

Awake & Alert

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President's Message

Randy Joheson, RN, CAPA, CPAN

Hello everyone! Spring is finally here again, please get out and enjoy the bright sunny days. Flowers are blooming and all the green is returning to Tennessee. It's like changing from black to white pictures to color again, which helped me figure out what the 70s song from Paul Simon, "Kodachrome", meant. One of the lines from the song was: "Mama, please don't take my Kodachrome away, everything looks better than in black and white". LOL! Though I have to say black and white photos sometimes have an insightful and artistic quality to them.

Now back to the current season and its relationship to ASPAN currently. Being in the business of saving lives and making them better is fitting for Spring, with its connection to life renewal, fertility, and transition. It's very fitting that our National Conference is a few more weeks in San Francisco, CA, where our nursing professional organization will be beginning a process of change and new life to meet the ever changing content, and ways of delivering the educational needs of Perianesthesia nurses and accommodate to their ever expanding diversity of taste and needs in their membership.

(continued on page 2)



TSPAN

President's Message, cont.



This is an exciting time to be involved in ASPAN and TSPAN because things are changing the aspect of how ASPAN is going to meet the needs of it's members. Participate to let ASPAN know about changes you and your co-workers would like to see happen and encourage them to join and participate in the organization.

Perianesthesia nursing continues to change with the continually growing with a variety of Ambulatory Same Day Surgery facilities becoming available. The in- hospital Perioperative departments are experiencing the same thing with not just their Ambulatory Same Day Surgery aspects but also in patient surgeries and the increasing and multiple variety utilization of their pre-op holding rooms and Recovery PACU rooms, as well as overnight observation, Med-Surg and Step down, and ICU rooms. Many of the Same Day Ambulatory Care Surgery facilities are keeping some overnight observation patients as well. Nurses who are involved should get involved in their professional nurse organization and ASPAN/TSPAN to inform them of what is going on and receive education to help protect your licenses and practice, their co-workers and patients.

Please continue to check out the TSPAN website for announcements and updates on important information that is happening like Journal Club, Conference, community events and more. Have a great Spring and can't wait to see everyone at National Conference!

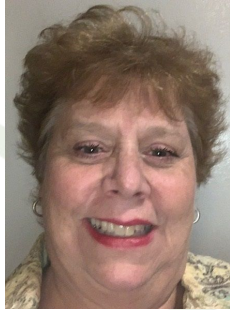
Sincerely,
Mark Randall "Randy" Johnson RN, CAPA/CPAN
2025 TSPAN President

Meet 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.



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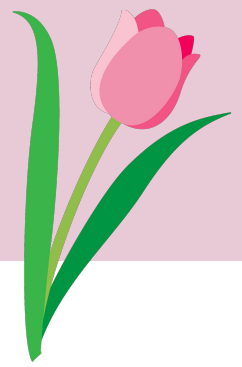
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Vice President
SETSPAN District Representative
AAPAN District Representative

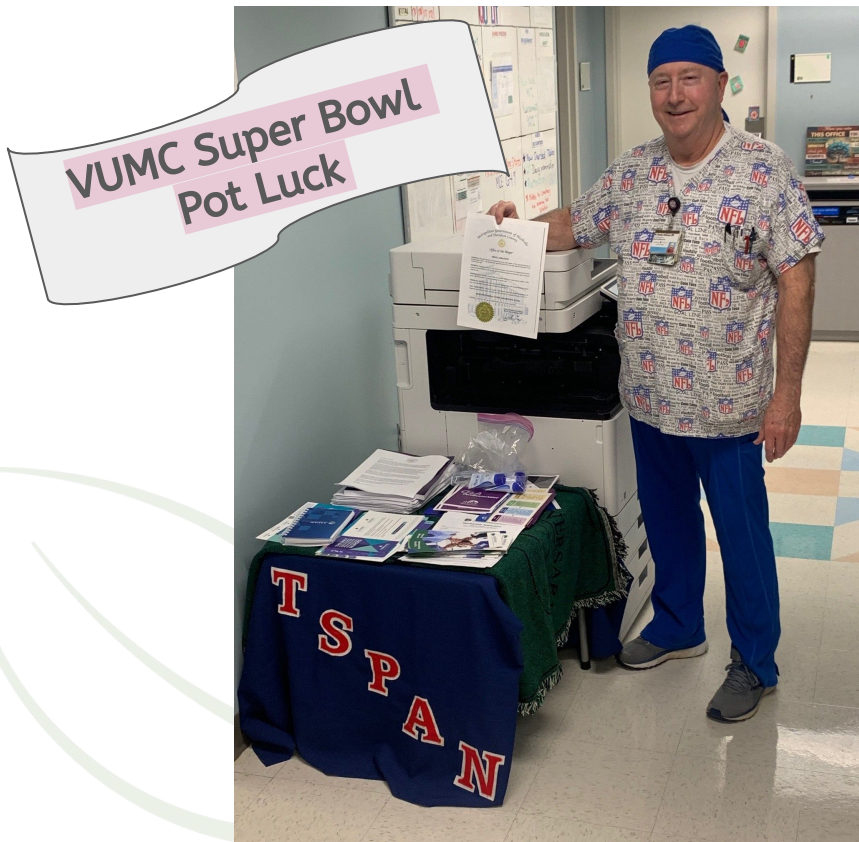
TSPAN continues to seek energetic and advanced thinking individuals to serve in leadership roles within our organization.



Perianesthesia Nurse Awareness Week (PANAW) February 2-8, 2026

Nurses working in preanesthesia and postanesthesia care, ambulatory surgery, and pain management are dedicated to caring for patients and their families. PANAW is an ideal time to educate nursing colleagues and the community about the professionalism and care perianesthesia nurses deliver every day. Previously, perianesthesia nurse were celebrated and recognized with the intraoperative staff during November's Perioperative Nurses Week. Nurses that worked in PreOp, Phase I and II Recovery, Extended Recovery, Overnight observation areas were not recognized as its own separate speciality. PANAW week was created by ASPAN. This continues to be promoted by discussions between ASPAN board of directors, National Conference Representative Assembly, along with future meetings with ASPAN, AORN and American Nurses Association (ANA) to recognize perianesthesia nursing as its own speciality.

This year, our president Randy Jones hosted a PANAW presentation alongside his unit's Super Bowl potluck on Friday, February 6, 2026. We would love to see what different hospital across Tennessee do for this week. Please send in pictures to be included in next year's newsletter. There are many ways to promote PANAW week found on ASPAN's website.



Mayor Proclamation



Government Affairs

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

Nurses are consistently recognized as the most trusted profession in the United States Gallup Poll the past 20 years.¹ Education for advocating for the rights and welfare of patients are embedded in undergraduate curriculum, but nursing's basic philosophy also creates opportunity for advocact for communities, populations and even our profession of nursing. Advocacy is a skillset that can be learned, perfected and within the reach of every nurse. The American Nurses Association (ANA) Nurses Code of Ethics states in Provision 5: "The nurse has moral duties to self as a person of inherent dignity and worth including an expectation of a safe place to work that fosters flourishing, authenticity of self at work, and self-resepect through integrity and professional competence."²

The ANA recognizes advocacy as a crucial aspect of professional nurses and political or legislative advocacy is just as important to advancing nursing as well as patient care.³ In fact, the ANA website hosts a RN Action Center with education and resources for nurses to learn and participate in advocacy.³

What does nursing advocacy in action look like?

The American Society of Perianesthesia Nurses (ASPAN) like all professional nursing organizations purpose is to educate, guide/create practice standards, advocate and conduct original research that will advance nursing science for their speciality.¹ ASPAN is a member owned non-profit specialty nursing organization that represents over 600,000 nurses working within the perianesthesia speciality in the United States.³ APSAN is governed by a board of directors inclusive of 13 voting individuals and the APSAN Representative Assemble which currently includes two representatives from every local component. Speciality nursing organizations can accomplish advocacy work through committees and strategic work teams many times the individual leading these is also the health care policy advocate or a subject matter expert. Establishing organizations' position statements is another avenue to advocate. Multiple organizations collaborating to establish a joint position statement can be extremely powerful in moving a policy forward as it now represents the voice of many nurses, such as the AANA, AORN, and ASPAN Civility Position Statement. Several years ago, President Connie Hardy Tabet was contacted by the Alliance of Nurses for Healthy Environments (ANHE) for ASPAN to join in advocacy work. ANHE was coordinating a White House Roundtable of Nurses focused on climate change. Aware of the work ASPAN been leading on recognition and control of wast anesthetic gases (WAGs) to improve the health of nurses and the climate, ANHE wanted to include ASPAN and the perianesthesia nurse perspective. President Hardy Tabet accepted the invitation sending Dr. Dina Krenzischek and Dr. Elizabeth Card, 2 WAGs scientists and past ASPAN presidents as representatives. The 2-day event included nurses meeting with the White House Climate Committee, key leaders in the Environmental Protection Agency and legislators for discussions on the issues of climate change on health and potential tatics that could be employed. These meetings allowed for establishing relationships and conversations that could continue after the event was completed.



Government Affairs

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



Dr. Dina Krenzischek and Elizabeth Card prior to meeting with TN congressman Bill Haggerty.



Dr. Elizabeth Card with members of Health Care Without Harm, Doctors Without Borders, Alliance of Nurses for Health Environments, the Hispanic Nurses Association and members of the Environmental Protection Agency in the Eisenhower Building offices at the White House, Washington DC.

Establishing these relationships and willingness to share our nursing perspective is crucial for success in advocacy activities. Collaborations continued with these groups and during Dr. Alphonzo Baker’s presidency ANHE hosted another event inviting ASPAN. President Baker appointed Elizabeth Card and Dina Krenzischek to represent ASPAN’s perspective and joined them at the event allowing ASPAN to be part of more conversations, increase visibility of the negative impact of WAGs on health. From these continued relationships, recently letters from Healthcare Without Harm, ANHE and the American Association of Nurse Anesthesiology were sent to ASPAN to formally support ASPAN Position Statement of WAGs. In fact, the board of directors from the Nurse Anesthesiology voted unanimously to endorse the work. This allows these organizations to join ASPAN in advocating for cleaner air in the PACU with approximately 750,000 members collectively from all organizations resulted in a powerful advocacy voice.



Government Affairs

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



President Alphonzo Baker and Dina Krenzischek at Climate Meeting in Washington DC.

QR Code for RN Action



How can TSPAN members get involved locally in advocacy?

Currently the ANA is inviting all United States nurses to advocate for our professional status. Websters dictionary and Wikipedia agree on characteristics that define a profession. These are inclusive of: a specialised body of knowledge, specific training/education, work autonomously, licensure and a code of ethics. The nursing profession meets all of these criteria and is currently listed on the United States Department of Education list of professionals. Formal recognition by the United States Department of Education results in funding for research and education, including limits students may incur on loans. Recently, a bill for the US Department of Education to remove nursing from the list of professionals has come forth. Removal of nursing from this list will result in a reduction in nursing research and ability of future nurse scientists and leaders to successfully fund education leaving a ripple effect that will take years to recover from. The ANA has created resources to help every nurse participate in advocating for our profession and communicating the importance of nursing belonging alongside medicine and law in recognition of our professional status-not a tier below. Please join the ANA in this important work and lend your voice to the conversation by using the QR Code above.

References:

1. Patton, R. M., Zalon, M. L., & Ludwick, R. (2016). Nurses making policy: From Bedside to Boardroom. Springer Publishing Company
2. American Nurses Association. (2025). Nurses Code of Ethics. American Nurses Association; ANA website. <https://codeofethics.ana.org/provisions>
3. American Nurses Association. (2020). RN Action Center of the American Nurses Association® (ANA). American Nurses Association; ANA website. https://p2a.co/ywz5JtS?_ga=2.262174412.1575049941.1636286973-1969636201.1636286973

TSPAN District Updates



Journal Club Summer Reading Series dates:

- Thursday June 25 7PM-8PM CST
- Thursday July 23 7PM-8PM CST
- Thursday August 27 7PM-8PM CST

Selected journal articles and worksheets will be shared 1 week prior with attendees who sign up. Together we will critique the literature. This approach will educate members how to appraise and consume the literature, a skill they can use in reading future articles. Please join us for a fun and informative summer reading series!



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 Source for Perianesthesia Professional Development



For complete list of education opportunities and registration, please visit the ASPAN website: www.aspan.org

Live Webcasts Full-Day

<p><i>Refreshing Your Perianesthesia Practice</i> CH: 7.25</p>	<p>May 31, 2025 Early Bird Deadline 5/3/2025</p>
<p><i>Safety Begins With Us</i> CH: 7.25</p>	<p>May 30, 2026 10a-6:55p EST/9a-5:55p CST</p>
<p><i>Surrounding Your Practice With Excellence:</i> Legal Issues, Standards, and Advocacy CH: 7.25</p>	<p>June 6, 2026 10a-6:55p EST/9a-5:55p CST</p>

Live Webcasts Half-Day

<p><i>Perianesthesia Foundation</i> CH: 4</p>	<p>June 14, 2026 3p-7:30p EST/2p-6:30p CST</p>
<p><i>Perianesthesia Essentials IV</i> CH: 4</p>	<p>May 31, 2026 9a-1:30p EST/8a-12:30p CST</p>
<p><i>ERAS: What You Need to Know for Enhanced Recovery After Surgery</i> CH: 4</p>	<p>June 14, 2026 3p-7:30p EST/2p-6:30p CST</p>
<p><i>Innovative Concepts in Pediatric Perianesthesia Care</i> CH: 4</p>	<p>June 28 2026 9a-1:30p EST/8a-12:30p CST</p>

Live Webcasts 2-Hours

<p><i>Infection Control Challenges: Implications for the Perianesthesia Nurse</i> CH:2</p>	<p>June 4, 2026 7p-9:15p EST/6p-8:15p CST</p>
<p><i>Pediatric Anesthesia and Postanesthesia Complications</i> CH: 2</p>	<p>June 4, 2026 6p-8:15p EST/5p-7:15p CST</p>
<p><i>Critical Care Competencies: Neurological</i> CH: 2</p>	<p>June 10, 2026 6p-8:15p EST/5p-7:15p CST</p>
<p><i>How to Become a Transformational Leader</i> CH: 2</p>	<p>June 24, 2026 6p-8:15p EST/5p-7:15pm CST</p>



Certification Corner



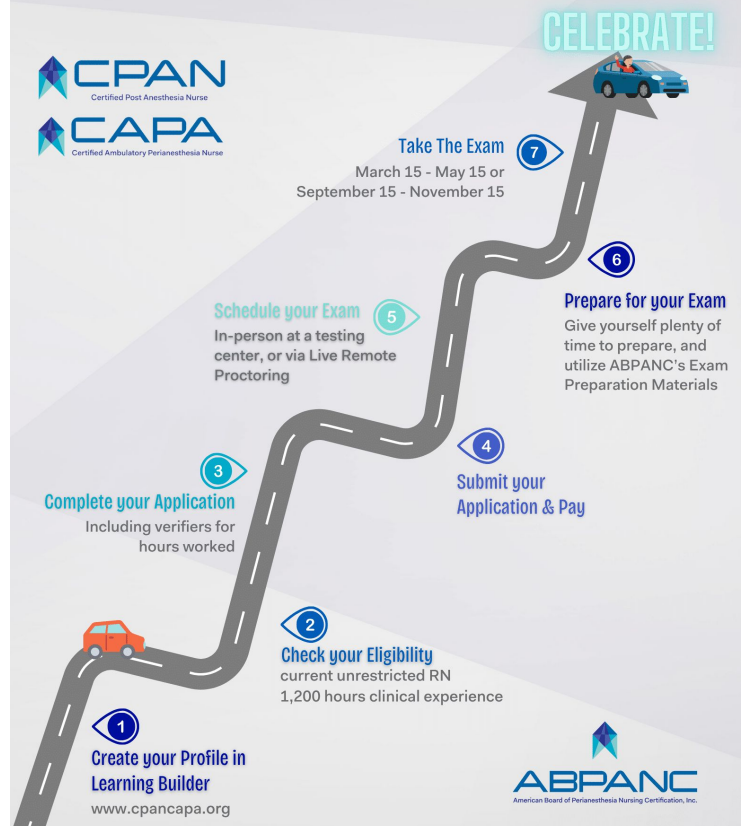
Take Your Career to the Next Level with CPAN/CAPA Certification!!

- 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

Roadmap to Certification:

- Create your profile in Learning Builder
- Check your eligibility
- Complete Application
- Submit & Pay
- Schedule Exam
- Study and Prepare to Succeed
- Take the Exam:
 - March 15-May 15
 - Sept 15-Nov 15

The Journey to Perianesthesia Excellence: CPAN® and CAPA® Certification



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



****Available Scholarships for ASPAN/TSPAN Members****

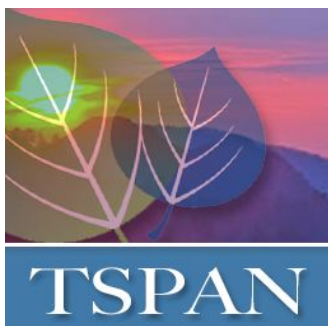
TSPAN Scholarships

- **ASPAN National Conference Scholarship**
 - TSPAN offers a \$500 scholarship to help you with the cost of attendance at ASPAN National Conference. Attending a national conference is an experience you will always remember. It will enrich you professionally and personally by networking with other nurses in our arena of nursing. Must be an ASPAN/TSPAN member for at least 2 years.
- **CPAN/CAPA Certification and Recertification Scholarships**
 - TSPAN supports certification and is committed to assisting our members who achieve that honor. TSPAN has a scholarship program for members who have passed the CPAN or CAPA national certification exam to pay for the cost of testing. TSPAN also recognizes the need to assist members who recertify as CAPA or CPAN.

ASPAN Scholarships

- **Awarded for 2027, All Applications are due July 1, 2026**
 - \$1500 tuition scholarships for BSN, MSN, DNP
 - ASPAN National Conference
 - \$350 for CAPA/CPAN Certification Exams
 - \$1,000 Humanitarian Missions Award
 - AONL Advocacy Day Program in May 2027

*For Instructions, Checklists and Required Forms for the scholarships, please visit the Member section-Scholarship page of the ASPAN website.



ASPAN

American Society of PeriAnesthesia Nurses

Pediatric PERIANESTHESIA And Beyond

TSPAN
2026 Fall
Conference

SAVE THE DATE

FRIDAY, OCT 2

4-5P: ST. JUDE TOURS

5-7P: MEET & GREET

SATURDAY, OCT 3

7A-4P CONFERENCE

St. Jude Children's
Research Hospital
Memphis, TN



ST. JUDE CHILDREN'S RESEARCH HOSPITAL IS ACCREDITED AS A PROVIDER OF NURSING CONTINUING PROFESSIONAL DEVELOPMENT BY THE AMERICAN NURSES CREDENTIALING CENTER'S COMMISSION ON ACCREDITATION.

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[TSPAN WEBSITE](#)

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