



Breathline

May/June 2025

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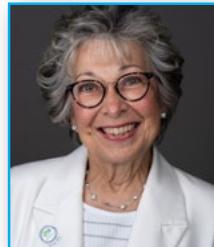
INSIDE:

PRESIDENT'S MESSAGE: Moving to the Future and Accepting the Challenges

Ursula Mellinger, BSN, RN, CPAN, CAPA – ASPAN President 2025-2026

Happy Spring, ASPAN members. I hope everyone who attended the National Conference returned home energized and filled with new knowledge to enhance their perianesthesia practice.

I am pleased to announce the formation of our two new strategic work teams: NextGen and Enhancing Organizational Capacity (EOC). They have already begun their work by holding their first Zoom meetings and establishing their task force. NextGen is exploring innovative methods to engage new perianesthesia nurses and younger generations. They will also work collaboratively with the EOC team. Likely, everyone is now aware of the tasks and proposals for the EOC team. ASPAN's historic reorganization is exciting and invigorating. Our goals are to restructure ASPAN to create larger regional chapters, reduce some of the administrative functions of components, increase and enhance membership, and finally, enhance nursing professional development offerings. This has already begun with the free webcasts, starting with the Summer-Fall 2025 season. There will be a total of over 120 free contact hours. Our current



Ursula Mellinger
BSN, RN, CPAN,
CAPA

Director for Education, nursing professional development leaders, and team will enhance the process for vetting and mentoring new and emerging speakers for ASPAN. The EOC team, led by Katrina Bickerstaff and Chris Buck, has already begun their meetings and established team leaders. There is much to be done, including planning and creating new guidelines, procedures, policies, and protocols. Our outward appearance may differ, but our roots and passion for perianesthesia nursing will remain deeply embedded. And this is just the beginning. Stay tuned for future updates as we progress through these changes.

We are saddened by Chief Executive Officer Kevin Dill's retirement. His 30-year dedication to ASPAN has propelled us to where we are today. We wish him well in this retirement. Thank you, Kevin.

ASPAR will welcome Pete Pomilio as our new CEO. Pete comes to ASPAN with a vast background and extensive knowledge of management for non-profit organizations affiliated with nursing specialties. We anticipate progress for ASPAN under his leadership. 



▲ President Ursula Mellinger delivers her President's address at Closing Ceremony

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



▲ Immediate Past President Lori Silva and President Ursula Mellinger



ASPAR

American Society of PeriAnesthesia Nurses



Amy Berardinelli
DNP, APRN, FNP-C,
NE-BC, CPAN, CAPA,
FASPN

Reflecting on the 2025 ASPAN National Conference: *A Celebration of Excellence and Innovation*

Amy Berardinelli, DNP, APRN, FNP-C, NE-BC, CPAN, CAPA, FASPN
 ASPAN Director for Clinical Inquiry



ASPA 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 |

Trends in Clinical Practice

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

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

Being competent is defined as “having the capacity to function or develop in a particular way”.¹ At the ASPAN National Conference recently, this was a topic for discussion after my presentation on the Clinical Practice Committee. This came after the question-and-answer period. Here is the question that was submitted to ASPAN.

Q • Does ASPAN have recommendations about the periop manager's qualifications & CBO? Should it be expected it's the manager's ability to provide care be comparable to the staff?

A • The answer is multi-faceted. What position does this manager hold? If the manager does not perform any bedside activities or is not at all involved in patient care, the manager needs to have the skill level for that position. However, most managers are expected to be able to jump in and assist the units when needed. Practice Recommendation 4 defines those expectations. As professionals, we are expected to engage in professional development activities, seek continuing education activities and be involved in professional organizations, and mentor others.

Additionally, it is crucial for managers to stay updated with the latest advancements and evidence-based practices in perioperative care. This ensures that they can

effectively support their teams and maintain the overall quality of care provided in their units. Collaboration with interdisciplinary teams and fostering a culture of open communication also play significant roles in achieving excellence in perioperative settings. By embodying both administrative expertise and clinical proficiency, managers can lead by example, inspiring their teams to uphold the highest standards of patient care.

In some institutions, the culture may pose challenges. As a travel nurse, I found this true. I reconnected with a former colleague in Dallas, who now has the most experience and proudly told me she is certified. Her growth amazed me and exemplified her perseverance in providing high-quality, evidence-based care to patients.

REFERENCE

1. Merriam-Webster.com Dictionary, Merriam-Webster, <https://www.merriam-webster.com/dictionary/competent>. Accessed 26 Jun. 2025. 



▲ Courtesy of Louisville Tourism

Perianesthesia Development Institute 2025

Louisville, Kentucky – November 7 – 8, 2025

It's hard to believe, but we are already in the initial planning stages for this year's Perianesthesia Development Institute (PDI) meeting. It is scheduled for November seventh and eighth. The meeting will be held in the beautiful and exciting city of Louisville, Kentucky. There will be a formal Board meeting on Friday, and sessions will be held on Saturday. The focus of PDI may be somewhat different from what we are used to in the past. Our focus will be on enhancing organizational capacity and the work undertaken by the Enhancing Organizational Capacity Strategic Work Team. We are also evaluating the needs survey that our component presidents completed in Dallas. You will have the opportunity to meet our new CEO and possibly other special invited guests. Details will be sent to members soon. Please be aware of emails from ASPAN Treasurer Teri Baughman regarding financial aid for components that need assistance to attend. 



Nickcole Price
MSN, RN, CPAN, CAPA

REGION FIVE UPDATE

Greetings, Region 5 Members!

Nickcole Price, MSN, RN, CPAN, CAPA
Regional Director, Region Five

What a joy it was to see so many of you at the ASPAN National Conference at the Sheraton Dallas Hotel! The event was a true celebration of our specialty, filled with enriching education, meaningful networking, and inspiring professional growth. Whether you attended sessions, connected with fellow colleagues, or shared your own expertise, you helped make the conference a tremendous success.

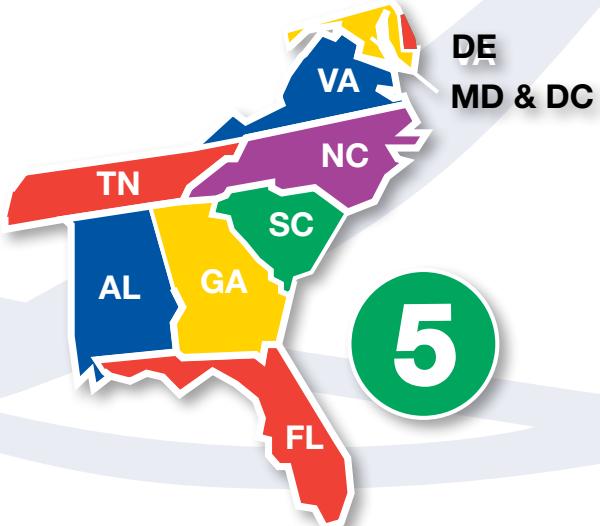
A heartfelt congratulations to all Region 5 members who participated as speakers and poster board presenters during the conference! Your passion, creativity, and commitment to advancing perianesthesia nursing shone brightly on the national stage. Your contributions not only showcase the strength of Region 5 but also serve as inspiration to our peers across the country. I am incredibly proud of the excellence you represent, and I look forward to seeing even more Region 5 nurses take the stage as presenters and faculty at our next national conference in San Francisco in 2026.

I'd also like to express sincere appreciation to all those who participated in the Region 5 Spring Study Group. Your commitment to learning and professional development was evident throughout the sessions. A special thank you goes to our outstanding facilitators who gave their time and expertise to support their peers on the path to certification. Because of your dedication, many nurses are now celebrating their new CPAN and CAPA credentials—congratulations on this remarkable achievement!

Looking ahead, we are excited about the many educational opportunities on the horizon for summer and fall. From in-person workshops to virtual webinars and upcoming study groups, Region 5 is committed to supporting your continued growth. Please stay current by checking the ASPAN website and the Region 5 calendar frequently for announcements and registration information.

I also want to encourage each of you to consider becoming more involved in our vibrant Region 5 community. Whether through volunteering, mentoring, presenting, or joining a committee, your voice and leadership are vital to shaping the future of our specialty.

Thank you for your continued passion, dedication, and excellence in perianesthesia nursing. Let's keep the momentum strong as we move forward together! 



▲ Region 5 Presidents, Vice Presidents and ASPAN Board Members

Mary Hanna Memorial Journalism Award Winners

Journalism Awards

BEST PRACTICE

First Place:

Improving Postanesthesia Care Unit (PACU) Delays:
A Quality Improvement Project

Mohammed Heyba, MSc, MD
Fatemah Qasem, MBBCh, KBA, MMED
Adelrady S. Ibrahim, MSc, MD
Tharwat Habib, MSc, MD, EDIAC
Hisham Akl, MBBCH, MSc
Shikha M. Al-Matouq, MBMed, BSc, Bch, BAO, KBA

Second Place (tie):

An Innovative Method to Debrief Critical Events

Lori Helms, DNP, RN, NPD-BC, CPAN
Lori Buzalewski, BSN, RN, CPAN
Michelle Pachuilo, BSN RN, CPAN
Ariana Pilat, BSN, RN, CCRN, CGRN
Kimberly Reeser, MSN, RN, CAPA

Second Place (tie):

Local Anesthetic Systemic Toxicity: Ensuring
Sustained Nursing Knowledge in a High-Volume
Outpatient Surgery Center

Alicia White, BSN, RN, CAPA
Cia Rougeau, BSN, RN, CAPA
Tabatha Gilbert, BSN, RN, CPAN
Elaine Hughes, BSN, RN, CAPA

CLINICAL

First Place:

Children and the Opioid Crisis: We Can Make a
Difference

Lisa Allison Herbinger, DNP, CRNA

CLINICAL

Second Place (tie):

Surgical Safety Does Not Happen By Accident:
Learning From Perioperative Near Miss Case Studies

Christopher H. Stucky, PhD, RN, CNOR, CSSM,
CHAMB, NEA-BC, FAAN
J. Michael Hartmann, DNP, RN, CNOR, CSSM,
CNAMB, RNFA
Young J. Yauger, PhD, RN, CRNA
Kenneth J. Romito, DNP, RN, APRN, AGCNE-BC,
CNOR, CSSM
David F. Bradley, DNP, RN, APRN, AGCNS-BC,
CNOR
Gaston Baza, DNP, RN, CNOR
Megan E. Lorenz, DNP, RN, APRN ACCNE-AG,
AGACNP-BC, RN-BC
Sherita L. Horse, PhD, RN CCRN
Rebeccah A. Dindinger, DNP, RN, RNC-OB,
IBCLC
Joshua A. Wymer, DNP, RN CNOR, RN-BC, NEA-
BC, CHCIO, FACHE, FAAN
Melissa J. Miller, PhD, RN, CNOR
Albert R. Knight, DNP, RN, CNS-CP, CNOR

Second Place (tie):

Nurse-led Preoperative Education with Home-based
Internet Resources for Pediatric Patients and their
Parents

Kathryn A. Williamson, DNP, CRNA



REVIEW

First Place (tie):

Erector Spinae Plane Block on Postoperative Pain and
Opioid Consumption After Lumbar Spine Surgery: A
Systematic Review and Meta-analysis of Randomized
Controlled Trials

Alyssa A. Wilson, RN, BSN
Alexis M. Schmid, RN, BSN
Pedro Pestrana, Jr., RN, BSN
Tito D. Tubog, PhD, DNAP, CRNA

First Place (tie):

Effects of Gabapentin on Postoperative Pain and Opioid
Consumption Following Laparoscopic Cholecystectomy:
A Systematic Review and Meta-analysis

Katherine A. Froehlich, RN, BSN
Zeus G. Deleon, RN, BSN
Tito D. Tubog, PhD, DNAP, CRNA

Second Place:

The Effect of Prewarming on Perioperative
Hypothermia: A Systematic Review and Meta-analysis
of Randomized Controlled Studies

Ayşe Uçak, PhD, RN
Arzu Tat Çatal, MSN, RN
Engin Karadağ, PhD
Fatma Cebeci, PhD, RN

RESEARCH

First Place:

Postoperative Pain Relief After Ambulatory Laparoscopic Surgery a Nonmatched Case-Control Study

Susanne W. Olsen, MPQM, RN
Lene Lehmkuhl, RN, MHS
Lone W. Hamborg, RN
Anne-Karina A. Torkov, MD, MA
Rie Fog-Nielsen, MSc
Jørgen Lauridsen, PhD

Third Place

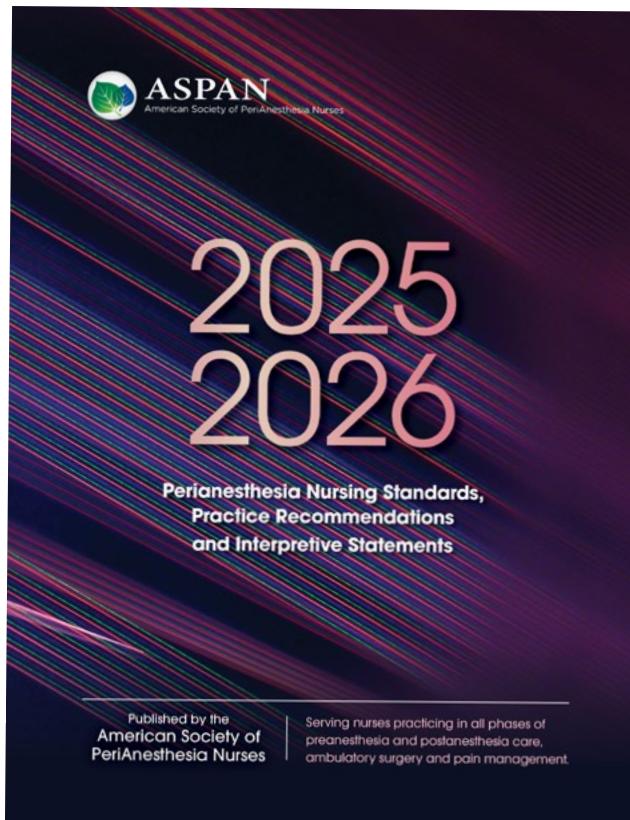
Comparison of the Effects of Desflurane and Sevoflurane on Variations in Salivary Melatonin and Sleep Disturbance After Total Knee Arthroplasty: A Single-center, Prospective, Randomized, Controlled, Open-label Study

Kazunao Mori, PhD, MSN, RN
Toru Komatsu, PhD, MD
Yoshihiro Fujiwara, PhD, MD
Yoshihito Fujita, PhD, MD


Second Place

Certified Registered Nurse Anesthetists' Experiences of Nursing in Anesthesia Care: An Interview Study

Henriette Simone Petersen, MSN, CRNA
Mette Juel Rothmann, PhD, MHSc, RN
Hanne Irene Jensen, PhD, MHSc, CCN



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HIGHLIGHTS

ASPAN Preconference Board of Directors Meeting, Representative Assembly, and Postconference Board of Directors Meeting

Sarah M. I. Cartwright, DNP, RN, NI-BC, CAPA, FASPAN – ASPAN Secretary 2024-2026

2025 ASPAN Leadership Meetings Highlight Strategic Growth and Member Voice

During ASPAN's 2025 National Conference in Dallas, Texas, the Board of Directors and Representative Assembly (RA) convened a series of impactful sessions aimed at advancing professional development, organizational capacity, and member engagement.

Pre-Conference Board of Directors Meeting

The Pre-Conference Board of Directors meeting included endorsement of ASPAN's next Chief Executive Officer and approval to propose expanded scholarship opportunities for dual certification and recertification. The Board voted to provide live webcasts free to members beginning July 2025 and approved one specialty practice group (SPG) name change and two SPGs' purpose statements. A new internal subcommittee was also established to review and revise ASPAN's education-related policies and processes. The dissolution of inactive SPGs and strategic alignment of educational offerings reflected ASPAN's responsiveness to evolving member needs.

Representative Assembly

As the voice of the membership, the Representative Assembly (RA) convened to deliberate on two proposed resolutions: 2025-01, Updated Waste Anesthetic Gases Position Statement, and 2025-02, ASPAN Clearing the Air Award. Following robust discussion around evidence presentation, clarity, and procedural alignment, the sponsors chose to revise and resubmit both resolutions to the seated 2025–2026 RA. Members also received an update on ASPAN's proposed organizational realignment, marking the formal launch of the Enhancing Organizational Capacity Strategic Work Team (SWT), co-chaired by Katrina Bickerstaff and Chris Buck. This SWT will guide the next phase of ASPAN's structural transformation.

Post-Conference Board of Directors Meeting

The Post-Conference Board meeting centered on strategic planning, refining ASPAN's mission and vision, and advancing internal policy initiatives. The Board approved Phase 2 of the Dunleavy & Associates reorganization proposal and affirmed its support for the development of new SPGs aligned with emerging specialty needs.

The 2025–2026 ASPAN Board of Directors, in service to our members, is proud to continue working to elevate the voice of the perianesthesia nurse in practice, education, and operational excellence. 



Sarah M. I. Cartwright
DNP, RN, NI-BC, CAPA,
FASPAN

Development Strategic Work Team

Sue Bott, BSN, BSPA, RN, CPAN, CAPA – Vice-Coordinator, Development SWT



Sue Bott
BSN, BSPA, RN,
CPAN, CAPA

I'd like to introduce myself. I am the incoming Vice-Coordinator for the Development SWT. I am the current treasurer and past president of MAPAN. I have recently become more involved in ASPAN. I was on the Development SWT and Finance Committee in 2024-2025. I have also been on the Component Revitalization SWT, Clinical Practice Committee, Emerging Leaders, mentored by Lori Silva, and Perianesthesia Nurse Educator SPG. My involvement at the 44th National Conference was a great opportunity to learn about the Development SWT's responsibilities and duties. I am anticipating the year ahead with enthusiasm, aiming to further expand my skills and knowledge to better serve you in the future. 

All photos courtesy of ASPAN

▼ Hostesses and Information Booth team



NATIONAL CONFERENCE



▲ Post Conference attendees



▲ Attendee picking up their conference ribbons



▲ Immediate Past President Alphonzo Baker introducing candidates at Meet the Candidates



◀ Early morning Jazzerize



◀ Viewing poster presentations



NATIONAL CONFERENCE



▲ Viewing poster presentations



◀ President's Reception



▲ Official opening of Exhibit Hall



◀ Members at the Development Breakfast



◀ Celebrating at the President's Reception



▲ Post Conference Attendees



▲ Celebrating at the President's Reception



LIVE IN-PERSON SEMINARS

PERIANESTHESIA CERTIFICATION REVIEW **UPDATED!**

July 19, 2025 SATURDAY

Dallas, TX

July 26, 2025 SATURDAY

San Francisco, CA

August 9, 2025 SATURDAY

Pasadena, CA

August 16, 2025 SATURDAY

San Antonio, TX

August 30, 2025 SATURDAY

Sacramento, CA

LIVE WEBCASTS - FULL-DAY

FOUNDATIONS OF PERIANESTHESIA PRACTICE

July 19, 2025 SATURDAY

FUNDAMENTAL PEDIATRICS: ESSENTIAL
PERIANESTHESIA NURSING CARE

July 26, 2025 SATURDAY

LEGAL ISSUES, ETHICAL ISSUES, AND STANDARDS
NEW!

August 23, 2025 SATURDAY

PEDIATRICS: BEYOND THE BASICS

August 9, 2025 SATURDAY

PERIANESTHESIA CERTIFICATION REVIEW
UPDATED!

September 27, 2025 SATURDAY

November 9, 2025 SUNDAY

PERIANESTHESIA CERTIFICATION REVIEW (3 Parts)

UPDATED!

October 15, 2025 WEDNESDAY

October 22, 2025 WEDNESDAY

October 29, 2025 WEDNESDAY

PERIANESTHESIA PATHOPHYSIOLOGY AND
ASSESSMENT: A SYSTEMS APPROACH

August 16, 2025 SATURDAY

REFRESHING YOUR PERIANESTHESIA PRACTICE

September 6, 2025 SATURDAY

SAFETY BEGINS WITH US

September 20, 2025 SATURDAY

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

October 18, 2025 SATURDAY

LIVE WEBCASTS - HALF-DAY

ADVANCED CARDIOVASCULAR AND PULMONARY
PATHOPHYSIOLOGY

July 27, 2025 SUNDAY

FOUNDATIONS OF PEDIATRIC PERIANESTHESIA CARE

August 3, 2025 SUNDAY

INNOVATIVE CONCEPTS IN PEDIATRIC
PERIANESTHESIA CARE

November 16, 2025 SUNDAY

LEADERSHIP STRATEGIES TO SUSTAIN A CULTURE
OF SAFETY

October 26, 2025 SUNDAY

PERIANESTHESIA ESSENTIALS I

July 20, 2025 SUNDAY

PERIANESTHESIA ESSENTIALS II

August 10, 2025 SUNDAY



LIVE WEBCASTS – HALF-DAY contd.

PERIANESTHESIA ESSENTIALS III

August 17, 2025 SUNDAY

PERIANESTHESIA ESSENTIALS IV

October 19, 2025 SUNDAY

PERIANESTHESIA ESSENTIALS V

September 28, 2025 SUNDAY

PERIANESTHESIA FOUNDATION

October 5, 2025 SUNDAY

LIVE WEBCASTS – TWO HOUR

ACUTE AND CHRONIC PAIN MANAGEMENT

July 23, 2025 WEDNESDAY

ANESTHETIC AGENTS AND TECHNIQUES

July 30, 2025 WEDNESDAY

ASPA PRACTICE RECOMMENDATIONS AND POSITION STATEMENTS

August 6, 2025 WEDNESDAY

COMPLICATIONS AND EMERGENCIES AFTER ANESTHESIA

August 13, 2025 WEDNESDAY

CRITICAL CARE COMPETENCIES: NEUROLOGICAL

September 10, 2025 WEDNESDAY

EMERGENCY PREPAREDNESS

September 17, 2025 WEDNESDAY

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

November 5, 2025 WEDNESDAY

GASTROINTESTINAL AND ENDOCRINE PATHOPHYSIOLOGY AND ASSESSMENT

August 27, 2025 WEDNESDAY

HOW TO BECOME A TRANSFORMATIONAL LEADER

September 3, 2025 WEDNESDAY

INFECTION CONTROL CHALLENGES: IMPLICATIONS FOR THE PERIANESTHESIA NURSE

August 20, 2025 WEDNESDAY

LEGAL AND ETHICAL ISSUES IN PERIANESTHESIA NURSING

November 12, 2025 WEDNESDAY

MALIGNANT HYPERTHERMIA AND POSTOPERATIVE NAUSEA AND VOMITING

November 19, 2025 Wednesday

NEUROLOGIC PATHOPHYSIOLOGY AND ASSESSMENT

July 16, 2025 WEDNESDAY

OBSTRUCTIVE SLEEP APNEA AND CAPNOGRAPHY

July 17, 2025 THURSDAY

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

July 24, 2025 THURSDAY

PATIENT SAFETY GOALS AND ASPA STANDARDS

July 31, 2025 THURSDAY

PEDIATRIC ANESTHESIA AND POSTANESTHESIA COMPLICATIONS

August 7, 2025 THURSDAY

PREANESTHESIA ASSESSMENT AND PACU ASSESSMENT AND DISCHARGE CRITERIA

October 23, 2025 THURSDAY

PREVENTION OF OPIOID-INDUCED RESPIRATORY DEPRESSION IN THE ADULT PATIENT

November 6, 2025 THURSDAY