

Newsletter of the PeriAnesthesia Nurses Association of California | Fall 2025 Vol. 45 No.3





Fall Seminar - Lake Tahoe

SEMINAR SPEAKERS. Jacque Crosson, DNA RN, CPAN, FASPAN







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- | On-Call with Olivia
- President's Message
- San Francisco, Here We Come!
- PANAC Scholarships
- Government Affairs
- Meet the Candidates: Fall Elections
- 5 Certification Benefits
- Willingness to Participate
- ASPAN Region 1 Update
- 6 Director's Corner
- 7 Director's Corner
- 7 Clinical Abstract
- 8 | Calendar of Events



By Linda Morales, MSNed, RN, CCRN, CPAN, CAPA, PANAC Education Chair

PANAC is excited for our upcoming Fall Hybrid Seminar & Annual Meeting, taking place October 18–19, 2025, at Harrah's Lake Tahoe. Perianesthesia Nursing in Focus: Transforming Care Through Evidence will provide an educational experience for nurses seeking to elevate their practice with the latest in perianesthesia evidence-based care. We are proud to feature ASPAN National speakers Jacque Crosson, DNP, RN, CPAN, FASPAN, and Maureen F. McLaughlin, MS, RN, ACNS-BC, CPAN, CAPA, FASPAN, as they lecture on topics centered around today's perianesthesia. Learning outcomes for this seminar include increasing knowledge to recognize PACU emergencies, evaluating safe staffing practices, assessing the diverse needs of patients and extended populations, discussing ASPAN standards, and engaging in strategies to advance perianesthesia care. Harrah's Lake Tahoe provides the perfect setting for learning and relaxation. Located just steps from the lake, the hotel offers easy access to hiking trails, shopping, casinos, and scenic views of the Sierra Nevada. Fall is a spectacular time to visit, with crisp mountain air, and plenty of opportunities to unwind after a day of learning. Both in-person and virtual attendees will have the opportunity to benefit from valuable learning experiences, regardless of how they choose to attend. We encourage all attendees to book their rooms early to secure lodging during this popular season. Harrah's Lake Tahoe is located at 15 Highway 50, Stateline, NV 89449. Join us for this inspiring weekend of professional development, collaboration, and the natural beauty of Lake Tahoe. For full seminar details, including registration, CE information, and hotel details, visit PANAC.nursingnetwork.com. We look forward to seeing you there!



As the fall season is welcomed, our minds turn toward transformation in care, in policy, and in purpose. This issue of *Pulseline* is dedicated to the power of evidence, not only as a foundation for safe practice, but as a force for shaping the future of perianesthesia nursing. This issue shines a light on several vital updates. PANAC is proud to share that California will host the next ASPAN National Conference. As the home component, we all will have the opportunity to welcome our colleagues

from across the country and show them the heart and excellence of California nurses. Let's start imagining what that experience can be together. To support your continued growth, this issue includes scholarship opportunities, a look into the benefits of

certification, and an introduction to all the candidates running in our fall elections. Your voice matters, and your pursuit of excellence shapes the strength of our profession. As you turn the pages of this edition, I hope you feel a sense of momentum. PANAC is growing. You are growing. And together, through evidence, advocacy, and shared stories, we continue transforming the way we care for our patients, for our practice, and for each other. For future issues, please send comments and letters to pulseline@panac.org. I'm excited to highlight your voices and your stories.



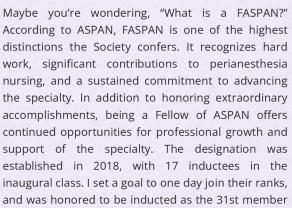
president's MESSAGE



By Ronda Dyer, MSN, BSPA, RN, CPAN, CAPA, FASPAN, PANAC President



Professional Goals: Earn Your FASPAN



during the opening ceremonies at ASPAN's 44th National Conference in Dallas on April 28, 2025.

Applications open every January. To apply, candidates must hold an MSN or higher, maintain current CPAN and/or CAPA certification, have an active RN license, and provide a CV showing significant contributions in at least two of the following domains: Education, Clinical Practice, Research, or Leadership/Advocacy. Applicants must also demonstrate current involvement in the field through ongoing education, experience, and ASPAN participation (e.g., conferences, committees, Specialty Practice Groups, or Strategic Work Teams). At least one peer-reviewed perianesthesia publication (such as a *JoPAN* article or book chapter) is also required.

Applications are reviewed by the Fellow Selection Team and letters of recommendation from current FASPANs are needed. Selected Fellows are inducted at the ASPAN National Conference. If you're interested in applying, I'd be happy to answer questions or serve as a mentor. Feel free to reach out at rondad@panac.org or rdyer@aspan.org.

Pulseline

A Publication of the PeriAnesthesia Nurses Association of California

ASPAN 1-8 Page Component Newsletter Award 2023, 2020, 2017, 2014, 2011, 2008

ASPAN Component Newsletter People's Choice Award 2024, 2023, 2021, 2020, 2019, 2018, 2017, 2014.

2012, 2011, 2010, 2007, 2002, 2000, 1999 2023-2024 PANAC Executive Board

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San Francisco Here We come!



By Gina Barry-Dias, BSN, RN, CAPA, National Conference Hostess Coordinator '26

PANAC will be the host component for ASPAN's National Conference on April 25th-30th 2026, held at the San Francisco Marriott Marquis Hotel. I would

like to encourage you to sign up as a host or hostess for this wonderful event. The event

starts with a pre-conference session on Saturday, Representative Assembly on Sunday, and opening ceremonies on Monday. Sessions continue Tuesday and Wednesday, with closing ceremonies on Thursday and then finishing off with a post-conference. More details to come. Please reach out for any questions: hostess.ginabd@gmail.com.







By Michelle Meadows, MSN, RN, CPAN, CAPA, NPD-BC, PANAC President-elect

PANAC Scholarship Applications Now Open!

Are you planning to attend the 2026
National Conference? Preparing for the
CPAN or CAPA exam? Enrolled in grad school,
doing research, or heading out on a mission trip?

PANAC is here to support your journey! We're excited to announce that scholarship applications are now open through December 1. If you're a current PANAC member, we encourage you to apply for funding that supports certification, education, conferences, or service projects. Know an outstanding ancillary staff member currently in an ADN or BSN program? You can also nominate them for PANAC's Nursing Student Scholarship! To apply or nominate someone, visit the PANAC website and complete the online application. Let us help you take your next step in professional growth!

Application period: July 1 - December 1, 2025



How California Nurses Are Shaping the Future of Healthcare

As healthcare evolves, so must the laws that protect those delivering it. In California, several key legislative efforts are

underway, impacting workplace safety, and the future of nursing. Now more than ever, nurses have an opportunity to step up and be heard. We're not just caregivers. We're changemakers. Every shift, every patient, and every challenge makes us experts in what works. That real-world insight is now influencing new laws that could significantly impact our profession.

SB 632 Protecting Nurses on the Job: We all know how physically and emotionally demanding nursing can be. Senate Bill 632 makes it easier for injured nurses to access workers' compensation by shifting the burden of proof away from the employee. Introduced by Senator Jesse Arreguín and supported by the California Nurses Association, this bill is moving through the State Assembly. It is a vital step in recognizing the toll our work can take.

AB 1082 Expanding Clinical Access, Preserving Quality: To address the nursing shortage, AB 1082 would allow students in out-of-state online nursing programs to complete their clinical hours in California, under direct, in-person supervision from licensed California RNs. While this increases access, it raises concerns about site capacity and educational standards. The bill includes safeguards, and if you're involved in education or precepting, this is one to follow closely.

These aren't just policy changes. They affect how we work, how we care for patients, and how we're protected. When nurses speak up, lawmakers listen. Take action and support SB 632 by contacting your assembly representative. Stay involved! Join professional organizations, attend local or virtual meetings, and talk with your colleagues. You don't need to be a policy expert to make a difference. You just need to care. Advocacy begins with awareness. Together, we can shape a safer, stronger future for nursing. One voice at a time.





MEET THE CANDIDATES

CANDIDATE FOR VP/PRESIDENT-ELECT



Kevin MacVane, BSN, RN, CAPA, has over 29 years of experience in adult and pediatric cardiac critical care and perianesthesia nursing. Since attending his first ASPAN National Conference in 2011, he's remained deeply involved in founding a Los Angeles chapter and serving PANAC as District Director,

Education Chair, and President. He currently contributes as Marketing Chair and Education Committee member. Nationally, he serves on ASPAN's Clinical Practice Committee, Component Revitalization SWT, and Membership & Marketing SWT, and formerly led the Preoperative Assessment SPG. At his facility, Kevin promotes education and certification through roles on the Magnet, Structural Empowerment, and Unit Practice Council committees. If elected VP/President-Elect, Kevin aims to uphold the legacy of PANAC and ASPAN by blending time-tested strategies with fresh approaches to meet the evolving needs of nurses.

CANDIDATE FOR SECRETARY



Rosalind Morris, MSN, RN, PHN, CPAN, began her journey in nursing by volunteering at local hospitals and through a child life program. She officially began her nursing career 14 years ago, starting in telemonitoring and med-surg, specifically on a stroke unit. She later expanded into

perioperative services, spending about seven years as a PACU nurse. Drawn to leadership, Rosalind participated in hospital-led leadership programs and initiatives, which sparked her interest in management. She now serves as Assistant Nurse Manager at Cedars-Sinai, covering evening shifts, and feels grateful to work alongside inspiring colleagues and staff. Outside of work, Rosalind stays busy with her two adorable kids under the age of six, two energetic dogs, and a supportive husband.

CANDIDATE FOR DISTRICT 1 DIRECTOR



Elaine Ignacio, MSN, RN, CPAN, brings well-rounded experience in Critical Care, Informatics, Clinical Education, and Leadership to her candidacy for District 1 Director. For the past decade, she has worked primarily in PACU, thriving in collaborative, team-based environments. A PANAC and ASPAN

member since 2018 and certified in perianesthesia nursing since 2020, she is dedicated to advancing the specialty. If elected, Elaine aims to strengthen communication, promote education, and expand engagement across District 1.

CANDIDATE FOR DISTRICT 3 DIRECTOR



Sarah Stone, MSN, RN, CAPA, has over 17 years of perianesthesia nursing experience, spanning pre-op, PACU, OR, leadership, and quality. She holds a BA in Environmental Biology and both a BSN and MSN from Regis University. Since beginning her journey in 2008 at Marin Specialty Surgery Center, she's

contributed to multiple PANAC and ASPAN committees and earned her CAPA certification in 2013. After working across several Bay Area facilities, she returned to Marin Specialty as Director of Nursing, helping launch a new site. In 2022, she transitioned back to direct patient care on the pre-op/PACU team. Now a mom of three, Sarah finds balance in work and family life with her husband, kids, and two dogs in San Rafael. She looks forward to supporting perianesthesia nurses in District 3.

CANDIDATE FOR DISTRICT 5 DIRECTOR



Amber Rafferty, RN, CAPA, is a relatively new perianesthesia nurse who dove headfirst into PANAC, becoming an active member early in her PACU career. Just weeks into her role, she attended her first seminar and was inspired by the leadership and passion within the organization. Since

then, she's attended multiple seminars and served as *Pulseline* Editor and Publications Chair. Amber brings over 20 years of healthcare experience, starting as a CNA, then working as a Licensed Psychiatric Technician and psychiatric nurse. After nearly a decade at Kaweah Delta Acute Psych Hospital, she transitioned to the PACU at Sierra View Medical Center, where she thrives. In 2023, she earned her CAPA certification and remains committed to lifelong learning. As a candidate for District 5 Director, Amber is excited to support local chapters, foster growth, and uphold PANAC's values.

CANDIDATE FOR DISTRICT 5 DIRECTOR



Patti Lyons, RN, CPAN, CAPA, began her healthcare journey at 15 as a CNA and has worked in anesthesia, critical care, and perianesthesia nursing. She earned her CCRN, managed a surgery center, and now works at Adventist Health in Hanford. Inspired by her WWI medic grandfather, she's passionate

about perianesthesia care. As District 5 Director, she helped lead two Seminars at Sea, supported the Fresno Chapter, co-led certification study groups, and served on the Promotions Committee. Off the clock, she enjoys volunteering with horse therapy, baking, gardening, and spending time with her grandkids. Patti is eager to inspire the next generation of nurses to grow, get certified, and get involved.



Certification Benefits

Ready to Take the Next Step?

The CAPA/CPAN certification course offers practical, focused education led by experienced nurses and instructors. It's designed to sharpen your skills, deepen your knowledge, and boost your confidence, all while learning alongside a motivated, supportive group of

By Kaitlyn Brasil, RN, CAPA



peers. If at least 75% of your eligible staff are certified, your team is awarded with the Certification Achievement Award. This is a recognition of excellence in perianesthesia nursing and high-quality patient care. Interested? Keep an eye out for details about future study sessions. We'd love to see you there!

Top Photo: Plaques hanging in the Short Stay Surgery at Adventist Health Hanford recognizing 75% or higher of eligible staff being certified. **Bottom Photo:** Ronda Dyer, Victoria Weeks, Natalie Alford, Felicity Allen, Steven Fulleylove, Lauren Lewis, Patti Lyons, and Kaitlyn Brasil (Adventist Health Hanford Short Stay Surgery and Recovery).

Willingness to Participate

Getting involved. Staying involved. Act now!



By Ronda Dyer, MSN, BSPA, RN, CPAN, CAPA, FASPAN, PANAC President

As a PANAC member, you have an opportunity to shape the future of perianesthesia nursing. Joining a committee is easy by visiting www.panac.nursingnetwork.com, clicking on Willingness to Participate and completing the form to indicate your interests. Already involved? Please submit to show your continued interest!

What's involved? Thanks to Zoom and email, committee work is flexible, engaging, and low-cost. The Education **Committee** helps plan conferences, select locations, topics, and speakers. Bedside nurses guide the content, and meetings happen via Zoom a few times a year. The Publications Committee is where writers, editors, and photographers assist with newsletter content. Work is done via email with a few hours of editing each quarter. Our new Editor, Olivia, welcomes your ideas and help! The **Promotions** Committee manages raffles, silent auctions, and PANAC swag at events. Gina is retiring and would love to train a new chair! The Marketing Committee finds vendors for seminars to help support PANAC through table sponsorships. Other committees include Clinical Inquiry, Membership, Technology, and Government Affairs. You can also get involved locally by supporting your District Director or Chapter Coordinator with events and networking. Whether you're looking to make a difference, earn Clinical Ladder points, or network with fellow nurses, there's a place for you here. Questions? Contact: Rondad@panac.org

ASPAN Region 1 Update



Chanda Hassemer, MS, BSN, RN, CPAN, CAPA, CPN, 2025–2027 ASPAN Region 1 Director

Greetings PANAC! Summer has flown by, and I can hardly believe fall is around the corner. We launched our fall CPAN/CAPA
Study Group at the end of July. We had 38 participants and 13 dedicated volunteer leaders across Region 1. I'm thrilled to share that all five ASPAN regions are now offering free certification study groups. Without our passionate volunteers this would not be possible!

What's happening in Region 1:

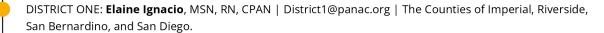
- RMPANA: Retreat in the Rockies Breckenridge, CO | Sept 20 (Hybrid)
- NPANA: Fall Conference Boise, ID | Sept 27–28 (Hybrid)
- NevPANA: Fall Conference Reno, NV | Sept 27 (Hybrid)
- PANAC: Fall Seminar & Annual Meeting Lake Tahoe, NV | Oct 18–19 (Hybrid)
- HIPAN: Annual Conference Honolulu, HI | Nov 1 (Inperson)

It's a busy and exciting season! I'm honored to be speaking at several upcoming events and visiting the ASPAN National Office for strategic planning and long-term sustainability. Mark your calendars on November 8–9, in Louisville, KY, for the Perianesthesia Development Institute (PDI), an impactful program for component leaders and members. If you're needing a speaker for an upcoming seminar, I'd love to connect. Wishing you a wonderful fall and looking forward to seeing many of you soon!

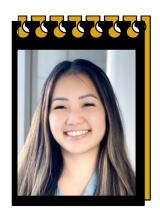


Director's Corner





I've started reaching out to District 1 members and can't wait to get to know you. Your wins, challenges, and big ideas will help shape our work together. As an ASPAN member, don't forget you have access to free CE webinars, on-demand modules, the Journal of Perianesthesia Nursing, discounted event rates, expert forums, and mentorship opportunities. Be sure to log in, explore the learning portal, and get involved! Keep an eye out for upcoming meet-and-greets, and please jump in! Share your ideas, volunteer, or highlight your team's success. Together, we'll streamline workflows, champion best practices, and celebrate the amazing care you give every day. Thanks for all you do. I look forward to connecting with you soon! Please reach out with any questions or concerns: district1@panac.org.



DISTRICT TWO: **Lilly Rowe**, DNP, RN, PHN, CNML, CPAN, CCRN | LillyR@panac.org | The Counties of Los Angeles, Orange, Santa Barbara, and Ventura.

It's been a quiet season in District 2, but we are continuing to work with our Coordinators to increase Chapter-level engagement. District 2 is especially excited to see everyone at the Fall Seminar, Perianesthesia Nursing in Focus: Transforming Care Through Evidence this October at Harrah's Lake Tahoe. It's going to be a weekend of learning and inspiration! The District 2 Team is exploring new Chapters in Ventura, San Gabriel Valley/East LA, and South Bay/Long Beach. If you're in these areas and want to get involved, contact me! *Reminder: Orange County is now part of District 1. **West LA Chapter (Daniel Miranda)**: While our August ASPAN Certification Review class was canceled due to low enrollment, a new event is in the works soon. Stay tuned and feel free to reach out with ideas: daniel.miranda@cshs.org. **Santa Barbara Chapter (Monica Steck):** The Santa Barbara Chapter hosted its second Chapter event with another great turnout: a beach cleanup on August 30! Interested in future events? Contact: hamiltons805@gmail.com.



DISTRICT THREE: **Abby Acosta**, MSN, RN, CPAN, CAPA | AbbyA@panac.org | The Counties of Alameda, Contra Costa, Marin, Monterey, San Benito, Santa Clara, Santa Cruz, San Francisco, and San Mateo.

District 3 is thrilled to have the 2026 ASPAN National Conference in San Francisco. In June, we welcomed the Strategic Workteam for an official site visit and a walkthrough of the venue and surrounding area. If you have ideas to make this event feel uniquely Californian, I'd love to hear them. We're also calling on members to attend and volunteer at the conference. Prior to the conference, we'll continue offering workshops and trainings on topics ranging from advanced clinical skills to leadership development. I hope to see you in South Lake Tahoe at the October PANAC Fall Seminar. As a reminder, I'll be stepping down from this position in October 2025. If you're interested in getting involved, please reach out or fill out a *Willingness to Participate* form.



DISTRICT FOUR: **Meaghan Espinosa**, BSN, RN, CAPA | MeaghanE@panac.org | The Counties of Alpine, Amador, Butte, Calaveras, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Sacramento, San Joaquin, Shasta, Sierra, Siskyou, Solano, Sonoma, Stanislaus, Sutter, Tehama, Trinity, Tuolumne, Yolo, and Yuba.

District 4 held a successful Certification Review on August 30, featuring **Felicia Selman**, MSN, RN, CAPA. Attendees gained valuable insights into perianesthesia practice. We wish them the best as they pursue certification. Looking ahead, PANAC's Fall Seminar will be held in Lake Tahoe. If you haven't registered yet, now's the time! As the District 4 Team continues to work toward greater engagement and Chapter development, I look forward to connecting with more of you and learning how I can better support your teams.



DISTRICT FIVE: Patti Lyons, RN, CPAN, CAPA | PattiL@panac.org | The Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, San Luis Obispo, and Tulare.

Fresno Chapter had a fantastic seminar on August 23! With great speakers, fun decor, and even a photo booth, it was both informative and energizing. Great job, Fresno! Let's now gear up for the PANAC State Seminar in Lake Tahoe, October 18-19. Don't forget to register and reserve your discounted rooms. Spots are filling fast! Enjoy classes, beautiful views, and activities like hiking, golfing, and the casino. As I seek another term, I would like to thank PANAC for the opportunity to serve. Throughout my time, I've formed meaningful relationships with colleagues who have become friends. I look forward to continuing this journey, building new chapters and forming new friendships.



Active warming should be standard in perioperative care to prevent hypothermia and its complications. Through evidence-based practice and staff education, Perioperative Clinical Practice Council (PCPC) successfully implemented an active warming protocol that improves patient care and supports clinical outcomes.



Prevention of Inadvertent Hypothermia by Active Warming in Perioperative Care: An EBP Initiative



By Abby Acosta, MSN, RN, CPAN, CAPA; Deborah Ralph, BSN, RN; Sheilah Quentin, BSN, RN, CAPA, PHN; Avrie Calabro, RN; and Ferdinand Sihotang, BSN, RN, PCCN

Background | Perioperative hypothermia remains a clinical with education, challenge linked to increased morbidity and mortality. Active warming, including forced-air warming systems, is recommended over corrective warming due to its preventive benefits (Su & Nieh, 2018; ASPAN, 2023). In early 2023, Salinas Valley Health Medical Center lacked a standardized approach to preventing inadvertent hypothermia, defined as a core temperature < 36°C. A recommendation from the Perioperative Clinical Practice Council (PCPC) highlighted that interventions were primarily corrective, using warm blankets or IV fluids when hypothermia was observed or reported. Professional guidelines recommend preventive active warming over corrective methods (AORN, 2019; ASPAN, 2023). Perianesthesia nurses, Abby Acosta and Sheilah Quentin, developed the following PICO question: In adult surgery patients, how does active warming compared to corrective warming affect patient satisfaction, length of stay, and temperature?

Methods | A literature review was conducted using PubMed®, EBSCO, Google Scholar, and organizational resources. Eighteen sources were reviewed, including six systematic reviews, three guidelines, six randomized controlled trials (RCTs), and three other studies. Active warming was shown to reduce hypothermia, infections, blood loss, and length of stay, and improve comfort and thermal stability. Pre-warming for 30 minutes prior to surgery was widely recommended (Madrid et al., 2016). The proposed protocol included (1) hypothermia defined as < 36°C, (2) 30 minutes of prewarming, (3) active warming during OR cases ≥ 60 minutes and during PACU stay, and (4) exclusion: patient refusal, hyperthermia, or contraindicated conditions. The protocol launched in October 2023

EHR updates, and standardization across perioperative areas.

Results | Following annual competencies, 100% of PACU, OPS, and Surgery RNs were educated on hypothermia prevention. Chart audits showed increased use of forced-air warming post-implementation. Pre-op and intra-op warming became standard for eligible patients. No significant change in PACU hypothermia rates was observed, potentially due to more consistent data capture and increased intervention confidence.

Conclusions | Active warming should be standard in perioperative care to prevent hypothermia and its complications. Through evidence-based practice and staff education, PCPC successfully implemented an active warming protocol that improves patient care and supports clinical outcomes.

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PANAC MISSION

IN COLLABORATION WITH ASPAN, WE PROMOTE THE SPECIALTY OF PERIANESTHEIA NURSING.

OF EVENTS · CALENDAR OF EVENTS · CALENDAR OF EVENTS · CALENDAR OF EVENTS · CALENDAR OF

Certification & Recertification

July 1 - October 31, 2025

CPAN/CAPA Spring Exam Registration

September 15 - November 15, 2025

CPAN/CAPA Certification Exam Window

July 1 - October 31, 2025

Fall CPAN/CAPA Recertification Cycle

www.cpancapa.org

October 18 - 19, 2025

PANAC's Fall Seminar | Lake Tahoe, CA panac.nursingnetwork.com

April 27 - 30, 2026

45th ASPAN National Conference Moving To The Future | San Francisco, CA

www.aspan.org

Scholarship Window

Seminars & Conferences

July 1 - December 1, 2025

PANAC Scholarship Applications

panac.nursingnetwork.com

ASPAN Live Webcasts

*All ASPAN live webcasts are free for members. These are just a few upcoming sessions. Find the complete listing at www.aspan.org.

September 3, 2025

How To Become A Transformational Leader

September 6, 2025

Refreshing Your Perianesthesia Practice

September 10, 2025

Critical Care Competencies: Neurological

September 17, 2025

Emergency Preparedness

September 20, 2025

Safety Begins With Us

September 28, 2025

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Important Reminders

- For local Chapter and District events, please visit PANAC's website. panac.nursingnetwork.com
- JOPAN article reviews and ASPAN live webcasts are free for ASPAN members. www.aspan.org
- Need more CEUs? On-Demand Modules offer education on your schedule. For only \$15 each, you can choose from more than 20 topics. www.aspan.org