



## About AzPANA

AzPANA was founded in 1981 by 4 nurses who served in PeriAnesthesia Nursing. AzPANA is a non-profit component of the American Society of PeriAnesthesia Nurses (ASPAN). The mission of AzPANA is to serve as a PeriAnesthesia nursing resource and to advance nursing practice within the community through professional and educational opportunities.

Membership in AzPANA is open to all nurses who participate in preanesthesia care, postanesthesia care, ambulatory surgery, pain management, preadmission testing, office based cosmetic surgery, endoscopy, interventional radiology and perianesthesia education.



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## ARIZONA PERIANESTHESIA NURSES ASSOCIATION

info@azpana.org

www.azpana.org



## Arizona Society of Anesthesiologists Annual Meeting January 21 - 22, 2023

Registration Open



<https://az-anes.org/>

Nurses are invited with AzPANA members getting a generous discount. CEU's are available also for attending.

The Arizona Society of Anesthesiologists (AzSA) will be conducting their annual meeting at the Wild Horse Pass Convention Center.

The Arizona Society of Anesthesiologists (AzSA) hosts this annual scientific and clinical meeting to serve the educational needs of practicing anesthesiologists in the state of Arizona.

The AzSA membership meeting survey has identified the local and national updates on anesthesia and healthcare as a primary reason for attending the meeting. All lecture topics address areas that are within the scope of practice of a professional anesthesiologist. The majority of these topics were requested by meeting attendees or indicated through national practice guidelines or advisory updates.

The expected result of this program is a broad array of increased anesthesia knowledge in the community, the refinement of already employed techniques or skills, and the application of new techniques or skills for the improvement of practice and patient care.

What Can I Do?

How Can I Help?

AzPANA leadership is made up of volunteers from all different aspects of the PeriAnesthesia profession. We would encourage you to step forward and join our team, give it a try, whether it be on a committee member or a director level, your participation is welcome.

Please consider sharing your knowledge and enthusiasm!!

Contact us to let us know you would like to participate.

[info@azpana.org](mailto:info@azpana.org)



## Presidents' Message



**Jessica Gentes MSN, RN, CHSE, CPN**

**AzPANA President 2022-2024**

Hello Current and Future AzPANA Members,

I hope that the holiday season was a healthy and happy one for you and your family, as we get ready for another year ahead. While reflecting over the year 2022 and entering into 2023 many of us have made New Year Resolutions. Whether the resolution is to better yourself physically, spiritually, mentally, or professionally, know that AzPANA and ASPAN supports you.

I hope that one of your many goals is to get involved in your nursing practice by joining organizations that will support your personal and professional growth. ASPAN and ASPAN's President Connie Hardy-Tabet are focusing on the Heart and Science of Caring: Collaboration, Advocacy, Purpose, and Excellence. With this focus in mind, ASPAN and AzPANA are supporting our members through education, support, and mindfulness while advocating for the safety of our nurses and patients.

So join ASPAN and AzPANA and recruit others to do so. Surround yourself with members across the nation who truly understand Perianesthesia Nursing.

Respectfully, *Jessica*

## PeriAnesthesia Nurse Awareness Week

February 6-12, 2023

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 and recognize your colleagues during PANAW 2023 with gifts offered by The American Society of PeriAnesthesia Nurses (ASPAN) and Jim Coleman, Ltd.

[SHOP NOW](#)

[2023 PANAW BROCHURE](#)



## Welcome New Members!

Kolete Al-jamal, BBA

Brooke Blinston, RN

Terri Davis, RN



## Education - Scholarships

Each year the AzPANA Board of Directors allocates money for scholarships to assist AzPANA members in attending educational seminars, ASPAN National Conference, ILSPAN International Conference, Nursing Education Programs, Medical Missions, or in becoming Certified or Recertified. Many times, the scholarship money goes unused simply because no one applies for it.

The AzPANA Board is committed to assisting the membership towards achieving educational and certification goals.

The money is available to assist you; you need only apply for it and is based on a point system. Please feel free to contact us if you have questions.

[info@azpana.org](mailto:info@azpana.org)



## Sponsors

On behalf of the Arizona PeriAnesthesia Nurses' Association (AzPANA), we would like to extend an invitation to you to participate as a sponsor at any or all of our conferences.

We offer:

A full day in-person / virtual conference, normally held from 8:00 am to 4:30 pm.

A 4-hour virtual-only conference.

You'll be able to choose your venue through the registration module.

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



## This Issues Tidbits – 2022-2024 Leadership

**President** – Jessica Gentes MSN, RN, CHSE, CPN  
**Vice President / President Elect** – Olivia Marsh MSN, RN  
**Treasurer** – Katrina Bickerstaff BSN, RN, CPAN, CAPA  
**Secretary** – Jacque Crosson DNP, RN, CPAN, FASPAN  
**Membership / Scholarship** – Mary K. Avina RN, BSN, CAPA (ret)  
**Governmental Affairs** – Open  
**Education** – Lois Zettlemoyer BBA, RN, AND  
**Education** – Jennifer Nopoulos MSNEd, RN, CPAN  
**Education Committee** – Open  
**Information Systems** – Rick Gullick MCT, SMAD

Our focus is to serve as a resource to advance nursing practices within the community through professional and educational opportunities.



## Region 1 News



### Ronda Dyer, MSN, BSPA, RN, CPAN, CAPA, CNE Region 1 Director

First, as we wrap up the Fall Certification cycle, I want to congratulate all who earned CPAN or CAPA certifications. This is an accomplishment to be celebrated. I would love to hear your certification stories at [rdyer@aspan.org](mailto:rdyer@aspan.org).

ASpan's Perianesthesia Development Institute (PDI) in Kansas City was a wonderful balance of information, resources and networking supporting ASpan and Component leaders in efforts to care for themselves and their responsibilities. I was so blessed to spend time with leaders from seven of the Region 1 Components as we shared and learned from one another. There were many new faces this year, a testament to our regrowth following the pandemic.

There are lots of plans under way in Region 1. PANANM (New Mexico) will be having a Winter Seminar in Albuquerque Jan 21. RMPANA (Rocky Mountain) is looking at early February for a Winter Workshop. PANAC's (California) Winter Seminar is planned for Ventura February 11. NevPANA (Nevada) wraps up winter with a March 4 event in Reno. Spring opens with NPANA's (Northwest) March 18 Spring Fling in Spokane. USpan (Utah) is planning for a spring event in Salt Lake City in May and AZPANA's (Arizona) next event is being planned for June.

PeriAnesthesia Nurse Awareness Week (PANAW) is being celebrated February 6-12. The theme, *Perianesthesia Nurses: Strong, United, Resilient* is a powerful message. Be the spark and plan something at your facility. Be sure to take photos to share with your Component Webmast or Newsletter Editor and with *Breathline* Editor, Barb Godden at [bgodden@aspan.org](mailto:bgodden@aspan.org).

Region 1 is excited to support ASpan's 42<sup>nd</sup> National Conference April 28-May 1 in Denver! Let's all celebrate the *Heart and Science of Caring* in the *Mile High City*. Watch for opportunities to volunteer to make this the best one yet. Plan for the Representative Assembly where members can make their voices heard through your selected Representatives.



# ASpan

American Society of PeriAnesthesia Nurses

**PeriAnesthesia Nurse Awareness Week  
is a month away!**

February 6 - 12, 2023 / [www.panaw.com](http://www.panaw.com)

**PANAW provides the ideal opportunity to celebrate and promote  
our practice. The celebration will be held from February 6-12,  
2023. Find PANAW gifts at: [www.panaw.com](http://www.panaw.com).**

Perianesthesia  
**N♥RSES**  
*Strong, United, Resilient*





## Professional Development

### ***Clinical Korner*** – Jennifer Nopoulos MSNEd, CPAN

#### **Administration of sub-cutaneous anticoagulants during the Peri-operative Period**

Amongst the vital information upon which I focused during anesthesia provider handoff; anticoagulant dosing information was paramount. Often, this was not documented on anesthesia report sheets, and I had to listen or ask for the information. During this heightened awareness, I noticed that providers were administering these sub-cutaneous injections in the arm, not the abdomen, the site of choice specified in every drug reference I consulted (Heparin, 2022, Vallerand & Sanoski, 2015, & Burchum & Rosenthal, 2016).

**Read more on our blog at [www.azpana.org/blog](http://www.azpana.org/blog)**

## Upcoming Events

- **AzSA Annual Meeting**  
January 21-22, 2023  
The Arizona Society of Anesthesiologists (AzSA) will be conducting their annual meeting at the Wild Horse Pass Convention Center on January 21-22, 2023. Nurses will again be invited and AzPANA members usually get a generous discount. Scholarships are available through AzPANA. [Link for more Information](#)
- **Board of Directors Meeting**  
February 4, 2023 8:00am – 10:00am  
All members welcome. [Contact us](#) for details and link to join
- **Health Day at the Capitol**  
February 6, 2023  
Meet Arizona's Representatives and Senators, strategize with nurses and healthcare colleagues, get to know AzNA's key legislative players, and more !  
All members welcome. [Link for more information](#)
- **ASPAN's 42nd National Conference**  
April 28 - May 1, 2023 **OPEN for registration**  
Denver, Colorado  
[www.aspan.org](http://www.aspan.org)
- **AzPANA's Summer Conference**  
June 10<sup>th</sup>, 2023  
Phoenix, AZ



The Arizona Perianesthesia Nurses Association is a non-profit organization which is a state component of the American Society of PeriAnesthesia Nurses ( ASPAN ).



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