

SNOOZE NEWS

TAPAN UPPER GULF COAST REGION NEWSLETTER

Volume 13 | Issue No. 1 | Spring 2026

CULTIVATING CHANGE, INSPIRING CARE



2026 UGCR Annual Spring Seminar

Another spring seminar in the books.



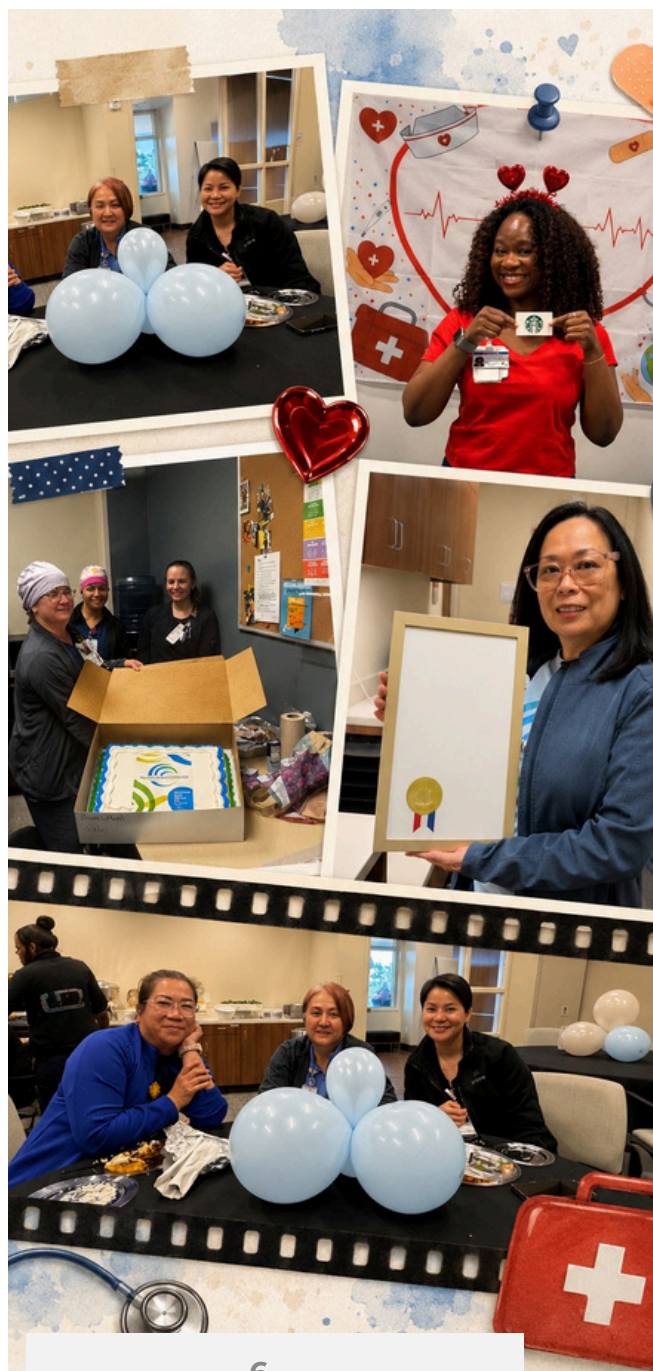
PANAW 2026

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Awareness Week 2026**

See how UGCR members
celebrated their nursing specialty.

*Photos in this newsletter were used with permission from UGCR member contributors.



From the President's Desk

Changing Seasons, Unchanging Purpose

Greetings!

Seasonally, I can't help but feel that the first quarter of this new year, 2026, has offered nothing but change. It was quite warm in early January, then temperatures dropped in late Jan through February. But here in March, as I am typing, it is currently 80 degrees and climbing! I wear a jacket one day, and the next I am pulling out my sleeveless shirts. But you know what, in Houston, we just checked the weather, and we adjusted. We adapt.

That same spirit accurately describes the work of our PeriAnesthesia Specialty right now! "Our environment continues to change, but the work continues." That "work" includes the Spring Seminar Planning Committee working tirelessly to plan every single detail, from food from vendors to speakers, so that our members can have an enjoyable experience! That work includes the outpouring of support from our members for the Star of Hope Mission, with only 2 weeks' notice.

We filled a carload with supplies for men, women, and children in need! 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 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 attend 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 along your journey by bringing all of our efforts forward 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 Spring 2026 edition of Snooze News celebrates perianesthesia nurses during Perianesthesia Nurses Awareness Week (PANAW). Inside, you'll find highlights from our Spring Conference, key takeaways from the ASPAN National Conference, and recognition of nurses advancing the specialty through leadership, education, research, and patient care.

Editor's Note



Spring is my favorite season of the year. As we look around, we can clearly see leaves sprouting, flowers blooming, and plants emerging from the ground. Colors return from the deadness of winter. It is as if nature is showing its full glory.

Spring symbolizes growth. And as perianesthesia nurses, we know that growth is always a part of our profession. Nursing has always been dynamic. Today's practice might become obsolete tomorrow. Standards of care have been constantly changing. New drugs are developed every day. Advances in the science of medical treatment are continually being made.

These and other reasons create a challenge for perianesthesia nurses. We need to keep up with all of these advancements! It is important that we join professional organizations such as ASPAN, attend conferences, read articles, and join professional activities. Like spring, may our perianesthesia nursing practice grow and thrive as we continue to care for our patients safely!



Blue flax flowers and Sakura trees blooming at Uminonakamichi Seaside Park in Fukuoka, Japan.

**Eric F. Pazziuagan ,
MSN, RN, CMSRN, NI-BC, CPAN**

Newsletter Editor

Snooze News



UGCR CELEBRATES PERIANESTHESIA NURSE AWARENESS WEEK 2026

The Upper Gulf Coast Region (UGCR) proudly celebrated Perianesthesia Nurse Awareness Week (PANAW) 2026 by recognizing the dedication, compassion, and expertise of perianesthesia nurses across the region. Hospitals and facilities came together to honor the nurses who provide exceptional care to patients before and after surgery, ensuring safety, comfort, and positive outcomes every day.

Throughout the week, members enjoyed a variety of celebrations, including themed events, educational activities, appreciation luncheons, photo opportunities, and team-building gatherings. These events not only highlighted the vital role of perianesthesia nurses but also strengthened camaraderie and collaboration among colleagues.

PANAW 2026 served as a reminder of the incredible impact perianesthesia nurses make in the lives of patients and families. UGCR extends its heartfelt gratitude to all nurses, leaders, and facilities who participated in making this year's celebration meaningful and memorable. Together, we continue to showcase the excellence, resilience, and compassion that define the perianesthesia nursing profession.



PANAW

2026 EDITION



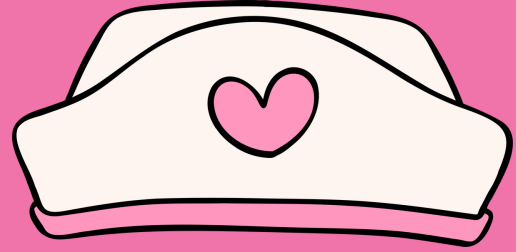


Memorial Hermann



The Woodlands

HCA Northwest

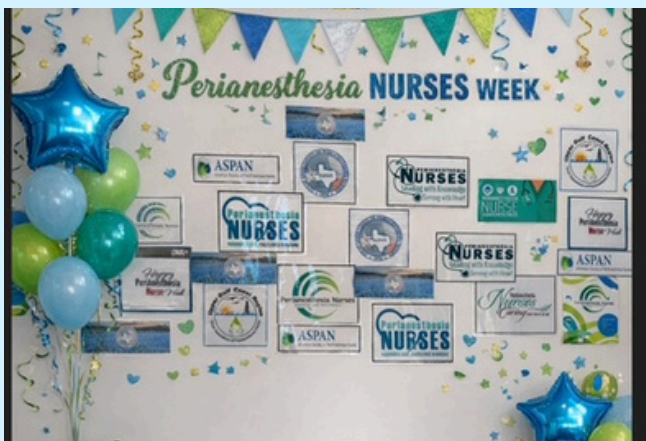




Memorial Hermann
TMC



M D Anderson



Memorial Hermann Rockets Orthopedic Hospital



St. Luke Medical Center Endoscopy



eday have a nice day have a nice day have a



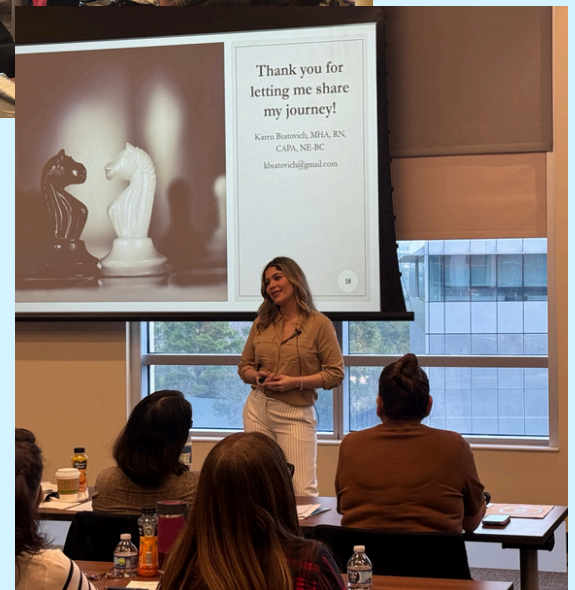
♡ M D Anderson ASC



Participants attentively engaged during one of the sessions at the seminar.

Karen Bratovich shares her expertise on pursuing excellence in the perianesthesia journey (see picture below).

UGCR HOSTS SUCCESSFUL 2026 ANNUAL SPRING SEMINAR



The Upper Gulf Coast Region (UGCR) successfully hosted its Annual Spring Seminar on February 21, 2026, bringing together 105 perianesthesia nurses and healthcare professionals for a day of learning, collaboration, and professional growth. Held under the theme “Perianesthesia Nursing: Yesterday, Today, and Tomorrow,” the seminar highlighted the evolving role of perianesthesia nurses and the future of patient care.

Attendees participated in engaging presentations covering a variety of timely and clinically relevant topics, including Perianesthesia Nursing: Striving for Greatness, pediatric anesthesia and complications, neurologic vigilance, cardiogenic shock, and the growing role of artificial intelligence in nursing education. Expert speakers shared valuable insights, evidence-based practices, and emerging trends that continue to shape the specialty.

The seminar provided an opportunity for participants to strengthen their clinical knowledge, connect with colleagues, and celebrate the dedication and resilience of perianesthesia nurses. UGCR extends its appreciation to all attendees, speakers, sponsors, and organizers who contributed to the success of this educational event.

Another Spring Seminar in the Books: Reflections, Raffles, and Recognizing Neurologic Changes

By Shelby Peterson, BSN, RN

Spring Seminar 2026 has wrapped up, and another one is in the books. Boy, did we have a good time! Maybe I'm more than others, because my ticket was drawn 6 TIMES!!!! That goes to show you should always get the raffle tickets. LOL. In reality, I did not accept it several times, and we had more of our delightful attendees win some fabulous gifts!

I wanted to touch on one of the speakers that is near and dear to my heart. As a former ICU nurse and one who worked in the neuro ICU with Simon Salas, MSN, RN, AGACNP-BC, I loved his topic and presentation. Neuro is often overlooked as an assessment because either you don't know what you are really looking for, or you don't like neuro. We all have our favorite specialties that we lean toward. I loved that he went over real cases and discussed their presentation, how long it took to address them, and their outcomes.



The author, Shelby Peterson (L), together with Candace Miller (M), and Simon Salas (R).



Like most things, if you catch an issue early, you can really make a difference in patients' and their families' lives. It is hard in perianesthesia beings they are waking up from their surgery, and we don't really know if it is the sedation wearing off, or if there is another problem going on. ALWAYS listen to your gut. If you think that something is wrong, say something. It is better to have someone come and look at them instead of saying nothing, and there being a neurological issue. Working together to ensure our patients have the best possible outcome is key to our roles. We want our patients to leave the hospital in the same state of mind as when they arrived.



Participants enjoyed a hearty lunch.



UGCR members are pictured alongside the TAPAN delegation at the ASPAN Conference.

UGCR MEMBERS REPRESENT AT ASPAN NATIONAL CONFERENCE 2026

Several members of the Upper Gulf Coast Region (UGCR) proudly represented Texas at the American Society of PeriAnesthesia Nurses (ASPAN) National Conference, held April 27–30, 2026, in San Francisco, California.

The conference brought together perianesthesia nurses from across the country to explore the latest developments in clinical practice, leadership, education, and research. Attendees participated in a variety of educational sessions focused on advancing patient care, strengthening leadership skills, and promoting evidence-based practice in the perianesthesia setting.

Highlights of the conference included presentations on emerging trends in artificial intelligence (AI) and its growing role in healthcare, innovative approaches to nursing education, current research initiatives, and strategies for developing future nursing leaders. Participants also had the opportunity to network with colleagues, exchange best practices, and gain insights into the future of perianesthesia nursing.

UGCR members returned inspired and energized, bringing back valuable knowledge and ideas to support excellence in patient care and professional development throughout our region.

ASPAN 45th Annual Conference

How to Become a Candidate for National Office in ASPAN

By Patty Charles, RN, BSN, CPAN, CAPA,
Nominating Committee

The American Society of PeriAnesthesia Nurses held its 45th National Conference in San Francisco, California. It was truly inspiring. The event offered a dynamic blend of educational sessions, exhibits, networking opportunities, and professional connections. Like many attendees, I left the conference feeling renewed, motivated, and energized. If you have never had the chance to attend a national conference, I strongly encourage you to take the opportunity and go. You will not regret the experience.

Throughout the conference, I was frequently asked: How can I get involved in ASPAN, and what does it take to serve on the ASPAN Board of Directors? The path to national leadership begins with engagement at the local level and builds progressively over time.

Start Local and Build Your Foundation

Getting involved in your local component is the first step. Opportunities include assisting with educational meetings, coordinating speakers, securing CEUs, or volunteering for community service initiatives such as donation drives or local events. You may also serve on or lead committees such as Education, Publications, Social Media, Governmental Affairs, Clinical Inquiry, or Promotions. These experiences provide essential leadership skills and help establish a strong professional foundation.

Expand Your Involvement

As your involvement grows, consider exploring ASPAN's Strategic Work Teams (SWTs). One especially valuable opportunity is the Advancing/Emerging Leaders SWT, which supports nurses seeking personal and professional growth. Through this program, mentors and mentees collaborate to identify goals and create actionable pathways toward leadership development.

ASPAN also offers numerous other SWTs focused on areas such as certification promotion, clinical practice, governmental affairs, NextGen initiatives, and publications. Additionally, Specialty Practice Groups (SPGs) allow members to engage more deeply in specific clinical interests. A great first step is completing the Willingness-to-Serve form available on the ASPAN website.

Preparing for Leadership Roles

If you aspire to a more active leadership role, consider serving as a component officer or committee chair. Earning your CPAN or CAPA certification is highly recommended. Attending a Representative Assembly (RA) provides valuable insight into how the Board of Directors operates and makes decisions.

ASPAN also offers leadership development programs, including the Leadership Academy and the Perianesthesia Development Institute, both designed to strengthen leadership competencies and prepare members for future roles.

Requirements for National Office

To be eligible for national office, candidates must meet several criteria:

- Minimum of three years of continuous ASPAN active membership (five years for Vice President)
- Bachelor of Science in Nursing (BSN) required; some roles require a master's degree
- At least three years of perianesthesia nursing experience
- Current CPAN or CAPA certification
- Active employment in clinical practice, management, education, or research within perianesthesia nursing

The Candidacy Process

Candidates must declare their intent to run for office by October 1. An email or phone call to the current Nominating chair expressing your desire to run for office is required. Next, complete and submit the application packet. This packet includes a candidate profile, curriculum vitae, letters of recommendation, signed acknowledgments confirming your understanding of the role and responsibilities of the office, and a professional photo. A conflict-of-interest form must be submitted.

At the beginning of the year, ASPAN will send out candidate information for members to view through the Candidate Feedback Form. Members will be asked to vote for their candidates. All votes cast will be sent to the Component President. At the National Conference, candidates will participate in the “Meet the Candidates” forum. This session allows members to ask questions and hear from the candidates. The following day at the Representative Assembly, the candidates will make a short presentation sharing their qualifications, vision, and goals. Voting takes place during the RA, and elected leaders are announced at its conclusion.

Take the First Step

ASPAN is committed to developing strong, capable leaders to guide the future of perianesthesia nursing. Every journey begins with a single step—often a simple act of volunteering. Sometimes, it just takes a leap of faith to discover your potential.

As Babe Ruth once said, “Never let the fear of striking out keep you from playing the game.” Could you be the next leader of ASPAN?



NEWS FROM OUR MEMBERS:

Memorial Hermann Rockets Orthopedic Hospital Launches ERAS Center of Excellence Initiative

By Shoney Lewis,
RN, MSN-HCSM, CAIP, CNOR



We are excited to announce that Memorial Hermann Rockets Orthopedic Hospital (MHROH) is beginning the journey to obtain the AORN Center of Excellence in Surgical Safety: ERAS (Enhanced Recovery After Surgery) designation.

ERAS is an evidence-based, multidisciplinary approach designed to improve patients' physical and psychological well-being before, during, and after surgery. The AORN Center of Excellence in Surgical Safety: ERAS program engages the entire perioperative team in developing coordinated, patient-centered care plans that enhance recovery, improve outcomes, and promote excellence across the continuum of care.

This initiative includes a three-month data collection period, which will begin on Monday, January 12, 2026. All Surgical Service staff members (nurses and pharmacists) have been assigned online education, which each staff member must complete with a score of no less than 80% by 4/3/2026. Surgeons, hospitalist team, and anesthesia providers must sign a form acknowledging their commitment to ERAS.

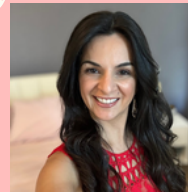
Upon successful completion, MHROH will be recognized as an AORN Center of Excellence in Surgical Safety: ERAS, highlighting our team's commitment to advancing perioperative care, optimizing patient outcomes, and sustaining operating room excellence.

Our goal is to complete all required data submission and online education by April 6, 2026.

The banner is for the TAPAN 50th Annual State Conference. It features a gold coin logo on the left with 'TEXAS ASSOCIATION OF PERIANESTHESIA NURSES', 'TAPAN', and '1976'. The main text reads 'TAPAN Texas Association of PeriAnesthesia Nurses 50th ANNUAL STATE CONFERENCE'. To the right is a large '50 YEARS OF EXCELLENCE' graphic with a map of Texas. Below this is a photo of a group of people. Text on the right says 'From Tradition to Transformation: 50 Years of Perianesthesia Nursing'. In the center, it says 'HAVE YOU Registered Yet?' and 'DON'T MISS THIS MILESTONE EVENT!'. Below that, it lists the dates 'OCTOBER 2-3, 2026' and the location 'HYATT REGENCY CONROE 1001 Grand Central Parkway Conroe, TX 77304'. At the bottom, there are icons for various topics: Wellness & Psychological Safety, Artificial Intelligence, Pediatric Orthopedic Injuries, Human Trafficking, Evidence-Based Practice (EBP), Venezuelan Ancestry Genetic Mutation, and Legal Documentation. A large pink button at the bottom right says 'REGISTER TODAY!' with the website 'WWW.TAPAN.ORG' below it.

INTEGRATING HOLISTIC NURSING PRINCIPLES: EXPLORING THE INFLUENCE ON PERSONAL AND PROFESSIONAL PHILOSOPHIES

By Amel Bruxvoort, BSN, RN, CPAN, CAPA



Modern nursing extends beyond treating illness—it focuses on healing the whole person. Holistic nursing embraces the interconnectedness of mind, body, and spirit while promoting compassion, cultural awareness, and social justice. By integrating spirituality, diversity, equity, inclusion, and ethical practice, nurses can provide care that is both meaningful and transformative.

The Foundations of Holistic Care

The principles of holistic nursing are rooted in the work of pioneers such as Florence Nightingale and Jean Watson. Nightingale emphasized creating healing environments that support the body, mind, and spirit, while Watson's Caring Theory highlights the deep connection between nurses and patients. Together, their philosophies encourage nurses to deliver compassionate care while also prioritizing self-care and personal well-being.



The Role of Spirituality

Spirituality is an essential component of holistic nursing. Through active listening, empathy, and therapeutic presence, nurses help patients find comfort, meaning, and hope during illness. Research has shown that addressing spiritual needs can improve resilience, reduce stress, and enhance patient satisfaction. Spiritual care also benefits nurses by fostering self-awareness, emotional resilience, and a deeper sense of purpose in practice.

Embracing Diversity and Equity

Today's healthcare environment serves increasingly diverse populations. Holistic nurses recognize and respect differences in culture, ethnicity, language, gender, and beliefs. By developing cultural competence and addressing barriers such as bias, discrimination, and health disparities, nurses can provide more personalized care and promote equitable health outcomes for all patients.

Inclusion and Social Justice

Creating an environment where every patient feels valued, respected, and included is a cornerstone of holistic nursing. Nurses support social justice by advocating for equitable access to care, encouraging patient participation in decision-making, and addressing social determinants of health. These efforts help foster trust, a sense of belonging, and improved healthcare experiences.

The Impact on Nursing Practice

Reflecting on spirituality, diversity, equity, inclusion, and social justice strengthens nurses' professional competence. These principles enhance empathy, cultural awareness, and ethical decision-making while supporting the core values of autonomy, beneficence, justice, and nonmaleficence. Ultimately, holistic nursing empowers nurses to provide compassionate, patient-centered care that improves outcomes and strengthens the nurse-patient relationship.

Conclusion

Holistic nursing is more than a philosophy—it is a commitment to caring for the whole person. By embracing spirituality, diversity, equity, inclusion, and social justice, nurses create healing environments that support patients and healthcare professionals alike. The result is a more compassionate, culturally competent, and fulfilling nursing practice that benefits both patients and the profession.

Full Article [here](#)

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President's Report

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



Greetings from TAPAN UGCR! We are excited to share the happenings in UGCR from our first quarter, January through March 2026.

January: We had a productive Executive Board Strategic Planning Meeting, where we were able to map out our goals for this 2026 season:

- We are focusing on growth and making sure we can accommodate as many people as possible.
- We are focusing on financial stewardship and developing creative ways to invest our savings to grow our money!
- We want to be more community-service-minded this year and ensure we have creative ways for members to get involved!
- We are focusing on succession planning and ensuring we have a solid board moving forward, as we are in a board transition year.

February: We met weekly as a board, finalizing every detail to ensure our members have a wonderful experience at our Annual Spring Seminar!

- PANAW week pictures received from various hospitals showcasing celebrations for our specialty!
- Our themed Annual Spring Seminar debuted to rave reviews on Saturday, Feb 21st, thanks to delicious food, exciting speakers, and a well-thought-out schedule. All of these items appeared in our member evaluations, and we are so pleased to have met the needs of our region!
- Our members donated tangible hygiene items to the local Star of Hope Missions, demonstrating our commitment to giving back to our community!

March: Even though still ongoing, we will begin planning for our next Zoom in-service and business meeting, all reflected on our calendar of events on the home page of our website.

- We will be following up on the interest expressed by 3 people regarding joining the 2026-2028 TAPAN UGCR Board

General Business:

- We have seen continued, steady growth in membership, with our last report showing 580 members.
- We continue to maintain a strong financial outlook in the green, thanks to the diligence of our Treasurer Alma Pope!

Treasurer's Report

Alma Pope, RN, BSN, CPAN
TPAN- UGCR Treasurer 2024-2026



Upper Gulf Coast Region Financial Report – 2026 Year-to-Date

The Upper Gulf Coast Region remains financially healthy thanks to the continued support of our members, vendors, and educational programs.

Through May 2026, the region generated \$8,564.27 in income from Spring Seminar registrations, vendor participation, T-shirt sales, raffle ticket sales, and our portion of TAPAN membership dues. Year-to-date expenses total \$4,463.25 and reflect our ongoing investment in member education and regional operations, including software subscriptions, educational resources, continuing education offerings, speaker honorariums, event supplies, catering, and other administrative expenses.

As a result, the region has realized net revenue of \$4,101.02 year-to-date, allowing us to continue supporting educational programs, member resources, and future regional initiatives. The region is currently completing its semi-annual financial audit, and the results will be presented to the UGCR Executive Board upon completion.

Thank you for your continued support as we work to provide valuable educational opportunities and resources for our members.

EDITORIAL TEAM



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



Geraldine delos Santos,
MSN, RN, CPAN



Candace Miller,
MSN-Ed, RN, CPAN, CAPA

UGCR Supports Star of Hope

by: Jacqueline Hawk-Cotten, MSN, RN, CPAN, CAPA, TNCC

It was an absolute honor to deliver UGCR's recent donations to the Star of Hope. Thanks to the incredible generosity of our members, we were able to provide significant support to their mission, bolstered by an additional \$140 raised through our raffle ticket sales. The team at Star of Hope expressed their deep gratitude for our contributions, which will go a long way in supporting those in need within our community.



Jacqueline Hawk-Cotten (R) delivered the UGCR donations. A representative from Star of Hope received it.



Some of the donated goods collected during the spring seminar.



Your Region. Your Voice.

GET MORE INVOLVED!

TOGETHER, WE CAN MAKE A DIFFERENCE

STRONGER TOGETHER
Support our local community and advance perianesthesia care.

GROW & LEARN
Connect, collaborate, and continue to grow your skills.

BE HEARD
Your ideas and involvement help shape our future.

Join Us!

Whether you have a little time or a lot, your involvement matters. Be part of something meaningful!

WANT TO LEARN MORE?
Contact us!
tapanugcr@gmail.com

LETTER OF INTENT
can be found at
tapanugcr.org



Get involved.
Stay connected.
Make an impact!

CERTIFICATION CORNER



TAPAN-UGCR

TEXAS ASSOCIATION OF
PERIANESTHESIA NURSES

— UPPER GULF COAST REGION —



Congratulations!

— TO OUR —

CPAN & CAPA PASSERS!

Your hard work, dedication, and commitment
to excellence inspire us all.

We are so proud of you!



CPAN

Certified Post Anesthesia Nurse

EXCELLENCE. KNOWLEDGE. PATIENT ADVOCACY.

Binu Abraham
•
Canuto Diaz
•
Che Butler Ayestas
•
Irish Gumba- Djuli
•
Liping Huo
•
Michelle Bolla
•
Phung Tran
•
Renee The
•
Rosalina Luna



CAPA

Certified Ambulatory Perianesthesia Nurse

EXCELLENCE. KNOWLEDGE. PATIENT ADVOCACY.

Emily Spruiell
(Fall 2025)
•
Megan McCue Neri
•
Mercy Phillips
•
Tanjeleya Barone



HONORING YOUR ACHIEVEMENT.
ELEVATING PERIANESTHESIA CARE TOGETHER.

Beyond the Bedside: Unlocking Your Potential with Perianesthesia Certification (CAPA/CPAN)

By Jency Paul, MSN, RN, CCRN, CAPA

The perianesthesia environment, from the pre-operative holding area to the Post-Anesthetic Care Unit (PACU), is a critical component of patient safety. Nurses in this specialty are the silent protectors of patients as they navigate the vulnerable stages of surgery and recovery. While on-the-job experience is essential, achieving professional certification—specifically the Certified Ambulatory Perianesthesia Nurse (CAPA) and Certified Post-Anesthesia Nurse (CPAN)—offers significant benefits that extend far beyond a simple credential. Getting certified isn't just about a title; it's about validating your hard work. Think of CAPA and CPAN as proof that you are an expert in your field.

Professional Benefits of Perianesthesia Certification

- In today's complex healthcare setting, specialized knowledge is paramount. CAPA and CPAN certifications validate your knowledge in the field of perianesthesia. It ensures enhanced clinical competence and patient safety.
- Healthcare organizations recognize the value of certified nurses, often offering pay differentials, bonuses, and preference for promotions. Certified staff demonstrate a higher level of commitment and expertise, contributing directly to quality patient care and improved organizational outcomes.
- Certification offers leadership opportunities and professional advancement.
- The certification process promotes continuous learning and adherence to evidence-based practices.

In essence, perianesthesia certification transforms a competent nurse into an indispensable expert, elevating the quality of care, significantly enhancing professional standing, and paving the way for a more fulfilling and impactful career.

Personal Benefits of Perianesthesia Certification

While the professional advantages of CAPA and CPAN certification are clear, the personal rewards are equally significant and often more lasting. Investing in certification profoundly impacts a nurse's confidence, job satisfaction, and overall sense of purpose.

Increased Confidence and Self-Efficacy:

Successfully passing the rigorous certification exam instills a deep sense of accomplishment and validates a nurse's expertise against a national standard.

Enhanced Job Satisfaction and Professional Fulfillment:

Certification demonstrates a commitment to excellence and a passion for the specialty, leading to a greater sense of purpose and fulfillment. Certification earns the respect of colleagues, who look to certified nurses as resources and leaders, fostering a collaborative and supportive work environment.

CERTIFICATION CORNER

Lifelong Learning and Intellectual Stimulation:

The path to certification often serves as a catalyst for lifelong learning, encouraging nurses to continually update their knowledge and skills, thereby keeping them engaged and intellectually stimulated. Certification motivates nurses to stay abreast of new technologies, medications, and best practices in the rapidly evolving perianesthesia field, ensuring their practice remains evidence-based and helping to prevent burnout.

Networking Opportunities:

Connecting with other certified perianesthesia nurses expands personal and professional networks, offering mentorship, shared learning, and a supportive community.

In conclusion, perianesthesia certification, which encompasses both pre-operative and post-operative expertise, is more than a resume enhancement. It is a transformative journey that empowers nurses both professionally and personally. From boosting clinical competence and career advancement to increasing confidence, job satisfaction, and promoting lifelong learning, CAPA and CPAN certifications provide a strong foundation for nurses to excel in their critical role, ultimately leading to safer patients and more fulfilled healthcare providers. Pursuing certification is an investment in oneself and the future of perianesthesia nursing.



INVEST IN YOU. *Elevate Patient Care.* GET CERTIFIED!

Certification validates your expertise, advances your career, and most importantly—enhances patient outcomes.
Take the next step. Become CPAN® or CAPA® certified!

**MARCH–MAY EXAM WINDOW** *Important Dates:*

 Exam Registration Window — Online*	January 1 – April 30
 Examination Administration Window	March 15 – May 15

**SEPTEMBER–NOVEMBER EXAM WINDOW** *Important Dates:*

 Registration Window — Online*	July 1 – October 31
 Examination Administration Window	September 15 – November 15

*Register online through the ABPANC website: www.abpanc.org



SCAN TO LEARN MORE

**YOUR PASSION.
YOUR PROFESSION.
YOUR IMPACT.**

Certification is your commitment to excellence.
*Be certified.
Be confident. Be the difference.*



CERTIFICATION BENEFITS YOU & YOUR PATIENTS

-  **VALIDATES YOUR EXPERTISE**
Demonstrates your knowledge and commitment to perianesthesia nursing.
-  **ADVANCES YOUR CAREER**
Opens doors to new opportunities and professional growth.
-  **ENHANCES PATIENT OUTCOMES**
Certified nurses contribute to safer care and better results.
-  **JOIN A COMMUNITY OF EXCELLENCE**
Be part of a network that supports, inspires, and leads the way.

EXCELLENCE. • KNOWLEDGE. • PATIENT ADVOCACY.

Stronger Together. Raising the Standard of Perianesthesia Nursing.

UPCOMING EVENTS



TAPAN UGCR *June Business Meeting and Educational Event*

TOPIC:

POSTOP NAUSEA AND VOMITING

Join us for an informative evening focused on understanding and managing postoperative nausea and vomiting (PONV) to improve patient outcomes.



**THURSDAY,
JUNE 18, 2026**

6:30pm CT - 8:30pm CT



**MEMORIAL HERMANN
HOSPITAL WOODLANDS**

9250 Pinecroft Drive
The Woodlands, TX 77380



**BUSINESS MEETING
& EDUCATIONAL EVENT**

Networking • Education
Collaboration • Growth



Register Now!

Scan the QR code
to register for this
exciting event!



**STRONGER TOGETHER.
*Better Outcomes.
Brighter Future.***

For more information, visit
tapanugcr.org

UPCOMING EVENTS



TAPAN
Texas Association of
PeriAnesthesia Nurses

50th
YEARS OF EXCELLENCE

**50th ANNUAL
STATE CONFERENCE**

*From Tradition to Transformation:
50 Years of Perianesthesia Nursing*

OCTOBER 2-3, 2026



PROGRAM TOPICS

-  Wellness & Psychological Safety
-  Artificial Intelligence
-  Pediatric Orthopedic Injuries
-  Human Trafficking
-  Evidence-Based Practice (EBP)
-  Venezuelan Ancestry
Genetic Mutation
-  Legal Documentation

REGISTER NOW!



*Don't miss this milestone event
as we celebrate 50 years of
perianesthesia nursing excellence!*



HYATT REGENCY CONROE
1001 Grand Central Parkway
Conroe, TX 77304

*Honoring Our Past.
Inspiring Our Future.
Transforming Perianesthesia Nursing.*



UPCOMING EVENTS

ADVANCE YOUR CAREER.
ELEVATE PATIENT CARE.

PERIANESTHESIA CERTIFICATION REVIEW

Prepare. Review. Succeed.

Join us for a comprehensive review designed to help you gain confidence, strengthen your knowledge, and achieve your certification goals!



PERIANESTHESIA CERTIFICATION REVIEW

-  Saturday, August 29, 2026
-  8:00am CT - 5:00pm CT
-  San Antonio, TX
-  7.25 contact hours available

REGISTER TODAY!



SCAN TO REGISTER



PERIANESTHESIA CERTIFICATION REVIEW

-  Saturday, September 12, 2026
-  8:00am CT - 5:00pm CT
-  Midland, TX
-  7.25 contact hours available

REGISTER TODAY!



SCAN TO REGISTER



EXPERT FACULTY
Learn from experienced
perianesthesia professionals.



COMPREHENSIVE REVIEW
Focused content aligned with
certification exam blueprints.



NETWORK & CONNECT
Engage with peers and
expand your professional network.

INVEST IN YOURSELF. IMPACT YOUR PATIENTS. ACHIEVE YOUR GOALS.

MEMBERSHIP MATTERS

As of April 2026, TAPAN UGCR membership is at 400+! 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](https://www.aspan.org). Member-get-a-Member Campaign is going on from January 1 – December 31, 2026. Invite your colleagues to join ASPAN today!



BELONG. GROW. LEAD.

Join ASPAN!

The American Society of PeriAnesthesia Nurses
Empowering PeriAnesthesia nurses.
Advancing patient care.

ASPAN

American Society of
PeriAnesthesia Nurses
Excellence in PeriAnesthesia Care

Stronger Together.
Better Outcomes.

Your profession.
Your voice.
Your community.

AS A MEMBER, YOU'LL ENJOY:

Clinical Excellence
Access evidence-based resources, guidelines, and best practices.

Professional Community
Connect with PeriAnesthesia nurses who inspire, support, and understand.

Education & Growth
Grow your knowledge with webinars, courses, and the ASPAN Annual Conference.

Advocacy
Be a part of a strong voice advancing PeriAnesthesia nursing.

Recognition
Celebrate your achievements and advance your career.

Take the next step in your nursing journey.
JOIN ASPAN TODAY!

SCAN TO JOIN!

Together, we elevate PeriAnesthesia nursing and make a lasting difference in every patient's care.

www.aspan.org



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2025-2027

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