New York State Council

2026 Setting the Pace

Speaker Information Form

Speaker(s) full names and credentials.

Sophia Specht, MSN, AGACNP-BC, CEN, VA-BC, NY-SAFE

Speaker(s) Biography.

Sophia started in healthcare as an EMT in 1992 and advanced to EMT-CC to paramedic and eventually obtained her BSN from Molloy College in Rockville Centre, NY in 2011. She was hired by Northwell Health in 2012 where she worked as an ED nurse, became active with the ENA and earned her CEN in 2013. In 2021 she transferred to a vascular access team and acquired her VA-BC in June of 2022. She currently works as a hospital medicine Adult Gerontology-Acute Care Nurse Practitioner and continues to provide vascular access both in the inpatient and outpatient settings. She enjoys being a mom to two dogs and one human, participating in medical missions overseas and running a medical closet for those in need.

Presentation Title (be creative!).

Optimizing Peripheral Intravenous Access in the Emergency Department to Improve Overall Outcomes: Strategies and Approaches

Summary (3-4 sentences).

Peripheral intravenous (PIV) access is the most frequently performed invasive procedure effected by Emergency Department (ED) nurses and is largely viewed as a tactile skill mastered through repetition. While visible complications such as infection, phlebitis and infiltration often emerge after admission, one must also consider downstream effect- pain from numerous attempts, delay in receiving medication, increased wait for lab results, distrust of providers, hesitation in seeking medical attention, and overall decreased patient satisfaction.

Enhancing ED nurses' knowledge about the science behind PIV placement may help reduce these complications and enhance the patient experience.

Learning Objectives.

1. Using clinical presentation of the patient, identify the need for critical vs non-critical access.
2. Employing critical thinking to anticipate patient's vascular access needs.
3. Review vein structure and upper extremity vessel anatomy.
4. Become familiar with Poiseuille's Law, catheter to vessel ratio, and ideal catheter purchase.
5. How to select the proper device (gauge and length) and identify optimal location.
6. Reviewing aseptic non-touch technique (ANTT).
7. Proper care and management.

References.

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Nickel, Barbara APRN-CNS, CCRN, CRNI®; Gorski, Lisa MS, RN, HHCNS-BC, CRNI®, FAAN; Kleidon, Tricia PhD(c), MNSc, RN; Kyes, Amy MSN, APRN, AG-CNS, CV-BC™, CRNI®; DeVries, Michelle MPH, CIC, VA-BC, CPHQ, FAPIC; Keogh, Samantha PhD, RN, FACN; Meyer, Britt PhD, RN, CRNI®, VA-BC, NE-BC; Sarver, Mary Jo MSN, ARNP, AOCN, CRNI®, LNC, VA-BC; Crickman, Rachael DNP, ARNP-CNS, AOCNS, OCN, RN; Ong, Jenny PharmD; Clare, Simon MRes, BA, RGN; Hagle, Mary E. PhD, RN-RB, FAAN. Infusion Therapy Standards of Practice, 9th Edition. Journal of Infusion Nursing 47(1S):p S1-S285, January/February 2024. | DOI: 10.1097/NAN.0000000000000532

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