



# Breathline

November/December 2024

Volume 44 Number 6

## INSIDE:

## PRESIDENT'S MESSAGE:

### Passion and Excellence: Growing, Learning, and Leading Together

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

**T**he seasons are changing, and the holidays are fast approaching. I have had the pleasure of traveling to various parts of the country to participate in many component fall conferences. ASPAN is the premier organization for perianesthesia nursing excellence as evidenced by the outstanding educational programs provided across the country. Every time I attend a seminar, either in person or virtual, I learn something new and become energized in my professional practice. In meeting perianesthesia nurses from other areas of the country, you realize the issues you face in your organization are not unique. It's during the connection with others that we learn new ideas and how to face various challenges, which allows us to grow.

I am a California girl and my theme for my presidency is "Passion and Excellence: Growing, Learning, and Leading Together." During the closing breakfast at this year's ASPAN National Conference in Orlando, there were California poppy seed flower packets at the tables. I challenged everyone to take a packet of seeds and scatter in your gardens, symbolic of growing our organization. Growing our organization takes dedication and teamwork. I believe grassroots level recruitment is essential for sharing the many benefits of ASPAN with our colleagues.

Donna Eckert, Indiana Society of PeriAnesthesia Nurses (INSPAN) past president, recently shared with me some pictures of her poppies that were grown from the packet of seeds from conference. I asked Donna if I could share her story:

*"I planted the entire packet and these two are the only two to survive. I will admit that I am not much of a green thumb. Most of my plants are almost dead by this time of the summer! It is quite amazing that these two have survived and they finally bloomed this weekend. I have had to protect them from my husband and his love of Round-Up. The neighbor's cat also frequents my landscaping."*



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

*We have had an unusually dry summer. I have watered these plants and talked with them daily with words of encouragement. I have nurtured them, and I almost gave up hope that they would ever bloom. Saturday morning, I went out to do my usual care, and there it was! The first bloom looking beautiful in the morning light. Despite all the obstacles, the little seed grew into this beautiful flower!*

*It made me think of INSPAN. In September of 2022, Charlotte West made a motion to dissolve INSPAN due to lack of member involvement. The board of directors at that time had all rotated through the board positions multiple times. Most of them were retired nurses and were just trying to hold it together through COVID. Craig Baker and I, Tara Moore, and Heather Diaz all stood up and took over the board positions. Craig and I wondered many times what we got ourselves into! But through the careful guidance of the 2022 board and the support from our Region Three Regional Directors, Deb Moengen and Marlene Nahavandi, along with the ASPAN Board, we have not only survived but are now beginning to thrive. We are holding the first fall conference since 2019. We have a full slate on our ballot for the 2025 board of directors. We actually need to have an election! We have members attending and participating in our board meetings.*

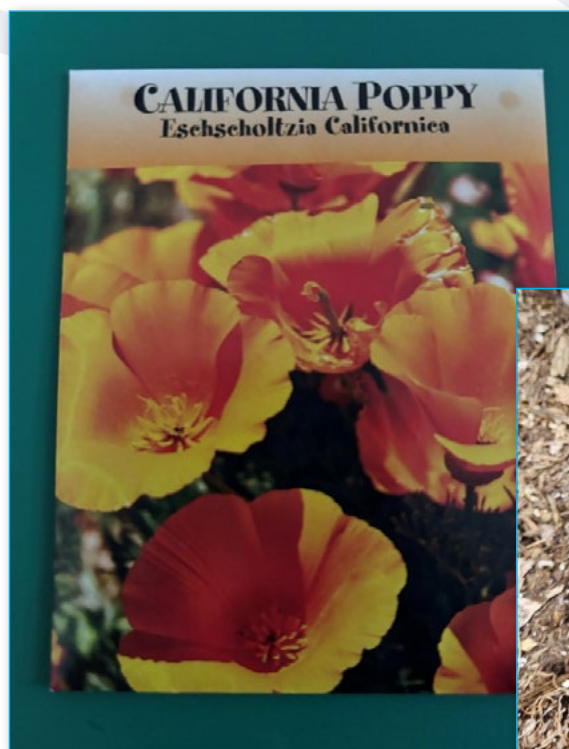
*INSPAN is making great strides! We still have some work to do to be up and running full force. But with the support of you and Alphonzo, Marlene, and so many others, we will get there. As I approach the end of my term, this little flower blooming brings me to tears. I see where we were and now where we are. It makes me think that INSPAN is just like this little pansy. We are a little bud on the verge of becoming a flower. With nurturing, guidance, and support, we will be in full bloom one day.*



## President's Message

*Thank you, Lori, for giving us these flower seeds!"*  
*Sincerely,*  
*Donna Eckert, BSN, RN, CPAN*  
*INSPAN Immediate Past President"*  
*(Permission to print given via email communication, September 2024)*

Thank you, Donna, for letting me share your story! Thank you to all ASPAN members across the country for what you do to grow our organization and develop excellence in perianesthesia nursing. 🌱



◀ California Poppy Seed packet given out at Closing Breakfast in Orlando



► Donna Eckert - Poppy plant before bloom



◀ Donna Eckert - Poppy bloom  
 Photos courtesy of Donna Eckert



## 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.9

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# Willingness to Serve Use Your Talents to Serve ASPAN!

Ursula Mellinger, BSN, RN, CPAN, CAPA – ASPAN Vice President/President-Elect

Greetings, ASPAN colleagues! Time is running out to volunteer for your favorite committee or strategic work team (SWT) and make a commitment to serve ASPAN. We have all heard the quote: “It takes a village to raise a child.”<sup>1</sup> Well, I say, change that to: It takes amazing volunteers like you to make ASPAN successful and continue to be “distinguished as the premier organization for perianesthesia nursing excellence.”<sup>2</sup>

ASPAN needs you to keep our organization moving to the future and to continue to support our Core Purpose: “To empower and advance the unique specialty of perianesthesia nursing.”<sup>3</sup> **ASPAN needs your skills, knowledge, and experience!**

Mayo Clinic researchers have found that volunteering has significant health benefits.<sup>4</sup> Volunteering can improve your physical and mental health by lowering stress levels. It also increases your sense of well-being. Other benefits of volunteering include providing a sense of purpose and opportunities to learn new skills. Volunteering increases your social interactions, helps nurture new and existing relationships, builds a support system, and provides a sense of community. In addition, according to the Indeed Careers website, volunteering can also open you to new job prospects.<sup>5</sup> It can increase your opportunities for networking, and open pathways to enhance your career goals. Other benefits mentioned are providing a sense of purpose and taking you out of your comfort zone, allowing you to use your critical thinking skills.

Joining an ASPAN committee or SWT can be the path that leads you to future ASPAN or component leadership roles.

Go to the ASPAN website and check out the various committees and SWTs, read the descriptions, find your perfect fit! Visit ASPAN>About>Organizations>Committees and SWTs. Complete the Willingness to Serve form (WTS) for 2025-2026 which is now available on the website. The extended deadline for submitting the WTS form is **December 20, 2024**. Don't miss out on this valuable opportunity. The newly formed teams will be announced after the National Conference in Dallas, April 2025!

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

## CALL FOR RESOLUTIONS

The ASPAN Resolutions Review Team is announcing the Call for Resolutions for the 2025 Representative Assembly (RA) meeting on Sunday, April 27, 2025.

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 27, 2025**.

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](mailto:kdill@aspan.org) to obtain a sample resolution form and instruction sheet.

## Advancing/Emerging Leaders Strategic Work Team (SWT)

Regina Hoefner-Notz, MS, BSN, RN, CPAN, CPN, FASPAN – ASPAN Past President 2018-2019



**Regina Hoefner-Notz**  
MS, BSN, RN, CPAN,  
CPN, FASPAN

Mentoring has many definitions, but basically it is a relationship in which a more experienced colleague shares their greater knowledge to support the development of an inexperienced individual.<sup>1</sup> This is a very important concept, and one that I feel strongly about, especially for nursing. Mentoring holds a special place in my heart, not only because I have had others mentor me, but also, I have had the joy of mentoring others.

Advancing/Emerging Leaders offers any ASPAN member the opportunity to work with a more experienced ASPAN member to identify one to two goals that encourage leadership through committee work, component work, or work at the national level. Nurses lead every day at work and in our communities. We must continue to encourage nurses to seek out these opportunities, and that is what this SWT is all about.

The Advancing/ Emerging Leaders team comprises mentors and mentees. As a group, we decided several years ago to concentrate on creating that entrance to ASPAN participation, after receiving many questions from members inquiring about how to get involved. We ask those who want to be mentors have some ASPAN, component, or committee leadership experience.

The Willingness to Serve announcement is up on the website. Consider if having a mentor would help clarify where you want to go professionally within our perianesthesia organization. The process is straight forward:

1. Request to be a mentee or a mentor
2. Provide some brief information about what you are seeking

3. You will be assigned a mentee or mentor depending on your request
4. As a mentee, you will be asked to work with your mentor and define one-two SMART goals for the coming year
5. We request three-four telephone/Zoom interactions to define the goal and then discuss how to accomplish or work toward this goal

There is no test at the end or paper to write. However, everyone does get reminders to meet and define goals. It's about the rapport, the ability to question, listen, clarify, and reframe when needed. Along the way, you create relationships, receive support without judgment, form additional networks, and see some progress towards your own professional development.

We want leaders at every level of our organization. Each member has this potential. I encourage you to think about joining Advancing/Emerging Leaders, a safe place where mentors and mentees all learn something new about each other and themselves.

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**Shay Glevy**  
BSN, RN, CPAN, CAPA

## PANAW, Serving, Kenya and More!

Shay Glevy, BSN, RN, CPAN, CAPA

Coordinator, ASPAN Membership/Marketing Strategic Work Team

Nurses working in preanesthesia and postanesthesia care, ambulatory surgery, and pain management are dedicated to caring for patients and their families. They are passionate about what they do as nurses. PeriAnesthesia Nurse Awareness Week (PANAW) is an opportunity to educate nursing colleagues and the community about the professionalism and passionate care that is delivered by perianesthesia nurses every day. Plan to celebrate our practice and recognize your colleagues during PANAW, **February 3-9, 2025!**

### Sharing Passion Through a Mission Trip

I found a wonderful way of showing this passion by going on a medical mission trip. This past summer I had the opportunity to go to Kenya Relief for the fourth time! I took one four-hour flight and two eight-hour flights to get just part-way there. Then, when I landed in Nairobi, I took an eight-hour car ride to Migori. It is worth the travel! Kenya Relief consists of a medical and surgical clinic, an orphanage, and an academy.



The Brase Clinic and Vision Center provides care and treatment for more than 15,000 people every year, in a part of the world where access to affordable healthcare is limited. Each year, more than 15 surgical teams from the United States and around the world, work alongside the Kenya staff to perform more than 1,000 life-changing surgeries. Some of the specialties include OB-GYN surgery, endoscopy procedures, ear, nose and throat (ENT) surgery, pediatric surgery, and orthopedic surgery. The clinic also operates a full-service eye diagnostic clinic year-round. Twice a year, ophthalmology teams come and perform nearly 200 cataract surgeries. For many patients — some totally blind because of decades-old cataracts — it's the first time they've ever been to an eye doctor.

Kenya Relief provides a holistic care approach for orphaned children, which focuses on four key areas, including physical, spiritual, educational, and social development. The children live on campus, full-time, at Brittney's Home of Grace orphanage and attend the on-site school, Kenya Relief Academy.

I am able to offer my services as an RN, while also interacting with the children in the orphanage. It truly is one of the best experiences, and it is why I have gone four times. At the end of the mission trip we are treated to a safari! Interested? Please join me! Go to [www.kenyarelief.org](http://www.kenyarelief.org) for more information! Sign up for a scholarship through [www.aspan.org](http://www.aspan.org)!

Celebrate PANAW where you work or by serving on a medical mission trip! 🌿



▲ Shay at the bedside in the PACU in Kenya



▲ Shay with a group of children in Kenya



▲ Shay with a little girl in the PACU in Kenya



▲ A lion and its cub seen on safari in Kenya

Photos courtesy of Shay Glevy





# Perianesthesia NURSES

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# Join Us in Dallas, Texas, April 28-May 1, 2025, for the next ASPAN NATIONAL CONFERENCE!

Hazzel Gomez, MSN, BSN, RN, CPAN, CAPA, NPD-BC – Member, National Conference Strategic Work Team

ASPAN and the National Conference Strategic Work Team are thrilled to invite you to ASPAN's 44<sup>th</sup> National Conference in a city known for its vibrant culture, warm hospitality, and endless opportunities: Dallas, Texas!

Dallas is the world headquarters of the U.S. Army and Air Force Exchange Service, which provide goods and services to military personnel. Dallas is the home of the renowned organization that has raised public awareness about heart disease since 1924, the American Heart Association. Dallas is also home to the first International Stroke Conference, held in 1976, a major conference that continues to this day.<sup>1,2</sup>

Because perianesthesia nurses deserve only the best, the Sheraton Dallas Hotel has been selected as the perfect location for the 2025 National Conference, where luxury meets convenience in the heart of Dallas. Centrally located in downtown Dallas, the Sheraton is ready to exceed our expectations with Texas-sized hospitality. Discover the destination that epitomizes the intensity of Dallas where every detail is designed to uplift our experience.<sup>3</sup>

The 2025 ASPAN National Conference is set to feature a diverse array of sessions, workshops, and keynote presentations from experts in the perianesthesia nursing profession. Your expertise and dedication to perianesthesia nursing make you a valuable participant in this conference. Your contributions and insights will certainly enrich the discussions and networking opportunities.

So, wait no more! Plan your trip today and create memories of a national conference that will last a lifetime!

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National  
Conference



**Hazzel Gomez**  
MSN, BSN, RN, CPAN,  
CAPA, NPD-BC



▲ Uptown – Katy Trail Ice House  
Photo courtesy of [www.visitdallas.com](http://www.visitdallas.com)



▲ Black Ship Sushi Bar  
Photo courtesy of [www.visitdallas.com](http://www.visitdallas.com)

**ASPAN**

**2025 NATIONAL  
CONFERENCE**

APRIL 28 – MAY 1, 2025 · DALLAS, TEXAS

★ MORE INFO COMING SOON ★





## Component Revitalization: It's All About the Members

Katrina Bickerstaff, BSN, RN, CPAN, CAPA – ASPAN Component Revitalization SWT Coordinator



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

In 2021, ASPAN leadership, led by President Jenny Kilgore (2021-2022), determined a need to take a deep look at the components: their structure, leadership, and membership. I believe the goal post-pandemic was to strengthen and support the local leadership. We know times have changed, and the younger generations are viewing the world very differently than the past cohorts of volunteer organizational leadership. We have all heard the mantra, work-life balance, but we know volunteering at any level provides individuals with a sense of purpose, enhances their expertise, and improves their well-being; all influencing to the life element of work-life balance. Even so, we are also faced with the realization that many members are not looking to fill formal leadership roles within their components, or even volunteering at any level. The results are less leadership, and more seasoned leaders being recycled again and again, or no governance at all on the component levels. I believe the lack of leadership at the local level is affecting the membership.

Under the leadership of ASPAN President Lori Silva, I was tasked with coordinating this strategic work team (SWT) along with Vice-Coordinator Chris Buck. Chris has been invaluable in this process, as she brings the knowledge and the history of the past. I had come from ASPAN Development that focused on philanthropy where members gave to ASPAN. I began to look at component revitalization in a unique way, giving back to the members what they deserve:

communication, support, guidance, and information. My primary goal is to focus on our members, knowing there are components without formal leaders. I trust if we support and inspire the membership through open lines of communication with ASPAN, regional directors, other components, and component leadership, enthusiastic new leadership will naturally follow.

How do I do that? Well, that is the million-dollar question. I am focused on encouraging a collaborative relationship with members in every component and their regional directors. An open-door policy, providing frequent correspondence, offering information, answering questions, and encouraging dialogue, which can facilitate the success of the membership connection to ASPAN. Every member has the right to information regarding their organization, and so often this information is lost due to lack of component leadership. The goal is to keep membership involved at all levels and focus on the continued advancement and prosperity of the structure and function of the component operation within the framework of ASPAN. 🌱

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## Your Voice Has Been HEARD!

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



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

It is with immense pleasure to give you a sneak peek of what's to come at the ASPAN 44th National Conference April 28 – May 1, 2025, in Dallas, Texas. The ASPAN Board members appreciated conference-goers' feedback and noticed a trend - **You would like more access and visibility to the Clinical Inquiry and Celebrate Successful Perianesthesia Practices posters.** We heard you loud and clear. Thanks to the ASPAN National Conference Strategic Work Team, the posters will be displayed throughout the conference venue for easy viewing, extended viewing hours, and extended days on display.

The poster authors diligently conduct quality improvement, research, and evidence-based practice studies. They share innovations and grassroots practice successes. Because dissemination of new knowledge in nursing is all our responsibilities, displaying our nurses' posters for all to see, as much as possible during the conference, is our way of saying thank you.

This past year, we had a record-breaking number of poster abstract submissions and posters displayed. We also had additional oral poster presentations due to the high-quality submissions. Submitting a poster abstract, presenting a poster during poster rounds or in a presentation, is the first step to becoming an ASPAN National Conference podium presenter. And your colleagues want to hear more from you!

Please continue to share your feedback. The ASPAN National Conference and its nursing society is about its members. Without our members, we are nothing! Everyone's voice is important and needed.

You also asked for coffee....I guess you'll have to wait and see! 🌱



# Scholarships Available!

Chris Skinner, MSN, RN, CAPA

ASPAN Development SWT Coordinator

Greetings from the Development Strategic Work Team (SWT). What is scholarship? Merriam-

Webster defines it as “a grant in-aid to a student (as by a college or foundation); a fund of knowledge and learning, drawing on the scholarship of the ancients.”

It was certainly a busy summer for the Development SWT. We had 12 applications for a variety of scholarships for 2025. Many were for National Conference, others were for higher education, certification, and for the American Organization of Nurse Leaders (AONL) Advocacy Day in Washington, D.C. Members from the Development SWT, along with President Lori Silva and Vice President/President-Elect Ursula Mellinger, read through each application and scored each one with a score sheet key. This was an arduous task, and the reviewers reviewed and re-reviewed each application prior to submitting their score sheets for tabulation.

ASPAN has awarded 419 scholarships since 1994. There are scholarships to be awarded, and yet, we only get a handful of applications annually. While there is financial aid available for component leaders to attend the Representative Assembly, other leaders and members in your component are welcome to apply for scholarships, whether it be for continuing higher learning, National Conference, certification, a mission trip, or AONL. There are rules/regulations for applying for a



scholarship, and some tips for applying for the 2026 year. [Click here for the Scholarship page:](#) The **deadline to apply for an ASPAN scholarship is July 1, 2025**. Scholarships are also available for the International Collaboration of PeriAnesthesia Nurses (ICPAN) conference, scheduled for September 10-12, 2025. **The deadline to apply for an ICPAN scholarship is May 1, 2025**. This scholarship is awarded in the year in which ICPAN is held (every other year).

ASPAN scholarship application forms will be posted on the website in February 2025. ICPAN scholarship application forms will be posted in January 2025.

With many components having financial constraints and difficulties awarding scholarships to their members, I encourage component leaders to give this information to members, so they can apply for scholarships. My goal is to increase the number of applications and scholarship awards given for the 2026 year.

## REFERENCE

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## Scholarships



**Chris Skinner**  
MSN, RN, CAPA

**ASPAN**

**Member Benefit**

**Free CE articles**



**One of the findings from the recent *Breathline* survey indicated members want more free continuing education.**

**“You spoke, and we listened”**

# Clinical Practice Hot Topic: *The Continuing “Hot Topic”*

Lori Erni, BSN, RN, CCRN, CPAN – ASPAN Director for Clinical Practice



Lori Erni, BSN, RN,  
CCRN, 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.*

The “old” topic of staffing keeps coming back. I have the privilege to read every single question that gets submitted to the Clinical Practice Committee, from both members and non-members. It is interesting to get this cross-section of questions from around the country on issues affecting nurses in their perianesthesia practice.

The question that keeps surfacing relates to staffing, along with the amount of time in the phases of care. After my experiences as a travel PACU nurse, I remember the dilemmas many nurses encounter during their shifts. Personally, I once had a charge nurse tell me, as I was holding down a combative patient, that I was going to get another patient. I took a deep breath and told her, “Then you can care for this patient.” She decided to care for the incoming patient.

This is why it is so important to know what the ASPAN 2023-2024 *Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements* state related to staffing.<sup>1</sup> Once the critical elements are met, the nurse can care for a second patient in Phase I.

- The critical elements include:
  - The patient must have a stable airway. An ETT is a stable airway, but an oral airway is not. Holding an airway is not a stable airway. Symptoms of airway obstruction or distress is not stable

- The patient must be hemodynamically stable
- The patient cannot be agitated, climbing out of the bed or combative. (How can you manage another patient, if you are holding down another?)
- Initial assessment is completed. This does not mean documented, but that you have assessed the patient
- You have received report from the anesthesia provider
- Finally, you have accepted the care of the patient<sup>1</sup>

Work situations can be difficult, and we need to advocate for safe care. Just saying “it’s not safe” is not enough. All perianesthesia nurses need to be empowered by the knowledge set forth by ASPAN and its Standards and understanding their implications. Remember, you have a national organization behind you!

Please keep reaching out to the Clinical Practice Committee to give you guidance as you are practicing.

## REFERENCE

1. American Society of PeriAnesthesia Nurses. Practice recommendation: patient classification/ staffing recommendations. In: 2023–2024 *Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements*. ASPAN; 2022:48-54



ElizaBeth Cooper  
BSN, RN, LMT, CAPA

# The Journey of “Overcoming”

ElizaBeth Cooper, BSN, RN, LMT, CAPA

In the last well-being article, I wrote about the death of Mandisa Hundley. She was an accomplished singer who openly discussed her battles with obesity and depression. I initially wrote about her struggle with obesity. Now I would like to discuss struggles with mental health.

The autopsy report of Mandisa’s death showed no evidence of foul play. Friends and family have guessed Mandisa last saw someone as much as three weeks before her friends found her dead in her home. Mandisa previously shared that her depression was highest when she was dealing with the death of her best friend. She had found ways to deal with the loss and wrote a book about the experience. She had been able to lose weight. Her popular songs were known for the uplifting message.

Mental health can fluctuate just as our physical health fluctuates. If one gets a psychological diagnosis, it can last

the person’s lifetime. It needs to be treated in the way one treats a chronic physical illness or even an addiction. The symptoms can be treated, and people can live a purposeful life. Unfortunately, relapses can occur with mental illness as they do with physical ailments. Reports from the Substance Abuse and Mental Health Services Administration (SAMHSA) show our nation is facing an unprecedented mental health crisis in people of all ages and backgrounds, including young children and older adults.<sup>1</sup>

This requires preparation and anticipating triggers. It also requires accepting that a trained professional is needed to help. Medical problems require medical physicians, and psychological problems require trained mental health professionals.<sup>2</sup>





Here are some suggested measures from trained mental health therapists to help deal with depression and anxiety<sup>3</sup>:

1. **“Allow yourself to feel what you are feeling”**  
Some kind of experience has triggered feelings of anxiety and depression. Allow yourself to identify the cause without criticizing or negatively judging yourself
2. **“Do something you have control over”**  
This will help you gain a perspective and ease the overwhelming feelings. A simple task like making your bed, running the vacuum, or folding clean laundry may help gain back a sense of control
3. **“Maintain a routine”**  
A regular schedule creates a sense of order and structure. Phasing in time for self-care activities (meditation, physical exercise) improves reaction to unexpected change
4. **“Aim to get a good night’s sleep”**  
This is a definite struggle for nurses who work with call time. Suggestions include keeping your sleeping area dark, cool, and quiet. Electronic devices should be turned off ideally an hour before bedtime
5. **“Try to eat balanced meals”**  
This is a repeated recommendation for wellness. Moderation is important on the use of caffeine and eating ultra-processed foods
6. **“Exercise, move”**  
As far back as 2019, research showed a weekly exercise time of at least 2.5 hours helped ease depression and anxiety symptoms. Find creative ways to keep exercise in your life<sup>4</sup>
7. **“Make time for rest and relaxation”**  
Vacation, and an extra day off, can help our mental life immensely. Do make time for what gives you contentment. Some people find regularly scheduled massages help ease stress
8. **“Reached out to loved ones”**  
Family time is important. Family does not always mean blood relatives. Persons with whom one has a strong relationship with can listen with compassion and give one support<sup>3</sup>

These self-care tips are not new. National statistics are telling us that suicide rates are on the rise in adolescents and young adults. The national number for mental health assistance is now 988. This number can be dialed or texted. Great measures have been taken that someone is answering the call. No one is left on hold.<sup>5,6</sup>

I like to think of this service as a “rapid response” intervention. This is for someone who is thinking about harming themselves. Great efforts have been implemented to help people in distress. There are over 200 crisis centers available since the start of the program. Trained volunteers are on call to help. The program is also available in Spanish and for people who know American Sign Language (ASL). SAMHSA has also published a fact sheet about 988 that can be distributed.<sup>7</sup>

SAMHSA has designated the month of May as “Mental Awareness Month” and May 16 as National Mental Health Awareness Day. SAMHSA publishes resources to help all dealing with substance abuse. SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities. 1-877-SAMHSA-7 (1-877-726-4727) 1-800-487-4889 (TDD) [www.samhsa.gov](http://www.samhsa.gov).<sup>8,9</sup>

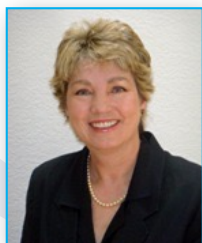
Ohio offers downloadable signs explaining to call 988. An example is included in reference number 10 below.<sup>10</sup>

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## It's Time

Barbara Godden, MHS, RN, CPAN, CAPA – Editor, *Breathline*



**Barbara Godden**  
MHS, RN, CPAN, CAPA

**I**t's time. Those are the words I used in my letter to ASPAN CEO Kevin Dill, indicating I would like to retire from the *Breathline* editor position at the end of 2024.

This is my last issue, and I want to share a few thoughts with the readers. First, the new editor is Susan Norris, BScN, RN, CAPA from Houston, Texas. She is very active in the Texas Association of PeriAnesthesia Nurses (TAPAN) and has also performed in multiple roles within ASPAN. She has a multitude of experience in editing, publishing, and web management. She will be remarkable in this new role, and I believe will take *Breathline* to a new level! She has also reviewed the recent *Breathline* survey results and will implement changes as she is able. Many of you know her work.

As for me, ASPAN has been a huge part of my life since 1984. I started attending National Conferences shortly after that and became involved in the Rocky Mountain PeriAnesthesia Nurses Association (RMPANA). As my love for the specialty and ASPAN grew, I became involved in the Clinical Practice Committee, the Standards and Guidelines Committee, chaired the Standards Committee, and was ASPAN's Director for Clinical Practice for four years. I joined the writing and editing

brigade when there were needs for various members to do those roles, including a role as the lead subject matter expert for the ASPAN/Mosby online orientation project. In that role, I worked closely with Terry Clifford, who has been a dear friend since our CDI attendance in 2000 in St. Louis. In 2012, I was selected as the *Breathline* editor.

Every ASPAN role has revolved around relationships. Being the editor has allowed me stay connected with so many people in ASPAN as well as work with new colleagues. That is what is so extraordinary about ASPAN. I have gotten to know multitudes of wonderful, competent people. The National Office staff has been incredible to work with, including Jane Certo (my clinical practice, standards, editing, and love of music buddy), Kevin Dill, the CEO who is always there for support and some humor, Eileen, Courtney, Donna, Doug, and the rest of the office. I have also been privileged to work with each year's board of directors, SWT and SPG members and leaders, and component members and leaders from across the country. I want to thank all these wonderful people for the relationships and experiences I have had with ASPAN over the years. They are what have made my years of involvement so special! 🌱

## Is Nursing Valued?

### ORIGINAL ARTICLE

Lily McLeish, MSN, RN, CPAN (PACU) – Madison, WI



**Lily McLeish**  
MSN, RN, CPAN

**N**ursing literature has spent many decades attempting to capture nursing's value in the healthcare system. Ultimately though, it is not easy to identify how nursing truly contributes to operational costs. The value of nursing work is not easily captured through our healthcare systems' billing practices, and resources aren't freely allocated toward nursing. When budget cutbacks are needed, the hospital's nursing budget tends to be targeted because labor is a big expense. If our nursing leaders must make cuts, and our facilities need front-line workers, our nursing education, research, and leadership inevitably must come from other professions. This directly affects our practice. There is a cognitive dissonance between nursing school and actual nursing practice in the real world.

With healthcare staff burnout and shortages, nursing and medicine are aligning. Nurses and physicians are feeling an injustice in the distribution of resources. We tend to work closely with our physicians in the perianesthesia space, often with a great deal of trust. We work within the scope of our practice. However, as we get to know each other, our physicians entrust us to work

with them and the lines become blurred. A more casual verbal order is given and received as the trust expands. The discrepancy between the ideal standard of nursing and the reality of nursing practice is expanding as physician shortages increase. But the value of physicians is inherently built into our healthcare system.

In practice, we are working within a hierarchical healthcare system that is guided by physicians. There are other organizational leadership paths, but when discussing direct patient care, the physicians are the leaders. And the physicians are excellent at what they do. I believe that nursing appreciates learning from them. But historically, medicine is a different profession than nursing, with a different goal. With two separate educational systems, we don't tend to have a working understanding of what each profession does. Inter-professional communication issues are a safety concern. Likewise, due to budget cuts, our nurse managers no longer have the capacity to meet multiple unit-specific education needs, support morale and growth, and provide accountability. It's too much.



Last year, we had an emotionally difficult medical emergency in the PACU. My organization spent many months having post-code discussions during which we talked about our practice, policies, and research, with an effort to improve. During these conversations, it became clear that funding for a dedicated perianesthesia nurse specialist to directly guide our nursing practice was not possible. Like many hospitals in our area, scarce resources are not easily directed toward advanced nursing roles. The staff nurses learn how to care for our patients from our

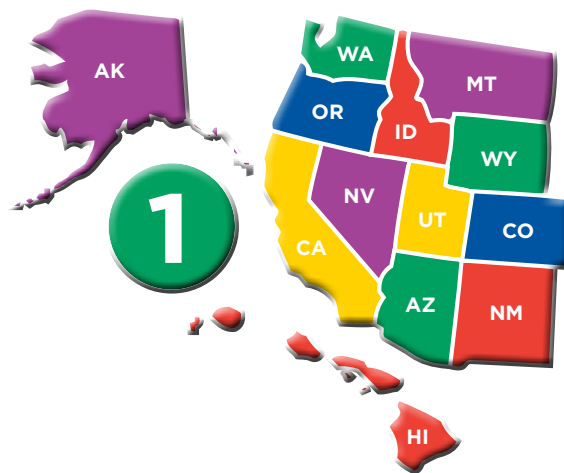
peers, formal educational courses, and from the doctors. When resources aren't allocated to nursing, particularly nursing education, specialization, or leadership, our nursing practice makes space to be guided by other professions. This prompts the question: once we leave nursing school, is nursing really a separate profession? Theoretically, medicine and nursing are different professions, but in practice, does our system have the financial resilience to successfully honor these two separate professions? 🌱

## REGION ONE UPDATE

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

As we enter the holiday season, Region One feels thankful. Another virtual certification study group has finished, and dozens of nurses are celebrating their new certifications. It takes a village, and the many volunteers who stepped up to help facilitate sessions and promote the opportunity are greatly appreciated. May you never forget the difference you made. The free 12-week guided study gives nurses the confidence to sit for the certification exams, but more important, it gives that nurse increased confidence and competence at the bedside. Now, we will enjoy a well-deserved break from studying with plans to begin again after the first of the year. Watch your emails and component websites for news regarding the formation of a spring session.

Region One components have had a flurry of activity with the completion of six hybrid fall seminars and plans already underway for winter and spring seminars. With our vast geography spreading from the Rocky Mountains to the shores of Hawaii and the glaciers of Alaska, hybrid seminars make specialty education a reality for nurses in every corner of the region. ABPANC now requires continuing education hours used for recertification to be relevant to perianesthesia nursing. Work schedules make it impossible for every perianesthesia nurse to attend the event offered in their home component, but virtually joining gives nurses much needed flexibility. ASPAN



Ronda Dyer  
MSN, BSPA, RN, CPAN,  
CAPA

makes it easy by allowing components to post up-coming event information on the Regional Events Calendar on the ASPAN website. [Click here](#) to access the Regional Events Calendar.

It was great to see so many component leaders at PDI in Oklahoma City. Our component leaders also appreciated the opportunity to offer affordable, virtual attendance to up-coming leaders. This was an inspired idea for the growth and development of future leaders.

I am nearing the end of my second and final term as regional director, region one. It has been an honor and privilege to serve in this capacity. The slate of candidates for election will soon be released and I strongly encourage everyone to review candidate bios and cast your votes. [Click here to access the Candidate Profile page.](#) The future of ASPAN is shaped by the leaders you elect to office. Your vote is your voice. 🌱



◀ Region One leaders gathered  
after the Component Presidents'  
Luncheon at National Conference

## NOA? NALA? What Is That?

Ursula Mellinger, BSN, RN, CPAN, CAPA – ASPAN Vice President/President-Elect

There are so many acronyms to know and understand within the context of ASPAN's working alliances. NOA is the acronym for the Nursing Organizations Alliance. NALA is the acronym for Nursing Alliance Leadership Academy.

### On the NOA Website the Following is Stated:

"NOA exists to connect 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. NOA is the premier collaborative community convening leaders of professional nursing organizations to address common interests and achieve shared goals."<sup>1</sup>

NOA was created in 2001 by two separate organizations to form a collaborative group of nursing organizations that would and could address the concerns of the nursing community.

### On the NALA Website the Following is Stated:

"NALA is currently an annual event with the goal of providing consistent, effective leadership education for individuals within nursing organizations. Content and learning experiences will assist leaders on their journey of development and refinement of the knowledge and skills necessary to govern and lead their organizations effectively."<sup>2</sup>

### ASPAN Leaders Attend Meetings

The ASPAN Executive Board attended the NALA conference in August 2024 in Louisville, Kentucky. There we had the opportunity to connect with many leaders of other professional nursing organizations. While at the conference, we attended the World Café, a round table discussion of Advocacy and Health Policy, Fundraising, Membership Engagement and Recruitment, Engaging Retiring Nurses, and Educational Formats. We listened to speakers on the use of Artificial Intelligence (AI) in our organizations, Defining Staff-volunteer Relationships and the Five Practices of Exemplary Leadership. We had the opportunity to meet and connect with other leaders of national organizations. A huge take away from this meeting was the idea of creating the NextGen Strategic Work Team (SWT) and attending the Emergency Nurses Association on Leadership Track in January 2025.

ASPAN CEO Kevin Dill, President Lori Silva, and I, attended the NOA Fall Summit in Rochester, Minnesota, in November 2024. ASPAN Immediate Past President Alphonzo Baker was also in attendance as a Board member for NOA. Prior to the summit, Lori prepared and submitted the annual State of the Organization Report for ASPAN. The report focused on Association

Management, Healthcare/Nursing, and Advocacy. Presentations centered on communication, collaboration/networking among organizations, building alliances and liaisons, and of course, more on AI!

We also attended the American Nurses Association (ANA) affiliates meeting. At this meeting we heard ANA's focus for the future and how ANA will look in 2040, with long-range strategic planning, topics on AI, reimbursements for nurses and many governmental and regulatory updates, and the future for healthcare in the US.

I thoroughly enjoyed attending both summits from NOA. There is so much valuable information that can be extracted and gained from meeting with other nursing professional organizations. Just like we tell our challenged component leaders, you are not alone, and neither is ASPAN! 🌱

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▲ From left, Sarah Cartwright, Ursula Mellinger, Teri Baughman, Lori Silva at the NALA Academy



▲ From left, Ursula Mellinger, Lori Silva, Colonel (Retired) Bob Gahol, president-elect of the Philippine Nurses Association of America at the NOA Fall Summit



# WEBCASTS & SEMINARS

**2025  
WINTER/SPRING**

## LIVE IN-PERSON SEMINARS

PERIANESTHESIA CERTIFICATION REVIEW

January 25, 2025 *SATURDAY*  
San Diego, CA

March 1, 2025 *SATURDAY*

Kansas City, MO

## LIVE WEBCASTS – FULL-DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

January 25, 2025 *SATURDAY*

PERIANESTHESIA PATHOPHYSIOLOGY AND ASSESSMENT:

A SYSTEMS APPROACH

March 15, 2025 *SATURDAY*

FUNDAMENTAL PEDIATRICS: ESSENTIAL PERIANESTHESIA

NURSING CARE

February 1, 2025 *SATURDAY*

PERIANESTHESIA STANDARDS AND IMPLICATIONS

FOR PRACTICE

March 22, 2025 *SATURDAY*

PAIN MANAGEMENT IN THE PERIANESTHESIA

AND CRITICAL CARE SETTINGS

February 8, 2025 *SATURDAY*

REFRESHING YOUR PERIANESTHESIA PRACTICE

May 31, 2025 *SATURDAY*

PEDIATRICS: BEYOND THE BASICS

March 8, 2025 *SATURDAY*

SAFETY BEGINS WITH US

June 7, 2025 *SATURDAY*

PERIANESTHESIA CERTIFICATION REVIEW

January 26, 2025 *SUNDAY*

SURROUNDING YOUR PRACTICE

WITH EXCELLENCE:

LEGAL ISSUES, STANDARDS, AND ADVOCACY

June 14, 2025 *SATURDAY*

February 22, 2025 *SATURDAY*

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

March 5, 2025 *WEDNESDAY*

March 12, 2025 *WEDNESDAY*

March 19, 2025 *WEDNESDAY*

## LIVE WEBCASTS – HALF-DAY

ADVANCED CARDIOVASCULAR AND PULMONARY

PATHOPHYSIOLOGY

February 2, 2025 *SUNDAY*

PERIANESTHESIA ESSENTIALS II

March 16, 2025 *SUNDAY*

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

February 16, 2025 *SUNDAY*

PERIANESTHESIA ESSENTIALS III

January 19, 2025 *SUNDAY*

INNOVATIVE CONCEPTS IN PEDIATRIC PERIANESTHESIA

CARE

June 29, 2025 *SUNDAY*

PERIANESTHESIA ESSENTIALS IV

March 9, 2025 *SUNDAY*

LEADERSHIP STRATEGIES TO SUSTAIN A CULTURE OF SAFETY

February 23, 2025 *SUNDAY*

PERIANESTHESIA ESSENTIALS V

June 8, 2025 *SUNDAY*

PERIANESTHESIA ESSENTIALS I

March 2, 2025 *SUNDAY*

PERIANESTHESIA FOUNDATION

March 23, 2025 *SUNDAY*

# WEBCASTS & SEMINARS

**2025**  
WINTER/SPRING

## LIVE WEBCASTS – TWO-HOUR

ACUTE AND CHRONIC PAIN MANAGEMENT  
January 22, 2025 *WEDNESDAY*

ANESTHETIC AGENTS AND TECHNIQUES  
February 25, 2025 *WEDNESDAY*

ASPAN PRACTICE RECOMMENDATIONS AND  
POSITION STATEMENTS  
February 12, 2025 *WEDNESDAY*

COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA  
February 19, 2025 *WEDNESDAY*

CRITICAL CARE COMPETENCIES: NEUROLOGICAL  
February 26, 2025 *WEDNESDAY*

EMERGENCY PREPAREDNESS  
March 26, 2025 *WEDNESDAY*

ERAS: WHAT YOU NEED TO KNOW FOR ENHANCED  
RECOVERY AFTER SURGERY  
May 28, 2025 *WEDNESDAY*

GASTROINTESTINAL AND ENDOCRINE  
PATHOPHYSIOLOGY AND ASSESSMENT  
June 4, 2025 *WEDNESDAY*

HOW TO BECOME A TRANSFORMATIONAL LEADER  
June 11, 2025 *WEDNESDAY*

INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR  
THE PERIANESTHESIA NURSE  
June 18, 2025 *WEDNESDAY*

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA NURSING  
June 25, 2025 *WEDNESDAY*

MALIGNANT HYPERTHERMIA AND POSTOPERATIVE  
NAUSEA AND VOMITING  
January 23, 2025 *THURSDAY*

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT  
January 29, 2025 *WEDNESDAY*

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY  
February 27, 2025 *THURSDAY*

OBSTRUCTIVE SLEEP APNEA IN THE ADULT PATIENT:  
PUTTING THE PRACTICE RECOMMENDATION INTO  
PRACTICE  
March 6, 2025 *THURSDAY*

PATIENT SAFETY GOALS AND ASPAN STANDARDS  
February 6, 2025 *THURSDAY*

PEDIATRIC ANESTHESIA AND POSTANESTHESIA  
COMPLICATIONS  
February 20, 2025 *THURSDAY*

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT AND  
DISCHARGE CRITERIA  
March 20, 2025 *THURSDAY*

PREVENTION OF UNWANTED SEDATION: PUTTING THE  
PRACTICE RECOMMENDATION INTO PRACTICE  
March 27, 2025 *THURSDAY*