



**SUMMER 2025
EDITION**

Eyeopener

The official newsletter of Texas Association of Perianesthesia Nurses

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Triumphant TAPAN at ASpan 2025!

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TAPAN Mission Statement

"The Texas Association of PeriAnesthesia Nurses, as a component of the American Association of PeriAnesthesia Nurses, advances nursing practice through education, research, and standards.



Linda Allyn RN BSN CPAN
CAPA
Region 2 Director

From the Desk of the Region Director

By Linda Allyn RN BSN CPAN CAPA

Region 2 and 3 have joined forces to offer a CPAN/CAPA study session. There will be two informational zoom meetings, June 25th or June 29th at 7:00pm CST. You can sign up to obtain the zoom link by scanning the QR code found in your email or on the TAPAN website. If you missed these dates and are interested in committing to taking the CPAN/CAPA exam this fall you can still sign up for the study session. Classes start July 30 over a 14-week period consisting of 3 1/4 week sessions with a week in between each 4 week session.

Many new publications are now available including a new Redi Ref, 2025-2026 Standards and Guidelines and Certification Review for PeriAnesthesia Nursing. Our profession is continuing to keep current in all areas. The new PONV guidelines that will be available in the future.

If you missed attending the ASPAN National Conference in Dallas this year. Lynette Alcorn did a fantastic job as chair for the conference. Get ready to attend next years conference in San Francisco in 2026. This year ICPAN's Conference will be in Dublin September 10-12. Then

TAPAN's State Conference is in Houston area September 26-27. Then ASPAN Leadership Development Institute (LDI) will be held November 7-9 in Louisville, Kentucky. This is very informative especially if you are looking to become more involved on the state or national level.

On the national level Kevin Dill, CEO for ASPAN is retiring and the new CEO, we will call Pete (no last name divulged yet), will be taking over as ASPAN's new CEO starting the beginning of July. ASPAN is continuing to make changes. These changes are coming from the members. Starting July 1 ASPAN will be offering free Live Webcasts that cover approximately 40 topics of interest each season. Check out the ASPAN website to find all the free CE offers starting July 1, 2025, ASPAN is still looking at reorganization of components, but that will not happen until at least 2026. Watch for updates, ASPAN plans on keeping the members informed and listening to any concerns or questions that may arise. Feel free to contact me with any questions you have.

**"ASPAN is
continuing to
make changes.
These changes
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Patty Charles BSN RN
CPAN CAPA
TAPAN President

"I could not be prouder of all that we accomplished this year...!"

President's Message

By Patty Charles BSN RN CPAN CAPA

Congratulations to TAPAN! As President, I could not be prouder of all that we accomplished this year which was evident by all the awards that were won at the 44th ASPAN National Conference. It became the hard work each one of you did on behalf of our professional organization.

Opening Ceremonies for ASPAN National Conference are always filled with energy and excitement. This year was even more special as ASPAN chose Dallas as the host city. Lynette Alcorn, National Conference Chairman, and her committee consisting of some of our own: Terri Lytle, Hazzel Gomez, and Kim Register worked tirelessly to make sure all the details were executed flawlessly. As President of TAPAN, I had the privilege of delivering the welcome address. Lori Silva, the 2024-2025 ASPAN President introduced our special guest and Past ASPAN Presidents. The ASPAN Regional Directors presented each of their respective Component Presidents.

ASPAN leaders and President Lori Silva announced all the award winners. The following awards were bestowed upon TAPAN or individuals within our component:

Award for Outstanding Achievement—Felicia Selman Excellence in Clinical Practice—Agnes Hsu Gold Leaf Component of the Year Award—TAPAN Component Newsletter 15+ pages of the Year Award—TAPAN People's Choice Newsletter—TAPAN

Recruiter of the Year for 2024—Lynette Alcorn (TAPAN) and Teri Baughman (PANANM). It was a tie each one recruited 11 people 2025 ASPAN Above and Beyond Service Recognition Awardees (10 were recognized) - Geraldine delos Santos TAPAN and Britini Hoiem TAPAN 2025 ASPAN Above and Beyond Service Recognition Nominees (18 were recognized)

Lynette Alcorn TAPAN
Patricia Charles TAPAN
Geraldine delos Santos TAPAN
Hazzel Gomez TAPAN
Britini Hoiem TAPAN
Felicia Selman TAPAN
2024-2025 ASPAN Ambassadors—Linda Allyn TAPAN

TAPAN was well represented and recognized for all of our efforts. Thank you to all of the people mentioned above as well as those unsung heroes that continue to work for the betterment of our organization. I am truly humbled by the dedication of our members.

In addition to our National Conference, TAPAN has been busy. We started off the year with a bang hosting (3) PAN-AW educational opportunities. It was thrilling to see all of the excitement that was generated during this time. Having the Governor send a proclamation honoring our perianesthesia nurse was one of the many highlights of the week.

TAPAN headed to Austin for Nurses Day at the Capital in

the beginning of March. We had six participants, Lynette Alcorn, Linda Allyn, Patty Charles, Geraldine delos Santos, Frances Garza, and Felicia Selman. This event was filled with education, networking, marching to capital, and meeting with our House of Representative and Senate leaders to bring important nursing topics to their attention. It was exciting to see the capital filled with nurses making their presence known.

We are also gearing up for our 49th TAPAN State Conference September 26-27, 2025 at the Hyatt Regency in Conroe, Texas. This facility is beautiful, and we will have more space to accommodate all our needs. We will be hosting our Presidential Reception on Friday night, and we will be inducting our new TAPAN officers. Please be on the look out for Call for Nominations/Willingness to Serve. We hope that you will consider stepping up and serving TAPAN whether it be on the Regional or State level. TAPAN is growing and thriving, and it is the perfect time to get involved. If you have any questions regarding an office, please reach out ask the current officer or chair.

Continued on next page-



Patty Charles BSN RN
CPAN CAPA
TAPAN President

President's Message cont'd.

By Patty Charles BSN RN CPAN CAPA

The job descriptions can be found on the TAPAN website under our Policy and Procedure section.

Certification will still be a priority for TAPAN and in the Summer an ASPAN certification review will be offered in both Dallas and in San Antonio. Region 2 and Region 3 are combining resources to offer a 14-week intensive review starting in July of 2025. TAPAN also has (4) certification coaches: Lynette Alcorn, Geraldine delos Santos, Hazzel Gomez,

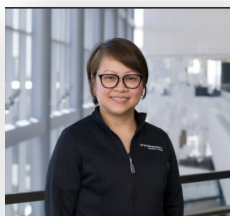
and Kalaivani Kanakasabai. TAPAN is also looking into designing a study group in the future.

Hats off to all of you and the contributions you have given to TAPAN. We appreciate your service and compassion. It takes of us working together to achieve greatness. Please consider stepping up to the plate and joining us on this magnificent journey. "Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of

which we can all be proud" by Helen Dyer.



Lori Silva, Patty Charles and Ursula Mellinger



Hazzel Gomez MSN BSN
RN CPAN CAPA NPD-
BC
Editor

***“A mindful
pause this
summer can
recharge...”***

Editor's Column: Resetting this Summer

(Original Article)

By Hazzel Gomez MSN BSN RN CPAN CAPA NPD-BC

Summer to me, is a season of energy! In many cultures, it symbolizes freedom and relaxation. Summer is also a time for social events, outdoor activities and travel opportunities. For others, summer offers a valuable time to reset both mind and body.

As perianesthesia nurses, we play a critical role in the success of our patients' surgery and recovery, but this demanding work takes a toll on us. Therefore, we need to be cognizant that breaks are not optional, they are essential. A mindful pause this summer can recharge and reset your capacity to deliver safe and compassionate care.

What do you do to restore your physical and mental strength after a long and demanding shift? There are many ways to incorporate

self-care in your routine - whether daily, weekly, monthly or even yearly. It can range from brief regular pauses which instantly refresh mental focus, to purposeful outdoor breaks which can significantly enhance well-being. Even simple physical routines such as walking or stretching can help improve circulation and reduce muscle tension. And the outdoor breaks do not have to be expensive. Personally, I love resetting by taking family road trips. Texas is so big, there must be some corner of it you have not discovered yet! From Hill Country to West Texas or Upper Gulf Coast to North Texas, there is always somewhere new to explore. Sometimes a trip to local parks or community pools offer ways to relieve stress!

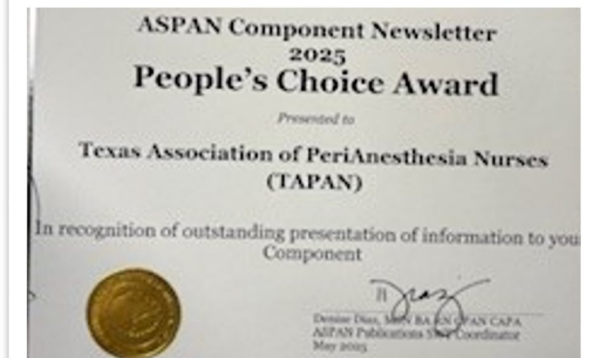
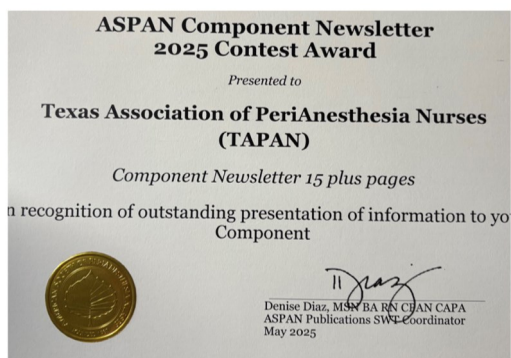
So, why does resetting matter? Because we take care of lives!

By taking care of ourselves, we reduce our chances of making errors, we build emotional resilience, we cultivate a healthier work environment and ultimately, we provide a safe and quality care for our patients. Additionally, we care about our own family. By prioritizing our well-being, we ensure that we can be fully present and strong for those who matter most to us!

What are your plans to reset this summer?

I encourage all of you to share your summer escapades through Eyeopener. Send your story by August 15, 2025 via email to RNeducator215@gmail.com and be included in the Fall Edition.

Thank you for supporting Eyeopener and helping us earn both the ASPAN Component Newsletter of the Year and the People's Choice Award! Your enthusiasm and engagement made this recognition possible, and I am deeply grateful.



Photos from Hazzel



Patty Charles BSN RN
CPAN CAPA
TAPAN President

TAPAN Wins Gold Leaf Award

By Patty Charles BSN CPAN CAPA

Many of you were present when TAPAN was awarded the Gold Leaf award at the ASPAN 44th National Conference. It was so exciting to get this award especially when we were the host component for conference and to be able share it with all of you. Many of you have asked what the purpose is and meaning behind this award. It is

ASPAN's way:

- 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

It is the pinnacle of recognizing the top component for all their contributions over the past calendar year. The application covers over 35 criteria. The criteria are broken into segments. The first one is **Governance** which is our strategic plan, leadership training, up-to-date bylaws,

policies, and procedures.

Membership includes items such as how we communicate with our members and non-members, recruitment of new members, recognizing member achievements, our component newsletter, website, email blast, and the education we provide. The **Financial** portion has a review of financial records, budget, assistance we provide to our members for conferences, representative assembly and peri anesthesia development institute. It also encompasses the TAPAN members who hold ASPAN Offices, members of the Strategic Work Team (SWTs), and the online feedback for candidates for National Office. The **Certification** section includes what we do to promote certification and the providing of education and opportunities to sit for exams. The fifth domain is **Community**. This covers the participation in our communities through service project and volunteering, legislative activities, and involvement with nursing schools. **Research/Evidence Base Practice (EBP)/Quality Improvement (QI)** would be articles submitted to JOPAN, participation in the National Conference with poster presentation, and newsletter article with clinical information.

Lastly would be **previous Gold Leaf Submissions**. Proof is needed for each item before points can be awarded. There is a total of 192 possibly points. As you can see this is a very comprehen-

sive application. With the help of our Past President, Felicia Selman, and our President-Elect, Geraldine delos Santos we were able to submit a very viable application resulting in the win for our component.

TAPAN has won this award in 2021, 2018, 2014, 2010, and 1996. The win in 2024 is our 6th time to win! Once you win this award, your component is not able to submit for the next three years. TAPAN will apply again in 2028. Everything TAPAN does from January 1, 2027, to December 31, 2027 will be considered in the application.

As you can see, it is a very involved process that takes into consideration what ALL of us do, not just the leadership. It is taking the time to vote online for candidates, recruiting members, serving the community, preparing and giving of education sessions, and most importantly recognizing your colleague whether it is passing a certification exam to a nomination for an award. I am BEYOND proud of TAPAN and everything we have accomplished TOGETHER!!!



Patty Charles

“TA DA” I did it! I Attended My Very First Nursing Conference

By Cherry Burford BSN RN CVRN-I CPAN

The opening ceremony of the 44th Annual ASPAN conference with keynote speaker Joel Zeff had me at the edge of my seat with non-stop laughter. He was pure entertainment and engaged the crowd more than I have ever experienced during any comedy show. He asked for volunteers in the crowd to help perform three acting games and they all did such an amazing job with everyone's help. He really gave me an inspiring impression on how encouragement goes a long way. We as nurses go through our work days going through the motions without really knowing the emotions on how we can truly make the dream work as a productive TEAM work. He would mention that anything positive or to uplift someone's spirits just be like "TA DA" like you did it, great job awesome. So, throughout the conference I met people from all over the United States sharing their experiences as

PACU nurses, expressing their issues, and providing support and solution ideas to one another. When one would tell their story, one would go "TA DA" and we would all laugh it out. It was great to have that relief of stress turn into a burst of laughter.

It was definitely TAPAN'S year at the 44th ASPAN Conference winning the Gold Leaf Award 2024, Peoples Newsletter Choice Award and members of the TAPAN association winning Clinical Practice Excellence Award to Agnes, Outstanding Achievement to Felicia, Recruiter of the Year to Lynette. I am very proud to be part of an association that works hard throughout their clinical practice. I hope I can learn from these wonderful ladies and to achieve these goals in my nursing career. I am currently a SME (subject matter expert) for ABPANC's professional development in creating educational material in helping fellow peers

become successful gaining their nursing certification in CPAN/CAPA.

My longtime friend and work bestie Michelle Hughes and I attended the CPAN/CAPA luncheon with a keynote speaker's miracle life changing story that had everyone in tears. John O Leary's "On Fire" is his

true life story events that he endured as a nine year old boy playing with fire gone bad causing 100% of his body burned. His journey encompassed being surrounded by people who never gave up on him and provided hope, encouragement, and the strength to fight to live. Wow, just writing that last sentence almost put me in tears again. His story is truly what he says an "absolute miracle." What is even more inspiring is that despite losing both functionality of his hands, doctors and physical therapists were able to give his hands back and he learned to play the piano beautifully. Words cannot describe how he played magically but what I can tell you is looking around the room, more tears of joy and happiness on all men and women's faces seeing this boy grown into man who overcame his obstacles all because of the people who cared for him all believed he will live and overcome this. He sure did and showed the listeners, us nurses, how strong one's actions in the care we provide can truly make a difference in someone's life.

The opening ceremony, the key speakers, the entertainment, the poster presentations, the conference speakers, and the networking with so many nurses all over the U.S. was such an amazing experience. I truly have learned a lot that I hope I can share with my PACU staff at Houston Methodist West. The impact of "sharing is knowledge" can make our staff and patient care experience top notch.



Cherry Burford
BSN RN CVRN-I
CPAN
UGCR

“Wow, just writing that last sentence almost put me in tears again”.



Cherry and Michelle

Photo from Cherry

Stepping Into Inspiration: My First Experience at the 44th ASPAN National Conference

By Michelle Hughes BSN RN CPAN

Attending the 44th ASPAN National Conference for the first time was nothing short of transformative. As a periAnesthesia nurse stepping into this vibrant professional gathering, I felt both excitement and curiosity about what was ahead. The theme of this year's conference—"Passion and Excellence: Growing, Learning and Leading Together"—couldn't have been more fitting.

From the moment I arrived, I was struck by the sense of community. Over 2,000 nurses from across the country came together in a shared mission: to grow, learn, and support each other. Walking into the keynote session, I could feel the energy in the room. The opening address by Joel Zeff delivered a powerful message about resilience, leadership, and the evolving landscape of nursing. It reminded me that we are part of a profession that continuously adapts and

thrives—even in the face of adversity.

What stood out most during the conference were the educational sessions and the CPAN/CAPA luncheon I attended along side with one of my best friend and work colleague Cherry Burford. Topics ranged from enhanced recovery protocols and pharmacologic updates to emotional resilience in nursing practice. I found myself scribbling notes, taking pictures of slides, and feeling truly engaged. It was refreshing to hear evidence-based content delivered with passion and real-world application. John O Leary's keynote speaker for the luncheon of his true life story "On Fire" left everyone in tears but also inspired of what a difference we can make in a person's life that goes beyond just the time we have with them.

Networking was another highlight. Whether in breakout sessions, vendor exhibits, or informal lunch conversations, I met nurses from a variety of settings—pre-op, PACU, ambulatory, and beyond and building relationships with nurses from other states. Hearing their stories and best practices was inspiring and reaffirmed that we're all navigating similar

challenges, just in different places.

I also appreciated the recognition of excellence within our field. The awards ceremony honored nurses who have gone above and beyond in education, clinical leadership, and patient advocacy. TAPAN was honored by winning the Gold Leaf Award along with the Peoples Newsletter Choice Award, Clinical Practice Excellence Award and Outstanding Achievement Award. It was a moving reminder of the impact we have not just in our units, but on the broader scope of healthcare. I am currently on the ABPANC's marketing and awards committee.

As a first-time attendee, I left the ASPAN Conference feeling recharged and proud to be a periAnesthesia nurse. I brought back new knowledge, fresh ideas for unit improvement, a deeper appreciation for our profession's future that I will be able to share to as in my future travels. If you've never attended, I wholeheartedly encourage you to consider it next year. It's more than a conference—it's a celebration of who we are and who we're becoming.



Michelle Hughes
BSN RN CPAN
UGCR

*"...I left the
ASPAN
conference
feeling
recharged..."*



Cherry and Michelle

Photo from Michelle

TAPAN is the 2024 Component of the Year!

By Geraldine Delos Santos MSN RN CPAN

TAPAN wins Gold Leaf Award at the 2025 ASPAN Conference

We are thrilled to share that TAPAN has clinched the esteemed ASPAN Gold Leaf Award! This national accolade celebrates exceptional achievements in education, community service, member engagement, and groundbreaking innovation in perianesthesia nursing by the component in the past year (2024).

A heartfelt congratulations to our incredible president, Patty Bennett Charles, who graciously accepted this honor at



Patty Charles

the

ASPAN National Conference! We are immensely proud of the dedication, passion, and hard work of all our TAPAN members in 2024—this achievement is a testament to each and every one of you!

Felicia Selman Honored with ASPAN's Award for Outstanding Achievement

Felicia Selman stands as a beacon of excellence in the world of perianesthesia nursing. With her CAPA certification and over two decades of dedicated, hands-on experience, she exemplifies the pinnacle of professional achievement. Her un-



Felicia Selman

matched expertise spans practice, education, research, and management, making her a true leader in the field. Felicia's contributions have not only enriched her local community but have also echoed across the nation. As a sought-after speaker at ASPAN's prestigious virtual and in-person events, her lectures leave a lasting impact. Celebrated by peers and professionals alike, Ms. Selman is recognized as a trailblazer and an outstanding authority in perianesthesia nursing.

Agnes Hsu receives Excellence in Clinical Practice Award

We are thrilled to announce that Agnes Hsu has been honored with the prestigious 2025 Excellence in Clinical Practice Award. As a distin-



Agnes Hsu

guished registered nurse, her CPAN certification highlights her exceptional leadership in perianesthesia patient care. With over ten years of invaluable experience, Agnes embodies both compassion and expertise, earning accolades from her peers and the heartfelt gratitude of countless families. A true pioneer in clinical nursing, her unmatched contributions and unwavering commitment to perianesthesia care set a new standard in the field. Leading the charge in innovative nursing programs, committees, and



Geraldine Delos Santos MSN RN
CPAN
UGCR

TAPAN is the 2024 Component of the Year!

By Geraldine Delos Santos MSN RN CPAN

Lynnette Alcorn: Recruiter of the Year and ASPAN Conference Co-ordinator

Join us in applauding Lynnette's remarkable accomplishments at the 44th ASPAN National Conference! She was honored with the prestigious 2024 Recruiter of the Year award for her exceptional efforts in expanding ASPAN's membership. Additionally, her unwavering leadership and commitment as



Lynnette Alcorn

National Conference Coordinator earned her the esteemed Passion and Excellence Award.

Lynnette, your boundless energy and dedication are a beacon of inspiration to us all. Heartfelt congratulations on this well-earned recognition!

Eyeopener Triumphs with Prestigious Newsletter and People's Choice Awards!

Hazzel Gomez: Newsletter Editor

The Eyeopener Newsletter has been crowned the 2025 Component Newsletter cham-

pion by the ASPAN Publications Committee, triumphing in the category for newsletters with 15 or more pages. This accolade was achieved through a meticulous point-system that evaluated essential content like the president's message, editor's insights, governmental affairs, and regional updates. The newsletter's impact was



Hazzel Gomez

Further

amplified by the originality and distinctiveness of articles from over five dedicated component member contributors. Its striking visual design, compelling content, and innovative layout also earned it the prestigious People's Choice Award. At the helm of this success is our newsletter editor, Hazzel Gomez, whose leadership has transformed the Eyeopener into one of ASPAN's most dynamic and celebrated publications.

Elaine Mueller receives the TAPAN Impact Award

Let's come together to honor the remarkable Elaine Mueller, a pioneering nurse, inspiring leader, and relentless advocate for perianesthesia nursing.



Elaine Mueller

After fifty years of unwavering dedication, Elaine is stepping into retirement, having been honored with the prestigious Impact Award at ASPAN 2025. This accolade recognizes her monumental contributions to the field, TAPAN, and the broader nursing community.

Elaine's illustrious career began in 1974, leaving an indelible impact across diverse settings—Med-Surg, the ED, PACU, Outpatient Surgery, Anesthesia support, and Oncology. Most recently, she has been the compassionate Discharge Nurse at Methodist Richardson, where her warmth, wisdom, and clinical expertise have guided countless patients homeward.

Since 1980, Elaine has been a cornerstone of TAPAN, propelling our growth and success while mentoring innumerable nurses and exemplifying true professional dedication.

Congratulations, Elaine, on your richly deserved retirement. Your legacy of service, leadership, and camaraderie will continue to inspire us all.



Geraldine Delos Santos MSN RN CPAN UGCR

TAPAN is the 2024 Component of the Year!

By Geraldine Delos Santos MSN RN CPAN

Above and Beyond Service Recognition Award-ees:



Britini Hoiem

Britini Hoiem earned the 2024-2025 Above and Beyond Service Recognition Award for her exceptional leadership as

TAPAN's State Conference Chair, successfully organizing the 2024 State Conference in Woodlands, TX. Balancing graduate school and a full-time job, she managed budgeting, vendor coordination, volunteer management, and event presentation, revitalizing TAPAN and showcasing her dedication to perianesthesia nursing.

Geraldine delos Santos received the 2024-2025 Above and Beyond Service Recognition Award at ASPAN's 44th National Con-



Geraldine delos Santos

ference for her outstanding leadership and contributions as TAPAN's President-Elect, including spearheading a new website launch and enhancing board leadership. Her dedication is highly valued by her peers.



Geraldine Delos Santos MSN RN
CPAN
UGCR



TAPAN Board and Members at the ASPAN National Conference

Why National Conference Matters to Me

By Alma Pope RN BSN CPAN

I've always looked forward to attending **National ASPAN Conference**, and this year's experience was especially meaningful. It's one of the rare times I get to connect in person with my fellow **TAPAN State Board** members—colleagues who are typically just names and faces on a screen. There's something powerful about coming together face-to-face to celebrate our shared work and purpose.

The conference also brings to life the months of planning, collaboration, and data collection behind TAPAN's award submissions. Seeing our component's achievements recog-

nized nationally is a proud reminder of what we can accomplish together.

One of the most inspiring parts of the event is meeting the lecturers, who often are the **authors of the articles and textbooks** we rely on—real nurses, with real passion for our specialty. It's a chance to learn, reflect, and take a step back from the daily pace of the unit to ask, *"What can we do better?"* and *"How do we bring this knowledge back to our teams?"*

I especially appreciated the **poster presentations**, which offered innovative, evi-

dence-based ideas we can apply in our own practice. The **vendor exhibits** also introduced new tools and technologies I'm excited to share with my hospital—products that could improve both patient care and workflow.

For me, conference is more than education. It's a reminder of the heart behind our work, the strength of our community, and the possibilities we can create when we keep growing, learning, and leading—together. See you all in San Fran in 2026!



Alma Pope RN BSN
CPAN

UGCR

ASPAN 44th National Conference

By Mollie Smith RN CAPA

I have attended every National Conference since 2011 and have enjoyed every one of them. Each one is different, but with the same objective, learning, comradery, new foods, good speakers and in general, having a great time learning of new standards, new techniques and making new friends. As you can imagine, everything is bigger in Texas, and Lynette and her team did an amazing job, representing Texas and Dallas. San Francisco, the 45th, will have a hard time topping the 44th.

I am retired, so not all sessions apply to me, while many are about the new procedures, new sedations, new equipment, new pre and post

education and discharge planning, that applies to everyone. It's nice to know that if anyone in my family has surgery, the standards are held high.

All the sessions are very educational and well prepared, but my favorite are the keynote speakers. They are always inspirational, amusing, funny and entertaining, while delivering awesome messages. I have volunteered to be a hostess at several conferences, and that is always rewarding, especially this year. Being a native Texan, it was fun to welcome everyone to Dallas and the first-time attendees.

If you have not attended a National Conference or any conference, I highly encourage you to start by attending the TAPAN State Conference this year and thank you for letting me share my experience with you.



Mollie Smith RN
CAPA
UGCR



Linda Allyn RN BSN
CPAN CAPA
UGCR

Nurses' Day at the Capitol

By Linda Allyn RN BSN CPAN CAPA

The Texas Nurses Association sponsored Nurses Day at the Capitol in March 2025. I have attended this event that is held every other year, on odd years, a few times before. There is always something new that we should be aware of that pertains to nurses that the Texas senate and house of representatives have bills that are being introduced or voted on.

This year the results from a survey on workplace violence was discussed at the information meeting the day before we met with our senator or representative from our voting district. It was interesting that only 43.5% had never been physically assaulted and 13.3% had been assaulted over 9 times per year. Verbal abuse numbers were greater with 42.3% at the frequent rate. Factors that affect WPV was Lack of respect for healthcare workers (72.7%) and Insufficient staffing (59.3%) at the two greatest factors. More information on this can be obtained at www.dshs.texas.gov/nursingworkforce.

Unless we share our knowledge, legislators may never hear the information. People operating in good faith can still be uninformed even with these efforts to

learn about an issue. We as nurses must understand the position our legislators are in and help them understand our position by communicating effectively with them. The more you communicate with your legislators and are able to give valid facts, the better chance you have to be able to help educate those that write, discuss, and vote on bills affecting nurses.

Meeting with my senator the next day gave me a new respect for him. He listened to our reasons why we should not decrease vaccination requirements in schools and then gave us his reasons why he didn't feel the same way due to his personal experience with vaccinations. We were able to bring up several topics that were the most important for nurses in the short time available.

My representative was a different story, and I went away with a very negative feeling about him. He couldn't take the time to even talk to us but finally sent one of his aids to listen to our concerns. Nursing Education Funding was another topic we discussed but I wasn't sure any points were ever passed on to him. He will not get my vote for reelection. Being involved in governmental affairs helps me be more informed as well.

***"Unless we
share our
knowledge,
legislators may
never hear the
information".***

Empowering Nurses: My Experience at Texas Nurse Day at the Capitol

By Frances Garza RN BSN CPN

This year, I had the incredible opportunity to attend Texas Nurses Day at the Capitol, where nurses, nursing students, and advocates gathered in Austin to engage with state legislators on critical healthcare issues. It was a chance to not only learn about the legislative process but also advocate for policies that directly affect our profession and patient care.

During the event, I focused on advocating for three key issues: safe staffing, preventing the criminalization of medical errors, and supporting vaccine efforts. These issues are central to improving both patient safety and the quality of care we provide. I had the privilege

of meeting with my state legislator, Molly Cook, an ER nurse when not in session, and we discussed bills aimed at improving patient safety and preventing unjust criminalization of medical



Lynette, Geraldine,
Frances, Patty,
Felicia

errors. It was eye-opening to realize how much influence we, as nurses, can have in the legislative process.

One thing that stood out was the overwhelming support for patient safety and advocacy. It reinforced the importance of our voices in shaping healthcare policy, not just at the bedside but in legislative chambers as well.

This experience has inspired me to continue advocating for the nursing profession and patient safety. Nurses truly do have a voice, and it's vital that we use it to create meaningful change.



Frances Garza RN
BSN CPN
UGCR

Photo from Frances

Reflections from ASPAN Conference

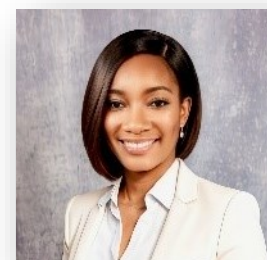
By Candace Miller MSN-Ed RN CPAN CAPA

I genuinely get excited for national conference time for several reasons. It is a time of seeing old friends, a time of learning, and a time of reflection into my own practice and professional growth. However, this year, returning to my hometown of Dallas, Texas as a volunteer as well as attendee, has affirmed for me the importance and the greatness of this yearly gathering. I watched as young nurses in our profession soaked up the teachings from PHD nurses and DNP nurses alike. I saw the role of the Peri-Anesthesia Educator front and center in a way 10 years ago when I became an educa-

tor, I would have never thought possible. I heard the topic of workplace bullying and incivility being discussed openly amongst strangers united by their love of Peri-Anesthesia Nursing and a desire to end toxicity in the workplace. I saw friendships form instantly and bonds deepen over our common struggles and our optimism to change the future.

Lynette Alcorn and the entire TAPAN North and East team outdid themselves in providing an inclusive environment where we could all pause, ponder, learn, grow, change, and champion the causes that matter most to us. So now

that we are all back home and our "boots are really on the ground", I am inspired to carry on the lessons learned and look forward to when we all meet again in San Francisco!



Candace Miller
MSN-ED RN CPAN
CAPA
UGCR

Committee Report: TAPAN Bylaws and Policy and Procedure

By Susan Russell BSN RN JD CPAN CAPA

The Policy & Procedure Committee completed its review and update of the job descriptions for the Executive Board and Committee Chairs prior to the 2025 ASPAN National Conference in Dallas. These job descriptions are located on the TAPAN Nursing Network web site. Members are encouraged to review the requirements for these positions and consider becoming actively involved in TAPAN. The P&P Committee is currently reviewing all policies affecting the State Conference. These policies serve as a foundation for the Conference Chair in planning the Annual TAPAN Conference. This conference includes the annual business meeting as well as educational presentations and social

events. Once these policies have been reviewed/revised and approved by the Executive Committee, they will serve as a "Conference Manual" for future Conference Chairs. The P&P Committee is responsible for ensuring that the National Office has a current copy of the TAPAN Bylaws which must be reviewed at least every three years. To be certain ASPAN always has a current copy, the P&P Coordinator emails one annually. The Bylaws are also posted on TAPAN's Nursing Network web site. The ASPAN Gold Leaf criteria includes maintaining up to date Bylaws and P&P which are easy points for TAPAN to earn because of the work spent on this Gold Leaf section throughout the year.

Any member interested in serving on this committee may submit a Willingness to Serve form to Geraldine de los Santos, our incoming TAPAN President. This is a great way to learn more about TAPAN and the specifics of how the organization functions.



Susan Russell BSN
RN JD CPAN CAPA
Policy and Procedure
Chair

Committee Report: Governmental Affairs

By Linda Allyn RN BSN CPAN CAPA

March started with Nurses Day at the Capital. If you have never gone to one of these events it is a great eye-opening experience as to how government affects nursing and what we can do to help encourage our legislature to be informed on issues in nursing. They are held every other year and put together by TNA. The first day you get educated on important information that is up before the legislature and the second day you go to the capital and meet with your district representative and senator at an assigned time. ASPAN is also revising the GA Primer and looking at what can encourage mem-

bers to be more involved in GA committees. We are trying structured discussions between ASPAN liaison and the component GA chair/President that is designed to support component succession through, reflection, planning, problem solving, and honest and constructive feedback. If you have any questions about GA please feel free to contact me. The best way is to text me and let me know when you are available to talk. I work different shifts since I am PRN and cover all shifts. Thanks, and hope to hear from you soon.



Linda Allyn RN BSN
CPAN CAPA
Governmental Affairs
Chair

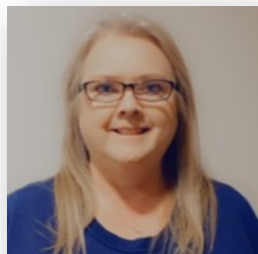


Frances Garza BSN RN
CPN
Membership and Marketing Chair

Committee Report: Marketing and Membership

By Frances Garza BSN RN CPN

Region	2024		2024		2025	
	November		December		January	
	New	Total	New	Total	New	Total
HCSTR	6	198	1	191	7	192
N&E	4	266	18	263	17	278
State	1	13	0	13	1	15
UGCR	7	538	17	530	26	557
WTX&PAN	4	100	1	99	2	98
Total	22	1115	37	1096	53	1140



Trina Mora MSN RN
CAPA CPAN
President

News From Across Texas: West Texas Panhandle

By Trina Mora MSN RN CAPA CPAN

Our region has had a change in the Board members this Spring. We now have Erica "Rikki" Cudic as our Vice President. She is PACU nurse and is CPAN certified. Noelia Gonzales is now our Treasurer. She is a PACU nurse and is a great fit! They both live in Midland and will do a fabulous job for our region. Trina Mora (President) and Erica Herren (Secretary/Newsletter Editor) remain the same positions. Two of our Board members attended the ASPAN Nation-

al Conference in May. We had a great time, and it was nice to see everyone! Our region was able to give a scholarship for one of our members to go to the National Conference, so we are very excited about that! Our current membership, as of April 30th is 97 members. With our new board members, we hope to start various membership drives to increase our membership.



Kristi Denton BSN
RN
President

News From Across Texas: North and East Region

By Kristi Denton BSN RN

Greetings TAPAN family!

The North and East Region is still buzzing with excitement and fond memories from the recent National Conference. It was a truly inspiring event where we expanded our knowledge, connected with passionate colleagues, and welcomed new friendships. Thank you to everyone who participated and contributed to such a successful and meaningful experience!

As we look ahead, we are thrilled to announce that ASPAN is coming to Dallas this July to offer a Certification Review Class. This is a wonderful opportunity for members preparing for CPAN/CAPA certification, and we are here to support you every step of the way. Whether it's answering questions, offering encouragement, or sharing resources — we are committed to helping our members reach their goals.

We also continue to welcome new members and encourage everyone to stay involved and active in ASPAN. Your participation helps keep our region strong, supportive, and vibrant.

As we approach the end of the fiscal year, our region is actively preparing for the upcoming Texas State Conference in September. We are hard at work on our Bluebonnet Presentation and ORA submission, and we look forward to showcasing the achievements and spirit of our region.

Lastly, our commitment to community service remains a priority. We continue to find ways to give back and serve those around us — because making a difference locally strengthens us all.

Thank you for being an essential part of our region. Together, we grow, serve, and lead!



L-R: Kristi, Hazzel, Kalai, Kim, Terry, Amy, Nichole, Enna, Terri and Elaine



Front: Enna, Kim, Terri, Kristi, Lynette
Back: Valorie, Michelle, Catherine, Denise, Hazzel

NE TAPAN paused to celebrate in honor of Elaine Mueller and Terri Lytle as they embark on the next chapter of their lives—retirement and relocation to a new state. This was a heartfelt acknowledgement of their dedicated service to the board and a fitting tribute as they transition into these exciting changes. Thank you Elaine and Terri!



Geraldine delos Santos MSN
RN CPAN
UGCR

Clinical Practice: Postoperative Care and Discharge Considerations for Common Pediatric Surgical Procedures

By Geraldine Delos Santos MSN RN CPAN

Nurse Mary is in Bay 10 with a 2-year-old post-tonsillectomy patient. She provides home care instructions while the anxious parents try to calm their crying child. Is this scenario familiar to you?

Surgery is significant for anyone, but it is especially stressful for parents and caregivers when it's a child. As postop nurses, we must provide thorough home care guidance, including pain management, diet, activities, wound care, reasons to return to the ER, and follow-up plans. Despite advances in charting and automated materials, discharge teaching for pediatric patients has its challenges. Effective instruction relies heavily on proper timing. Melissa Boisvenue, BSN BSCN of Children's Hospital of Eastern Ontario, Canada presented postoperative considerations and discharge education for most common pediatric surgeries at the recent ASPAN conference in Dallas TX.

Preoperative Teaching

Melissa Boisvenue suggested offering pamphlets on postoperative care for common surgeries in the waiting room. Parents can scan QR codes on posters to learn about surgical care, tonsillectomy, ear surgery, and cast care. A Child Life Specialist is available to help. Family-centered care is crucial because caregivers know their children best.

Post-op Care and Discharge Considerations for Common Pediatric Surgeries

Dental Restorations and Extractions.

Dental surgery often requires general anesthesia for children, especially those with complex health issues or developmental disabilities. After

surgery, avoid using straws or sippy cups to prevent bleeding caused by suction. To prevent chewing on the numb area, have someone sit with the child in the back seat or give them a popsicle. A pink-tinged drool is normal; bright red indicates bleeding.

Strabismus. This condition involves uncoordinated eye muscles. Eye patches can help initially, but early surgery may be needed. After surgery, patients might wake up crying and rubbing their eyes due to discomfort from the sutures. Icepacks, pain medication, and keeping their eyes closed can provide relief. It's crucial to prevent children from touching their eyes.

Hypospadias Repairs. Hypospadias is a condition in which the opening of the urethra is on the underside of the penis instead of at the tip. Depending on the location of the opening of the urethra, surgical correction may be performed in stages, typically between 6 months and 2 years of age. The surgical incision site is at risk for infection. Double-diapering techniques help reduce soiling at the incision site. Cut a hole in the internal diaper so that the external diaper catches urine while the internal diaper catches stool. A urethral stent may be placed during the surgery to reduce blockage. If a stent was not placed or if the patient had a penile block, he may need to void prior to discharge.

Bilateral Myringotomy

Tubes. BMT may be done due to ongoing or recurrent ear infections mostly for children under 5 years old. The short 5–10-minute procedure and the lasting anesthetic effect most often result in emergence delirium. Anesthesia considerations include possibly reversing the benzodiazepine if it was given. Discharge

teaching includes restrictions in bathing or swimming, how to instill eardrops, and recognizing normal vs. abnormal drainage from ears.

Tonsillectomy (with or without Adenoidectomy).

Patients requiring tonsillectomy and/or adenoidectomy may have had chronic infections or obstructive sleep apnea (OSA). Some institutions require inpatient stay for patients with moderate to severe OSA. Airway management in Phase I is a priority for these patients as bleeding may trigger laryngospasm in the immediate postop phase. Pain management with opioids must be considered with caution especially for those with OSA. It is important to let families know that the snoring and obstruction may sound worse right after surgery but will improve in time. Hydration is imperative—cool drinks and popsicles alleviate the discomfort. Soft food is recommended instead of food with sharp edges (like fish crackers or chips). Caregivers should note that bleeding risk rises after 6–8 days when throat scabs fall off. Kids under 6 years old may not recognize that they are swallowing a lot (sign of bleeding) until hematemesis occurs.

Cleft Lip/Palate Repairs.

The needs for patients with cleft lip or palate may be complex and are followed by a specialized multidisciplinary team. Inpatient observation is often required for patients after a palate repair while patients after a cleft lip repair may be discharged home.

Continue on the next page



Geraldine delos Santos MSN
RN CPAN
UGCR

Clinical Practice: Postoperative Care and Discharge Considerations for Common Pediatric Surgical Procedures

By Geraldine Delos Santos MSN RN CPAN

Specialized bottles or sippy cups may be used to ensure that suction is not generated when feeding. Elbow immobilizers may be used to prevent them from putting their hands/fingers inside their mouths. Discharge instructions must address pain management, bleeding, and feeding issues.

Children and Casts. Fractures are common among children. Postoperative immobilization may require splints or casts. Itchiness is the top reason for kids sticking anything down the cast to relieve it. This may lead to dermatitis. Instruct parents on strategies for cast care such as keeping the cast clean and dry, tapping on the outside or blowing hair dryer (on cool) if itchy, and ice and elevation to reduce swelling. Don't let the child play in a

sandbox! This also applies for patients with spica casts. Constipation is common with spica casts due to immobility. Double diapering is necessary to keep stool or urine away from the incision sites. When discharging patients with spica casts, a proper-fitting car seat may need to be rented or purchased prior to going home.

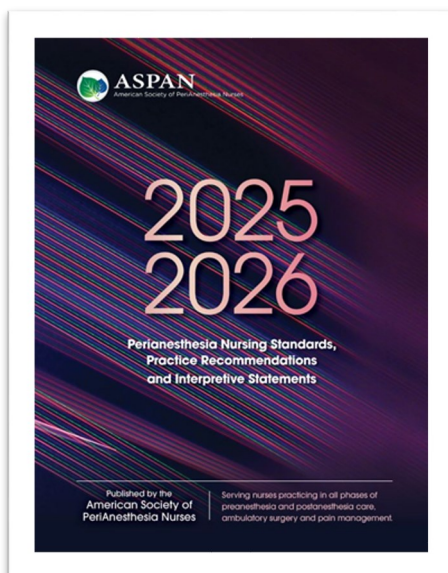
Crutch training for children under 6 years old after lower extremity surgery may pose challenges. Preoperative teaching with Occupational and Physical Therapy consultation is optimal. Some children may opt to use a stroller or a wagon, while some may benefit from having a wheelchair for mobility.

Discharge Criteria. Physiologic criteria are used to measure the patient's readiness for discharge home. The criteria are patient's

airway, oxygenation, hemodynamic stability, pain management, surgical/wound assessment, and fluid tolerance. A timed criteria may be used for patients that received reversal agents, have a history of malignant hyperthermia, an increased risk of bleeding, or was given an opioid for pain management.

There are many commonalities in the way we discharge adult and pediatric patients. However, in children, it is imperative to involve caregivers in all aspects of care, measure pain with pediatric scales, and use developmentally appropriate language.

Check these
out!
ASPAN
Publications



Member Spotlight: Journey to CPAN and CAPA Certification

By Coleen Arrozo BSN RN CPAN CAPA

When I first joined JPS Surgery Center in Arlington (JSCA), I was introduced to the Nursing Professional Development Program (NPDP). I remember thinking, *"I'll never earn points—I'm too new to all of this."* It felt overwhelming at first. But the JSCA family, especially my team leaders, patiently guided me, showing me how to get involved in hospital meetings, activities, and professional development. Their encouragement didn't just teach me how to participate—it inspired me to become a better person and a better nurse.

The NPDP turned out to be more than just a scoring system—it was a powerful tool that will help me grow professionally while being supported and compensated for my efforts. After discovering that CPAN (Certified Post Anesthesia Nurse) and CAPA (Certified Ambulatory Perianesthesia Nurse) tests coverage are almost the same and I was qualified for both, I committed myself to study for both certifications.

I knew I needed a plan. I carved out dedicated time in my schedule and pushed myself to stay disciplined. The ABPANC website was my starting point—it laid out each step clearly and provided the guidance I needed. I also made sure to get the right review books and materials, which were essential. At times, I felt confident in what I had—but the deeper I studied, the more I realized how broad the

content really was. It was humbling and challenging.

Studying wasn't always easy, especially while juggling work and life. But I stayed motivated by remembering why I started. My family's support was everything—they stood by me in every possible way. Their belief in me gave me strength.

And just as important was my trust in God to help me through. My personal prayer and devotional time kept me grounded and centered. It reminded me that I wasn't alone on this journey and helped me focus not just on passing, but on growing.

When I finally passed both the CPAN and CAPA exams, it was more than just a professional milestone—it was the result of perseverance, community, faith, and a belief in lifelong learning. I'm proud to say I did it, and even prouder to say I didn't do it alone.

To anyone thinking about CPAN and/or CAPA: don't let doubt hold you back. Get involved. Ask for help. Discipline your time. Lean on your support system. And most of all, believe in God's grace. Growth starts with a single step—and that step is often saying "yes" when it's easier to say "maybe later or I'm too old for this."



**"Growth starts
with a single
step..."**



Save The Dates!

July 15	Deadline to Request ASPAN seminar for Winter/Spring 2026
July 19	ASPAN CPAN CAPA Certification Review in Dallas Texas
August 8-9	TAPAN Leadership Retreat
August 16	ASPAN CPAN CAPA Certification Review in San Antonio Texas
September 26-27	TAPAN's 49th Annual State Conference in Conroe Texas
September 30	Deadline to Request ASPAN Select Seminar for January 2026
October 15	Celebrate Successful Perianesthesia Practices Abstract Online Deadline for 2026 Conference
November 7-8	Perianesthesia Development Institute in Louisville KY

ASpan News



The 2025 National Conference online recorded session now available!

The Perianesthesia Nursing Professional Practice Model
Check it out!

<https://www.aspan.org/Clinical-Inquiry/Clinical-Inquiry-Overview/The-Perianesthesia-Nursing-Professional-Practice-Model>
<https://www.aspan.org/Portals/88/Research/ProfessionalPracticeModel.mp4?ver=gJ3M7HcPWRlW3RIqvx6juA%3d%3d>



Photos from ASPAN .org



Certification Corner

Nursing Education Grant

Did you know that ABPANC annually awards (2) one-time grant offered at \$5,000.00 each to support a certified perianesthesia nurse who is furthering their education? Check it out here: <https://www.cpancapa.org/nurse-leaders/nursing-education-grant/>

Get Involved in ABPANC!

Are you interested in sharing your expertise? If so, ABPANC has various volunteer opportunities, from Item Writing to Coaching or Sharing Your Success Story. It is time to give back to the profession you love. Check it out here: <https://www.cpancapa.org/get-involved/volunteer-with-abpnc/>

CPAN Question of the Quarter

A perianesthesia nurse is caring for a 5-year-old male patient that meets the developmental stage for his age. The patient is awake, alert, and verbal. The nurse needs to assess the patient's pain. Which of the following scales would be most appropriate to use on this child?

- A. Wong-Baker FACES scale
- B. FLACC scale
- C. Numerical 0-10 scale
- D. N-PASS scale

CAPA Question of the Quarter

Following maxillomandibular fixation, which of the following should be readily available at the patient's bedside?

- A. Wire cutters
- B. Nasal airway
- C. Laryngeal mask airway
- D. Tracheostomy kit

Check out the answers at the next Eyeopener Edition.

Winter Edition correct answers:

CPAN— A
CAPA—A

Questions from cpancapa.org



Linda Allyn RN BSN CPAN CAPA
Region 2 Director
Governmental Affairs Chair



Patty Charles BSN RN
CPAN CAPA
President



Geraldine delos Santos
MSN RN CPAN
1st Vice President



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CCRN CPAN CAPA
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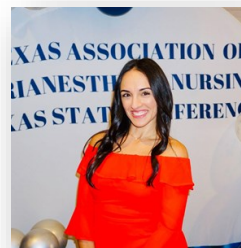
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CAPA
Policy and Procedure Chair



Frances Garza RN BSN
CPN
Membership and Market-



Britini Hoiem BSN RN
WCC CAPA CPAN
Communication Chair



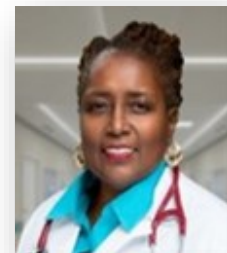
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CPAN CAPA NPD-BC
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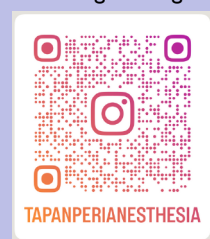
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NURSES
(TAPAN)

We are on the web:
www.tapan.org

Facebook Page:



Instagram Page:



The official newsletter of Texas Association of Perianesthesia Nurses

TAPAN's History

1976 The Texas Association of Post Anesthesia Nurses was formed.

April 2, 1984 The organization became incorporated as a non-profit corporation.

Founding Board of Directors Elaine K Mueller – Dallas Mary Donahugh – Ft. Worth Joyce Nelson – Galveston Ida Hodge – Ft. Worth Gayle Trent – Dallas Peggy Ebensberger – Round Rock

March 24, 1996 TAPAN Board met and adopted a resolution to change the name of the organization from the Texas Association of Post Anesthesia Nurses to Texas Association of PeriAnesthesia Nurses.

2009 TAPAN Board undertook the task of redrawing the district lines in order to better meet the needs of the membership. The resulting 5 regions are: North & East Texas Upper Gulf Coast Hill Country and South Texas West Texas Panhandle Far West Texas

2019 TAPAN Board made the decision to officially deactivate the Far West Texas Region and the members were welcomed into the West Texas Panhandle Region.

From the Editor

The Eyeopener is the official publication of the Texas Association of Perianesthesia Nurses (TAPAN). All rights reserved. No part of the Eyeopener may be copied or reproduced in any form without prior permission from TAPAN. Contact the editor for further information.

Submission: Members are encouraged to write articles of interest and submit to Eyeopener. Submissions must be typed and double-spaced. It is the responsibility of the author to verify the accuracy of information and provide appropriate references. The editor and the TAPAN board reserve the right to edit or reject submitted material

Submission Deadlines:

February 15: Spring edition

May 15: Summer edition

August 15: Fall edition

November 15: Winter edition

Publication Schedule:

Spring Edition—March 15

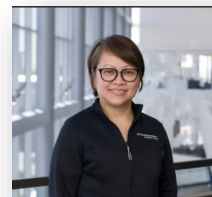
Summer Edition—June 15

Fall Edition—September 15

Winter Edition—December 15

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