

QUEST

Newsletter of Vermont/New Hampshire
Association of Perianesthesia Nurses



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Spring 2025
Volume 38 Issue 1

President's Message



In times of challenge and change, nurses remain the heart of healthcare. Whether in hospitals, free standing surgical centers or offices, your dedication, compassion, and resilience shape the lives of the patients and families that you care for.

Difficult times test us, but they also forge new paths. Renewal is not just about recovery; it is about rediscovering our purpose, embracing change, and finding new ways to thrive. In every challenge, there is an opportunity for reinvention—for perianesthesia nursing, for the nursing profession, and for each of you.

As we move forward, let us support one another, honor our differences, advocate for the future of nursing and

healthcare, and embrace our unique specialty. Your work is essential, your voice is powerful, and your impact is immeasurable.

With deep gratitude and respect,
Kerin Lariviere MSN, RN, CAPA



WELCOME!

New and Rejoined VT/NH APAN Members:

Kasha Bell	Michael Clough	Jade Petell	Liz Fox
Colleen Mitchell	Sierra Huslander	Katie Mason	Joey Gallant
Dawn Mills	Deborah Majersky	Nicole Poquette	Victoria Poulin
Kristen Vorderer			Linda Waldorf

Register Now!

April 5, 2025 7:45-12:45

VT/NH APAN Spring 2025 Conference

Portsmouth Regional Hospital
333 Borthwick Avenue
Portsmouth, NH 03801

Topics: Surgical Positioning, TIF - GERD, Endovascular
Neurosurgery, Addressing Anxiety

Go to the website to register: VTNHAPAN.org

ELECTION RESULTS!

Thank you all for voting for your leaders in VT/NH APAN.

VP/President Elect: Sandie Watts Elliot Hospital. She will be moving into the Presidency in May when Kerin Lariverrie's term is over.

Secretary: Dottie Flowers University of Vermont Medical Center

Education Chair: Kim Mihelich Great Bay Community College

Treasurer: This position will be shared with Xandria Perrone & Amela Imamovic Elliot Hospital

Membership Chair: Elizabeth Miller University of Vermont Medical Center



ASpan National Conference

Sheraton Dallas Hotel, Dallas Texas

April 28-May 1, 2025

Registration is now Open: [ASpan.org](https://www.aspan.org)



PeriAnesthesia Nurse Awareness Week was February 3 - 9, 2025

Celebrating PANAW week was Elliot Hospital. Here are some pictures of their fun!





NEW COLUMN!

CLINICAL PRACTICE

ASPAN has a resource for any perianesthesia nurse with a clinical question. It is free to all. Submit a question to the ASPAN website under the Clinical Practice tab and the Clinical Practice team will respond with an answer. The answers are all referenced and current practice. The QUEST will publish one recent Clinical Practice Question so we can share the Hot Topics in our specialty. Here is this issue's question from Wilmington, Delaware.

Clinical Practice Question

How many nurses must be in the PACU after the anesthesiologist leaves if the patient is in observation due to oxygenation issues, etc.? Does it have to be 2 RNs or just 1 RN and a tech or MA?

The answer is on page 7 in this newsletter.



ASPAN Region 4 Update

Stephanie Johnson MSN, RN, CPAN, CAPA

Greetings! We have finally made it to the end of winter! These warmer days are certainly lifting my spirits and I am getting excited for all that spring brings. This is a busy time of year in the ASPAN world on both the national and local component stages.

One thing that we have heard from members is their desire for more education. In Region 4, we have several of our components preparing to provide members with robust education with conferences. There are three conferences being held virtually (Massachusetts, Maine and New Jersey/Bermuda) and one being held in person in the beautiful city of Portsmouth by your very own VTNHAPAN. Portsmouth is one of my personal favorite places to visit so I am looking forward to attending and presenting! We have an advantage here in the northeast as being geographically the most compact region. This allows us to be able to travel more easily to in-person conferences outside of our home components, giving us more opportunities. Paired with the virtual setting the reach is so much further!

On the ASPAN website, you will find the opportunity to view 3 different On-Demand Modules providing you with a total of 3.5 contact hours for **FREE**. You can sign up for a small fee for several others. There are also 15 CE articles from JOPAN that you can read, take a quiz and complete an evaluation to earn even more **FREE** credits! These are all so helpful for keeping up to date with best practice.

We are approaching the ASPAN National Conference, which is being held in Dallas, TX from April 28th – May 1st. This is my first time preparing for the conference as a member of the ASPAN Board of Directors and it is incredible to see the work that is put into the conference behind the scenes. It is an

amazing opportunity to gather with colleagues, network, and make new friends all while enhancing your knowledge as a perianesthesia nurse. I hope to see many of you there!



Governmental Affairs Update - Julie Gilston RN

The New Hampshire Nurses Association (NHNA) held its annual Legislative Town Hall Forum February 6th. NHNA Commission of Government Affairs is the voice of nursing in NH when it comes to the legislative and health policy arena. Below are two bills that were reviewed.

There were many bills presented that pertained to vaccinations. House Bill 524 would repeal the NH Vaccine Association. The bill proposes the repeal of the NH Vaccine Association, which is a state-established entity designed to ensure the funding of vaccines for children. This bill would increase costs for all pediatric vaccines.

House Bill 584 is a bill that states that the World Health Organization, United Nations and World Economic Forum shall have no jurisdiction in NH. This bill would hinder all NH towns, schools, etc. from having access to current advice and guidance from these sources.

Nurses are in a great position to advocate. Advocacy is any action that speaks in favor of, recommends, argues for a cause, supports or defends or pleads on behalf of others ⁽¹⁾. Nurses' voices matter.

There are ways to stay informed and to advocate by following NHNA as well as New Futures NH. New Futures NH will post policy priority subjects that you can act upon. They will update priority bills and include next steps and how you can take action.

We, as nurses, need to advocate for the health and wellness of all of NH. It is important that we stay informed and up to date. Please consider taking the time to stay informed and involved.

1. <https://afj.org/resource/what-is-advocacy/>. Alliance for Justice. Accessed 3/2/2025.

The ANA-Vermont is the professional association for nurses in Vermont and is dedicated to improving the quality of healthcare and nursing, to enhance the health of the people of Vermont and nurses, empowering nurses and advocating health and wellbeing. Check out their website: anavermont.nursingnetwork.com



Certification – Are you Ready ? ABPANC is the organization that administers the certification exams: Certified Post Anesthesia Nurse (CPAN) & Certified Ambulatory Perianesthesia Nurse (CAPA). Join an elite group of board-certified perianesthesia nursing colleagues. Whether you choose to pursue either CPAN or CAPA certification, ABPANC, (American Board of Perianesthesia Nursing Certification) has many tools to assist you on your journey. Go to www.cpancapa.org for more information.

Scholarships are available to help defray the cost of certification. These are available from ABPANC as well as from VT/NH APAN and ASPAN. See the respective websites for details and submission deadlines

FYI: ASPAN and ABPANC are 2 totally different organizations, although we support each other's mission. ASPAN is for education, ABPANC is for certification.



Clinical Practice Answer

Question: How many nurses have to be in the PACU after the anesthesiologist leaves if the patient is in observation due to oxygenation issues, etc.? Does it have to be 2 RNs or just 1 RN and a tech or MA?

Answer: I refer you to ASPAN's Practice Recommendation: Patient Classifications/Staffing Recommendations which can be found in the 2023-2024 Perianesthesia Nursing Standards, Practice Recommendations and Interpretive Statements. "It is ASPAN's position that an appropriate number of perianesthesia RN's with demonstrated competence is available to meet the individual needs of patients & families in each phase of perianesthesia care based on acuity, census, patient throughput, and physical facility." In your scenario, If you are still in Phase 1 care, 2 RN's. If in Phase 2 care; preparing for discharge from the facility, then 2 personnel (1 RN & the second should be available to immediately assist).

Research Grant Program – DID YOU KNOW?

VT/NH APAN offers research grants up to \$500 for members involved in research related to perianesthesia practice. To find more information go to VTNHAPAN.nursingnetwork.org. Click on the Resources tab and then the Research tab. You will find the policy and the application there.

WANT MONEY?

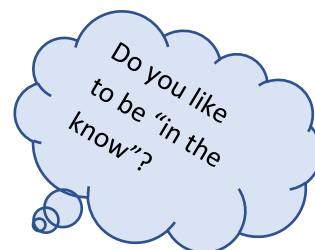
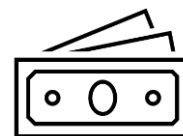


2025 ASPAN Scholarships Program!

Funds for the 2026 calendar year are available for:

Certification Exams
Recertification Fees
ASpan National Conference Registration (2026- San Fransico)
Medical Missions
AONL Advocacy Day- Washington DC

The deadline for applications is **July 1, 2025**. Go to www.aspan.org and select the Scholarship tab for the full policy and application form.



Your VT/NH APAN board of directors is looking for perianesthesia nurses who are interested in expanding their horizons and who enjoy collaborating with fellow perianesthesia nurses. Come join a committee or just volunteer to help! Reach out to Sandie Watts, RN, CAPA watts@vtnhapan.org with questions or interest.



Important Dates to Remember

2025

Feb 1 - April 15	Registration open for ICPAN scholarship (Ireland) from ASPAN
April 5	VT/NH APAN Spring Conference. Portsmouth NH
April 28–May 1	ASPAN Annual Conference in Dallas, Texas
July 1	Deadline to apply for an ASPAN scholarship for 2026

VT/NH APAN Board of Directors 2025-2026



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VT/NH APAN Mission Statement

The Association exists to promote quality and cost-effective care for patients, their families, and the community, through public and professional education, research, and standards of practice.