

# 2021

## Summer Edition

### Volume 33 – Number 2

# EYEOPENER

TEXAS ASSOCIATION OF PERIANESTHESIA NURSES

Recipient of ASPAN People's Choice Award

2015, 2016

Recipient of ASPAN Newsletter Award

2017 - 2021

## TAPAN's History

**1976**

The Texas Association of Post Anesthesia Nurses was formed.

**April 2, 1984**

The organization became incorporated as a non-profit corporation.

### Founding Board of Directors

Elaine K Mueller – Dallas  
Mary Donahugh – Ft. Worth  
Joyce Nelson – Galveston  
Ida Hodge – Ft. Worth  
Gayle Trent – Dallas  
Peggy Ebensberger – Round Rock

**On March 24, 1996**

TAPAN Board met and adopted a resolution to change the name of the organization from the Texas Association of Post Anesthesia Nurses to Texas Association of PeriAnesthesia Nurses.

**2009**

TAPAN Board undertook the task of redrawing the district lines in order to better meet the needs of the membership.

The resulting 5 regions are:

North & East Texas  
Upper Gulf Coast  
Hill Country and South Texas  
West Texas Panhandle  
Far West Texas

**2019**

TAPAN Board made the decision to officially deactivate the Far West Texas Region and the members were welcomed into the West Texas Panhandle Region.



**Felicia G. Selman, MSN, RN, CAPA**  
TAPAN President  
2019 - 2021

## Inside

President Message cont.	2
ASPAN Regional Director	3
Governmental Affairs	4
News from across Texas	5
Board Meeting Summary	6
Committees Report	7
Member Spotlight	8
Scholarship Recipients	9-14
Outstanding Nurses	15
Membership Campaign	16
Certification Corner	17
Calendar of Events	18
In Memoriam	19
Region Contacts	20

# Ownership

The word ownership brings to our mind a state of owning something. Developing an ownership mindset, creates a sense of pride, responsibility, and determination. Life circumstances at times creates challenges in achieving a desired outcome, in spite of those challenges, calling, leaning, or depending on others help develop collaboration and team building. ASPAN newly inducted President and former Regional Director, Region-2, Jennifer Kilgore, BSN, RN, CPAN revealed her 2021-2022 themes: *Perianesthesia Nurses Together – The Importance of Human Connection, Power of Community*. Read more on ASPAN's website, President Pages Archive. Let us lean on each other to develop an ownership mindset, connecting with others and embrace the *Power of Community*. I challenge you to commit with us this Summer and beyond to embrace a mindset of ownership to create a powerful community of Perianesthesia Nurses. If you're colleague is not a member, invite him or her to join our exceptional community of perianesthesia

nurses today. Take a few minutes to read the experience of fellow nurses who share their experience as TAPAN scholarship recipients to attend ASPAN 40<sup>th</sup> National Conference: A Virtual Experience. You will be inspired!



## *TAPAN Welcome our New Members, Summer 2021*

TAPAN board is here for you, our work continues, with the inability of in person meetings over the last year and a half, members are provided with the opportunities to participate in online activities across the state. We encourage you to reach out to the board officers or your region leaders. New members join the following regions.

- North & East Region – 25
- Upper Gulf Coast Region – 35
- West Texas Panhandle Region - 1
- Hill Country and South Texas Region – 13

On behalf of TAPAN Executive Board of Directors, Committee Chairs, Region Presidents, and our current members, we extends a warm welcome to Texas Association of PeriAnesthesia Nurses (**TAPAN**). Your membership with ASPAN/TAPAN offers multiple benefits: from improving your clinical practice with up-to-date EBP support to Leadership Development. Please visit [aspan.org](http://aspan.org) and [tapan.org](http://tapan.org) to learn more about the extensive benefits your membership provides, just to name a few:

- **Education:** Free online continuing education articles
- **Publications:** Free subscription to Journal of PeriAnesthesia Nursing, a \$ 177 value
- **Collaboration:** Clinical Practice Network, Specialty Practice Groups
- **Advocacy:** Government affairs, PeriAnesthesia Nurse Awareness Week (PANAW).
- **Other Benefits:** Scholarships, Awards, CPAN/CAPA certification exam fees

The Executive Board and Committee chairs extends this welcome and hope to partner with you to become involve in the activities in your respective regions. Your expertise is much needed, we can learn so much together. Reach out to your Region President and ask for a willingness to serve form (**WTS**) or you can find one on [tapan.org](http://tapan.org) website, under forms. Join our Facebook page, visit our website to stay inform of all activities in at the region, state, and national level.

Your TAPAN Leaders thank you for your membership and the trust you have placed in us to lead. We are all leaders from the bedside to the boardroom. TAPAN is willing and ready to stand along your side serving in the role you choose to give back in service as a leader.

Stay well,

Felicia Selman, MSN, RN, CAPA  
TAPAN President 2019-2021

# *ASPAN Regional Director*



## **From the Desk of ASPAN Regional Director – Region 2** Regional Director Update – Summer 2021

For those of you who attended the virtual ASPAN National Conference this spring, don't forget you can still obtain contact hours for the sessions presented on the day you were registered for if you didn't have a chance to attend the sessions live. Don't let time get away from you and miss the opportunity to make the most of your conference fees.

ASPAN's Component Development Institute (CDI) will be held in Kansas City, MO on November 13, 2021. The focus of the program is building a strong component. Component leaders and members are all encouraged to attend. The program will be available virtually as well for those who are unable to travel to Kansas City. Details will be posted soon on the ASPAN website.

The 2022 National Conference will be held April 7 – 10 in Philadelphia, PA. The format for the conference is shifting from a weekday offering to a primarily weekend offering. The ASPAN board of directors made the decision to change the format several years ago with hopes the new format will make the conference more accessible to members. The plan currently is to also offer a virtual option. Details on this are still be worked out and information will be coming later this fall.

I want to encourage each of you to take the opportunity to join a committee or strategic work team (SWT) and share your knowledge and skills with your colleagues nationwide. There are a wide variety to appeal to every interest. Committee and SWT descriptions are posted on the ASPAN website under the "About Us" tab. The deadline for submitting your Willingness to Serve form will be October 2021.

As we emerge from the past 16 months of isolation and social distancing, the opportunity to meet together and share knowledge and experiences is very welcome. I'm looking forward to seeing you at a TAPAN or ASPAN meeting soon.

Susan

Susan Norris BScN, RN, CAPA  
ASPAN Regional Director – Region 2



## *Governmental Affair*

### 2021 Nursing Advocacy Important Legislation in the 87th Texas Legislature

The 87th Texas Legislature concluded May 31 Texas nurses targeted several health care issues during the session, such as: removing barriers to APRN practice, funding nursing education, ensuring nurses can access benefits when off work due to COVID exposure, preventing workplace violence against nurses. These were some of the bills addressed on the agenda. While several of the bills didn't make it, several other bills where move further along than they've ever made it before.

To remained informed of policies that will advance health for Texans, visit TNA's website for more on up-to-date Government Affairs Committee information. TNA and NLAC is always searching for nurses to use there voiced and expertise to helping Texas nurses get involved in grassroots advocacy efforts across the state, which will keep nurses updated on the special session, upcoming state campaigns and the 88th Texas Legislature. <https://www.texasnurses.org/page/ActionCenter>

### Are you Inspired by Advocacy?

Go to the ASPAN website and explore advocacy. You will not be disappointed. We have a voice!  
Take steps to increase your knowledge in the legislative process! It is inspiring.

Deborah Davis BSN RN CPAN  
TAPAN I



## *News from across Texas*

### **West Texas-Panhandle Region News:**

Following a recent board meeting, finances are on the positive side. Expenditures include our website and P.O. Box fees. We had reinstated membership dues reimbursement for board members as of last December. We have also recently posted the current scholarship application worksheet to our website with the intention to review and update at our next meeting. The inclusion of the worksheet is in hopes to give guidance on what members can do in order to access benefits of being involved with the region. Summer community donation projects are in the works for both Midland and Abilene. It is a coincidence that both groups focus on donating to organizations that help women and families who are overcoming abusive settings. We discussed our attendance to the National Conference, and all agree that we learned a lot and shared what our favorite session so far was and what each suggests the others to view. We did get word that both the ORA and Bluebonnet entries will be accepted this year, so planning has begun for those projects. Everyone is looking forward to the Texas Conference in September! Our treasurer has been very busy finishing school for her NP. She has been missed in our meetings but still manages to perform her duties as treasurer. Website and Facebook updates occur regularly for our region with unknown viewing from members. At last count about 27% of members are signed on as Facebook group members also. Thank you for your support and guidance!

Always open to suggestions and feedback,

**Kat Tollett, WestTPan Secretary.**

For more *information on activities* visit: [www.tapan-westtexas-panhandle.com](http://www.tapan-westtexas-panhandle.com) **Trina Mora, MSN, RN, CPAN, CAPA – President.** What's TAPANing is the official Newsletter of West Texas-Panhandle Region.

### **North and East Texas Region:**

The region continue to be busy between planning for their summer seminar for the month of August to giving back to the community! North and East Region donated \$500.00 to The North Texas Food Bank in the month of May to help in the fight against hunger, especially during the Pandemic. The month of June 19<sup>th</sup> 2021, at the first in-person meeting, the team collected empty medication bottles for Matthew 25 Ministries as a service project for the ministry. Another Community project was held on Saturday, July 17, 2021, at the Frisco, North Texas Reach. The nurses sort and size more than 100 pairs of shoes and sorted several loads of clothes.

For more information on activities visit the region website: [www.netapan.nursingnetwork.com](http://www.netapan.nursingnetwork.com)

**Lynette Alcorn, BSN, RN, CCRN – President**

### **Upper Gulf Coast Region:**

Educational program was provided on May 1<sup>st</sup>, (Houston) & May 18 (Woodlands Chapter). PONV rescue treatment. The first and only antiemetic approved for rescue treatment was presented by Speaker Dru Riddle CRNA, DNP.

For more information on activities reach to Felicia Selman, MSN RN CAPA TAPAN – President 2019-2021 or visit region website at: [www.tapanugcr.nursingnetwork.com](http://www.tapanugcr.nursingnetwork.com) – **President TBD**

**Hill Country & South Texas Region:** The HCST reported planning for Spring Seminar on April 17, 2021 (2.0 CE's). TAPAN nurses Linda Allen & Colleague support Bastrop County COVID-19 Vaccination Clinic Drive.

For more information on activities visit the region website at: [www.tapanhillcountry.nursingnetwork.com](http://www.tapanhillcountry.nursingnetwork.com)

**Lori Rabago, BSN, RN – President**

# *Executive Board Meeting – Summary Report*

The Executive Board is pleased to report our component had a very successful participation at ASPAN 40<sup>th</sup> National Conference. The virtual experience was indeed a new experience for everyone. For many it was the first time to attend ASPAN National Conference on April 25-29, 2021. Read more about participation and scholarship recipients experience in Members Spotlight.

## Dates to Remember/Future Events

- ASPAN Special Event on Waste Anesthetic Gases Sponsored by ASPAN Action Coalition to Address WAG Friday August 6, 2021
- North & East Region Summer Seminar, Saturday August 7, 2021, in-person and virtual
- TAPAN Leadership Conference, Saturday August 14, 2021, virtual via Zoom platform
- TAPAN 45<sup>th</sup> Annual State Conference. September 25<sup>th</sup>, 2021 virtual
- ASPAN Willingness to Serve form, October 1, 2021
- ASPAN 41<sup>st</sup> National Conference, April 7 – 10, 2022, Philadelphia, PA.

## TAPAN Committee Chair Reports

- Research/ EBP/Education Committee
- Policy and Procedure Committee
- Membership and Marketing Committee
- Governmental Affairs Committee
- Nominating Committee
- Eyeopener
- Webmaster



## *Treasure's Report*

Submitted by Linda Allen, BSN, RN – TAPAN Treasurer

Snapshot of TAPAN's financial position status

Statement of Financial Position July 2021

\$ 97, 619

---

## *Membership Report*

Submitted by Mollie Smith, RN, CAPA – TAPAN Membership & Marketing

TAPAN Total Component members ending July 2021: 966

---

## *Research/EBP/Education Report*

The Texas Association of PeriAnesthesia Nurses (TAPAN) is committed to the advancement of the nursing profession in general, and specifically perianesthesia nursing in the form of active membership in specialty organization with a working research committee.

TAPAN Research/EBP/Education

committee meets quarterly.

via Zoom

to review and discuss and attained CE's of JOPAN articles.

---

## *Policy & Procedure Report*

All TAPAN policies are up to date. The TAPAN website will be updated to reflect this. The next P & P meeting will occur October 2021.

*Congratulations*



\*\*\*\*\*

### ASPAN 40<sup>th</sup> National Conference. A Virtual Experience! April 25 -29, 2021.

ASPAN 40th National Conference, was a Virtual Experience that many continue to talk about. We congratulate ASPAN Conference Committee Members for an Amazing Conference.

- TAPAN total attendees - 81
- West Texas Panhandle Region – 5 attendees
- Hill Country South Texas Region - 8 attendees
- North & East Region – 17 attendees
- Upper Gulf Coast Region – 51 attendees
- TAPAN Component had:
  - Two (2) Faculty speakers
  - Research EBP/QI (2) posters
  - Celebrating Successful Practice (9) posters

#### ABOVE AND BEYOND SERVICE REGOGNITION 1 OF THE TOP 10 AWARD WINNERS 2021



Lynette Alcorn, BSN, RN, CCRN  
TAPAN North & East Region President 2019-2021

#### ASPAN Component Newsletter Contest

**Eyeopener 2020 Winter Edition, Volume 32 – Number 4**  
Texas Association of PeriAnesthesia Nurses  
Editor: *Felicia Selman, MSN, RN, CAPA*  
Recipient of Newsletter Contest Winner in the category of 15 + pages.

#### ABPANC’s Shining Star Award Winners

**TAPAN - Component Shining Star Recipient 2021**  
Texas Association of PeriAnesthesia Nurses – Texas



## Front the Desk of the President....



### *TAPAN 2021 Scholarship Recipients ASPAN 40<sup>th</sup> National Conference April 25-29, 2021*

#### **Araceli Flores, MSN, AG-NP, CCRN, CAPA**

As an oncology nurse in a PACU setting for the past 10 years, I was beyond delighted to be one of the recipients of TAPAN full Registration Scholarship to attend ASPAN's 40th National Conference. A Virtual Experience, April 25 - 29, 2021. Despite the decades of experience, I command as a senior nurse, I never got this way by remaining stagnant and I refuse to let my knowledge become rigid and stale.

This conference has allowed me to push the boundaries of my knowledge yet again and enabled me to provide better care as a nurse. Just to illustrate, I have encountered dozens if not hundreds of surgical patients in my career with a history of breast / axillary lymph node removal. Critical to this anecdote is the fact that I did not know that the most common global secondary cause of Lymphedema is caused by Filariasis.

Perhaps it is because that as a nurse in the United States, a country with some of the most robust medical infrastructure in the world, this is a situation that is simply not that common to see. In any case, our institution has a very diverse and eclectic group of patients, it is compelling to learn that aside from surgical intervention, there are many other causes of Lymphedema. While attending the session, I first heard of Stemmer's Sign and was absolutely horrified that, to my recollection, I had not performed the assessment even once in my nearly three decades long career as a nurse. An often time looked over aspect of medical care is patient outreach and education. For example, Worldwide Lymphedema Day (3/6) which falls under the Lymphedema Awareness Month of March, should be taken as an opportunity to reinforce teaching patients and family members about complications that can be easily avoided with relevant knowledge. As a nurse, it is essential that we not only continue our own education as we are directly providing care to patients, but to also educate them so that they can provide a certain level of care for themselves that could potentially negate the need for a hospital visit; learning about the lymphoma staging system, which is something that was reviewed in class, could be an excellent teaching moment for patients and their family members.

#### **Debbie Nicholson, BSN, RN, CAPA**

This is the first National Conference I have had the privilege of attending. I found it to be an amazing experience in spite of being online. Already I have viewed and finished many of the webinars and look forward to finishing all of them by August 31, 2021. The ones I have viewed have been topnotch and I am learning many new things and being reminded of many things I already knew but hadn't thought about recently.

The webinar I want to discuss is the one titled Perianesthesia Complications- Are you ready to respond? Even though I primarily work in Preop, I do float to and take call for PACU, so this was of particular interest to me. She gave an excellent overview of many diverse complications which can occur in PACU. She included MI, noncardiogenic pulmonary edema, PONV, anaphylaxis, complications of nerve blocks, emergence delirium, urinary retention, awareness under anesthesia, and stroke to mention a few. She also talked about one I was unfamiliar with called post op blindness. Although this was basically a two-hour lecture format, she held my attention and reminded me of the myriad of complications that can occur at any time in the post-operative arena. Her final caveats included these reminders, a) prepare for the unexpected, b) use common sense and critical thinking skills, c) watch out for zebras, d) know your unit, e) know your resources, and f) tell your story in a clear fashion. This was an encouragement for me to continue to study these issues and be on the lookout for any of these when I am recovering my patients. I am so grateful for all the knowledgeable nurses who are sharing that knowledge and telling their stories for the benefit of us all and ultimately for all of our patients.



**Edith Dimiri, BSN, RN**

I am using this opportunity to express my gratitude for the opportunity given to me through this scholarship to participate during this Year's ASPAN National Conference which was my first national conference.


I enjoyed the comradery of the PeriAnesthesia team that organized such a huge and successful meeting, the programs and topics that were presented and the bountiful knowledge of the topic presenters. I can testify that the overall experience was great, and I plan to implement the lessons learned into my practice.

There were many interesting topics presented at the conference, but I am going to focus on the first Topic presented on Tuesday April 27 by Kelley Kelly MSN, RN, CAPA, VA-BC titled: "Just A Little Pinch" Vascular Access for the PeriAnesthesia Nurse. This presenter started with the history of earlier attempts in providing intravenous therapies and when it became widely available. She further provided the importance of having a good vascular access and the need for proper maintenance. The presentation went further than just catheter insertions but dived into different types of catheter, their uses, care, and complications which I am familiar with through my practice as a nurse. I learned also from the presentation that I have Trypanophobia (fear of needles). I did not know that there a word as such.

It was mentioned that about 70%-90% of inpatients need some type of vascular access and that they don't come without complication. Thereby proper care is needed to minimize these complications. Peripheral Intravenous (PIV) is the most placed vascular access in the US every year. Although simple, it can lead to unanticipated extended longer stay in the hospital creating pain and financial burden both to the institution and patients if not properly handled and maintained. This topic went on to reinforce the importance of preventing Central Line-associated Bloodstream Infection (CLABSI). The cost of treatment for such infection for healthcare industries and patient morbidity even loss of life is enormous. I learned that prevention is better than cure when it comes to the use and care of the vascular access and devices. Poor or lack of proper vascular access in the Perianesthesia setting can lead to delay in treatment, delay of surgery start time and lower patient satisfaction.

So, as a Perianesthesia nurse, it is important to put the patient's need and comfort first. Every effort should be made to have someone who is good or better is better skilled to attempt to insert the vascular access to avoid traumatizing the patient. It is important to keep the "no more than two sticks" rule after which another nurse should be brought in. Visualization devices should also be made available and use in the case of patients with poor vein. This topic went on to reinforce the importance of preventing Central Line-associated Bloodstream Infection (CLABSI). The cost of treatment for such infection for healthcare industries and patient morbidity even loss of life is enormous. I learned that prevention is better than cure when it comes to the use and care of the vascular access and devices.

In conclusion, this refresher for me highlighted the necessity of vascular access in the healthcare settings including the PeriAnesthesia settings, the risks and the proper care and maintenance of these devices.



**Terri Lytle BSN, RN, CPAN, CAPA, CCAP**

I enjoyed attending the virtual 2021 ASPAN National Conference. Although I could only participate in one day, I am pleased that other sessions from that same day are available on-demand with no additional fee. The caliber of the speakers was excellent. I chose clinical as well as developmental offerings. The clinical will help me in my practice with patient care and being a resource on my unit. I am interested in education, so I gravitated to that selection of presentations.

In "Perianesthesia Complications," I learned what to be on the lookout for in the PACU setting. This talk will enhance my nursing judgment skills and increase positive outcomes. The presentation, "Anesthesia Gases," taught the actions and differences of anesthetic agents. As a result, I better understand what complications could arise and how to mitigate them. I found the presentation on Lymphedema especially interesting. The speaker, Denise O'Brien, added depth to the

topic since she experienced this condition. We care for many patients undergoing breast cancer surgeries. Lymphedema is an area we need to educate our patients since 40% can experience this condition.

The presentation "Bleeding Diathesis" was enlightening. I have a much better understanding of the blood disorders that some patients suffer from and how that affects their surgical encounter. The speaker, Angela Collins-Yoder, was gracious, and even though she is a knowledgeable Ph.D., she admitted we are still learning every day. How true!

"Innovations in Education" was a tremendous developmental offering. I want to implement some of the educational ideas for our staff, including mock PACU emergency drills, scavenger hunts, and increased utilization of evidence-based practice research. I highly recommend attending an ASPAN national conference. My perianesthesia practice and professional growth are both energized. I am grateful for the nursing profession in general and organizations like ASPAN that provide many ongoing resources for our specialty practice.

**Lynette Alcorn BSN, RN, CCRN**



I had the privilege of attending The ASPAN 40<sup>th</sup> National Virtual Conference this year. The conference was power packed! Each Session I was able to attend was so informative. I gain so much knowledge and insight. I must admit I was very torn on which session to attend, I really wanted to attend them ALL. For the first time since being an active member, I was able to basically do just that. The pandemic came in and immediately effected every aspect of healthcare, including how we continue to stay educated and maintain our best practices. Having this virtual national conference was just one of many ways, ASPAN and TAPAN continue to keep our nursing specialty on the cutting edge of technology and education. My last in-person national conference, I had to choose between two concurrent sessions. This year, I attended one virtually but was able to view the other session on demand later that night. It was absolutely awesome! Having 120 days to view the sessions on demand is an added bonus. All of this was possible because I was a recipient of the TAPAN Scholarship to attend the National Conference this year. I am very thankful and grateful to be one of this year's scholarship recipients. This year's National Conference was very empowering and proved to be an amazing virtual experience!



**Elaine K Mueller, RN,BA,CAPA,CPAN,CLNC**

My ASPAN 40th National Conference. April 25-29th, 2021 A Virtual Experience This year's virtual conference with ASPAN was a new experience for us all. I learned from several great presenters about the new and updated ASPAN Standards of care for Perianesthesia nursing. Safe staffing in the PACU referenced the ASPAN standards several times.

The review on capnography versus pulse oximetry. Why capnography is the gold standard in PACU? Knowing when your patient is ready for discharge? Many of these questions are based on our ASPAN standards to use as our guide. There was a very interesting presentation on Maintaining the well-being of our Care providers. How do we build and empower our workforce in 2021? I found the topic on writing CPAN/CAPA exam questions remarkably interesting. My other consideration was becoming a certification coach. It was clear, after reviewing these two topics, that I would have to choose one of the two interests. All of these courses helped me to prepare for the role of a certification coach.

The gold standard of perianesthesia practice and clinical practice were also valuable presentations. The best part of all, I still have 90 more days to attend and learn from the other presenters at the conference. I can do this in the space of my home and at my convenience. Thank you, Texas Association Perianesthesia Nurses organization (TAPAN) for granting me a scholarship to attend this conference. Even though we could not be together physically/professionally, this conference was an excellent alternative way for learning. It was so well organized and had such a variety of topics. I would highly recommend all nurses attend next year's conference. This is valuable learning for our practice of Perianesthesia nursing.

**Kimberly Rosbrook, BSN, RN, CAPA, CPAN**



My experience of participating in the ASPAN's 40<sup>th</sup> National Conference virtually, IS an amazing experience. The advantage of being virtual is allowing me to absorb much more of the material than a LIVE experience. While I missed the exhibits and the poster "hall", the opportunity to keep up with and check up with my team during breaks was very beneficial.

I am still working my way through all the offerings. The many sessions on civility and productive work environments has enforced our team philosophy. I have shared the information with my staff, and we have renewed our commitment to the team culture.

I am the supervisor of PAT, PACU and Day Surgery. Many of my staff are crossed trained to function in at least one of my other departments. Currently, I am working with PACU to understand which of the offering are important to them. On mornings when they have late patients, we are watching the presentations together and discussing them to decide if we should adopt or change any of our current practices.

My plan is to next spend some time with PAT and Day Surgery. This process has turned into a much more valuable experience than I had first imagined. Our hospital just found out we achieved MAGNET certification and my team is very engaged. They are searching through the conference offerings looking for ways to elevate their practice and for their next project!!

I currently have 2 CPAN certified nurses, 1 who just sat for the test and 4 more in PACU studying for the next testing period. I am eager to get them together to review the standards session along with the certification sessions. My 2 CPAN nurses are super excited to sit with me for the certification coach session and start down that pathway.

I have participated in an ASPAN conference in the past. This virtual conference definitely has made a much larger impact on my practice and the practice of my team. Previously, trying to convey what I had learned was somewhat challenging to remember everything and relying on power point handouts. Also, I feel the opportunity to not have to choose attendance at one session over another is incredible.

I am very thankful and appreciative of the opportunity to participate this year!!



**Jency Joseph BSN, RN, CAPA, CCRN**

This was my very first virtual conference, even though I had many doubts about this, I was able to navigate the system and enjoy it. I would like to thank and congratulate the ASPAN conference coordinators for their clear guidelines and user-friendly system. Originally, I was planning on attending the conference in person, COVID changed the plans. But I am happy that I was able to attend it virtually and is very grateful that the presentations are available for 120 days as it gives me flexibility to attend it on my own time. During the virtual conference I was able to attend some of the presentations in real time, I was also able to view most of the posters presented. There were many inspiring learning sessions with lot of amazing insights and information from the speakers. Without a doubt I can say it was an eyeopener and helped me in my professional and personal development.

There were many topics that is of interest to me that was presented in the conference. One topic that I wanted to mention and that I plan on sharing and improve on some practice change in my work place is the presentation by Jan Odom-Forren and Joni M Brady on "Recommendations for Opioid use in acute surgical pain management". I am a Preop/PACU nurse for 3 years now, my prior experience was in cardiac surgical ICU for 17 years. All these years I was involved in pain education and pain management. We are very diligent in educating about pain management, but I agree with the speakers that the knowledge and education provided on safe use, storage and disposal of opioids is very minimal. This presentation was informative, and the patient resources are very useful, and I am going to be sharing this with my department hoping to make some changes in our patient education. This gives us a great opportunity in improving our knowledge in regards to opioid usage in post-surgical pain management and also to promote patient education in regards to safe use, storage, and disposal of opioids.

Some other topics that I found relevant and useful in my practice are 'Your tackle box to tackle blocks', 'Avoiding Anesthesia Related Complications: Knowing Anesthesia Agents', 'Clinical Practice: All your questions answered'. I still have many more interesting topics to review, and I cannot wait to share what I learned from ASPAN conference with my team members. The conference also helped me to understand the many benefits of being an ASPAN/TAPAN member. I am planning on being an active member of ASPAN/TAPAN and continue with the educational opportunities.



### **Crystal Robinson MS, BSN, CPAN**

I am thrilled to have an opportunity to share my experience attending ASPAN's 40<sup>th</sup> National Conference 2021, Virtually. This was my first national conference to attend. I was very impressed by the seamless flow from session to session and availability to view all the research posters and exhibit hall offerings at my own pace. Although I was the only representative from my unit to participate this year, my management team awarded me the time off to have the most realistic experience possible. I viewed the zoom meeting before the conference held by ASPAN leadership to help me prepare. I went through the brochure and highlighted the live sessions I wished to join. I grabbed my coffee and computer and logged in, and that was that. I found the overall excitement and dedication to the perianesthesia workforce was encouraging. The speakers did a fantastic job and having a chance to ask them questions via chat during each live session was helpful. I appreciate the potential to grow as an individual and look forward to sharing a wealth of information with my colleagues who could not attend.

One of the overarching themes that I found highly significant was the power of collaboration. From the opening address about noteworthy points of positive leadership to the closing address incorporating humor to increase connections and teamwork, our success as an organization and profession relies on working well together. Many of the sessions provided me with increased self-awareness, knowledge of improved clinical practices and strengthened my ability to intervene quickly in the future. However, I realize most circumstances I face without effective communication and teamwork could be very overwhelming to decipher alone. The perianesthesia field encompasses poignant moments where interactions across disciplines are necessary for safety, efficiency, and improving patient outcomes.

I was highly impressed by multiple facilities' collaborative efforts to build meaningful partnerships with academic institutions that incorporate clinical immersion programs for students in perianesthesia/perioperative nursing. The conceptualization, planning, buy-in of stakeholders, and execution of such programs are massive. More opportunities and efforts to attract future nurses to the perianesthesia workforce are necessary for balancing expected employment transitions. Also, I applaud the steps discussed to establish a successful orientation program for novice perianesthesia nurses. It takes a group effort to build more substantial, well-equipped staff prepared to adjust to the fluidity involved in perianesthesia care.

I understand how imperative increased knowledge is to elicit changes that improve individual and collaborative nursing care. As perianesthesia nursing continues to adapt, such as during the circumstances surrounding the Covid-19 pandemic, I am more trusting and empowered by the ASPAN organization, its leadership, members, and constituents. I recognize the effort and innovation involved in promoting the well-being of perianesthesia teams. The conference offered sessions that reinforced my current knowledge and highlighted areas where I am less familiar. I am inspired to remain involved and can now visualize opportunities to work with perianesthesia nurses in my local region and across the nation who share similar interests and passion for growth. I will take advantage and encourage my team to utilize the vast resources available via the ASPAN website, such as valuable tools when conducting research or evidence-based practice projects.

I am very grateful for being one of the chosen Texas Association of PeriAnesthesia Nurses (TAPAN) conference scholarship recipients. Thank you, TAPAN President and Executive Board Members. I desire to continue my lifelong learner pursuit as a proud Certified PeriAnesthesia Nurse and future educator!

# TAPAN Scholarship Recipients Photo Gallery

## ASPAN 40<sup>th</sup> National Conference

April 25-29th, 2021



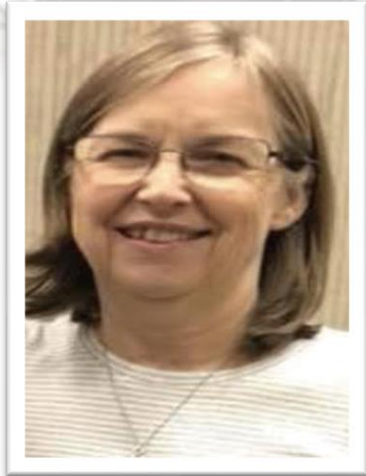
*Edith Dimiri - UGCR Region*



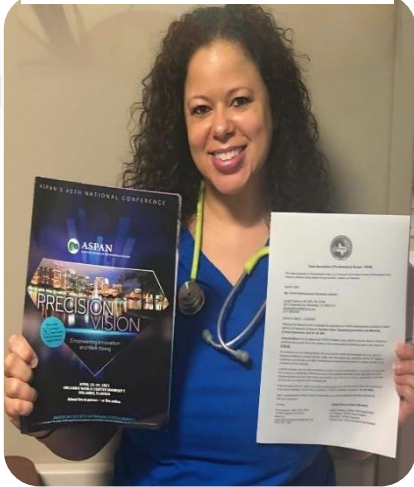
*Araceli Flores - UGCR Region*



*Jency Joseph - UGCR Region*



*Debbie Nicholson UGCR Region*



*Crystal Robinson - North & East Region*



*Terri Lytle - North & East Region*



*Elaine K Mueller - North & East Region*



*Kimberly Rosbrook - HCST Region*



*Lynette Alcorn North & East Region*

# TAPAN Component Celebrate our Outstanding PeriAnesthesia Nurses



Leena Mathew - MD Anderson ASC PACU- UGCR



Candace Miller - Memorial Hermann TMC - UGCR



Sonia Deleon – Memorial Hermann the Woodlands - UGCR – ASPAN Above & Beyond Award Nominee - 2021

*Member spotlight is the space to recognize our members for personal and professional achievement. All members are encouraged to submit news to share about colleagues or themselves. It's time to share good news and give some kudos and recognition to those who are working on professional development and advancing PeriAnesthesia Nursing Specialty!!*

**To submit news to "Members Spotlight", please email [tapancomponentpresident@gmail.com](mailto:tapancomponentpresident@gmail.com)**

**Thank you for all you do for TAPAN Component.**

# ASPAN – Member-Get-A-Member Campaign

**This is an opportunity for you to invite your colleagues to become ASPAN/TAPAN members.**

Promotional materials and membership application can be obtained by reaching out to the National Office at [www.aspan.org](http://www.aspan.org) or call the (877) 737 9696. Once you invite colleagues, be sure to place your name as the recruiting member on the application to make sure you are recognizing, you could be a:

**TAPAN TOP Recruiter or ASPAN Recruiter of the Year!**

## TAPAN TOP RECRUITERS as of January, thru July 2021

- 2 – Betty Smith, BSN, RN
- 2 – Brittany Lauren Elliott, BSN, RN, CPAN, CAPA
- 2 – Kristina Jacobo, BSN, RN
- 2 – Michelle D Gomez, MSN, MBA, NE-BC, RN
- 2 – Susan Norris, BScN, RN, CAPA

<https://www.aspan.org/Members/Member-Get-A-Member-Campaign/2021-Recruiter-Standings>

Don't delay you still have opportunity to introduce your colleagues to ASPAN/TAPAN and enjoy the extensive benefits of membership. To name a few...did you know that **ALL** continuing education articles are free? In addition, you have a Free subscription to *Journal of PeriAnesthesia Nursing*. Major saving on education. For your BSN, MSN and/or DNP or PhD there are Scholarships available. ASPAN has many rewards for individuals who recruit ASPAN members during the calendar year. They are also rewards given to members who are randomly selected as Recruiter of the Quarter from each ASPAN Region. Recruit a perianesthesia nurse Today!



---

Felicia Selman, MSN, RN, CAPA – Eyeopener Editor

TAPAN's mission includes advancing nursing practice through education, research, and standards. We offer our members opportunity to meet these goals through publication of articles in this newsletter. Every member of our component are invited to submit articles for publication in the Eyeopener. Members do not need to be an experience author. All articles are reviewed, and the member will receive appropriated feedback if needed. If you are anyone of your perianesthesia colleagues have an idea for an article and not sure if it would be appropriate to submit, send a brief summary of the intended article to: [tapancomponentpresident@gmail.com](mailto:tapancomponentpresident@gmail.com) Stating why you think it would be of interest to your fellow perianesthesia nurses, and when you expect to be able to submit it. Articles will generally be printed within 3 – 6 months of submission.

Your input has value to your fellow Perianesthesia Nurses and the publication of our Specialty Newsletter – Eyeopener!



# Certification Corner

## ABPANC Scholarships Program

ABPANC has a limited number of scholarships available each year for both certification and recertification fees.  
For more information visit:

<https://www.cpancapa.org/become-certified/scholarship-program/>

ABPANC has a Resources section on their website with free study tools to help nurses prepare for the exam.

## TAPAN 2021 Certification Coaches

Delos Santos, Geraldine, MSN, RN, CPAN  
Lessing, Vicky, RN, CPAN, CAPA  
Selman, Felicia, MSN, RN, CAPA  
Hessling, Sarah, BSN, RN, CPAN  
Hazzel Gomez, MSN, BSN, RN, CPAN, CAPA



**New Information from ABPANC: Online Remote Proctoring Available for CPAN and CAPA Examination**

## Reminders:

- ❖ Fall CPAN/CAPA Exam Administration
- ❖ Registration Window Opens: **July 1**
- ❖ Regular Registration Deadline: **September 15**
- ❖ Examination Administration Window: **September 15 – November 15**
- ❖ Fall CPAN/CAPA Recertification
- ❖ Recertification Window Opens: **July 1**
- ❖ Recertification Window Closes: **October 31**
- ❖ Fall Reinstatement Window: **November 1 – November 15**

**Free Study Guides and Reference Materials visit: [www.cpancapa.org/resources/study-tools](http://www.cpancapa.org/resources/study-tools)**

Examination fee for CPAN or CAPA certification is  
\$314.00 for ASPAN members and \$424.00 regular registration fee.

## *Events – Save The Date*

### **Mark the Calendar**

### **Don't forget these important deadlines!!**

ASPAN Scholarships deadlines (Education, Conference, NIWI, etc. – see ASPAN.org	July 1, 2021
TAPAN Star Nomination deadline .....	August 1, 2021
TAPAN Leadership Conference .....	August 14, 2021
TAPAN Outstanding Region Award application deadline .....	August 31, 2021
TAPAN Historian Bluebonnet Award application deadline .....	August 31, 2021
TAPAN Academic Scholarship application deadline .....	August 31, 2021
TAPAN Newsletter Award submission deadline .....	August 31, 2021
TAPAN Annual State Conference, Houston, TX .....	September 25, 2021
TAPAN Education Scholarship submission deadline .....	at least 30 days prior to program
ASPAN Component Development Institute, (CDI) .....	November 13, 2021
ASPAN National Conference Philadelphia, PA .....	April 7 – 10, 2022
ICPAN 2021 CONFERENCE (POSTPONED) .....	2023

View ICPAN 1<sup>st</sup> Recorded Global Webinar: <https://www.youtube.com/watch?v=tDHAnZ719dI>

Visit <https://www.icpan.org/2021---webinar.html> for more information about the webinar.



Follow us on Twitter to get update whenever new content is added to TAPAN.org @ TAPAN Nurses



[www.facebook.com/TexasAssociationofPerianesthesiaNurses](http://www.facebook.com/TexasAssociationofPerianesthesiaNurses)

### **References**

ASPAN scholarship program application forms [www.aspan.org](http://www.aspan.org)

ASPAN Member Get- A-Member Campaign <https://www.aspan.org/Members/Member-Get-A-Member-Campaign/2021-Recruiter-Standings> Retrieved 7/31/2021.

ABPANC scholarship program <https://www.cpancapa.org/become-certified/scholarship-program/>

ICPAN Webinar <https://www.icpan.org/2021---webinar.html>

Nursing Advocacy 2021: Important Legislation in the 87th Texas Legislature. Retrieved on 6/01/2021 from: <https://www.texasnurses.org/page/ActionCenter>

*The Dash*, by Linda Ellis, 1996 [www.thedashpoem.com](http://www.thedashpoem.com) Retrieved 7/31/2021

## In Memoriam



Gina Nguyen 1987-2021

The words “she was one of a kind” may sound so cliché’, but Gina was absolutely one of a kind. I can honestly say I have never met anyone like her. She had all of this positive energy that she shared with anyone she came across. She was an incredible person and was truly “super nurse”. Gina believed in teamwork and was always there to help. She truly loved what she did, and she was great with our patients. Gina had an amazing personality and can make you smile and lift your spirits if your day was not going well. She was my preceptor when I arrived to our unit, and she welcomed me with open arms. I am really happy to have met her and had the opportunity to work with her.

Chelse Woods RN, MSN, CMSRN  
ASC PACU - MDACC



This page is dedicated to all the lives lost over the last several months. The COVID-19 pandemic and perhaps underlying medical conditions as proven to us that there is no certainties in the journey we travel. Adverse events such as illness, disaster, and deaths can strike one at any time without warning. We all have been affected by the loss of dear friends, colleagues, cousins, aunts, uncles, grandparents, sisters, brothers, daughters, sons, and even moms and dads. The end result of life journey teaches the rest of us walking life journey the value of human life. Life is so precious, and so is time, it allows us to put things into perspective, our loved ones will want that for us. Our own mortality is reminded by those who has preceded us!

A popular phrase “live your dash” comes from the poem: *The Dash*, by Linda Ellis, it teaches us to be mindful, our journey is not eternal on this earth. Spend each day with passion and purpose, inspire others by living a life of joy, compassion, and kindness. We never know which day might be our last. Let’s honor our loves one by making the most of every day!

Felicia Selman, MSN, RN, CAPA  
TAPAN President 2019-2021



# TAPAN Region Presidents

## North & East Texas [netapan.nursingnetwork.com](http://netapan.nursingnetwork.com)

Lynette Alcorn, BSN, RN, CCRN

[alcornlynette@gmail.com](mailto:alcornlynette@gmail.com)

## West Texas – Panhandle [tapan-westtexas-panhandle.com](http://tapan-westtexas-panhandle.com)

Trina Mora, MSN, RN, CPAN, CAPA

[tmorarn@yahoo.com](mailto:tmorarn@yahoo.com)

## Hill Country & South Texas [tapanhillcountry.nursingnetwork.com](http://tapanhillcountry.nursingnetwork.com)

Lori Rabago, BSN, RN

[lori.noyola@gmail.com](mailto:lori.noyola@gmail.com)

## Upper Gulf Coast Region – [tapanugcr.nursingnetwork.com](http://tapanugcr.nursingnetwork.com)

Open

[tapanugcr@gmail.com](mailto:tapanugcr@gmail.com)



## TAPAN Operations

<b>ASpan Region Director – Region Two</b> Susan Norris, BScN, RN, CAPA <a href="mailto:snorris@aspan.org">snorris@aspan.org</a>
<b>Eyeopener Editor</b> Felicia Selman, MSN, RN, CAPA <a href="mailto:tapancomponentpresident@gmail.com">tapancomponentpresident@gmail.com</a>
<b>Governmental Affairs Chair</b> Deborah Davis, BSN, RN, CPAN <a href="mailto:davisdeb55@gmail.com">davisdeb55@gmail.com</a> Louise Meymand-Pelletier, DC, BSN, RN-BC
<b>Policy &amp; Procedure Coordinator</b> Susan Russell, BSN, RN, JD, CPAN, CAPA, FASPAN <a href="mailto:spraustx@aol.com">spraustx@aol.com</a>
<b>Membership &amp; Marketing</b> Mollie Smith, RN, CAPA <a href="mailto:mollie@tstx.net">mollie@tstx.net</a>
<b>Webmaster:</b> Susan Norris, BScN, RN, CAPA <a href="mailto:Susan_rncapa@comcast.net">Susan_rncapa@comcast.net</a>
<b>Research/EBP/Education Chair</b> Open
<b>FY 2019 – 2021</b>

## From the Editor

**The Eyeopener is the official publication of the Texas Association of Perianesthesia Nurses (TAPAN)**



All rights reserved, No part of The *Eyeopener* may be copied or reproduced in any form without prior permission from TAPAN. Contact the editor for further information.

### **Eyeopener submission:**

Members are encouraged to write to the board with comments, suggestions, and or articles of interest to PeriAnesthesia Nursing. Submissions must be typed and double spaced. It is the responsibility of the author of items submitted for publication in The *Eyeopener* to verify the accuracy of information and provide appropriate references. The editor and the TAPAN Board reserve the right to edit or reject submitted material.

### **Submission Deadlines:**

February 15: Spring Edition  
May 15: Summer Edition  
August 15: Fall Edition  
November 15: Winter Edition

### **Send comments, suggestions and/or submissions to:**

Felicia Selman, MSN,RN, CAPA  
P.O Box 2291  
Missouri City, TX 77459  
[tapancomponentpresident@gmail.com](mailto:tapancomponentpresident@gmail.com)

