ASPN 37th National Convention in Anaheim, CA was a huge success!

Reflections from our scholarship winners:

Solange Trigg, RN, CAPA, CPAN
"National Convention gave me the opportunity to attend classes with a wide array of topics, to learn about the newest research being done, and to interact with colleagues from across the country, learning how things are done in their specific facilities... I participated in the Certification Coach Forum, and learned new things that will help others with their certifications as well."

Kim Beckman, RN, CAPA
"It is always enlightening to learn what changes and challenges are occurring nationwide. One of the areas we are seeing a lot of focus on recently is the opioid epidemic. I attended a lecture on the Perioperative Management of the Patients with Substance Use Disorder... This is knowledge I can bring back to my department to implement and result in safer patient care for this population of patients."

Tracy Wolter, RN, BSN, CAPA, CPAN
"One of the areas we are currently working on is introducing the surgical floor to the new ERAS protocol with multi-modal medications. We have used the presentations and materials at the ASPAN national conference to help move away from
narcotic use."
Nereyda Leder, RN
"I left Anaheim with lots of energy and desire to share what I learned with my coworkers and look forward to work on projects that will help nurses have tools and knowledge to better serve the community."

Click here to read NPANA president Nan Wecker's reflections on Anaheim!

Congratulations to the NPANA Component for winning the Shining Star award! This recognizes our large percentage of members who are certified and the component advocating for CPAN and CAPA certification!
NPANA 2018 Fall Conference:
PeriAnesthesia Pearls in Portlandia  September 29-30, 2018
Holiday Inn Portland Airport

Guests may call 503.914.5245 or 1.800.HOLIDAY and mention block code NPA or visit Holiday Inn booking link
ROOM RATES ARE ONLY AVAILABLE UNTIL 9/6/2018!

We have an awesome schedule of sessions lined up for you!
1) Dr. Boles- Anesthesia 101
2) Dr. Shields- Blocks
3) Lois Schick- ASPAN guidelines/legal implications
4) Lois Schick- Marijuana Update
5) Shay Glevy- Obesity
6) Nancy O’Malley- The Pregnant Surgical Patient and other Gynecological Surgeries
7) Myrna Mamaril - Pediatric Perioperative Risk Factors
8) Dr. Shindo - The Opioid Epidemic
9) Dr. Ponec - GI/Pancreatitis - ERCP, New GI interventions

We are recruiting for research projects/poster presentations for Fall conference in Portland!! Please submit to Anita Theis
npanavicepresident@gmail.com

Education Corner:
Barb Richardson,
NPANA Education Coordinator
npanaeducation@gmail.com

Education Update:
This is an exciting time for our component in terms of education! The Portland District hosted a dinner and learn event in November and it sounds like there is some interest in having an offering in the north Seattle area in the future. The Inland Northwest District had a tremendously successful Spring Fling in March with about 130 people attending. They will be hosting an ASPAN Select offering "ULTRA-RAPID METABOLIZERS: WHAT PACU NURSES NEED TO KNOW," on June 28th, 2018 in Spokane. If attendees wish to receive contact hours for this event, they must register through ASPAN's website, pay for the event and then fill out an evaluation electronically. Others may attend the event at no cost, but they will not receive contact hours.


Finally, the fall conference planning team would like to invite you to join us for our annual fall conference "PERIANESTHESIA PEARLS IN PORTLANDIA" Saturday, September 29-Sunday, September 30, 2018 in Portland Oregon. The conference will be held at the Portland Airport Holiday Inn. Rooms have been blocked for us, but FYI, hotel registration will need to be made by September 6th to be guaranteed the $129/night price. It's our understanding that the price also includes 2 breakfast buffet tickets. There will be more hotel details to come about transportation, parking, etc. on the registration flier. Once we get the speakers all firmed up, we'll let you know the exact number of contact hours, but it will be 9-10 range. We will be registering electronically again via the NPANA website. The registration will be July 1-August 31 for the early bird discount. Conference registration prices will be ASPAN member - full $130, late $150, non-member - full $180, late $200. Please watch for an email from NPANA when the registration is open. We are expecting about 250 people so we are excited to see you all there!

Do you want to host an ASPAN select offering, or have a speaker in mind to
present for an hour over a lunch/dinner and offer contact hours? We can help you with that! Contact us today!

**ASPN Select Seminars**
Go to [www.npана.org](http://www.npана.org) for more info about the above education offerings!

---

**Fall Certification Testing Registration opens July 9th!**
Set a goal for yourself, use study resources and peer support, and accomplish this in 2018!

**Fall testing dates are September 24 - November 20**

**NPANA has 3 certification coaches who are happy to mentor you:**

- William Leary (Oregon)
- Jamie Conant (Alaska)
- Tracy Wolter (Alaska)

[www.cpancapa.org](http://www.cpancapa.org)

---

**Membership & District Updates:**
Submitted by Jaime Conant, npanasecretary@gmail.com

**Membership Update March/April 2018:**

- Total Members as of March 2018:
- Alaska = 65, Montana = 72, Idaho = 102
- Oregon = 258, & Washington = 433
Decreasing peri-operative complications through regional pain management

Submitted by Shannon Kline, RN BSN CPAN

It's exciting watching the increase in our ability to reduce patient pain and improve their surgical experiences through different regional pain management options like spinals, epidurals and different regional blocks. The advantages go even deeper, however. According to work published by Jennifer O'Neill, MSN and Elizabeth Helwig, MSN in 2016, "When regional anesthesia is effective, the surgical stress response is partially or completely suppressed. This leads to a decrease in hyperglycemia response to surgery, decrease in cortisol levels, reduced nitrogen loss, reduction in water retention, and a decrease in thrombogenesis." The better our patients' pain is controlled, the better their experience and outcomes, and the less complications they're at risk for!

ASPN Region 1 Director's Corner, Shay Gleavy

As I head into my second year of my term, our ASPAN National Conference has just ended and I am so thankful and proud to be serving as your Regional Director. I enjoyed meeting with the different components and getting to meet new PeriAnesthesia friends this past year and at Conference. Over the past year I have spoken on the team concept, accountability to one's self, our dedicated coaches and to the team as a whole and how it relates to our PeriAnesthesia setting. Where do Referees or Umpires fit in to all of this? At www.dictionary.com/browse/referee it defines referees and umpires as one to whom something is referred, especially for decision or settlement; a judge having functions fixed by the rules of the game or sport. I see our wonderful ASPAN staff and board as this. They take the time to make sure they are offering us the best education, reviewing applications for the best speakers and finding the best locations for us to hold these amazing conferences. Making sure they are best decision for us and judging by the rules set before them that we all are receiving contact hours make our association one of the
best! At conference I marveled at all the intricacies and organization that has to go on to make this happen. I was so appreciative to get education in my area of expertise and grateful for the opportunity to network and see what other PeriAnesthesia areas are doing that may be the same or different from where I work. Thank you to the “Referees” for making sure the education we receive is top notch! Please feel free to contact me at sglevy@aspan.org.

Your teammate, Shay

Shay Glevy RN BSN CPAN CAPA