



May/June 2024

Volume 44 Number 3

INSIDE:

PRESIDENT'S MESSAGE:

Passion and Excellence: Growing, Learning, and Leading Together

Lori Silva, MSN, RN, CCRN, CPAN – ASPAN President 2024-2025

What a wonderful experience we had at the 43rd ASPAN National Conference! It was an exciting and inspiring time seeing perianesthesia nurses from across the country learning new and innovative things that will improve our professional practice and the care we give our patients. All the speakers and presentations were amazing. There was a total of 105 poster presentations and 15 oral presentations. Thank you all for sharing your knowledge and expertise. I always come away from the National Conference excited, energized, and passionate about perianesthesia nursing. I cannot wait to go home and share what I have learned.

Passion and Excellence

Merriam-Webster defines passion as the “intense, driving, or overpowering feeling or conviction.” “A strong liking or desire for or devotion to some activity, object, or concept.”¹ Cambridge dictionary defines passion as “an extreme interest in or wish for doing something such as a hobby, activity, etc.” “Something that you are strongly interested in and enjoy.”² When I was thinking about my theme for this coming year serving as your 44th ASPAN president, I thought about the last 27 years I have been an ASPAN member working full-time in the PACU. ASPAN has sparked that passion for my perianesthesia profession.

As perianesthesia nurses, we care for patients in different situations. It could be that patient who found a lump in their breast and is worried about a diagnosis of breast cancer. Or caring for that trauma patient involved in a high-speed motor vehicle accident and is fighting for their life. Perhaps the patient is a young child who just fell off the swing at school and broke her arm and is being prepped for surgery. You see the fear in the child’s eyes as well as their mom’s and dad’s eyes beside her. What about the special needs patient who is coming from radiology after having an MRI under general anesthesia? The patient and their



Lori Silva
MSN, RN, CCRN, CPAN

worried family need your understanding and specialized care, preparing and recovering from anesthesia. Perianesthesia nurses are everywhere, such as pre-admit testing, preop, PACU, endoscopy, cardiology, interventional radiology, pain management, professional development, inpatient and ambulatory surgery. We take care of patients of all ages and all phases of care from diverse cultural backgrounds.

Perianesthesia nurses not only care for the patients but also for the families and our professional colleagues. I experienced this firsthand this past year being on the other side as a family member. My mom, husband, and son all had surgeries this past year. It is difficult to wait as a family member wondering/worrying how surgery and recovery is going and waiting for that phone call from the surgeon and PACU nurse. Sometimes it is worse being a nurse and knowing some of the things that could go wrong. I have a new appreciation of the entire surgical experience. Our perianesthesia nurses throughout the process of preadmit testing, preop, Phase I PACU, and Phase II PACU were all amazing! Everyone showed excellence and passion in the care they gave to my family.

ASPN represents over 60,000 perianesthesia nurses from across the country, but our membership is only about 13,000 perianesthesia nurses. Our organization provides excellent perianesthesia education with the latest information on evidence-based practice recommendations, clinical inquiry, clinical practice, standards, advocacy, and premier publications supporting our practice. ASPAN members across the country are conducting nursing research and quality improvement projects that will expand our practice. Members are advocating for our work environments, global climate changes, and many other nursing issues with our legislative bodies and other organizations. ASPAN’s Core Values are Courage, Advocacy, Respect, Excellence, and





Service. ASPAN's Core Purpose is to empower and advance the unique specialty of perianesthesia nursing.³ Excellence is what our organization is about, and ASPAN provides the education and resources to its members as part of that excellence.

Growing, Learning, and Leading Together

My vision is to have every perianesthesia nurse across this country know who ASPAN is and want to be part of this impressive organization. Growing our membership at the grassroots level is essential. Each member should be reaching out to their colleagues sharing the benefits and resources ASPAN provides. It is that one-on-one relationship that makes a difference. I got involved with ASPAN by attending my home component's, PeriAnesthesia Nurses Association of California (PANAC), annual fall conference in Sacramento, California in 1997. I was a new PACU nurse and did not know anyone attending the conference but wanted to learn more about my specialty practice. I felt very welcome and accepted the moment I stepped foot in the door. There were many individuals who took me under their wing, introduced me to other members, and eventually got me involved in helping with future seminars, committees, strategic work teams, and mentored me into growing in my practice and leadership skills. Today, I am forever grateful to those members, and share with others my passion for ASPAN.

ASPAN is the premier organization for providing excellent education for perianesthesia nurses. The National Conference is our largest educational event, but there are so many educational webinars, live in-person seminars, on-demand video modules, publications, journal articles, and much more that provide education in our specialty practice. Learning is a lifelong process. For those who attended the National Conference in Orlando, remember: if there were sessions you were not able to attend, you still have time to view the recordings included in your full conference registration fee. If you could not attend the in-person conference, there is an opportunity for you to register online to receive access to the recorded sessions from Tuesday and Wednesday.

Thank you to the many volunteers across the country who serve on ASPAN's committees, Strategic Work Teams, Specialty Practice Groups, and serve as component leaders. It takes a team to build and continue to accomplish all the things this organization provides to perianesthesia nurses across the country. Let us lead together and show perianesthesia nurses from across the country and internationally that ASPAN is the premier organization for perianesthesia nursing excellence.³

REFERENCES

1. Merriam-Webster Dictionary. Definition of passion. Accessed February 29, 2024. <http://www.merriam-webster.com/dictionary/passion>
2. Cambridge Dictionary. Definition of passion. Accessed February 29, 2024. <http://www.dictionary.cambridge.org/dictionary/english/passion>
3. About ASPAN. Core Ideology. ASPAN website. Accessed February 29, 2024. <https://www.aspan.org/About/About-ASPA/Core-Ideology>



▲ Newly inducted ASPAN President Lori Silva at Closing Ceremonies

ASPAN® Breathline

Published by the American Society of PeriAnesthesia Nurses

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

Address changes and administrative correspondence to:

ASPAN

90 Frontage Road

Cherry Hill, NJ 08034-1424

877-737-9696 Fax: 856-616-9601

aspan@aspan.org www.aspan.org

2024-2025 BOARD OF DIRECTORS

PRESIDENT
Lori Silva (CA)

VICE PRESIDENT/
PRESIDENT-ELECT
Ursula Mellingen (FL)

SECRETARY
Sarah Cartwright (GA)

TREASURER
Teri Baughman (NM)

IMMEDIATE PAST PRESIDENT
Alphonzo Baker, Sr. (VA)

DIRECTOR FOR
CLINICAL INQUIRY
Amy Berardinelli (OH)

DIRECTOR FOR
CLINICAL PRACTICE
Lori Erni (OR)

DIRECTOR FOR EDUCATION
Antoinette (Toni) Zito (OH)

REGIONAL DIRECTOR -
REGION 1
Ronda Dyer (CA)

REGIONAL DIRECTOR -
REGION 2
Linda Allyn (TX)

REGIONAL DIRECTOR -
REGION 3
Marlene Nahavandi (WI)

REGIONAL DIRECTOR -
REGION 4
Stephanie Johnson (MA)

REGIONAL DIRECTOR -
REGION 5
Nickcole Price (MD)

ASPAN CHIEF
EXECUTIVE OFFICER
Kevin Dill (NJ)

BREATHLINE EDITORIAL STAFF

EDITOR
Barbara Godden (CO)

NATIONAL OFFICE
Jane Certo (NJ)

PUBLICATIONS SWT
COORDINATOR
Denise Diaz (PA)

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

CONTRIBUTORS
K. Bickerstaff (AZ)
E. Cooper (OH)
M. Davidson (FL)
S. Knowles (NC)
C. Skinner (DE)

Deadlines for inclusion in *Breathline*:
IssueDeadline
JanuaryNovember 1
MarchJanuary 1
MayMarch 1
JulyMay 1
SeptemberJuly 1
NovemberSeptember 1

Heading to Oklahoma City, Oklahoma!

2024 Perianesthesia Development Institute

Lori Silva, MSN, RN, CCRN, CPAN – ASPAN President 2024 – 2025

Save the date for November 8-9, 2024, to join your ASPAN Board of Directors for this year's Perianesthesia Development Institute (PDI). This year, PDI is being held in a new location, the Sheraton Oklahoma City Downtown Hotel. Visit the beautiful Bricktown, located in the heart of downtown Oklahoma City. Bricktown was once a warehouse neighborhood that has been restored into a vibrant entertainment district. There is a long canal linking Bricktown with downtown and the Oklahoma River.¹

The theme for my presidency is "Passion and Excellence: Growing, Learning, and Leading Together." This weekend will focus on strategies to help component leaders and emerging leaders develop and grow their components, manage finances, produce successful education programs, and other board responsibilities. It is an exciting opportunity to learn and share what others are doing in their components. Everyone is welcome to come and attend as we lead together not only components but ASPAN committees, strategic work teams, and other positions at the national level.

Plan time to come and have fun in Oklahoma City. The hotel is just two miles from the Myriad Botanical Gardens and six minutes to the Paycom Center. Other attractions include breathtaking views of the Oklahoma City National Memorial and

Museum, Scissortail Park, and Oklahoma City Zoo. You may also be interested in taking the Bricktown Canal Water Taxi ride or Oklahoma River cruise to see more sights.²

See you in Oklahoma City!

REFERENCES

1. Merriam-Webster Dictionary. Definition of passion. Accessed February 29, 2024. <http://www.merriam-webster.com/dictionary/passion>
2. Cambridge Dictionary. Definition of passion. Accessed February 29, 2024. <http://www.dictionary.cambridge.org/dictionary>



▲ City Center – Myriad Gardens

Photo courtesy of Oklahoma City Convention and Visitors Bureau



▲ City Center – Oklahoma City National Memorial –

Memorialized in victims' chairs

Photo courtesy of Oklahoma City Convention and Visitors Bureau



▲ City Center – Oklahoma City National Memorial

Photo courtesy of Oklahoma City Convention and Visitors Bureau

Understanding the Impact of Loneliness in our Adolescent and Elderly Populations

ElizaBeth Cooper, BSN, RN, LMT, CAPA



ElizaBeth Cooper
BSN, RN, LMT, CAPA

Have you read “The Starfish Story?” Loren C. Eiseley was credited with authoring the book in 1968. It is about a child seeing many starfish scattered along the coastline. The child is throwing starfish back into the ocean. An older man approaches the child and asks if the child thinks he is making a difference. After tossing another starfish back into the sea, he said, “Well, I made a difference to that one.”¹

This story has been shared through the years to inspire and motivate people to make differences or small steps in causes. The story can help people realize their ability to perform some service actions. Polls tell us Americans feel loneliness and social isolation in large numbers. The American Psychological Association conducted a Stress in America 2023 survey. Seventy percent of Generation Z responders reported feeling alone sometimes or always.² Additionally, 45 percent of participants aged 35-44 reported having a mental health diagnosis in 2023. This is a 31 percent increase from 2019.²

The role of Surgeon General of the United States was created in 1871 when President Ulysses S. Grant appointed John Woodworth to oversee ailing soldiers. The responsibility of our surgeon general is to “protect, promote and advance the health and safety of our nation.”³ Through the years, our surgeon generals have addressed issues relevant to the nation. Some describe the title as being “the Nation’s Doctor.”³

Our current surgeon general is Vice-Admiral Vivek Murthy. He has the distinction of holding this position twice. Dr. Murthy has hosted a podcast called “House Calls” since June 29, 2022. It can be viewed on the official surgeon general website and YouTube.⁴

Recently, Dr. Murthy set the following issues as most pressing to the public health of our nation⁴:

1. Social connection
2. Youth mental health
3. Workplace well-being
4. Health misinformation
5. Health worker burn-out
6. COVID-19

Dr. Murthy issued an advisory in May 2023 called Our Epidemic of Loneliness and Isolation. Loneliness and Social Isolation Play a Role in Our Public Health Concerns.⁵ “Loneliness occurs when the connections a person needs in life are greater than the connections they have,” Dr. Murthy said.

- In the advisory, Dr. Murthy states, “Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing and well-being hiding in plain sight – one that can help us live healthier, more fulfilled, and more productive lives.”⁶

The Centers for Disease Control and Prevention (CDC) exists to be our nation’s leading science-based data driven service organization. Their website is also providing information and resources on health risks of social isolation and loneliness.⁷

The American Nurses Foundation has initiated a campaign

called “Count Me In.”⁸ This program is highlighting a nurse-led movement to repair our broken healthcare system. Executive Director Kate Judge commented, “Through sheer numbers, clinical expertise, and an unmatched perspective on what does and does not work, nurses are best positioned to solve some of the most pressing healthcare challenges. “Count Me In” enables us all to be part of the solution and embark on the transformative journey alongside nurses who are leading the way.”⁸

Most interventions for decreasing loneliness are finding ways to help others. The starfish story shows we cannot help everyone, but we can help someone.¹ Simple gestures like a respectful smile, holding the door open when a person cannot do it themselves, or a salutation can make a person feel a connection.

REFERENCES

1. The Tale of the Starfish. The Starfish Foundation website. Accessed March 17, 2024. <https://www.thestarfishchange.org/starfish-tale>
2. Stress in America 2023. a nation recovering from collective trauma. American Psychological Association website. Accessed April 2, 2024. <https://www.apa.org/news/press/releases/stress/2023/collective-trauma-recovery>
3. History of the office of the surgeon general. office of the surgeon general. U.S. Department of Health and Human Services website. Accessed April 2, 2024. [https://www.hhs.gov/surgeongeneral/about/history/index.html#:~:text=John%20Woodworth%2C%20was%20appointed%20as,the%20Commissioned%20Corps%20\(Corps\)](https://www.hhs.gov/surgeongeneral/about/history/index.html#:~:text=John%20Woodworth%2C%20was%20appointed%20as,the%20Commissioned%20Corps%20(Corps))
4. Murphy V. Current priorities of the U.S. surgeon general. U.S. Department of Health and Human Services website. Accessed March 17, 2024. <https://www.hhs.gov/surgeongeneral/priorities/index.html>
5. New surgeon general advisory raises alarm about the devastating impact of the epidemic of loneliness and isolation in the United States. U.S. Department of Health and Human Services website. Accessed March 17, 2024. <https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>
6. Our epidemic of loneliness and isolation 2023. the U.S. surgeon general’s advisory on the healing effects of social connection and community. National Library of Medicine website. Accessed April 6, 2024. <https://www.ncbi.nlm.nih.gov/books/NBK595227/>
7. Health risks of social isolation and loneliness. Centers for Disease Control and Prevention website. Accessed March 17, 2024. <https://www.cdc.gov/emotional-wellbeing/social-connectedness/loneliness.htm>
8. Count me in. American Nurses Foundation launches new campaign to reshape healthcare through the power of nursing. American Nurses Foundation website. January 5, 2024. Accessed March 25, 2024. <https://www.nursingworld.org/news/news-releases/2023/amenurses-foundcountmein/>

Go Ahead and Ask. All They Can Say is “No”

Susan Knowles, MSN, RN-BC – Member, ASPAN Membership/Marketing Strategic Work Team

Have you ever asked someone why they are not a member of ASPAN? They typically respond by telling you the membership is too expensive. The same is true of becoming CPAN or CAPA certified or getting recertified. They say it is related to cost. We all should, and need to, grow professionally. There are two ways to accomplish this – through membership in your professional organization and by becoming certified in your specialty.

There is no set standard as to which hospitals or workplaces will financially support someone desiring professional organization membership and involvement or obtaining a national certification. The opportunity to attend a state or ASPAN conference seems unattainable when monetary funds are limited, but the desire is not. How can we make professionalism and growth a reality for our colleagues?

By asking the right questions and providing proof to your organization that, by financially assisting their RNs, it is an incredible return on their investment in their staff. You can always ask, and all they can say is “no”. This happened to me during an online meeting with a group including different leaders in our organization, with Human Resources leadership also in attendance.

I explained, “If being certified and recertified is so important along with participation and membership in professional organizations, why can we not use these educational funds for these areas?” I continued to describe that ASPAN provided free continuing education, along with

other resource assistance in the form of clinical support, research, and journal club, to name a few. Atrium Health (now part of Advocate Health) has always been so supportive of their teammates regarding education and growing professionally. Their financial support is unlike any I have seen in my 45 years of being a nurse. Each RN is awarded up to \$1500.00 per year to use for education and attending professional meetings. There is another fund to assist RNs in paying for advanced degrees (BSN to DNP). Based on discussion with nurses who had other ANCC certifications, it was decided our nurses could use these funds for professional membership, certification and recertification, and attendance at district, state, and national meetings.

Leadership and educators assist teammates in utilizing the Human Resources site needed and educate them that money is being left on the table. We also encourage nurses to make an investment in their professional growth and make decisions about their own practice. We have seen an increase in ASPAN membership at our Atrium Mercy facility and the North Carolina component by 16% in 2023.

Just ask the right individuals and provide proof of how valuable an ASPAN membership and professional certification can be for the care of patients, along with collegiality among all caregivers of our patients. If I can assist in any way, please feel free to contact me at elkisjoy2@gmail.com. Professional growth helps all of us elevate our practice and each other. 



Susan Knowles
MSN, RN-BC

Be Inspired! Attend a Professional Nursing Conference!

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

Thank you to all the nurses, presenters, vendors, planners, and contributors involved in the success of the 43rd ASPAN National Conference in Orlando, Florida. If you attended in-person or view the conference online educational sessions, you encounter the numerous benefits of being a conference-goer. Whether attending a local, state, national, or international conference there are always numerous benefits. Continuing education and learning, professional recognition and development, exposure to technology advancements, and stress relief are just a handful of the highlights.

Networking opportunities lead to engaging conversations that connect us to experts, foster new relationships, and provide a unique platform for professional connections. These endless opportunities can be life changing. You may find a mentor or become someone's mentor. You may encounter a new job opportunity or be inspired to change career paths. Ultimately, conferences bring together diverse audiences with vast backgrounds. You are sure to leave rejuvenated.

Continuing education credit is almost always a conference draw. Presenters are colleagues, leaders, physicians,

and content experts. Most state nursing boards require continuing education to maintain professional licensure and demonstrate ongoing competence. Expanding your base of knowledge and learning about the latest technologies and advancements are instrumental in delivering evidence-based care.

Professional recognition and development may be achieved by representing your healthcare system as an honored attendee, or poster or podium presenter. After attending a conference funded by a healthcare system, it is often required that you share the new knowledge obtained with your colleagues. Returning from a conference eager to share your experiences is inspirational to those around you.

Stress relief and a fun environment give you the break you need from the bedside or office. We know that burnout has led to nurses quitting their jobs, decreasing their hours, or leaving the profession all together. Attending a nursing conference will offer you the break you need, the networking you crave, and the rejuvenation you desire. We hope to see you in Dallas in 2025! 



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



▲ From left, Sarah Cartwright and Keisha Franks



▲ From left, Ann Sheets and Gifty Boateng helping out at the ASPAN booth

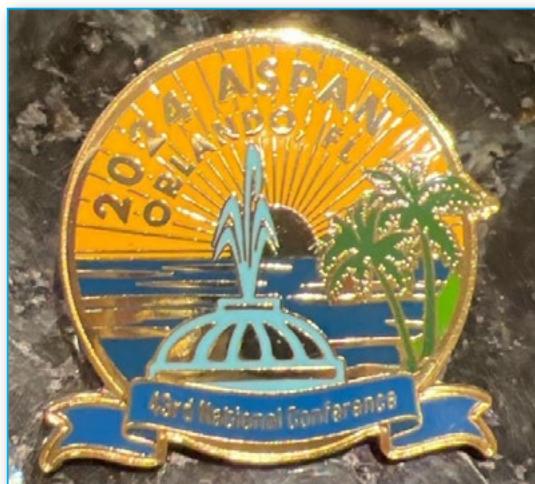


▲ A popular photo op

National Conference Attendees share their Conference Experiences on the WHOVA CONFERENCE APP!



▲ A popular place to say: "I was here!"



▲ The commemorative 2024 National Conference pin



▲ From left, Rose Durning and Shay Glevy – "Come to The Shoppe!"



▲ The always busy Exhibit Hall



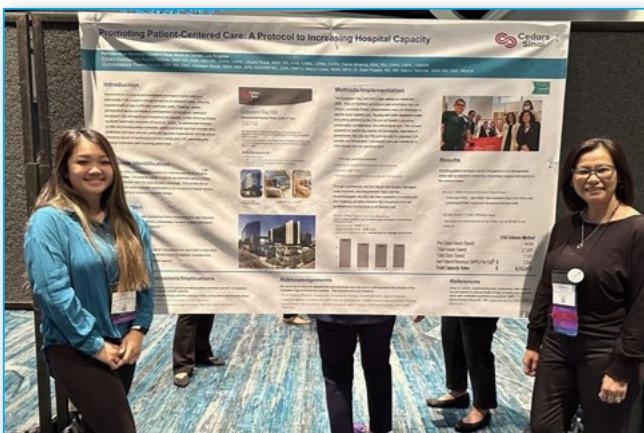
▲ From left, INSPAN VP Natalie Woodson with newly inducted ASPAN President Lori Silva



▲ President Alphonzo Baker, Sr. leading the '80s-themed dancing at "What's Happening"



▲ CBSPAN component gathering



▲ Lots of posters to view



▲ The Fab Three, from left, Jane Ehrhardt, Debby Niehaus, Elizabeth Martin



Chris Skinner
MSN, RN, CAPA

Meet the New Development Strategic Work Team Coordinator!

Dear colleagues,

I am thrilled to be the new Development Strategic Work Team (SWT) coordinator. I have big shoes to fill following in Katrina Bickerstaff's footsteps, and I am grateful to her for mentoring me. I have been a member of ASPAN since 1998, and a member of CBSSPAN, my home component, where I served as treasurer and president. I had the honor to serve as treasurer on ASPAN's Board of Directors, 2019-2021. I have also been a member of the ASPAN Finance Committee, Membership/Marketing SWT, and Development SWT for many years. You will be hearing a lot from me this year regarding scholarships and philanthropy. I look forward to working for you!

Regards, **Chris Skinner, MSN, RN, CAPA**



Melissa Davidson
MSN, RN, CPAN

Clinical Practice Hot Topic: *Do-Not-Attempt-Resuscitation Orders*

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

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

The Clinical Practice Committee continues to receive questions regarding how to treat do-not-attempt-resuscitation orders for patients in surgery and throughout the perianesthesia area. Many professional organizations have addressed this, but often, patients and families are still unsure how their wishes will be interpreted. The *ASPAR 2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* address this in A Position Statement on the Perianesthesia Patient with a Do-Not-Attempt-Resuscitation (DNAR) Advance Directive.¹

It is every clinician's responsibility to ensure patients and families understand that DNAR does not mean do not treat. We also need to be clear about what is involved in resuscitation attempts so people can make an informed decision about their wishes. The very nature of general anesthesia will necessitate intubation, but patients may be unaware of this. A clear discussion between the anesthesia

LEGACY FOR LIFE



This program was founded in 2013 to support the future of perianesthesia nursing in the areas of education, research, standards, and practice. Individuals who donate \$5,000 of support and components who donate \$10,000 of support are recognized. Benefits of membership include a Legacy for Life medallion awarded at National Conference, recognition in every subsequent conference syllabus, and complimentary lifetime membership to ASPAN for individuals.

The donations are cumulative and do not have to be given at one time. Records of support are kept at the National Office, and if you have questions about how much support you or your component has given, you can contact Doug Hanisch, Marketing and Communications Manager of ASPAN at dhanisch@aspan.org.

I hope you will consider supporting ASPAN through the Legacy for Life program.

team and the patient needs to occur in the preoperative setting to ensure the patient's wishes are being followed.¹ In the operating room and in the postanesthesia setting, many patients require hemodynamic intervention in the form of medications. Patients need to understand, in these circumstances, the medications are treating a specific biological response to anesthesia, or the shock of surgery, and can be discontinued once the event is over.

The term 'do-not-attempt-resuscitation' should also be examined. By using this term, patients may believe nothing will be done and medical professionals won't try to help them.¹ The various parts of a DNAR should be examined to help a patient decide on their treatment. Many patients do not want to be intubated for a long period of time, and they need to have a discussion with the healthcare team about the limits of this treatment. Chest compressions are another aspect of resuscitative efforts patients may not want, but it needs to be clear to them, that without com-

pressions, the medications we are using may not circulate. There are alternative terminologies which are becoming popular, including allow natural death (AND). This statement indicates to a patient what will truly occur.¹

In the postanesthesia setting, a DNAR should NOT automatically be reinstated. If a patient decides to forgo the DNAR for the surgical period, they need to understand what is involved in the postanesthesia setting and what treatments we may need to use. Airway emergencies in the PACU do occur, and intubating a patient for a short period of time may correct this. Patients need to be educated about these processes.

DNAR remains a confusing and unclear process throughout the perianesthesia setting. It is our duty as nurses to ensure we are acting as patient advocates and following our patients' wishes, even if they do not align with

the options we would choose. The preoperative team has a great opportunity to educate patients about making their wishes known. We should encourage patients to have hard conversations with their families when they are healthy, instead of leaving families to make incredibly difficult decisions without guidance. This will provide greater peace of mind to the patient and the family.

REFERENCE

1. American Society of PeriAnesthesia Nurses. A position statement on the perianesthesia patient with a do-not-attempt-resuscitation (DNAR) advance directive. In: *2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements*. ASPAN; 2022:136-140. 

Letter to the Editor

Over the last five years, I have served as the Development Strategic Work Team (SWT) coordinator. My tenure was muddled by events out of anyone's control.

In 2019, when I became coordinator, we had just finished a record breaking attended conference in Nashville. As I look back, who would have thought less than one year later, we would be locked down, conference cancelled, members working from home if they were able, our nurses scattered around hospital units saving lives or being the last set of eyes a dying patient comprehends. No one could have convinced me back in 2019 that this would have ever happened...but it did.

In 2020, ASPAN saw the 39th ASPAN National Conference scheduled for Denver cancelled. A year later, 2021, the pandemic was still rearing its ugly head and forced us to have a virtual conference only. Finally, in 2022, the country was relaxing restrictions, and we had a live and recorded conference in Philadelphia. The attendance was below historic norms, but we came back together and had an amazing conference. We finally held a successful in-person 42nd ASPAN National Conference in Denver in 2023 and our 43rd National Conference in sunny Florida this year!



Perianesthesia nurses are resilient and strong, and we are united in so many ways. We are also very generous. As the Development SWT coordinator, my primary role was philanthropy. During the lockdown, I was shown the amazing generosity and kindness of members through our fundraising programs: *Strength in Numbers*, and *Forty and Forward*. ASPAN and I were humbled by the gifts members gave.

I have been honored and blessed to have been part of the ASPAN Development SWT. I would like to take this chance to thank everyone who donated money and time over the years toward ASPAN, always moving toward our core purpose "to empower and advance the unique specialty of perianesthesia nursing."¹

Katrina Bickerstaff, BSN, RN, CPAN, CAPA
ASPN Development Coordinator 2019 – 2024

REFERENCE

1. ASPAN's Core Purpose. ASPAN website. Accessed March 20, 2024. <https://www.aspan.org/About/About-ASPA/Core-Ideology> 

FOLLOW US!
On Social Media:



REGION THREE UPDATE

Greetings from Region Three!

Marlene Nahavandi, BSN, RN, CAPA
Regional Director, Region Three

I hope everyone is ready to turn your sights towards the summer months. Many of us are coming off the high from ASPAN's National Conference in Orlando. I hope you're feeling as energized and inspired as I am! The enthusiasm and knowledge shared during our time together is invaluable as we continue our work in the perianesthesia setting. Let's carry this momentum forward, channeling our renewed passion into action and innovation. Remember, it's not just about what we learned, but how we apply it to make a real difference to the patients we care for. Let's harness this energy and drive positive change in our workplace and beyond. Together, we can achieve extraordinary things!

It is my privilege to recognize the components and leaders of Region Three. The commitment they bring to the perianesthesia nursing specialty never ceases to amaze me. I had the pleasure of attending some component conferences and board meetings and am looking forward to future component conferences. The enthusiasm and passion these nurses bring to their components is inspiring. Each and every one, from the leadership to the nurses attending the conferences, shows commitment, not only to our specialty of perianesthesia nursing, but to the patients who rely on us to deliver the highest quality, evidenced-based care.

Our quarterly meetings provide a time to address common issues and share solutions among component leaders. Region Three leaders discuss common issues, such as succession planning, educational sessions, member involvement, Gold Leaf Award plans, and strategic planning. This time together is important for fostering collaboration and networking.

Region Three was able to offer our first 12-week certification study sessions. I believe offering certification study sessions demonstrates a real commitment to professional development and growth within the perianesthesia nursing specialty. Accomplishing this series of study sessions only happened due to the dedicated Region Three leaders who volunteered to give back their expertise and time on Wednesday evenings. I want to personally thank each of you for sharing your knowledge with others. Without the commitment of dedicated certified members, we would not be able to offer such an opportunity to our members.

It's wonderful to see how everyone is coming together to support each other and ultimately improve patient care. Keep up the fantastic work, and I'm sure the upcoming fall educational sessions will be a huge success! 🌟



Marlene Nahavandi
BSN, RN, CAPA

MORE PERIANESTHESIA NURSE AWARENESS WEEK CELEBRATIONS!



▲ Taco Tuesday, JPS Health Network,
TAPAN North and East Region



▲ Torrance Memorial Medical Center,
Torrance, California



▲ Bay Health Medical Center, Dover, Delaware



▲ Spirit Day at the PANAW Celebration at Memorial Hermann The Woodlands, The Woodlands, Texas

Rock Star Day during PANAW at Trinity Health, Minot, North Dakota



TAPAN Upper Gulf Coast Region – another workplace

▼ VA Medical Center, San Francisco, California



▲ Adventist Healthcare White Oak Medical Center, Silver Spring, Maryland Combined PANAW with Heart Health/Go Red



▲ Northeast Ohio PeriAnesthesia Nurses Association

PANAW Celebrations



▲ MASPN PANAW seminar



▲ LAPAN – Women's Hospital



TAPAN North and
East Region PANAW
conference, Dallas,
Texas



WISPN
conference



▲ OSF Little Company of Mary Medical Center, Evergreen Park, Illinois

▼ More cake! Northeast Ohio PeriAnesthesia
Nurses Association



▲ PANAW conference, University of Pittsburgh Medical Center
St. Margaret, Pittsburgh, Pennsylvania



▲ TAPAN West Texas, Midland, Texas

▼ OSF Little Company of Mary Medical Center, Evergreen Park, Illinois



▲ Vendor-sponsored steakhouse dinner, TAPAN "reestablished" TAPAN Hill Country and South Texas Region



▲ Kansas City hospital



▲ TAPAN West Texas Panhandle Region, Lubbock, Texas



▲ Pennsylvania hospital PANAW Celebration

▼ Kansas City area hospital



▲ One of many PANAW cakes!

PANAW Photo Contributors

Lynette Alcorn
 Rose Ayres
 Alphonzo Baker
 Debbie Bickford
 Gifty Boateng
 Tameshia Brown
 Anna Lee Carilo
 Patty Charles
 Donna Constant-Haley
 Toni Dantonio
 Kristi Denton
 Melanie Karim
 Ann Keenan
 Denise Krall
 Gloria Luu
 Kerstin Magee
 Ronald Malit
 Bridget Miller
 Trina Mora
 Suzanne Russell
 Elsa Oria-Tijol
 Teresa Summers
 Sally Swartzlander
 Tammy Waner
 Sandra Watts



▲ The Elliott Hospital, Manchester, New Hampshire



▲ TAPAN Hill Country and South Texas



▲ Rock Star Day during PANAW at Trinity Health, Minot, North Dakota

Component Education

September 27 & 28, 2024. Texas Association of PeriAnesthesia Nurses (TAPAN) 48th Annual State Conference. Embassy Suites by Hilton The Woodlands at Hughes Landing, 1855 Hughes Landing Boulevard, The Woodlands, TX. For more information, [click here](#) or call/text Britini Holen at 832-403-8346.

October 12 & 13, 2024. Northwest PeriAnesthesia Nurses Association (NPANA) Fall Conference. Riverhouse on the Deschutes. Bend, Oregon. [Click here](#) for more information.



American Board of Perianesthesia Nursing Certification, Inc.

Thank You to Everyone who Celebrated with us at ASPAN's National Conference!

We had a great time celebrating our CPAN and CAPA certified nurses at the ASPAN National Conference in Orlando! We'd like to again recognize and offer congratulations to our 2024 Award Winners:

- **ABPANC Advocacy Award Winner:** Cale Moyle, BSN, RN, CPAN
- **ABPANC President's Award:** Ronda Dyer, MSN, BSPA, RN, CPAN, CAPA, CNE
- **Nursing Education Grant:** Snezana Radnovic, APRN, FNP-BC, CAPA
- **Medical Mission Grant:** Darla Dubin, BSN, RN, CAPA
- **Certification Achievement Awards:**
 - Adventist Medical Center, Short Stay Surgery in Hanford, CA – 75%
 - Inova Fairfax Medical Campus Professional Services Building Surgery Center, Falls Church, VA – 75%
 - Cedars Sinai Medical Center, Four Pavilion PACU in Los Angeles, CA – 75%
 - Jefferson Hospital/Methodist Hospital, JMH PACU in Philadelphia, PA – 75%
 - Reading Hospital SurgiCenter at Spring Ridge in Wyomissing, PA – 100%
- **Shining Star Award Winners:**

○ NPANA	○ OPANA
○ PANAC	○ MASPAN
○ PANANM	○ MESPAN
○ RMPANA	○ CBSPAN
○ TAPAN	○ NCAPAN
○ MAPAN	○ FLASPAN
○ MNDAKSPAN	○ TSPAN

Congratulations to our 2024 Spring Scholarship Recipients!

ABPANC is pleased to announce it has awarded 15 scholarships for certification/recertification fees in the spring of 2024! Over the past decade, ABPANC has awarded nearly 150 scholarships to candidates and certified nurses whose employers do not provide reimbursement. Scholarship applications are now being accepted for the fall 2024 certification/recertification windows. [Learn more or apply today.](#)

CERTIFICATION

Learning Builder Tutorials

Do you need help with the recertification process in Learning Builder? Visit <https://www.cpancapa.org/recertify/using-learning-builder/> for easy-to-follow videos on how to log in, update your profile and upload documents for continuing education.

Additional Questions Regarding Recertification?

- General Questions: abpanc@cpancapa.org
- Specific CE Course Questions: CertifiedNurse@cpancapa.org

2024 Exam Registration and Recertification Windows

See below for important dates for 2024!

- **July 1- Oct. 31:** Fall exam registration window open; Fall recertification window
- **Sept. 15-Nov. 15:** Fall testing window

Start preparing now to take the exam in 2025! Exam dates for the Spring of 2025 are listed below:

- **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.

Preparing to take the Exams? Utilize ABPANC's Exam Preparation Resources:

- 12-week Study Plans
- Practice Exams
- Study References
- Question of the Week
- Certification Coach
- CPAN and CAPA Flashcards

Stay up to date with ABPANC updates! Follow us

on all our social media channels:

- Facebook: <https://www.facebook.com/abpanc>
- Instagram: <https://www.instagram.com/abpanc/>
- LinkedIn: <https://www.linkedin.com/company/american-board-of-perianesthesia-nursing-certification/>
- Twitter/X: <https://twitter.com/abpanc>

ABPANC

Address and Contact Information:

1133 Broadway, Suite 715

New York, NY 10010

Phone: 347.708.7975 | Email: abpanc@cpancapa.org

Web site: www.cpancapa.org

2024 SUMMER/FALL

WEBCASTS & SEMINARS

LIVE IN-PERSON SEMINARS

PERIANESTHESIA CERTIFICATION REVIEW

July 20, 2024 SATURDAY

Torrance, CA

August 17, 2024 SATURDAY

Modesto, CA

September 7, 2024 SATURDAY

San Antonio, TX

September 7, 2024 SATURDAY

Richmond, VA

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

September 14, 2024 SATURDAY

Philadelphia, PA

LIVE WEBCASTS – FULL-DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

July 27, 2024 SATURDAY

PAIN MANAGEMENT IN THE PERIANESTHESIA AND CRITICAL CARE SETTINGS

November 16, 2024 SATURDAY

PEDIATRICS: BEYOND THE BASICS

August 3, 2024 SATURDAY

PEDIATRICS: LITTLE BODIES, BIG DIFFERENCES

October 19, 2024 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW

September 28, 2024 SATURDAY

November 3, 2024 SUNDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

October 2, 2024 WEDNESDAY

October 9, 2024 WEDNESDAY

October 16, 2024 WEDNESDAY

PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT: A SYSTEMS APPROACH

August 10, 2024 SATURDAY

PERIANESTHESIA STANDARDS AND IMPLICATIONS FOR PRACTICE

September 21, 2024 SATURDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE

October 5, 2024 SATURDAY

SAFETY BEGINS WITH US

August 24, 2024 SATURDAY

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

October 26, 2024 SATURDAY

LIVE WEBCASTS – HALF-DAY

ADVANCED CARDIOVASCULAR AND PULMONARY PATHOPHYSIOLOGY

July 21, 2024 SUNDAY

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

August 18, 2024 SUNDAY

INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA CARE

October 6, 2024 SUNDAY

LEADERSHIP STRATEGIES TO SUSTAIN A CULTURE OF SAFETY

September 22, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS I

July 28, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS II

August 11, 2024 SUNDAY

2024 SUMMER/FALL

WEBCASTS & SEMINARS

LIVE WEBCASTS – HALF-DAY contd.

PERIANESTHESIA ESSENTIALS III

September 15, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS IV

October 27, 2024 SUNDAY

PERIANESTHESIA ESSENTIALS V

November 17, 2024 SUNDAY

PERIANESTHESIA FOUNDATION

August 4, 2024 SUNDAY

LIVE WEBCASTS – TWO HOUR

ACUTE AND CHRONIC PAIN MANAGEMENT

July 24, 2024 WEDNESDAY

ANESTHETIC AGENTS AND TECHNIQUES

July 25, 2024 THURSDAY

ASPAN PRACTICE RECOMMENDATIONS AND POSITION STATEMENTS

November 6, 2024 WEDNESDAY

COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA

October 23, 2024 WEDNESDAY

CRITICAL CARE COMPETENCIES: NEUROLOGICAL

September 26, 2024 THURSDAY

EMERGENCY PREPAREDNESS

August 22, 2024 THURSDAY

ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED RECOVERY AFTERSURGERY

September 18, 2024 WEDNESDAY

GASTROINTESTINAL AND ENDOCRINE PATHOPHYSIOLOGY AND ASSESSMENT

August 15, 2024 THURSDAY

HOW TO BECOME A TRANSFORMATIONAL LEADER

August 7, 2024 WEDNESDAY

INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR THE PERIANESTHESIA NURSE

September 12, 2024 THURSDAY

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA NURSING

August 8, 2024 THURSDAY

MALIGNANT HYPERTHERMIA AND POSTOPERATIVE NAUSEA AND VOMITING

August 14, 2024 WEDNESDAY

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

September 19, 2024 THURSDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

August 21, 2024 WEDNESDAY

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

September 25, 2024 WEDNESDAY

PATIENT SAFETY GOALS AND ASPAN STANDARDS

October 24, 2024 THURSDAY

PEDIATRIC ANESTHESIA AND POSTANESTHESIA COMPLICATIONS

November 7, 2024 THURSDAY

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT AND DISCHARGE CRITERIA

August 1, 2024 THURSDAY

PREVENTION OF UNWANTED SEDATION: PUTTING THE PRACTICE RECOMMENDATION INTO PRACTICE

August 28, 2024 WEDNESDAY