



SNOOZE NEWS

TAPAN UPPER GULF COAST REGION NEWSLETTER



"EMBRACING CHANGE: MY JOURNEY AT THE 2025 PERIANESTHESIA DEVELOPMENT INSTITUTE"

Leaders gathered in Louisville for the Perianesthesia Development Institute to explore leadership, overcome barriers to change, and shape the future of ASPAN.

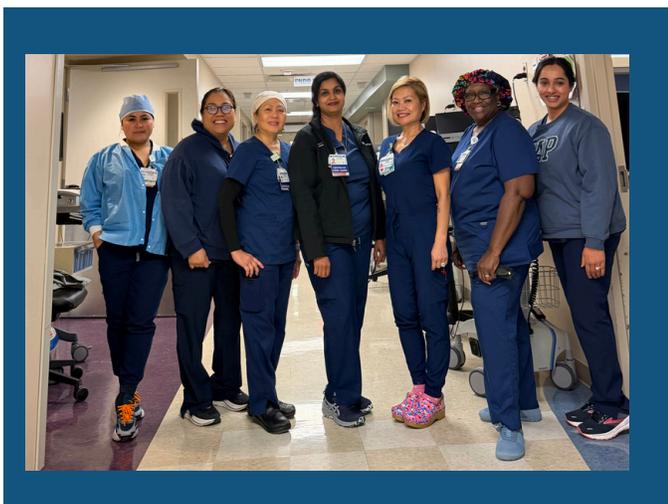
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UGCR TOP DONOR SPOTLIGHT: BAYLOR ST. LUKE'S MEDICAL CENTER

TAPAN UGCR proudly recognizes Baylor St. Luke's Medical Center, led by Jency Paul, as this year's Top Donor for contributing over \$400 in gift cards to the Ronald McDonald House Houston holiday drive.

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FROM THE PRESIDENT'S DESK



WINTER REFLECTIONS, YEAR-ROUND DEDICATION

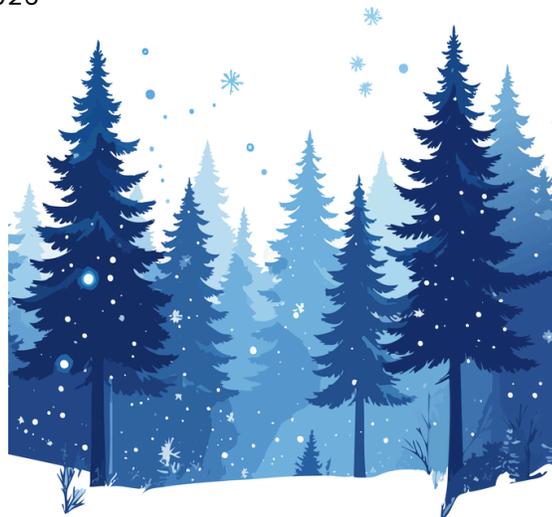
**Candace Miller, MSN-Ed, RN, CPAN, CAPA
TAPAN UGCR Board President 2024-2026**

It took a little time, but by mid-January, I can say I finally feel like it's winter. Christmastime was a little warm in Houston, but by the turn of the New Year, we knew it would not be long before the high 70's would give way to the high 50's, and the descent has continued! Yet even though the temperature has changed, life still must go on, which is exactly the metaphor I feel perfectly reflects TAPAN UGCR right now: "Our environment continues to change, but the work continues." Some of that "work" includes the outpouring of support we received this year for the Winter Holiday Drive, which raised thousands of dollars for children and families to have a wonderful Christmas season. That "work" also includes the Spring Seminar Committee working tirelessly to plan every single detail, from food to vendors to speakers, so that our members can have an enjoyable experience! Lastly, that "work" consists of dedicated board members who have sacrificed their Saturday mornings and Thursday evenings to meet and discuss how we can make our team better, plan for future succession, and train future generations of PeriAnesthesia Nurses.

So, what does your "work" look like? Are you finally taking that leadership position in PeriAnesthesia? Are you switching to a different area, PACU to PAT? Are you re-dedicating yourself to attending all UGCR events in TAPAN State? Do you want to attend your first national conference? Whatever it is, remember the environment is always changing, but our work as PeriAnesthesia Nurses will go on! My hope is to encourage you on your journey by bringing all our efforts into the light. You can keep on going, and our PeriAnesthesia Specialty will be better for your efforts!

Sincerely,

Candace Miller MSN, RN, CPAN, CAPA
TAPAN UGCR President 2024-2026





THE GIFT OF SHARING AND CARING: HOLIDAY SPIRIT IN ACTION

HOW PERIANESTHESIA NURSES MADE A DIFFERENCE FOR RONALD MCDONALD HOUSE FAMILIES

Eric F. Pazziuagan, MSN, MAN, RN, CMSRN, NI-BC, CPAN
Newsletter Editor

The holiday season has a unique way of reminding us what truly matters. Amid the lights, gatherings, and celebrations, it is the quiet acts of generosity that shine the brightest. Sharing and caring are not simply seasonal sentiments—they are reflections of who we are and what we value as a community.

This year, perianesthesia nurses across Houston embodied that spirit in a profound way. In a profession already defined by vigilance, compassion, and tireless dedication, these nurses extended their care beyond the recovery room. After long shifts spent monitoring patients emerging from anesthesia—ensuring safety, comfort, and reassurance—they chose to give even more of themselves.

Through the organization of a gift card drive for families staying at the Ronald McDonald House, they offered something far greater than financial support. They provided comfort. They offered dignity. They delivered moments of relief to families navigating some of the most difficult days of their lives. In a season that can intensify both joy and hardship, this gesture served as a reminder that no family should feel alone.

What makes this effort especially meaningful is not just the generosity itself, but the intentionality behind it. These nurses, despite demanding schedules and the emotional weight of their daily responsibilities, made space for service. Their actions reflect the very heart of peri-anesthesia nursing—care that extends beyond procedures and protocols, reaching into the human experience.

As we reflect on this season, may their example inspire us. Kindness does not require abundance; it requires willingness. Even in our busiest moments, we can choose to uplift others. In doing so, we strengthen our community and carry forward the true spirit of the holidays—compassion, connection, and hope.

May we continue to care boldly, give generously, and ensure that no one faces the holidays alone.





Shelby Peterson and Candace Miller.



UGCR representatives Geraldine Delos Santos, Shelby Peterson, Felicia Selman, and Candace Miller.



TAPAN representatives at the 2025 PDI.



TAPAN was strongly represented by the state and regional officers during the PDI conference.

"EMBRACING CHANGE: MY JOURNEY AT THE 2025 PERIANESTHESIA DEVELOPMENT INSTITUTE"



Shelby Peterson, BSN, RN

The Perianesthesia Development Institute (PDI) was held on November 7-8th in Louisville, Kentucky. I had the honor and privilege of attending it in person this year, along with our TAPAN UGCR president. This year, the focus was on "Moving to the Future and Accepting the Challenges." We flew into town on Friday and made it to the meet-and-greet with ASPAN's new CEO, Pete Pomilio. After a few light bites and mingling, we were able to go out and explore downtown Louisville for dinner. We found an amazing restaurant that served hot bread that melted in your mouth, and to top it off, there was a candle made of butter in the middle that soaked into each bite.

Saturday started off with a brief welcome, and then we jumped right into the seminar. They discussed the power of one and the impact of many, as well as the barriers to change. The fear of it, the lack of recognition, and the lack of leadership engagement make people think that change is optional, which was one of the barriers discussed. They talked about how, once a change is made, it sticks. A few examples include providing strong leadership support, monitoring progress, having change champions, and celebrating the little wins. Growing your impact discussed that leadership is influence, not a position. It is not about title or roles, but how you, or we as ASPAN members, can make an impact. We give our time, in whatever capacity, to help make things work regardless of the barriers. If we invest in our profession, our unit and community become stronger. Shared leadership is also important. You never have to carry anything alone in the organization, and if you are doing it alone, you are doing it wrong. A powerful statement that was made during this presentation was "People believe in you long before you believe in yourself. Ensure what you do helps those who are to come. Create a legacy."

ASPAN discussed the role of the Representative Assembly, RA, and its purpose. They are representatives of all of us in their region and our voice. They vote on motions and bylaws. The clinical practice committee is the largest committee within ASPAN. Anyone, not just members, can submit a clinical practice question to the committee for an answer. The closing presentation was very interactive. They discussed the future of ASPAN and where it is moving toward. There are 31 components declining under ASPAN, and only 9 showing member increases. How will we fix or remedy this? How do we get more people engaged? How will we help our neighboring components that are declining? ASPAN has put together a task force to help with this, and they brought their ideas to the table and presented them to us.



The famous bread with a butter candle.

*Photos Courtesy of: S. Peterson

An idea is to go to 11 identities with 11 regions in the US. Multiple states will be grouped together. There would be one board for the multiple states, and ASPAN will still be our leader. This idea, in theory, will help the struggling states in our region. As I said, it was very interactive, and there were many questions from those who attended the seminar. Nothing is set in stone, except that Change is coming to ASPAN, and whatever that change may be, we need to be open to it. We are nurses; change happens all the time. We embrace it and grow with it.

UGCR TOP DONOR SPOTLIGHT: BAYLOR ST. LUKE'S MEDICAL CENTER

The TAPAN Upper Gulf Coast Region (UGCR) is proud to recognize Baylor St. Luke's Medical Center as our Top Donor for this year's holiday donation drive benefiting the Ronald McDonald House Charities in Houston.

Led by Jency Paul, ASPAN/TAPAN member and UGCR Hospital Champion, Baylor St. Luke's Medical Center demonstrated exceptional generosity and community spirit. Through the collective efforts of their team, the institution alone raised over \$400 in gift cards to support families staying at Ronald McDonald House during the holidays.

This remarkable contribution reflects not only strong leadership but also the compassionate culture within their peri-anesthesia community. Under Jency's guidance, staff members rallied together to make a meaningful difference for families facing some of life's most challenging moments.

UGCR is deeply grateful for Baylor St. Luke's commitment to service and for setting the standard in giving back. Your generosity helped push our region beyond expectations and strengthened our collective impact.

Thank you, Baylor St. Luke's Medical Center and Jency Paul, for leading with heart and making the holidays brighter for families in need.



Jency Paul and her dedicated team at Baylor St. Luke's Medical Center.



So Grateful for Your Support!

COMMUNITY OUTREACH

TAPAN UGCR GIVES BACK: DONATION TO RONALD MCDONALD CHILDREN'S HOUSE



The varied gift cards generously provided by our wonderful TAPAN-UGCR members!



Candace Miller and Geraldine delos Santos presented the gift cards to the Ronald McDonald House on behalf of the UGCR members.



A staff from Ronald McDonald House gratefully received the gift cards donated by the UGCR members.

The TAPAN Upper Gulf Coast Region (UGCR) proudly demonstrated the heart of peri-anesthesia nursing through an extraordinary act of generosity this holiday season. What began as a goal to raise \$500 for Ronald McDonald Children's House quickly turned into something far greater – a powerful testament to the compassion and unity of our members.

Thanks to the overwhelming support of UGCR nurses and supporters, we exceeded our goal in remarkable fashion, raising a total of \$1,740 to support families staying at Ronald McDonald House.

The breakdown of contributions includes:

- \$1,115 in gift cards
- \$500 in direct donations
- \$125 deposited into the TAPAN account

Every dollar and every card will directly benefit families with critically ill children, helping ease their financial burden while they remain close to their loved ones during challenging times.

The contributions were formally delivered to Ronald McDonald House on Friday, December 12, 2026, at 12:00 PM by Candace Miller, TAPAN UGCR President, alongside Geraldine De Los Santos, TAPAN State President. Their presence represented not only UGCR leadership but the collective generosity of our entire region.

This initiative reflects the true spirit of peri-anesthesia nursing – caring beyond the bedside and extending compassion into our community. UGCR continues to lead with purpose, service, and heart.

Thank you to everyone who donated and made this impact possible. Together, we are making a difference – one family at a time.

CERTIFICATION CORNER

Spring Registration Window:
January 1- April 30, 2025

Spring Examination Window:
March 15- May 15, 2026

REGISTER NOW

WHY CERTIFICATION IN PERIANESTHESIA NURSING (CPAN/CAPA) MATTERS

In the fast-paced and high-acuity world of perianesthesia nursing, specialty certification is more than just an added credential—it is a professional commitment to excellence. Earning the CPAN (Certified Post Anesthesia Nurse) or CAPA (Certified Ambulatory Perianesthesia Nurse) designation demonstrates advanced knowledge, clinical expertise, and dedication to safe, evidence-based patient care.

Certification validates specialized competency in managing patients across the perianesthesia continuum—from Phase I recovery through Phase II and ambulatory settings. Certified nurses possess deeper understanding of airway management, pain control, hemodynamic stability, anesthesia complications, and rapid recognition of clinical deterioration. In an environment where seconds matter, this advanced knowledge enhances patient safety and improves outcomes.

Beyond clinical expertise, CPAN/CAPA certification promotes professional credibility and confidence. It reflects a nurse's commitment to lifelong learning and continued professional growth. Many institutions recognize certification as a marker of excellence, often linking it to professional advancement, leadership opportunities, shared governance involvement, and Magnet®-aligned quality initiatives.

Certification also strengthens our specialty as a whole. When more nurses pursue CPAN and CAPA credentials, it elevates the standard of perianesthesia practice and reinforces the value of our role within the surgical team. It sends a clear message—to patients, colleagues, and administrators—that perianesthesia nursing requires advanced knowledge and skill.

Ultimately, becoming CPAN or CAPA certified is an investment in yourself, your patients, and the future of perianesthesia nursing. It is a proud symbol of expertise, accountability, and dedication to delivering the highest standard of care.

UPCOMING EVENTS



ASpan
2026 NATIONAL CONFERENCE
APRIL 27-30, 2026
SAN FRANCISCO, CA

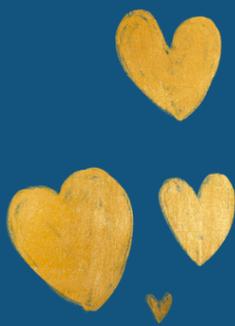
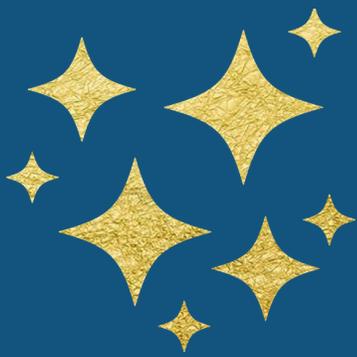
ASpan's 45th National Conference
Moving TO THE Future
 ACCEPTING THE CHALLENGES
 APR 27 TO APR 30 2026
 SAN FRANCISCO MARQTT HOTEL
SAVE THE DATE
 AMERICAN SOCIETY OF PERIANESTHESIA NURSING



SAVE THE DATE!
TAPAN'S 50TH STATE CONFERENCE
 From Tradition to Transformation: 50 Years of Perianesthesia Nursing

- October 2, 2026** President's Banquet
6:00 pm - 10:00 pm
- October 3, 2026** Conference Sessions
8:00 am - 5:00 pm

Hyatt Regency Conroe
 1001 Grand Central Parkway, Conroe, TX



MEMBERSHIP MATTERS



ASpan

Member
GET-A
Member
CAMPAIGN

Tell your colleagues about ASPAN, earn rewards for doing so.




ASpan
American Society of PeriAnesthesia Nurses

Winter/Spring
Educational
Series

Learn More



MEMBERSHIP UPDATE

As of November 2025, TAPAN UGCR membership has exceeded 500! Continue to promote ASPAN Membership to your colleagues and friends.

There are many advantages to ASPAN membership, including automatic registration in our state component (TAPAN) and our regional component (UGCR). For more information on membership benefits, go to ASpan.org

Member-get-a-Member Campaign going on from January 1 to December 31, 2026. Invite your colleagues to join ASPAN today!





Candace Miller
President



Sheila Anthony
VP/President-
Elect



Aubrey Droemer
2nd Vice President



Alma Pope
Treasurer



**Jacqueline Hawk-
Cotten**
Recording Secretary

TAPAN UGCR EXECUTIVE BOARD 2024-2025



The Upper Gulf Coast Region of the Texas Association of PeriAnesthesia Nurses (TAPAN), as a component of the American Society of PeriAnesthesia Nurses (ASPAN), advances nursing practice through education, research, and standards



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