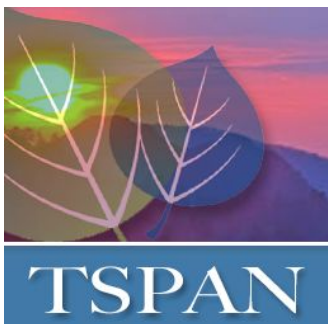


Awake & Alert

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President's Message

Randy Joheson, RN, CAPA, CPAN

Welcome to TSPAN's Summer/Fall 2025 issue of our Newsletter, Awake and Alert. I have to give a big thanks and congratulations to Jennifer Free for performing as Editor and creator for TSPAN's newsletter revival and Alexis Price for performing as the Media Coordinator and posting the newsletter on our website for all to have access. It has been a busy summer for all with vacations and kids being home for the summer. Along with this, I'm hearing of busier than usual summers at work with increased financial strains on institutions by recent changes in certain areas of funding causing changes in infrastructure administration, hours, patient loads and flow while these institutions continue to grow and meet the increasing demands influenced by Tennessee's ever growing population growth, including my work area opening a new tower. With all this growth, our board members continue to work hard and their efforts are greatly appreciated.

All this new growth brings the opportunity to recruit new members for TSPAN/ASPAN and new board members. ASPAN will be having its call for nominations for Board positions on October 1, 2025. Please consider yourself if you would like to serve in one of these positions as well. Be sure to visit the ASPAN website to get more information and review the candidates to decide on who you would like to see in these different positions. The ASPAN website contains the qualifications, applications and willingness to serve forms, so take a look and have your applications submitted by November 20, 2025. TSPAN is also looking for a vice president candidate. The candidate would start in January 2026 as vice president and become president in 2027. If you are interested, please go to the TSPAN website to fill out the Willingness to Serve form.

ASPAN is undergoing some restructuring changes that are aimed at relieving some of the component's board's financial and individual operating duties. This would free up the board members to concentrate more on educational opportunities and event planning to engage with their members and boost recruitment. The goal is to hopefully lessen the load on the President and Vice President positions to be engaged with events and members, making it easy for members to be more involved and get more for the money you paid to join. The understanding by ASPAN and the restructuring committee is we, as nurses, are not necessarily experienced or have the skill set to run a non-profit organization.

President's Message, cont.



The duties of trying to run a non-profit organization like ours, especially when we try to maintain a work/life balance while away from work. Our own treasurer, Chris Buck, is on the restructuring committee, so please let her know of any suggestions you have that would encourage you or others to become more involved. Please refer to the TSPAN website for our contact information or the ASPAN website for more information.

Being involved is rewarding in and of itself with networking with new people, visiting new places for conferences, education hours, certifications, and is a great tool for various institution's career ladders. Being a member of ASPAN/TSPAN enables you to be a resource for answering questions regarding certifications and standards for perianesthesia nurses. There are many ways to become involved, whether its providing education to your work units and help planning state conferences to being an assistant with government affairs, education events, journal club, etc. All of these opportunities you can be a part of just being a TSPAN member. Through different experiences, you can decide what's best for you to get the most out of your membership and can include becoming a member of the Board. We welcome all Tennessee nurses that are considering joining to attend our state conferences and board meeting if you are interested. Contact our secretary, Lauren Boston, for links and more information.

To announce some things that are coming up is a journal club presentation by East Tennessee on August 26, 2025 at 6:00 pm EST via ZOOM. The link is on the website. The TSPAN state conference is planned for Saturday, October 18, 2025, both live and virtual in Knoxville, TN at the Orthopedic Center. The Region 5 certification study sessions continue, you can get more information on the website. There is also a Region 5 cruise planned for July 2026. The cruise is from Norfolk, Virginia to Bahamas and back. Please let us know of any community outreach events happening in your areas, and if members initiated or participated in any community events. Also please let us know to include them on our Gold Leaf application. We are extending our \$10.00 Amazon gift cards for the recruiter of new members and rewarding a lucky new member recruiter of the year. Jamye Gilliard, our retired TSPAN past president is looking for assistance in forming a journal club presentation in Middle Tennessee. Those who are in Middle Tennessee that are interested, please let Jamye know.

A special thanks to Wendy Dunham of Chattanooga at Erlanger for her continuing activity to reactivate the Southeast Tennessee chapter of TSPAN by encouraging her institution's officials in promoting TSPAN/ASPAN's promotions, activities and events. I and the rest of TSPAN/ASPAN look forward to the results of her endeavors. Thank you for reading and keeping up with your professional organization. Please consider becoming a member, and if you are already a member, we thank you for being so and please consider becoming a member of the Board.

Sincerely,
Mark Randall "Randy" Johnson RN, CAPA/CPAN
2025 TSPAN President

Our Board of Directors

The Tennessee Society of Perianesthesia Nurses (TSPAN) is dedicated to supporting the public and professional education, research, credentialing and practice standards programs of the American Society of PeriAnesthesia Nurses (ASPAN). These programs promote quality and cost effective health care to patients, their families, and the community.



President

Mark Randall Joheson
RN, CAPA, CPAN



Secretary

Lauren Boston MSN,
RN, PNP-PC, NPD-BC



Treasurer

Chris Buck BSN, RN,
CAPA



MTSPAN District Representative

Julia Hallum MSN, RN,
CCRN, CPAN, CAPA



Past President

Jamye Gillard BSN,
RN, CPAN



WTSPAN District Representative

Jeanne Glemser BSN,
RN, CAPA, CPAN



ETAPAN District Representative

Miranda Smart BSN,
RN



Newsletter Editor

Jennifer Free BSN,
RN, CPAN



Media Coordinator

Alexis Price BSN, RN,
CPAN



Call for Nominations TSPAN Board of Directors

TSPAN continues to seek energetic and advanced thinking individuals to serve in leadership roles within our organization.

If you are interested in serving in a open position or another Board position, please fill out the application and Willingness to Serve form.

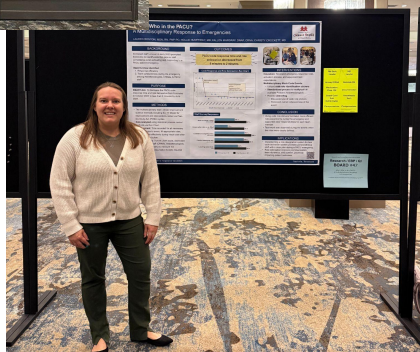
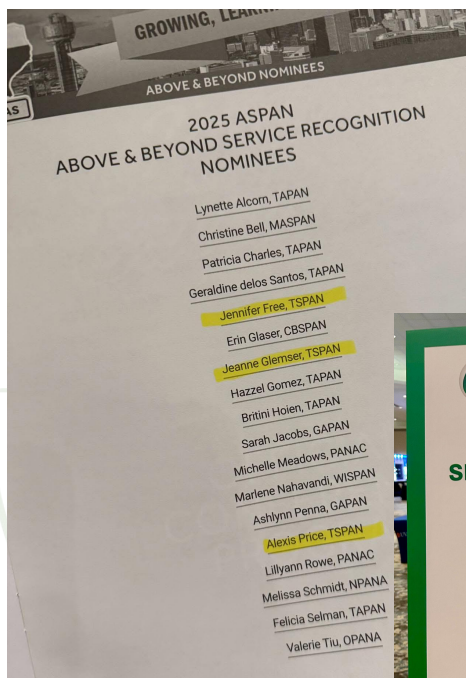
**Applications and Willingness to Serve Forms are due
November 20, 2025**

Open Positions:

- Vice President/President-Elect
- East Tennessee District Representative
- Southeast Tennessee District Representative
- Appalachian District Representative

ASPAN National Conference 2025 Recap

ASPAN held its 44th National Conference this past April in Dallas, TX. It offered pre-conference sessions, educational seminars, research poster showcases, an expo showing off different vendors, networking and more. The theme for the conference was “Passion and Excellence: Growing, Learning and Leading Together.” Some of the topics that were presented included clinical practice, standards, patient safety and innovation. The conference also had luncheons celebrating CAPA and CPAN certified nurses and the keynote speakers. If you registered for the full conference, you are still able to enjoy on-demand access to the recorded sessions until October 28, 2025. The pictures are some of the fun had by TSPAN members. Save the Date for the 2026 National Conference in San Francisco, CA April 27-30, 2026!





Government Affairs

Elizabeth B Card, DNP, APRN, FNP-BC, CPAN, CCRP,
FASPAN, FAAN



Perianesthesia Nurses Workplace Exposures Survey

This is an invitation to participate in a survey containing 77 questions anticipated to take 10-15 minutes to complete.

The purpose of this research project is to explore workplace exposures of perianesthesia nurses to incivility, workplace violence, discrimination and waste anesthetic gases. During the survey you will be asked about your experiences and perceptions regarding your workplace. Example of a question you will be asked is:

“To what extent do you think incivility is a problem in your workplace?”

All answers are private and will not contain any information that could identify you. You can skip any question you do not want to answer, and you may quit at any time by closing the survey. Open the survey by clicking the link below:

[Nurse work environment and health](https://redcap.vumc.org/surveys/?s=YK7HC9WHE3DWACP)

or copying the link below into your web browser:

<https://redcap.vumc.org/surveys/?s=YK7HC9WHE3DWACP>

This is your opportunity to share your thoughts on workplace exposure to incivility, workplace violence, discrimination, and waste anesthetic gases

This is an anonymous & voluntary survey, there are no negative consequences if you elect not to participate.

Questions about this survey contact Elizabeth Card, DNP, APRN, FNP-BC, CPAN, FASPAN, FAAN

(615)368-2394

elizabeth@nursewellbeinginstitute.com



QR code access to survey

TSPAN District Updates



WTSPAN District Updates

Jennifer Free, Jeanne Glemser and Alexis Price were nominated for the 2025 ASPAN Above & Beyond Service Recognition Award at National Conference. Jeanne and Alexis were winners of the Award.

MTSPAN District Updates

There will be a upcoming Journal Club starting. Please visit the TSPAN website for more information. If you are interested in help get the Journal Club running please email us to let us know.

ETAPAN District Updates

Next Journal Club Meeting: August 26, 2025 at 5:00 pm CST/6:00 pm EST
Topic: An Innovative Method to Debrief Critical Events
Article is available at: www.aspan.org/ASPANLearn
Offering 1.5 Contact Hours

Please visit the TSPAN Website Announcement for the Zoom Link

Awake & Alert Newsletter is published three times a year!

We want to highlight your work areas and achievements. Please send content for the newsletter to the editor, Jennifer Free: jcfree326@gmail.com.



	Deadline to Submit	Newsletter Release Date
Spring/Summer Issue	March 15	April 15
Fall Issue	July 15	August 15
Winter Issue	November 10	December 10



The Art of Warming Part 2

Staying Normothermic in the Perianesthesia Setting

Rebecca Bramlett, MSN, RN, CNML; Jennifer Free, BSN, RN, CPAN

Welcome to part two on staying normothermic in the perianesthesia setting. In the last article, we discussed the background and importance of keeping patients normothermic throughout the perianesthesia experience. We looked at different factors that can increase someone's risk for hypothermia including extremes in body weight, the American Society of Anesthesiologists (ASA) physical status classification, and the type of anesthesia being used. The previous article also mentioned how hypothermia in the recovery room could lead to patients sleeping longer, having an increased risk of shivering and cardiovascular complications, and having pain that was less controlled. In this article, I will be discussing the products we have selected to use in our unit and the education provided to our staff.

The ideal core temperature thermometer should be noninvasive, accurate during large changes in physiological conditions, independent of operator and technique, easy to use and provide continuous measurements. After researching this concept, we chose to use the 3M Bair Hugger Temperature Monitoring System that works alongside the Bair Huggers we were previously using. This system provides an accurate, noninvasive and easy-to-use method of monitoring core temperature perioperatively with patients that are anesthetized and awake. Temperature measured at the skin surface tends to be several degrees lower than core temperature. An alternative is using transcutaneous zero-heat-flux thermometry. Zero-heat-flux thermometers can effectively measure tissue temperature approximately 1-2 cm below the skin surface. In well-perfused parts of the body, tissue temperature slightly below the skin surface reasonably approximates core body temperature.

The sensor used in the 3M Bair Hugger Temperature Monitoring System is single use, and consists of a thermal insulator adjacent to the skin that is covered by a flex circuit. The sensor is placed on the patient's forehead right above the eye. After the sensor is connected to the Bair Hugger control unit, the flex circuit actively regulates the temperature to create a zone of perfect insulation, which eliminates heat loss to the environment. It only takes a few minutes to create the zone of perfect insulation, bringing the core temperature to the surface. The average temperature of the preceding five-minute interval is written to memory on the sensor and the control unit maintains trend data for the last two hours. This system is also compatible with existing patient monitors and has the ability to transfer temperature data into the EHR.

Our goal is to place the sensor on the patient when they arrive at the PreOp area and obtain their baseline temperature. The monitor takes approximately two minutes to calibrate before continuously monitoring the patient's core body temperature. Once the patient is ready to move to the operating room, the nurse can disconnect the sensor from the monitor in PreOp and reconnect it to the monitor in the operating room. Then after the patient's procedure is completed, the recovery nurse can reconnect the patient's sensor once they come to the recovery room to continue monitoring their temperature. We have also ordered the small Bair Hugger units that are mounted to the wall and purple Bair Hugger gowns that can follow the patient from PreOp, to the OR and then to the recovery room.



The Art of Warming Part 2

Staying Normothermic in the Perianesthesia Setting

In July 2025, we had consultants come out and educate our staff on how to use the sensor and temperature monitor. They walked us through how to place the sensor on the patient and how the control unit works. Some of our nurses served as test patients so we could better understand what the patient would feel and experience. The sensor cord can be clipped out of the way so it will not bother the patient while they are waiting in PreOp or waking up in the recovery room. In the next few months, our unit will start collecting temperature data as we begin to implement this new temperature monitoring system. The pictures below are the products we are introducing on our unit. The data will be presented in the next article so stay tuned.



References

- 3M Bair Hugger Temperature Monitoring System Frequently Asked Questions: [Brochure]. (2017). 3M Healthcare.
<https://multimedia.3m.com/mws/media/1406317O/3m-bair-hugger-temperature-monitoring-faq.pdf>.
- Eshraghi, Y., Nasr, V., Para-Sanchez, I., Van Duren, A., Botham, M., Santoscoy, T., & Sessler, D. (2014). An Evaluation of a Zero-Heat-Flux Cutaneous Thermometer in Cardiac Patients. *Anesthesia & Analgesia*, 119(3), 543-549. <https://doi.org/10.1213/ANE.0000000000000319>
- Noninvasive core temperature monitoring made easy: [Brochure]. (2024). Solventum.
<https://www.solventum.com/content/dam/public/language-masters/en/msb/document/2016/Bair-Hugger-Temperature-Monitoring-System-Brochure.pdf>



*For complete list of education opportunities and registration, please visit the ASPAN website: www.aspan.org
If you are a registered member, you can view webcasts for FREE!*

<u>Live Webcasts Full-Day</u>	
<i>Perianesthesia Certification Review</i> CH: 7.25	September 27, 2025 Early Bird Deadline 8/30/2025 November 9, 2025 Early Bird Deadline 10/12/25
<i>Safety Begins With Us</i> CH: 7.25	September 20, 2025 Early Bird Deadline 8/23/2025
<i>Surrounding Your Practice With Excellence:</i> Legal Issues, Standards, and Advocacy CH: 7.25	October 18, 2025 Early Bird Deadline 9/20/2025
<i>Refreshing Your Perianesthesia Practice</i> CH: 7.25	September 6, 2025 Early Bird Deadline 8/9/2025
<u>Live Webcasts Half-Day</u>	
<i>Innovative Concepts in Pediatric Perianesthesia Care</i> CH: 4	November 16, 2025 Early Bird Deadline 10/19/2025
<i>Leadership Strategies to Sustain A Culture of Safety</i> CH: 4	October 26, 2025 Early Bird Deadline 9/28/2025
<i>Perianesthesia Essentials IV</i> CH: 4	October 19, 2025 Early Bird Deadline 9/21/2025
<i>Perianesthesia Essentials V</i> CH: 4	September 28, 2025 Early Bird Deadline 8/31/2025
<i>Perianesthesia Foundation</i> CH: 4	October 5, 2025 Early Bird Deadline 9/7/2025



*For complete list of education opportunities and registration, please visit the ASPAN website: www.aspan.org
If you are a registered member, you can view webcasts for FREE!*

<u>Live Webcasts 2-Hours</u>	
<i>Critical Care Competencies Neurological CH:2</i>	September 10, 2025 Early Bird Deadline 8/13/2025
<i>Emergency Preparedness CH:2</i>	September 17, 2025 Early Bird Deadline 8/20/2025
<i>ERAS: What You Need To Know For Enhanced Recovery After Surgery CH:2</i>	November 5, 2025 Early Bird Deadline 10/8/2025
<i>How To Become A Transformational Leader CH: 2</i>	September 3, 2025 Early Bird Deadline 8/6/2025
<i>Legal and Ethical Issues in Perianesthesia Nursing CH: 2</i>	November 12, 2025 Early Bird Deadline 10/15/2025
<i>Malignant Hyperthermia and Postoperative Nausea and Vomiting CH: 2</i>	November 19, 2025 Early Bird Deadline 10/22/2025
<i>Preanesthesia Assessment and PACU Assessment and Discharge Criteria CH: 2</i>	October 23, 2025 Early Bird Deadline 9/25/2025
<i>Prevention of Opioid-Induced Respiratory Depression in the Adult Patient CH: 2</i>	November 6, 2025 Early Bird Deadline 10/9/2025



Certification Corner



Take Your Career to the Next Level with CPAN/CAPA Certification!!

- Certification reflects commitment to perianesthesia nursing, a personal sense of professional pride, validates knowledge and dedication
- Eligibility Requirements:
 - Unrestricted RN licensure, a minimum of 1200 hours of direct/active clinical perianesthesia nursing two years prior to application

Fall Registration Window:

July 1–October 31

Exam Administration Window:

September 15–November 15

CPAN/CAPA Recertification

- Recertification every 3 years
- Eligibility Requirements:
 - Minimum of 900 hours of perianesthesia nursing practice
 - Recertification by exam (this option is available until November 2026)
 - Attaining 70 contact hours
 - Contact hours must be uploaded in your Learning Builder

Spring Recertification Cycle

January 1–April 30

Fall Recertification Cycle

July 1–October 31



Region 5 2026 Bahamas Cruise

Region 5 is going on a cruise in 2026. Join us for our first ever fun and educational cruised packed with excitement, sun and **8 FREE CONTACT HOURS** of learning at sea!

July 23-27, 2026 Departing from Norfolk, Virginia

For Payment and Booking Information, please contact:
Alphonzo C. Baker Sr with Travmanity Inc
Cheriphon Travel Agency LLC
Sterling, VA 202-910-7356

Don't miss the boat- Reserve Your Spot Today!!

Region 5 CPAN/CAPA Study Group

The second study group for the CPAN/CAPA certification has begun. If you are studying for the exam, please visit the TSAPN website to get the QR code. I personally did the first study group and received a lot of good information to help me pass the CPAN exam. I highly recommend it!!



ASPAN

American Society of PeriAnesthesia Nurses

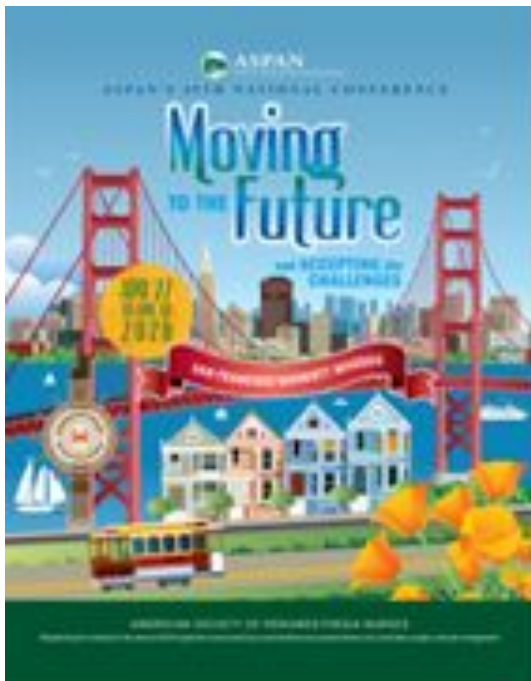


Upcoming Events



**TSPAN FALL
CONFERENCE**
October 18, 2025
Knoxville, TN

More Information
Coming Soon



Save the Date!

ASPAN's 45th National Conference
April 27-30, 2026
San Francisco Marriott Marquis
San Francisco, California

Follow TSPAN Online on Social Media!

TSPAN Website:

tspanonline.nursingnetwork.com

