



The Awakening

PRESIDENT ADDRESS

BRENDA GILLINGHAM BSN, RN, CPAN

Hello WISPAN! This is my final address as President. I am incredibly grateful to have served for the last two years with such a dedicated group of Board of Directors (BOD), ASPAN leaders, and, of course, members. I would personally like to recognize and thank the following individuals:

Marlene Nahavandi (President Elect) who is an incredible mentor. She worked for many, *many* hours gathering information for the ASPAN Gold Leaf application. Marlene was key in helping us win this prestigious award.

Sandy Shotliff (Treasurer) who has kept WISPAN afloat for years through her commitment and expert knowledge of our budget and member needs.

Jen Paquette (Website Coordinator) for holding us together virtually and creating such an incredible website.

Pattie Miller (Membership and Marketing) who, during an exceedingly difficult time, remained committed in reaching out to others. She kept our membership strong.

Tracy Franchuk (Governmental Affairs) for keeping us thoroughly updated on current news, events, and the needs of our profession.

Cyndi Siebel-Mohler (Scholarships) for being such a strong member advocate in prompting reinstatement of our scholarships as quickly as we could financially do so.

Deb Dosemagen (Newsletter Editor) for creating amazing Awakenings (evening winning on the national level!) time and again.

Sue Olson (Secretary) forever prompt and concise in her communication and minutes.

Terri Lakich (Standard Operations) in keeping our policies and procedures current; an important aspect of the WISPAN organization.

Jess Herr (Past President) for 'poking' me during BOD meetings when I did not know what I was doing.

Jill Hoffman (Research) for the excellent ideas she brings forth. We missed you!

Ann Keenan and Carol Neumann (incoming BOD members) for your willingness to serve.

Deb Moengen (Regional 3 Director) for always being available and bringing our components together virtually.

WISPAN members for sticking with us during these trying times. *YOU* are WISPAN.

Thank you all! I look forward to serving with you, and for you, as Past President over the coming year.

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TREASURER FINANCIAL REPORT

SANDY SHOTLIFF RN, CPAN

| | |
|---------------------------------------|---------------------------|
| WISPAN Finances are as stated: | Checking |
| | \$11,460.78 |
| | Spring Virtual Conference |
| | \$393.15 |
| Mutual Fund | \$11,218.60 |
| Savings | \$6,023.30 |
| CD | \$21,872.22 |

Hail, Honor, Salute! 40 and Forward!

- ⇒ All donors who make a gift to ASPAN's Hail, Honor, Salute will automatically take part in the 40 and Forward campaign.
 - ⇒ 40 and Forward takes your name and places it on a colorful leaf. These leaves will be added to a tree that will mature as more donations are made.
 - ⇒ The ASPAN tree will be available to view online starting in May. It then will be displayed at the 2022 Philadelphia National Conference
- [40 and Forward Campaign \(aspan.org\)](https://aspan.org)

Upcoming Scholarship Deadlines:
July 1, 2021 – Continuing Education
September 15, 2021 – CPAN/CAPA Certification/Recertification

2021 WISPAN Scholarship Recipients:

Spring 2021 CAPA / CPAN Recertification

Jess Herr (CAPA)

Brenda Gillingham (CPAN)

Debra Dosemagen (CPAN)

2021 ASPAN Virtual National Conference (\$495)

Terri Lakich

Jess Herr

Sandy Shotliff

2021 ASPAN Virtual National Conference (\$225)

Carolyn Trimberger

Michelle Poehler

Laura VanPietersom

2021 WISPAN Virtual Spring Seminar

Marlene Nahavandi

WISPAN SCHOLARSHIP

CYNDI SIEBEL MOHLER BSN, RN, CPAN

I have some excellent news! Most of the scholarships offered by WISPAN are no longer suspended. This decision was made at our WISPAN Board meeting held on April 7, 2021. We are still suspending the Mission Nursing Scholarship. The International Conference Scholarship which is usually awarded in 'odd' years is not needed this year because the 2021 INPAC has been moved to 2022. Some of our other scholarships looked a little different this spring due to conferences being moved from in person to online formats. For example, WISPAN offered (3) \$495 Virtual ASPAN National Conference Scholarships and (4) \$225 Virtual ASPAN National Conference Scholarships instead of our usual (3) \$1000 ASPAN National Conference Scholarships and (1) \$1000 First Time Attendee to ASPAN National Conference for in person attendance. We also offered (2) Scholarships for attendance to the 2021 Virtual WISPAN Spring Seminar.

Changes to the Scholarship program have been happening amazingly fast based on WISPAN's budget at the time of these decisions. You are welcome to attend any of our Virtual Board meetings to see/hear firsthand changes being proposed and made. You can offer your input directly at the meeting or contact me with your questions or suggestions and I will be happy to discuss them at the meeting. Attending meetings also earns "points" for those of you who are familiar with the scholarship applications. Scholarships are awarded based on a point system. Applications can be completed online through our website. If anyone has any difficulty with completing the application online or if you would prefer not to complete online contact me and I can send you a paper application. Changes are posted on our website after our Board meetings.

Cyndi Siebel Mohler BSN RN CPAN

WISPAN Scholarship Coordinator

WISPANscholarship@gmail.org

RnCsm@tds.net

TRANSITIONS

DEB MOENGEN BSN, RN, CPAN
ASPAN REGIONAL DIRECTOR

In my community it is obvious that we have transitioned from a time of quarantine to freedom. There are large numbers of people in public places such as restaurants, churches, and shopping centers. The ability to connect has gone "live". It almost seems surreal that we have had restrictions for over a year and now people are without a mask in public. Now we are in a transition of disconnection to connection.

ASPAN is offering some component leader roundtables this year to assist in re-connecting our members. If you are currently in a leadership position or are interested and would like to join the discussion, please contact the national office and they can send you the information. Our next topic is Communication and publication July 17th.

Our new president Jenny Kilgore's theme is "*The Importance of Human Connection, Power of Community*". The importance of connecting is evident after hearing of those who have not seen each other during the pandem-

ic. We recently had a family wedding and for many this was the first time being together and connecting for over a year. It felt good to see the smiles and tears as people were able to greet each other. The transition has gone from no touch and keeping a 5-foot distance and a mask to a hug and a smile. Connecting will for most never be taken for granted.

How have you stay connected with our ASPAN community? Now maybe the time for you to transition from a silent member to one to take a more active role. There are many ways to get involved. You may not want to commit to an elected position but perhaps one of contributing just a little. Can you consider how you can transition to a deeper commitment to your professional development by being an active member of your component and ASPAN. As your regional director I am hopeful that we will connect very soon in person. Please reach out if I can be of any resource to you.

*Transitions;
the process or a
period of
changing from
one state or
condition to
another transi-
tion.*

"The society is committed to the promotion of perianesthesia nursing as a specialty and enhancing the professional growth of its members"

MESSAGE FROM PRESIDENT ELECT

MARLENE NAHAVANDI BSN, RN, CAPA



Congratulations!

To the entire WISPAN board for achieving the Gold Leaf award from ASPAN. The purpose of Gold Leaf award is to recognize

- ⇒ Excellence in component leadership and member development, communication, education services and community relations.
- ⇒ To encourage quality component management.
- ⇒ To recognize with distinction and visibility the efforts and results of meaningful activities that build a strong component.
- ⇒ To benchmark standards.

Each year the WISPAN board reviews and updates the Strategic Goals of the organization. I invite you to review WISPAN's goals to see what the board is working on. If you have suggestions for goals please let

us know.

[WISPAN STRATEGIC GOALS 2020-2021 Rev 1.pdf](#)

The WISPAN board is committed to helping its members, as the members are an integral part of the organization. Each of you represents WISPAN. Please let the board know how the organization can help promote your professional growth. [Contact The Wisconsin Society of Perianesthesia Nurses | The Wisconsin Society of Perianesthesia Nurses | Nursing Network](#)

Finally, I encourage you to participate in the board meetings which are bimonthly on the first Wednesday at 7:30 PM. Click here to learn more. [Upcoming Board Meetings | The Wisconsin Society of Perianesthesia Nurses | Nursing Network](#)



CLINICAL PRACTICE QUESTION

Question: Our PACU has Phase I mount an EKG strip and record the PR, QRS, QT interval and the rhythm. Does ASPAN support this?

[Answer on Page 10](#)

**WISPAN Members
who attended
National
Conference**

Michelle Poehler
Erin Murphy
Laura Van Pietersom
Carolyn Trimberger
Julie Thome
Jessica Herr
Donna Angerhofer
Susan Olson
Terri Lakich
Heather Seefeldt
Susan Fox
Kim Jennaro
Carrie Kittell
Cale Moyle
Alicia Ownbey
Debra Peterson
Michaela Reignier
Marites Thomas
Marlene Nahavandi
Sandra Shotliff
Cathy Burns
Mary Lang
Brenda Gillingham
Pamela Schreiner
Kari Block
Jeannine Kawczynski
Jamie Kowslowski
Chris Neuman
Alexandra York
Michelle Muzia

MEMBERSHIP AND MARKETING

PATTIE MILLER

As of June 1, 2021. WISPAN has 249 members. Of these members, 40 are CAPA certified, 60 are CPAN certified and 5 hold a dual certification.

If you are considering getting CAPA or CPAN certified, the Fall exam registration window is July 1-Sept 15, 2021. The exam administration window will be between Sept 15-Nov 15 2021. Go to <https://www.cpancapa.org/> to learn more.

Become certified to:

- ⇒ Enhance employer confidence
- ⇒ Validate professional experience
- ⇒ Commit to lifelong learning
- ⇒ Strengthen credibility
- ⇒ Increase earning potential
- ⇒ Improve patient care and safety

“WISPAN has 249 members. Of these members, 40 are CAPA certified, 60 are CPAN certified and 5 hold a dual certification”

ACCOMPLISHMENTS/ SHOUT OUTS

CONGRATULATIONS to:

Tracy Franchuk was selected to serve as a member of the 2021-2022 ASPAN Clinical Practice Committee & 2021-2022 Standards & Guidelines SWT.

Terri Lakich, Jess Herr and Sandy Shotliff received a scholarship to attend the Virtual Full ASPAN National Conference

Michelle Poehler, Laura VanPietersom and Carolyn Trimberger received a scholarship to attend a Virtual Day at the ASPAN National Conference

Brenda Gillingham (CPAN), Jess Herr (CAPA), and Debra Dosemagen (CPAN) received recertification scholarships for Spring 2021

Marlene Nahavandi was the Spring 2021 Conference Scholarship winner

WISPAN received the Gold Leaf Award, which was Announced at National Conference

ELECTION RESULTS ARE IN!

The WISPAN Election results are in.....Congratulations to

Ann Keenan (Pres Elect)

Carol Neumann (Membership & Marketing)

Jen Paquette (website)

Tracy Franchek (Government Affairs)

Marlene sent congratulatory messages to all of the members on the 2021-2022 election ballot

GOVERNMENTAL AFFAIRS LIAISON UPDATE

TRACY FRANCHUK BSHCA, BSN, RN, CAPA
GOVERNMENTAL AFFAIRS LIAISON

This July I will begin my second term as your Governmental Affairs Liaison. First, I want to thank you for being members of WISPAN! It is so important for Nurses to come together as a collective whole to make a difference. Secondly, I want to thank you for allowing me to serve all of you! It is an honor that I will continue to represent our Perianesthesia Nurses in all avenues for another three years.

Serving as Governmental Affairs Liaison has been an eye opening, challenging, educational and rewarding experience. I find myself amazed and sometimes overwhelmed at the amount of information out there. One of my goals is to update the Governmental Affairs section of the website. To be able to access reliable information quickly and easily is important. Please watch the website for these upcoming changes!

Cordially,

Tracy Franchuk BSHCA BSN RN CAPA



“The CPAN/CAPA Test Assured program allows a CPAN/CAPA-eligible nurse to take the exam a second time, in the event that the first attempt is not successful.”

CPAN / CAPA Certification:

Your Journey to Lifelong Learning

First, I would like to thank all certified perianesthesia nurses and other certified RN's that might be reading this. Certification indicates your commitment, skill and professionalism. For those that are not certificated I would encourage you to take the step to certification. You may ask why. Here are a few reasons to become certificated:

- * Validation of specialized knowledge
- * Improves nurses' confidence
- * Improves patient care and safety
- * Commit to lifelong learning
- * Increases earning potential

As a certification coach for American Board of Perianesthesia Nursing I am available to answer questions and assist with your journey to certification. If you have any interest I would encourage you check out the Certification Handbook located on [CPAN®](http://cpan.org) and [CAPA® Certification Handbook \(cpancapa.org\)](http://capa.org)

The exam consists of 185 multiple-choice questions:

- * 145 questions are scored
- * 45 are being piloted/pretested
- * Pilot/pretest questions are not identifiable and do not contribute to your score

The CPAN/CAPA Test Assured program allows a CPAN/CAPA-eligible nurse to take the exam a second time, in the event that the first attempt is not successful.

The cost of the Test Assured program is \$50.00 in addition to the regular registration fee.

The total fees are as follows:

ASPAN Member Fee: \$314.00 +
\$50.00 = \$364.00
Regular Registration
Fee: \$424.00 + \$50.00 =
\$474.00

Please feel free to contact a certification coach: Marlene Nahavandi BSN, RN CAPA at marlenen@mail.com



<http://www.cpancapa.org/>



Word Scramble: Perianesthesia Certification

Words associated with Perianesthesia Certification

Scrambled Words

| | |
|-----------------|-------|
| CAAP | _____ |
| APNC | _____ |
| TCETRINCFOAII | _____ |
| BCPNAA | _____ |
| AEENIIPSESATHR | _____ |
| CPAU | _____ |
| SORSSNEIOAMPLFI | _____ |
| EEAVMANDTCN | _____ |
| XAME | _____ |
| EYRCERITF | _____ |
| ONEUTISQ | _____ |
| ATACPPONIIL | _____ |
| YIGEBTILIIL | _____ |
| HCOCA | _____ |
| DEWOKENGL | _____ |
| EICTCPAR | _____ |
| EEECSSRRNEF | _____ |

[Answer Key on page: 10](#)

Submitted by Marlene Nahavandi

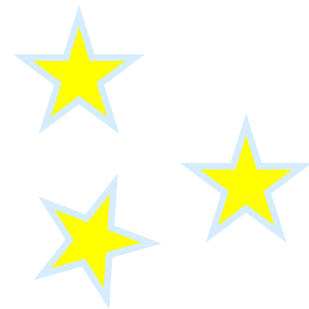




Pattie Miller was recognized and celebrated on 16 years of service on the WISPAN Board of Directors. The celebration took place at Ascension St. Mary's Ozaukee, Day Surgery.

Congratulations Pattie and thank you for your dedication and service on the WISPAN Board of Directors!!

Congratulations, WISPAN on receiving the Gold Leaf award for 2021!!



Marlene Nahavandi (WISPAN President Elect)
& Brenda Gillingham (WISPAN President)



SUSAN OLSON BSN, RN, CPAN

In addition to being educational, you have the fun stuff like Component Night, President's Reception, Certification Luncheon and WISPAN night out. Plus, you are away from home and work for a few days. This conference was scheduled to be in Denver where I was going to see my great nephew who was turn-

Our poster:

8

MY ASPAN NATIONAL CONFERENCE EXPERIENCE

CAROLYN TRIMBERGER MSN, RN, CPAN

I have been a Registered Nurse for almost 30 years working in both a Hospital and a Free-standing Surgical Center in the Same Day Surgery and Post Anesthesia Care Units. I have been a member of ASPAN/WISPAN for nearly 20 years and have been a Certified Post-Anesthesia Nurse (CPAN) since 2004. I had never attended the ASPAN National Conference before but when I received the conference booklet in the mail this year, I decided that it was time to finally attend the conference. I was looking forward to attending in Orlando but with the conference going Virtual, I still wanted to attend.

I am grateful for the opportunity to receive a Scholarship from WISPAN to attend one day of the Conference. Today was the day I selected. I was extremely impressed by the variety of topics that I had to choose from. I carefully chose presentations that I knew would have an impact on my practice.

Post-operative pain control is always a priority, so I selected a presentation on "Opioid Use: Past, Present and Future". I also selected a presentation on "Surgical Prehabilitation – Enhanced Recovery After Surgery Protocol" and this also included the implementation of multi-modal analgesia which we use with many of our surgical patients. Another interesting presentation I selected was on "Peripheral Nerve Blocks (PNB) Made Easy". PNB are frequently used for post-operative pain control and I learned even more about the benefits and the variety of nerve blocks available as well as techniques and the importance of monitoring during and

after the procedure. Information was also presented about an emergency condition called Local Anesthetic Systemic Toxicity (LAST) and the importance of immediate recognition and treatment. Another presentation I viewed was on "Capnography vs. Pulse Oximetry in PACU". This was a nice review. Over the lunch hour I selected a presentation by ABPANC on the Benefits of CAPA and CPAN Certification and Recertification.

I plan on taking the information learned at this conference back to my work setting and was especially enthusiastic about CAPA and CPAN Certification. We have several nurses certified in CPAN but no CAPA nurses. Many of our nurses would qualify for sitting for the certification examination as they have met the work hours requirement. Our Health Care Organization does reimburse for certification/recertification. I will be doing a presentation at one of our upcoming department meetings about the many benefits of certification.

The Conference also offered opportunities to network with vendors which I found beneficial. I was also able to view several poster presentations and appreciate the information I learned. As the day came to a close, there was a "Happy Hour" where we were able to go into a Zoom Conference and network with other Peri Anesthesia Nurses from all over the United States. What a great way to end the day!

I am so appreciative to have had the opportunity to attend today's session of the 40th Annual ASPAN Virtual National Conference and want to extend my appreciation to WISPAN for making this possible. I hope to attend the conference again next year.

POSITIVITY IN PRACTICE

JESS HERR MSN, CPAN, CAPA

Have you ever woken up in the morning and thought to yourself "I don't want to go to work"? We've all had that one co-worker that just drains the life of the team with negativity. Many people find themselves in this type of mindset or deal with this type of person daily which can result in negative impacts to health and wellness. When you consider that most people spend more time at work than they do in the home, it is very important that we find work that is engaging and fun. The Impact of a healthy team can result in higher satisfaction, better engagement, more meaning in their work, and better problem-solving skills.

At this year's ASPAN National Conference, Author Jon Gordon, described eight principles that can be applied to your daily life that will impact your ability to promote positivity (Gordon, 2021). Some of these principles included leading with optimism, removing the negativity, and building relationships. But for me, the most profound principle that I wanted to share and focus on is that positive leaders stay focused. Jon promoted that focus is the number

one driver of significance. He also pointed out that everyone should live the life they are made to live. To drive home his concept, he explained a process that everyone can do which involves picking one word to focus on over a specified amount of time (he used a year). The word needs to be something

that you feel will have a profound impact on you if you center all the decisions you need to make around that one word and its meaning. The picture of a word cloud provides examples. He explained that if you can do this, your mindset will start to adapt to this word, and it will begin to impact your daily life.

When considering what you can do to become a more positive leader, here are some other ideas:

- ⇒ Start all meetings with celebrating good news and encourage everyone to contribute.
- ⇒ Start saying "I get to" or "I want to" in place of "I have to" – this will retrain your brain
- ⇒ Address all negative behavior immediately. Negativity breeds quickly so allowing it to con-



CONFERENCE REFLECTION

CJ BURNS RN, CAPA

Over the years I have been fortunate enough to attend quite a few National conferences with ASPAN. I have been to cities I may have never seen but for the wonderful opportunity these conferences presented (and the investment of my workplace – The Orthopedic Hospital of Wisconsin).

I have visited Dallas (warm weather), Seattle (great seafood & coffee), Las Vegas (great shows), Philadelphia (awesome history), Chicago (delicious food), Nashville (fun music), Indianapolis (nice downtown), for conferences! Each conference & hosting city presented a unique learning opportunity. This year, I received the WISPAN scholarship to attend my first virtual National conference from Milwaukee area. No need to schedule plane trip, hotels, or shuttles. No need to pack costumes for the famous "Component Night", and no "googling" host city attractions or restaurants. Even my dog got to stay home.

To make it more like a conference, I joined two other RNs to do our own version of National conference. This included meeting at one of our homes, setting up our individual laptops in different areas, having coffee, breakfast, and lunch together. We took nice long walks in our respective neighborhoods to "see the sights" over the lunch breaks. We took as many classes as we could and now plan to maximize the opportunity to take as many classes as possible over the next few months. We certainly laughed about the situation and made the best of it.

Being very "un-techie", I can't imagine how much work & detail went into this conference, so I applaud those who presented as well as the tech folks who put it all together.

Even though the virtual conference was convenient, I missed the synergy & fun of being with Peri-anesthesia RNs from all over the country. I hope the 2022 conference will find us healthy & all together!

POSITIVITY IN PRACTICE

JESS HERR MSN, CPAN, CAPA

tinue will not help.

- ⇒ Practice the mantra “If you don’t have anything nice to say – don’t say anything”
- ⇒ Stop listening to yourself & Start talking to yourself – the words we speak have great power.
- ⇒ Focus on what you can do instead of what you cannot do.
- ⇒ Practice the mindset of Its not happening to me, it’s happening “for” me
- ⇒ If you change the way you look at things, the things you look at change as well.

Another topic that goes hand in hand with a positive attitude is a healthy team culture. I watched a presentation (Antoinette Zito, Colleen Cummins, Sharon Knauss, & Cynthia Plato, 2021) that discussed the ways we can all build productive work environments. Being a part of a healthy team can make a huge impact on your job satisfaction. A healthy team is a team that everyone can works together towards a common goal and adapts to change with each other. Here are some things that can help you build a healthy team.

- ⇒ Development of a shared purpose, mission, and goals. You want everyone to feel that they work for the same team.
- ⇒ Embrace diversity through collaboration – everyone has different exper-

tise, strengths, and skillsets to get the work done.

- ⇒ Accountability - no finger pointing, ask yourself who you are accountable to, how can we help each other improve and grow?
- ⇒ Avoid Gossip. Ask peers – what can I do to help you?
- ⇒ Be willing to admit mistakes and apologize
- ⇒ Effective Communication- Listen to other opinions, solve problems as a team, if you’re not sure about something, ask questions- don’t assume.
- ⇒ Trust, Dignity, Respect – most influential foundations of a healthy team. Trust stems from honesty, being humble, owning actions/mistakes.
- ⇒ Put phone away, make eye contact, take leaps of faith (have each other’s back).
- ⇒ How to empower - Lead by example, be transparent, share knowledge and resources, know it’s okay to not have all the answers

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

~ Maya Angelou

References

Antoinette Zito, M. R., Colleen Cummins, M. B., Sharon Knauss, B. R., & Cynthia Plato, B. R. (Performers). (2021, 04 28). *Empowered Workforce 2021: The Perianesthesia Team*.

Gordon, J. (Performer). (2021, 04 26). *Leadership Memorial Address: The Power of Positive Leaders*. ASPAN National Conference Keynote Speaker.

ABPANC CERTIFICATION INFORMATION

New Certification

Fall:

Exam Registration: 7/1 to 9/15

Exam Administration: 9/15 to 11/15

Renewal Certification

Fall: 7/1 to 10/31

Visit www.cpancapa.org for more information about certification

ABPANC is seeking a Certification Coaches, please contact Zelda Williams, ABPANC Program Assistant at zwilliams@cpancapa.org

WISPAN BOARD MEETINGS

WISPAN is trialing a new process to make board meetings more accessible. Check out the new [BOD Meetings Section](#) on the website which shares dates of meetings and provides a [virtual meeting link](#).

If you are interested in joining, the link is available on the Virtual Meeting Link page on the website and will require a password. Please reach out to Jen

Paquette at wispansite@gmail.com to request.

NOW ACCEPTING PICTURES, ARTICLES , PUZZLES, CELEBRATIONS FOR THE NEXT AWAKENING!!!

Please submit photos, articles or anything that you would like included in The Awakening to the WISPAN editor at:

WISPANnewsletter@gmail.com

Clinical Practice Question

Question: Our PACU has Phase I mount an EKG strip and record the PR, QRS, QT interval and the rhythm. Does ASPAN support this?



Answer: The 2021-2022 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements includes Practice Recommendation 2, Components of Assessment and Management for the Perianesthesia patient. On page 51, segment 3 is devoted to vital signs. In particular section 3.c states continuous cardiac monitoring with rhythm documented per facility policy.

ANSWERS for Word Scramble

| | |
|-----------------|-------------|
| CAPA | recertify |
| CPAN | question |
| Certification | application |
| ABPANC | eligibility |
| Perianesthesia | coach |
| PACU | knowledge |
| professionalism | practice |
| advancement | references |
| exam | |

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