

Leading With Knowledge, Serving With Heart

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Regina Hoefner-Notz, MS, RN, CPAN, CPN has been a pediatric nurse for the past 37 years. Regina has worked at Boston Children's Hospital Cardiac Intensive Care Unit, has done pediatric home/hospice care, and has spent the past 20 years at Children's Hospital Colorado. Regina came to the Post Anesthesia Care Unit in 2000 as a staff nurse and is currently the Clinical Manager for Phase I and Phase II PACUs. Regina was the Editor and contributor for *A Competency Based Orientation and Credentialing Program for the Registered Nurse Caring for the Pediatric Patient in the Perianesthesia Setting* (ASPAN, 2016) as well as a chapter author of "Care of the Pediatric Patient" for *Drain's PeriAnesthesia Nursing: A Critical Care Approach*, 7th Edition (2017).

HERE WE ARE, finishing an amazing week of education, networking, and camaraderie. A week in a land filled with fantasy, heroes and

heroines, villains, princesses and princes, and happy endings. In some ways, standing here before you is like a dream come true. A few years ago this opportunity felt like a dream too big for me!

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Now do not get me wrong, I love the American Society of PeriAnesthesia Nurses (ASPAN). Not only has ASPAN provided me many opportunities for professional growth, but I have also appreciated the research, evidence, standards, and the multitude of resources it has given me. More importantly, it has also given me an extended family of nurses that believes in the potential of greatness: great patient care, great professional resources, and great support when things seem impossible. As we have seen this past year, Susan Russell has

led us to detect greatness with the proof being in our practice.

But, getting back to my dream. Here in this magical place, a Disney princess once said, “a dream is a wish your heart makes.” Like Cinderella, sometimes we cannot see our dreams until someone else helps identify the dream, you, the dreamer, and how the two are magically tied together.

I did not dare to dream this big until ASPAN mentors and leaders saw something in me I did not see. To me, this is the essence of ASPAN. As nurses we see the potential in everything we do. There are those that see it beyond their patients, and graciously invite others to come along for the magic carpet ride. One phrase, “I can show you the world...” and forever you are changed. To continue to change we need education, knowledge, and a community of our peers. Also driving this magic carpet of change is you, and it is me, and it is ASPAN.

The Disney princess has changed dramatically over the years from a victim of circumstance to a fighter and warrior. Mulan of China, Madre of Scotland, and Moana of Polynesia—these princesses were able to see a vision beyond their own needs and formulate actions to connect their families and their peoples. I see their vision of connection as an opportunity—our chance to come home to ASPAN, by growing our components and supporting our organizational roots.

We also need to be warriors. We need to be present every day so we can be counted in, to be at the table, and to be part of the process that directs patient care. Nurses bring what is best about holistic patient care. We cannot give up, even when the odds seem stacked against us.

So how are you present and how do you present every day? Not just to our patients, but to other nurses, young and old? How do you present to our other health care colleagues? Are you articulate and well informed? Change is hard, but health care is in a constant flux. Although the idea of embracing change may seem trite, what are our options? Stick with us! ASPAN is your ally in this change process.

We cannot take any moment for granted. That is why our collective voices must be ASPAN. This organization started with several voices coming together saying, “We deliver very special care.” More voices then asked, “How do we keep our patients safe?” These voices grew and traveled from town to town, state to state, not only across our country, but also across the world. Today more than ever, this one voice, this collective voice called ASPAN, defines and defends this specialty practice, as bedside caregivers, as educators, as researchers, and nurse leaders. Imagine how valuable ASPAN’s united voice is for that one nurse, alone in a small facility, seeking safe practice for patients. This nurse may seem alone, but because of who we are and what we do, this nurse has the strength of thousands, this nurse has ASPAN.

This idea makes me proud to be a member of ASPAN. This past year we all watched in horror as Alex Wubbels, an Emergency Room nurse in Utah, defended her patient’s rights, without judgment and without fear of retribution. I hope I would have been as brave. But I also know the evidence and collective practice of ASPAN would support me in a moment like that. It is almost like a Genie in a bottle, always there, ready for my wish of nursing excellence.

So what is my dream? My dream stems from being part of a marvelous component, an experience every perianesthesia nurse deserves. My dream was further nurtured when I was a Regional Director and had the privilege of visiting other components. I had the opportunity to speak to nurses at the bedside, at the very heart of our purpose. We discussed the need to grow and send our message to every nurse who would listen. The resolve to share our core purpose, our values, and PRIDE will support each of us as we offer service and care to our perianesthesia colleagues. My dream is to lead with knowledge and to serve with heart.

We are a volunteer organization. Every hand is important. Each component, committee, strategic work team, and board member leader volunteers their time to a most worthy endeavor. I would like to personally invite you to volunteer your time to work with me this year to continue to build this organization from the ground up. You will

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