



OSPAN VITAL SIGNS – OKLAHOMA

www.OSPAN.org

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OKLAHOMA SOCIETY OF PERIANESTHESIA NURSES

January 2026

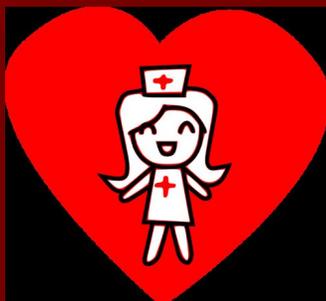
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Save The Dates

OSPAN Spring Conference
March 28, 2026

ASPAN National Conference
San Francisco, CA
April 27 - April 30, 2026



President's Message

“Nothing is forever, but change” Buddha



We, as nurses, work in an environment that has change in everything we do at the bedside. We have change in our family over the years; staying single, marriage, having children and raising them. Boy, has raising children changed over the years! Health care evolves and progresses like our life at home. I have seen patients that stay in the hospital a week for a cholecystectomy with an ugly t-tube draining to gravity, having a very large abdominal incision to now with only four stab wounds and the patient goes home in a few hours. There are changes in every aspect of our lives. This all makes us who we are. We want to be a “whole” person to take the best care of the patient we have in the moment. We have to be able to be part of the change that happens especially in health care. I have been a nurse for almost 45 years and have seen so many changes, for instance paper charting to so many different computer electronic charting systems. The basis of nursing hasn't changed and that's doing the best for our patient. Education, staying up to date with best practices, actual caring for the patient who drives you crazy, it's what we do best! AI will never replace the bedside nurse. You can't teach compassion. You have to be “human” to be a nurse!

The paranesthesia nurse is going to be part of a big change with ASPAN. Here we go, yes, a very big change! ASPAN has wanted to improve how we reach the nurses in the paranesthesia arena. This new process has been in the works for several years. There is restructuring of the regions across the country. Instead of OSPAN being just Oklahoma, it is proposed that we join Texas, Arkansas, and Louisiana. Some states are struggling due to lack of interest to be part of leadership. I look at it as a privilege to be part of a nursing system that improves how we do our job. I extend an invitation for anyone reading this to become part of this leadership. It's not scary, just giving back to our profession. Let me know if you are interested!

ASPAN is the guiding force that leads us in our Standards of Care which is voted on and updated every year. It's what protects and gives us best practice with the latest research. Wouldn't we want that nurse who is taking care of us, to be the best educated and doing what is being guided by the best research? I would. ASPAN is also looking at updating the way they communicate using tools that make it easier to assess information. They have made their education FREE! Who does that? They want to help each and every nurse that practices to become even better and make the changes to their profession. Just keep reading this newsletter as there is more information about the changes to ASPAN. Hang in there, we are all in for a great ride!

Janice Hamouz-Fultz, BSN, RN

Oklahoma City



Tulsa



Meet your OSPAN Board Members



Janice Hamouz-Fultz, BSN, RN
President/Editor



Jacque Emperly, BSN, RN, CAPA
OSPAN Past President



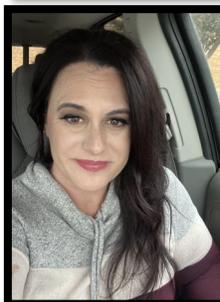
Sarah Stanley, BSN, RN, CPAN
OSPAN Secretary



Cathy Tellone, MSN, RN, CAPA
OSPAN Director at Large
Continuing Education



Ashley Qualls, RN
OSPAN Director at Large
Webmaster



Barbara King,
BSN, RN, CPN, CAPA
Membership Coordinator



Tianna Brady, BSN, RN
OSPAN Director at Large

Check out full bios on the OSPAN website!

Remember to nominate yourself or a fellow nurse for the:

OSPAN PeriAnesthesia Excellence in Clinical Practice Award

Forms are found on the OSPAN website: www.OSPAN.org

OSPAN Spring Conference

March 28, 2026

OU Stephenson Cancer Center—800 NE 10th Street OKC, OK 73104 Fifth Floor,
Seminar Room 5058

- ◆ Free Flap Breast Reconstruction—Essentials of Plastic Surgery

Lacie Whinery, MD

- ◆ Legal Implications in PeriAnesthesia Nursing

Kandi Helminiak, Clinical Nurse Specialist, BSN,RN

- ◆ PeriAnesthesia Care in the Non-Operating Room Anesthesia Setting

Lori Silva, MSN,RN,CCRN,CPAN, Past ASPAN President

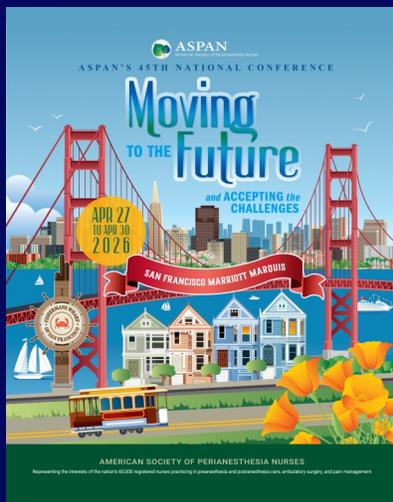


Sign up for the Spring Conference on the OSPAN website!

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

Questions? Contact: OSPAN Board Members at ospanwebmaster@gmail.com

For more information regarding contact hours, contact Cathy Tellone at kattello@aol.com



ASPAN National Conference San Francisco, California

April 27—April 30, 2026

Put this on your calendar!

It's the land of the Golden Gate Bridge, Victorian Houses, Crooked Street, Sour Dough Bread, and the Cable Car!

PeriAnesthesia Development Institute —November 2025



Attending the ASPAN Professional Development Institute in November was a powerful reminder of why perianesthesia nurses are uniquely positioned to lead meaningful change. A recurring focus throughout the sessions was identifying our “why” and recognizing that empowerment is what drives advocacy—for ourselves, our patients, and our profession. Discussions emphasized personal agency and the importance of maintaining an internal locus of control, reminding us that change is most effective when we actively lead it rather than allowing it to happen to us. Speakers highlighted the enduring value of data-driven practice, evidence-based care, and advocacy in shaping safer systems and better outcomes.

The importance of collective action and structured change was reinforced through discussion of Kotter’s Change Model, emphasizing the need to build teams, create a shared vision, gather baseline data, pilot interventions, and ultimately sustain and institutionalize change through policy or practice standards. One case example, shared through personal experience, underscored the human impact of our decisions in perianesthesia care, particularly surrounding family presence in Phase I recovery and how rigid processes can unintentionally deprive families of meaningful time. Family-centered care, thoughtful pain management strategies, and clear communication—such as standardized T&A recovery protocols and multimodal analgesia—can reduce stress and improve outcomes.

PDI also reinforced that leadership is influence, not position, and that impact can begin at the bedside and grow across units, organizations, and professional service. Speakers encouraged us to reflect on how our lived experiences can evolve into mentorship, education, innovation, and service within ASPAN and beyond. Continuing the journey emphasized balancing self-care, building others up through mentorship, and celebrating progress along the way. Overall, PDI reaffirmed that even small actions matter, and that when we invest in our profession, we multiply that impact within our teams, our patients, and our communities.

Ashley Qualls, RN

- Ashley Qualls, OSPAN Board Member
- Ursula Mellinger, ASPAN President
- Pete Pomilio, ASPAN CEO (new)
- Tianna Brady, OSPAN Board Member



FALL CONFERENCE—SEPTEMBER 2025

OSPAN had 66 participants at the conference. We had the ASPAN President, Ursula Mellinger, present as a speaker. We also had several Texas TAPAN members who came to OKC to see how we do things in Oklahoma! It was a great conference!



Progress in Process...Nurse Notes



ASPAN 2.0: Enhancing Organizational Capacity to Empower and Advance the Perianesthesia Nursing Profession

For more than 40 years, the American Society of PeriAnesthesia Nurses (ASPAN) has been the premier organization promoting, empowering, and establishing excellence in perianesthesia nursing practice. As ASPAN looks to the future, the time is right to assess its organizational structure and capacity to ensure that the needs of the members and the profession are effectively served in the coming years.

Background

In recent years, the Board of Directors and the Component Revitalization SWT have studied emerging trends and changes in the profession. In 2022, more than 700 ASPAN members completed an extensive survey sponsored by the Component Revitalization SWT.

Last year, ASPAN engaged the consulting firm of Dunleavy & Associates to work with a Board-appointed committee to research these issues and prepare recommendations for the membership's consideration. In 2024, Dunleavy conducted targeted focus group discussions and individual interviews with a diverse group of ASPAN members on numerous topics and conducted other benchmarking research.

The following findings and takeaways emerged from this work:

Membership Trends:

- * Between 2018 and 2024, ASPAN's membership decreased by nearly 10 percent; during this period, only 8 of the 40 components gained members, while 31 components lost members, and one stayed even.
- * Components currently range in membership size from PANAC (California), the largest (1,621 members in 2024) to WVSPAN (West Virginia), the smallest (33 members).
- Newer members are particularly interested in the benefits they directly receive from ASPAN and the components when evaluating the "value" of their membership.

Component Leadership and Administration:

- Successful components appear to have two attributes: (1) a large membership base that creates a sufficient pool of potential leaders, board members, volunteers, and conference attendees; and (2) sufficient financial resources to support the components' activities.
- Many struggling components lack sufficient members and resources.
 - 13 components had fewer than 100 members in 2024.
 - 25 components had annual revenue of less than \$10,000 in 2024.
- Many components (large and small) struggle to find members willing to serve on their boards or in leadership positions.
 - 70% of the Component Revitalization Survey respondents said that they would not be willing to serve on their component's board.
 - Small components often end up with a small group of rotating leaders; or entrenched leaders; and/or burned out leaders.
- Nearly three quarters of the survey respondents (73%) stated that struggling components should merge with other components; an additional 12% said those components should dissolve or go dormant.

Progress in Process...Nurse Notes

Professional Development and Education Resources:

- ASPAN members give high marks to the content of professional development, networking, and education opportunities, and to the Clinical Practice and Standards and Guidelines resources.
- However, members do not find these resources to be as user-friendly as they would like them to be (especially compared to other organizations). Members would like access to more free resources and educational offerings.

Engagement with ASPAN's National Office

- Component leaders and other members noted a strong level of support from ASPAN's national office staff.
- Several respondents noted that certain policies, procedures, and practices could be streamlined or improved to better meet the membership's needs.
- Members expressed a desire for the national office to provide more administrative and management support to the components.

Principles Underlying The Proposals

As the planning team considered ways to improve ASPAN's capacity and structure to better serve members' needs, it did so with these principles in mind:

1. ASPAN will continue to be the premier voice in promoting, empowering, and establishing excellence in perianesthesia nursing practice.
2. ASPAN will continue to support the personal and professional development of the nurses in this unique practice specialty.
3. The structure of the national and local organizations should ensure a meaningful and sustainable membership experience for all members without imposing an undue administrative burden on a limited number of members.

Long Term Goals

Consistent with the Principles noted above, the proposals are intended to achieve the following long-term goals:

1. ASPAN's organizational structure (nationally and locally) will be enhanced to reduce administrative burdens (especially for smaller components), improve long-term sustainability, and allow more focus on continuing education, professional growth and development, and member relationships.
2. ASPAN's national office will provide additional administrative and management support for local components to reduce the components' administrative workloads and enhance the availability of local resources for program activities.
3. Professional Development and Education Offerings will be offered to members for free or at lower costs, and access to those programs will be streamlined, modernized, and made more accessible to members.



ASPAN Region 2 Director

Greetings from our Region 2 Director Linda Allyn, BSN, RN, CPAN, CAPA



Greetings OSPAN Members,

I hope everyone has ended 2025 on a positive note. This time of the year always seem to be stressful between family, holidays, and work with staff wanting off and people wanting to get that last procedure in since they have met their deductible. It is hard to believe 2026 is here already.

For those of you that are interested in either becoming certified or are already certified and want to be a facilitator, there will be an informal Zoom meeting January 7, 2026 at 6:30 pm CST to get information about the study sessions and what to expect. We are trying something different this year. Instead of doing it by regions, we are having a joint study session. Study sessions will start on January 21

The 2026 ASPAN Candidate Profiles are now on-line. If you haven't signed in and voted yet, please do so. This is how your representatives can be the voice of the members. Your responses (anonymously) are tallied and sent to your component representatives as their vote voice for the next year.

Registration for the 2026 National Conference, April 27-30, 2026, is now open on line. This year it will be held in San Francisco, so put your request at work in early so you're first in line when asking for the time off and maybe funding.

Don't forget to look over the more than 120 free contact hours for members. Upcoming webcasts and seminars are listed on the ASPAN Website. When you surf the web sign in and look at all the information you have access to on the website. Dates to remember:

January 24, 2026-Perianesthesia Certification Review The Woodlands, Texas (TAPAN)

January 31, 2026 – LAPAN State Conference, New Orleans, LA

Perianesthesia Nurse Awareness Week

February 2-8, 2026

March 28, 2026—OSPAN Spring Conference, OKC

If you need any information about any of the above events please contact me and I'll get you the information.

Happy 2026!

Sincerely,

Linda Allyn, BSN, RN, CPAN, CAPA

ASPAN Region2 Director



OSPAN Information

OSPAN MISSION

The Oklahoma Society of PeriAnesthesia Nurses (OSPAN) represents the interests of Oklahoma nurses who specialize in pre-anesthesia, post-anesthesia care, ambulatory surgery, and pain management. OSPAN seeks to provide its members with the most current perianesthesia education, research, clinical practice, expertise, standards and advocacy.

Oklahoma Society of
PeriAnesthesia Nurses
P.O. Box 11392
701 N. Kelly Avenue
Oklahoma City, OK
73118



OSPAN/ASPAN Yearly Educational Offerings:

- ASPAN National Conference
- OSPAN Spring Conference (Tulsa/Oklahoma City)
- OSPAN Fall Conference (Oklahoma City)
- Miscellaneous Mini Educational Opportunities during the year

Select Seminars through ASPAN

References: Pictures in this newsletter are from MS Office Publisher/ASPAN Permission

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



Number of Nurses Certified in OK:

Dual— 2
CAPA—42 New 1
CPAN—69 New 3
TOTAL—111

Nurses who get this nationally recognized certification can validate their PeriAnesthesia practice and become leaders who strive to improve their practice in the surgical setting. The ABPANC website (www.cpancapa.org) offers information, weekly study questions, and tutorials to help you study for the exam. In the 2 years prior to applying for **initial certification, you need 1,200 hours** of direct clinical experience. You must also have an unrestricted nursing license. The cost for the exam is \$350 for ASPAN members and \$424 if you are not an ASPAN member. Test Assured—\$50 at registration so could take the exam two times in 12 months, if needed.