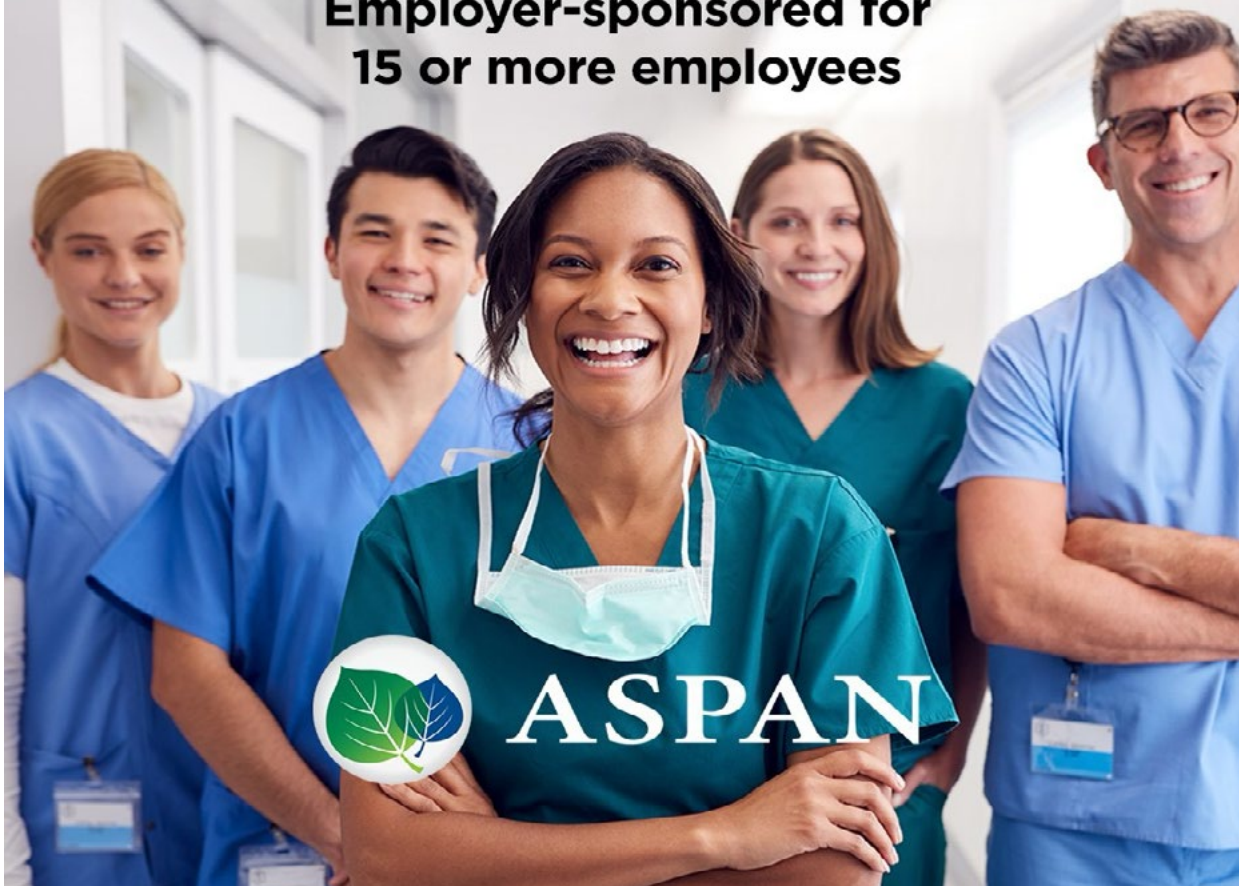
**FEBRUARY  
5 – 11, 2024**

**PeriAnesthesia  
Nurse Awareness  
Week (PANAW)**



**ASPAN Group  
Membership Program**

**Employer-sponsored for  
15 or more employees**





# ASPAN's 2024 National Conference in Orlando is Getting Closer!

**Kim Godfrey, BSN, RN, CPAN**  
Coordinator, ASPAN National Conference Strategic  
Work Team 2024



**Kim Godfrey**  
BSN, RN, CPAN

Winter is here and we dress in warm clothes, sit by the fire-place, shovel snow, and engage in winter activities. Every January, many of us make resolutions and reflect on meaningful times with family and friends. So many of us consider our ASPAN colleagues, family, and enjoy seeing each other. Then IT comes in the mail, the ASPAN National Conference Brochure! As you read the brochure, the excitement starts building.

The National Conference Strategic Work Team (NCSWT) has worked hard to bring a variety of educational offerings to this conference. It becomes so hard to choose what classes to attend in person. But, if the full price of the conference is purchased, there will be access to all the offerings in the months after the conference is over.

Orlando is a wonderful place to visit in April. The average temperatures in April are high 84 and low 63.<sup>1</sup> Your stay at the Orlando World Center Marriott has so much to offer in the downtime between classes. It is one of the few hotels with a water park. There are several pools, a lazy river, and splash pads for the children. There is a golf course attached to the hotel. In the evening, there is a laser show. When you are done with the day, the hotel has several restaurants where you can plan meals with your friends. There is also a lounge to meet up and have a drink with friends.<sup>2</sup>

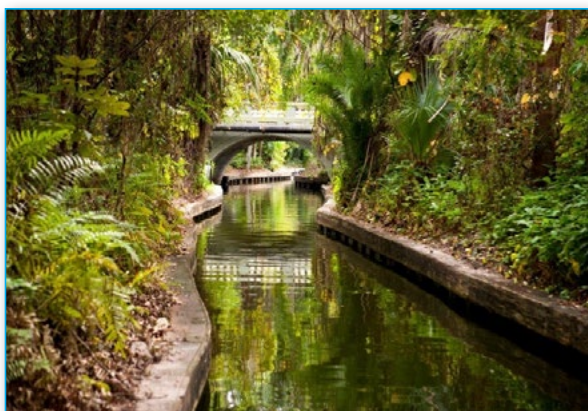
FLASPAN members are excited to welcome you to our state. Get ready and start planning to attend the 2024 National Conference in Orlando. We will see you there!

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[Click here for more information](#)



*Winter Park Scenic  
Boat Tour ▶*  
Photo courtesy of  
Visit Orlando



▲ *Sea Life Orlando Aquarium*  
Photo courtesy of Visit Orlando



◀ *City of Orlando Fountain Skyline Night*  
Photo courtesy of Visit Orlando



**WINTER/  
SPRING**

**2024**  
**WEBCASTS & SEMINARS**

**LIVE IN-PERSON SEMINAR**

PERIANESTHESIA CERTIFICATION REVIEW

**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**

PERIANESTHESIA CERTIFICATION REVIEW

**March 9, 2024 SATURDAY**

PERIANESTHESIA PATHOPHYSIOLOGY AND ASSES-  
SMENT: 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**

PERIANESTHESIA ESSENTIALS III

**June 9, 2024 SUNDAY**

PERIANESTHESIA ESSENTIALS V

**June 30, 2024 SUNDAY**

**WINTER/  
SPRING**

**2024**  
**WEBCASTS & SEMINARS**

**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**

**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**