

SAGUARO SPOTLIGHT

GUIDING ARIZONA'S NURSES TOWARD EXCELLENCE IN PERIANESTHESIA CARE

ARIZONA
PERIANESTHESIA
NURSES
ASSOCIATION



December 2024



ABOUT AZPANA

AzPANA, founded in 1981 by four Arizona nurses, is a non-profit component of the American Society of PeriAnesthesia Nurses (ASPAN).

Our mission is to be a resource for PeriAnesthesia Nursing and to advance the practice through professional and educational opportunities.

Membership is open to nurses involved in perianesthesia care, including preanesthesia, postanesthesia, ambulatory surgery, pain management, preadmission testing, office-based cosmetic surgery, endoscopy, interventional radiology, and perianesthesia education.

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01/08

Quick Tip: All text like THIS is a LINK



Message from our President

Jessica Gentes MSN, RN, CHSE, CPN
AzPANA President 2022-2026

As we enter the season of giving and being thankful, I wanted to share a couple of things that I am thankful for. I am thankful for my family, my profession as a nurse, and my Perianesthesia Colleagues at ASPAN.

I am also thankful for each and every one of you. You work tirelessly to support your friends, families, work, and your patients. Working long hours and even taking call, but you never waiver from your goal as a nurse; to give the best possible care to each of your patients. As you enter this holiday season, think about giving the gift of time to your local facility, local charity, or your local Perianesthesia organization. AzPANA is always looking for more people to join the board or join a committee.

Perianesthesia Nurse Week will be February 3-9, 2025 and we hope to celebrate with each of you. AzPANA will be hosting a free 1-hour Webinar, for members, that shares the gift of laughter on Saturday, February 1st. More information will be given shortly.

Please do not hesitate to reach out to any of the AzPANA board or go to our website www.azpana.org for more information.

Have a Great Holiday Season,

Jessica Gentes, MSN, RN, CHSE, CPN
AzPANA President 2022-2026
gentes42@hotmail.com

**"This season, let gratitude
fuel your passion and giving
strengthen our
Perianesthesia community."**

02/08

Welcome New Members!

August – November 2024

Angela Faye Morgan-Sterner, BN, RN, CPAN, CAPA
Angela Shelton, RN
Ashley Sommer, BN, RN, CNOR
Beverly A Jacobs, ADN, RN
Claire Loth, RN
Elizabeth George Brzezinski, RN, CPAN
Gina Cirillo, BSN, RN, CPAN
Jayra Olivas, BSN, RN, CPAN
Jessica Lockwood, RN
Judith Leeann Toone, BSN, RN, CPAN
Kristin Brewer, BN, RN, CPAN
Kylie Anne Link, BSN, RN, CPAN
Laura L Belshe, BSN, RN, CPAN
Lisa Capobianco, RN.C, CAPA
Lisa Nunez, BSN, RN
Melissa Frazho, RN
Nicole Buda, MSN, RN, CPAN
Paula Ann Axtell, BSN, RN, CNOR
Penny Borso, ADN, RN
Resurreccion T Andal, BN, RN
Roberta L Munsey, RN, ADN
Santhe Louisiana, BSN, RN
Shelby Kay Friedlander, BSN, RN, CAPA
Suzanne Marie McCarthy, MEd, MSN, RN
Theresa Conrad, BSN, RN
Vanessa Jazmin Pedraza, BSN, RN
Yasmin Gallegos, RN

Membership

Katrina Bickerstaff BSN, RN,
CPAN, CAPA



AzPANA is thrilled to welcome 68 new members to our component for 2024! There's still time to join before the year ends. To learn more, visit [ASPAN](https://www.aspan.org) for membership details or reach out to us at info@azpana.org with any membership or scholarship questions.

The ANA Code of Ethics emphasizes lifelong professional growth and learning. ASPAN and AzPANA memberships provide valuable benefits to support your development.

Let us never consider ourselves finished nurses....
we must be learning all of our lives.

– Florence Nightingale



Governmental Affairs

Governmental affairs shape policies impacting healthcare, patient safety, and nursing practice. AzPANA advocates for Perianesthesia nursing, promoting policies that support the profession and improve patient care while ensuring nurses' and patients' needs are recognized at all levels.

Inside The Issues

Nurse Overtime and Patient Safety Act

Introduced by Senator Jeff Merkley (D-OR) and Representatives Doris Matsui (D-CA) and Jen Kiggans (R-VA). Limits on work hours are commonplace in high-risk occupational settings where long work hours can adversely affect safety, performance, job satisfaction, and quality of life. Regulations to limit work hours have been in place since the 1930s, starting with the aviation, trucking, and marine industries. [**READ MORE HERE**](#)

What Can I Do?

- Urge your Members of Congress to Co-Sponsor this Bill: [**CLICK HERE**](#)
- Membership in groups like AzPANA and ASPAN connects nurses with advocacy opportunities



**SAVE
THE
DATE!**

RN ADVOCACY DAY **AT THE AZ CAPITOL**

Have you ever thought about meeting legislators or attending hearings?

Join fellow nurses at the Arizona Capitol for Advocacy Day! It is vital to stay engaged in the legislative process & advocate for our profession.

During Advocacy Day, you can:

- Speak with legislators
- Attend hearings and caucuses
- Sign up to voice your stance on important nursing bills
- Registration is now open for this annual event, sponsored by the Arizona Nurses Association (AzNA).

**COMING
SOON**



**2025-2026 ASPAN
Perianesthesia
Nursing
Standards,
Practice
Recommendations
& Interpretive
Statements
available in
JANUARY!**

The American Society of PeriAnesthesia Nurses (ASPAN) publishes biennial updates to its Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements. These standards provide a framework for perianesthesia care across all settings and phases, incorporating evidence-based practices, regulatory changes, and advancements in technology and nursing.

Each edition of the ASPAN Standards serves perianesthesia nurses as an invaluable resource and provides guidance and support for the expanding scope of perianesthesia nursing practice across the care continuum.

**Available for purchase
January 2025 on [ASPAN.org](https://www.aspan.org)**



05/08

Board Member Highlight

Ellen Poole PhD, RN, CPAN, CNE,

FASPAN

Scholarship Chair



Ellen chairs the Scholarship Committee and has been a dedicated member of ASPAN and AzPANA since 1985. Her contributions include serving as AzPANA Secretary/Education Chair (1986-1988), aiding in the organization's name change, and holding roles like ASPAN Chair of the Education Approver Committee (1991-1994). Ellen has actively contributed to education, research, and ethics through numerous ASPAN committees, as well as through her publications, presentations, and research on topics like family visitation, ambulatory surgery, and the research process.

A Journal of Perianesthesia Nursing reviewer since 1992, she joined the Editorial Review Board in 1998. Her accolades include the 2001 AzPANA President's Award, induction into the inaugural class of ASPAN Fellows (2018), and being named Arizona March of Dimes Distinguished Nurse of the Year (2021). Recently retired as a Professor from Chamberlain University, Ellen now teaches part-time in graduate programs, shaping the next generation of nursing leaders, while enjoying time with her family.

Scholarship Updates

In recognition of the ongoing nursing shortage in the State of Arizona, AzPANA offers scholarships annually to support members in attending educational events, conferences, medical missions, or pursuing certification. Unfortunately, these funds often go unused due to lack of applications.

To apply, you must be an AzPANA member for at least two consecutive years. The point system is no longer required—take advantage of this opportunity!

NEW! Prelicensure \$500 Scholarship Opportunity

WHAT: AzPANA is pleased to offer a \$500 nursing scholarship to any prelicensure nursing student. These funds can be applied to student costs such as books, uniforms, transportation, or other school supplies.

WHO: All prelicensure nursing students for support of academic studies within Arizona nursing programs in preparation to sit for the RN-NCLEX exam.

WHEN: Application deadline is June 1, 2025 for fall, 2025.

HOW: Visit [AzPANA Scholarship Information](#) to learn more and apply OR contact Ellen Poole @ info@azpana.org

06/08

Medical Mission Scholarship Award 2024

Congratulations to **Leslye Alexander, MSN, RN, CNL, CAPA/CPAN**, on receiving the **Medical Mission Funding award!**

Mayo Clinic, One World Surgery, AZPANA.

What do these three entities have in common? For me...the ability to complete my second Medical Mission Trip to the underserved country of Honduras. Specifically, on a 2,000-acre ranch called Nuestros Pequeños Hermanos (“Our Little Brothers and Sisters,” or NPH), located approximately one hour northeast of Tegucigalpa, the capital of Honduras. NPH is a home for orphaned, abandoned, and disadvantaged boys and girls.

NPH is also the home of the Holy Family Surgical Center (HFSC), where surgical brigades or medical missions perform global health initiatives, supported by institutions like the Mayo Clinic to provide essential healthcare in regions where infrastructure is lacking.

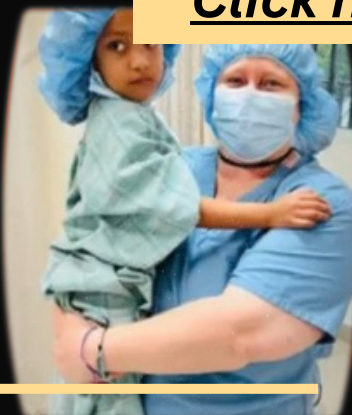
HFSC is the result of Intensive fund raising and a passion to address the healthcare gap in countries like Honduras. In 2003 a visiting orthopedic surgeon, Dr. Peter Daly, was asked to evaluate and treat a nine-year-old girl, Angela, living at the NPH home who had a severe condition that deformed her legs (chondroectodermal dysplasia). Angela had to scissor one leg in front of the other to stand or walk; she frequently used a wheelchair. Dr. Daly (and his wife) realized that the limited NPH facility and resources would be an obstacle to the young girl’s successful “fix” and recovery. The Daly’s brought Angela back to their home in Minnesota and following a year-long treatment plan, returned with her to Honduras.

In 2008 HFSC officially opened with its first orthopedic medical mission. By 2017, a shared endeavor by HFSC and Surgical Care Affiliates (SCA) Medical Missions combined to create One World Surgery (OWS), embracing the concept of service and the transformation of lives. Medical mission trips, particularly those organized by One World Surgery, often bring together volunteer healthcare providers from institutions like the Mayo Clinic, including surgeons, nurses, anesthesiologists, and other specialists, who travel to regions where access to care is limited. As nurses on our mission trip, we played a crucial role in the success of the surgical brigade providing preoperative, intraoperative, and postoperative care, along with health education for hypertension, diabetes, improved hygiene, and overall health.

One of the most significant challenges during our mission trip was navigating language and cultural barriers. Spanish interpreters provided by OWS and local staff provided training regarding respect for local customs, beliefs, and practices. These resources are critical to building trust, improving communication, and improving long-term patient outcomes. Additional challenges included limited resources and long work hours. Combined surgical brigade donations and local supplies of medical equipment helped turn a typical HFSC 15 case per week surgery schedule into a forty-seven surgical case load, including thirty-three total joint replacements. As nurses we learned to improvise as we rationed preoperative supplies.

Thank you to AZPANA for your generous scholarship which contributed to our medical mission aim: improving the lives of individuals and families, especially those supported by organizations like OWS, to build a more sustainable healthcare system for the future.

[Click here to view FULL VIDEO!](#)

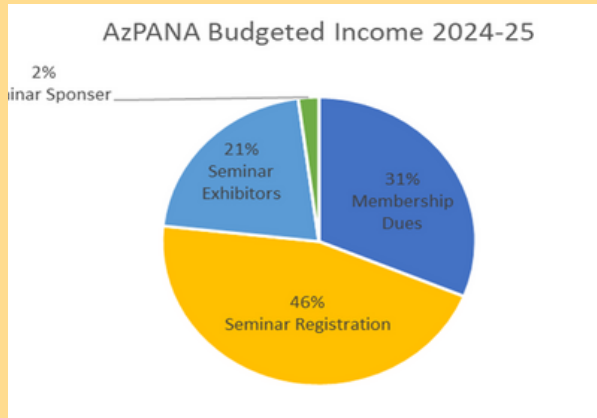


07/08

2024 Annual Financial Report

Have you ever wondered what happens with your AzPANA dues?

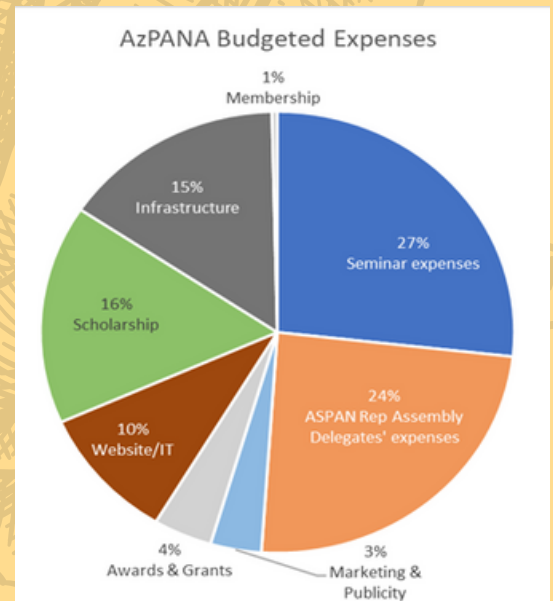
Your \$35 annual membership fee plays a vital role in supporting AzPANA's programs and initiatives. Here's how it works: most of our income comes from membership dues and seminar registrations, while expenses cover a wide range of activities. These include seminar costs like speaker fees, travel, catering, CE applications, and virtual platform expenses. We also invest in marketing and outreach, such as brochure printing, swag, and exhibiting at events like the Arizona Student Nurses Association (AzSNA) and Arizona Society of Anesthesiologists (AzSA).



The ASPAN category funds two AzPANA delegates at the Representative Assembly to vote on standards, board members, and bylaw changes. Webmaster and IT cover website maintenance, storage, meeting platforms, and email. Scholarships support members and our new student nurse scholarship.

AzPANA maintains a balanced budget, with expenses detailed in the graph below. We are financially stable, holding reserves for at least three years of operations. If you have questions or comments, feel free to reach out.

Infrastructure ensures the smooth operation of AzPANA, covering essentials like insurance, accounting software, taxes, and board travel to seminars. Awards and grants fund initiatives such as the Recruiter of the Year, President's Award for Excellence in Clinical Practice, membership raffles, and AZ Advocacy Day grants, as well as contributions to the ASPAN National Conference.



Thank you for trusting me to represent AzPANA's finances!



Katrina Bickerstaff BSN, RN, CPAN, CAPA