Hello Everyone!

Can you feel it?? Spring is in the air!!!
What have you been doing to stay warm during the extreme weather conditions we’ve experienced in Ontario this winter?
I hope that you’ve fared well and managed to enjoy some winter sports…skiing, skating, snowmobiling, or ice fishing…it has been a fantastic winter to partake in these activities and enjoy the cold! For me, I have enjoyed some lovely long walks with my puppy Saige, who couldn’t be happier to jump in the snow banks and bury her nose in the snow. I imagine that I still have time to get that (almost) once a year ski trip in and I’ve promised myself to buy new skates and enjoy some of the outdoor rinks…but I have to admit, it has been a wee bit too cold for me! In order to compensate I was fortunate to have spent some vacation time in the Bajan sun. Barbados weather is reliably sunny and the water clear aqua blue…
2014 was a good year:
• We updated OPANA Logo and Website
• We had a successful November workshop
• First time CNA exam/designation in PeriAnesthesia Nursing!!!

2015 is going to be even better!!!

OPANA Top Three Goals for 2015:
1. To Recruit and Retain High Caliber Nurse Leaders who Influence Excellence in PeriAnesthesia Patient Care.
   How can you impact Peri Anesthesia Nursing practice? Get involved with OPANA! Please feel free to email me president@opana.org and let me know of your interest! OPANA can help strategize to develop a schedule that supports you and your busy life!
   Please Encourage Your Colleagues to Register as an OPANA Member!!
   Please Consider Joining the OPANA Board of Directors… WE NEED YOU!!!

2. To provide venues to share education and learned experiences. Stay tuned by regularly visiting our website to find out about our new series of “PeriAnesthesia Webinars” our first of which will happen Wednesday March 18 from 5 to 7 pm entitled “The Dirty Dozen” at which 12 infamous PeriAnesthesia “Stars” will appear! Click HERE for free registration!
   Please Join Us for our upcoming OPANA Conference November 2015!!! Stay tuned for more information in the next few months

3. To build a data base of topics that influence PeriAnesthesia Nursing Practice
   Please visit the new and improved OPANA website where you will be able to connect with your colleagues and chat about challenges, queries, and successes on the OPANA Forum!!!
   The more members that utilize the forum, the more valuable tool it is!
   We also post OPANA presentations on the website for members only.

If you are interested in participating in the planning of any of our events, please let us know by emailing president@opana.org. This is a great opportunity to help develop workshops and conferences with topics of interest to perianesthesia nurses.
And don’t forget about the National and International conferences this year!! All details are posted on our website…. www.opana.org

And as always…
Thank You!!! For All that you do…for PeriAnesthesia Nursing, our Colleagues, and of course our Patients!
Wishing you All the Best for a heart-warming and sunny spring filled with new positive energy that inspires you and your PeriAnesthesia Nursing Practice!

Warm regards,
Carol Deriet
OPANA President
president@opana.org

Wishing all PeriAnesthesia Nurses who are writing the CNA PeriAnesthesia national exam on April 18th Good Luck from OPANA!
To find out more about this conference click on link http://www.aspan.org/Events/2015-National-Conference

To Register for this FREE special Webinar event please click HERE!!!
NAPANc is proud to present:

The 13th Annual gathering of the National Association of PeriAnesthesia Nurses of Canada (NAPANc)

June 12-14, 2015 in Moncton, New Brunswick
Early Bird Registration (before April 1 2015) is $425.00
Regular Registration (after April 1, 2015) is $500.00

For more information & Registration:  http://napanc.ca/

For more information about the International ICPAN Conference, click here!
Magnet Journey: A Quality Improvement Project—Implementation of Family Visitation in the PACU

Esther Lee, MBA, RN, Nancy Li, BSN, RN, Amy Yates, MSN, RN

Purpose: Over the years, patient- and family-centered care has been a focus of many researchers in the postanesthesia care unit (PACU) setting. Despite evidence pointing to the benefits and positive outcomes of partnering with family in patient care in pediatric and adult PACUs, this practice has not gained popularity in the adult PACUs of many hospitals. The purpose of this project was to test and validate the benefits of including families as partners in care in the PACU.

Design: A pre/post exploratory design using survey methodology was used.

Methods: Survey questionnaires were administered to patients, family, and nursing staff before and after the implementation of a patient visitation program.

Findings: Patient and family satisfaction increased after implementation of the family visitation program. Nursing satisfaction with and openness to family visitation also increased.

Conclusions: Results provide the evidence base to implement an open visitation policy that has been made permanent as a standard of care practiced in all the PACU sites throughout the health system.

Keywords: quality improvement, perianesthesia nursing, evidence-based practice (EBP), patient- and family-centered care, family visitation, research.

2015 by American Society of PeriAnesthesia Nurses

NURSING CARE PLAYS a significant role in the quality of a patient's positive health outcome. In the early 1980s, the American Academy of Nursing established a task force to carry out a study to identify why some hospitals in the country were “magnets”, viewed as being able to attract and retain nursing talent, and consistently produced superior quality in patient health outcomes. The survey revealed that some of these hospitals possessed uncommon attributes that attracted nursing talent. The findings provided the parameters and baseline standards for the design of the Magnet Recognition Program. Approved by the American Nurses Association Board of Directors in 1990 and administered by the American Nurses Credentialing Center, the first Magnet national award was given out in 1994 and the first international award in 2002.

The Magnet Recognition award accords many benefits to a winning hospital. It serves as a vote of confidence and a stamp of approval of an institution's performance excellence. It validates the value of excellence in nursing care as measured by such indicators as teamwork, evidence-based practice (EBP), continuous quality improvement, and excellence in patient outcome. Additionally, the magnet status provides an institution with a competitive edge to retain and attract outstanding practitioners, clinicians, nursing talent, and other personnel; enhances its potential to expand its patient pool and health care market share, and reinforces its ability to negotiate and contract with payers from a position of strength.

In the process of preparing for the Magnet Recognition award program, some institutions search and develop anchors whereby they may focus the whole nursing division toward a common goal under one unified theme. At a New England hospital, the Comfort Theory was seen as compatible with the values and mission of the institution and was selected by consensus as a unifying framework for their application for Magnet status. Comfort Theory, originally conceived by Katharine Kolcaba, was developed as a patient- and family-centered care (PFCC) theory, which postulates that “human experiences take place in four contexts: physical, psychospiritual, sociocultural and environmental.” Patients define comfort and nursing interventions—deployed to meet these needs. At the Southern California Academic Health System where this study was conducted, the mission is to take exceptional care of people underpinned by five core values: quality, caring, integrity, creativity, and teamwork. The Magnet journey in this institution started in 2008. The unifying theme is the health system's core values, which are supported by multidisciplinary teamwork and EBP. The health system was awarded Magnet status in December 2011. The following represents one of the EBP projects completed on the Magnet journey.

To read the entire article click here:

Magnet Journey: A Quality Improvement Project—Implementation of Family Visitation in the PACU
Regional Report for the Greater Toronto Area: Farah Khan Choudry & Nancy Rudyk

March 2015 GTA Rep: Nancy Rudyk

Happy PeriAnesthesia Nurses Week!

At St. Michaels we celebrated the week of Feb 2-6 with a few events to recognize and celebrate the achievements of our perianesthesia nurses. The week began with cupcakes on Monday followed by Wacky sock Wednesday…

…and ended with a Pizza lunch on Friday! A draw was also held for Drain’s Perianesthesia Nursing textbook and for a Lululemon gift bag. It was a great week!

Several of our staff will be writing the PeriAnesthesia certification exam in April. The Bloomberg Faculty of Nursing (University of Toronto) is offering for the first time a PeriAnesthesia review course on Sat. March 7th which we are looking forward to attending.

One of the initiatives taking place in our perioperative setting includes the development of a structured TOA reporting format between the DSU and PACU. The next step will be the development of a TOA reporting format between the Preadmission unit and DSU. We are also partnering with several surgical programs to assist in developing a TOA reporting format that highlights those unique patient needs of the specific service in the safe transfer from PACU.

A few questions to consider as we move into 2015!

• What patient care initiatives in preoperative and/or post-operative care is your hospital currently undertaking that you would like to share?

• Would your hospital in the GTA be interested in having an OPANA board member provide an update in perianesthesia practice?

I look forward to hearing from you and I will post responses in the next newsletter.

Please email: rudykn@smh.ca
Nurses Celebrate Perianesthesia Nurses Week at Mount Sinai Hospital: Farah Khan Choudhry

Nurses at Mount Sinai Hospital (the new Sinai Health System) had much to celebrate during this year’s Perianesthesia Nurses Week.

First, we recognized those nurses at Mount Sinai Hospital who were part of the first cohort of nurses across Canada who successfully wrote and achieved the first national certification in Perianesthesia Nursing from the CNA. Kim Yuayan (in picture on the right), along with Christopher Brown and Emerita Ligutan, were three of these nurses at MSH. Once again we congratulate them, and all those who were successful in writing the inaugural exam!

Mount Sinai Hospital is also excited to celebrate their successful achievement of Magnet © designation. Magnet is a voluntary recognition process, and is one of the highest achievements a nursing department can achieve in healthcare organizations. Of significant note, Mount Sinai Hospital was the first to receive this designation in all of Canada!

In celebration of perianesthesia nurses week staff primarily from the PACU at MSH developed an informative display booth outside the cafeteria to educate their colleagues about this specialty area of nursing. This can be seen in the picture below with new graduate RN and PACU orientee, Jennifer Bodner (Left) with her Preceptor Kim Yuayan, PACU RN, on the right.

Regional Report for Hamilton Niagara Region: Marianne Kampf & Nancy Poole

We can officially say it is March and Spring will make its way and with that comes renewal, new direction and excitement of seeing snow melt!

PeriAnesthesia Nurses Week in February, at our site, was celebrated with cupcakes and thanking all our staff who are a part of the team towards the ‘road to recovery’ of our patients while with us as we render them exemplary care.

We make it a point to share and toot our horn with a thank you card designed by the staff at every monthly staff meeting. Simply by writing their name down on this card and thanking them for ‘everything you do day after day’. It reaffirms to the team we are all in this together to provide the best care possible.
for our patients while with us and to recognize that there are days that prove trying sometimes and yet we are there for our patients. I purposely included our health care aide and business clerk in this picture with our staff nursing colleagues as each has an integral part and role within in our team. Of course they were shy to be included but I would not have it any other way.

We are in the midst of undergoing a study called "SAME DAY OPIOIDS & PONV" lead by Dr. James Paul in collaboration with St. Joseph’s Hospital in the city to see if adjusting the opioid and type of opioid given reduces PONV in patients post operatively. We continue to adhere to single dose administration of the opioid with no multi vial dosing and have entrenched that into our practice for over a year now successfully. We have also adapted a practice cited from our pilot study related to spinal regression to have all patients who have received spinal analgesia or a block to post a sign on the patient’s bed not only while in PACU but also once discharged to SDS/SDU and now to inpatient units. Safety and assessment are first and foremost goals achieved via the nurse to nurse TOA, which we have revised at HHS with the addition of the signage hung firmly on the patient’s IV post.

We are recruiting for the Hamilton-Niagara regional director position to allow another individual to join the OPANA BOD. Our goal is to have this position filled by the end of March. However, if you are interested please drop me us a line either to kampf@hhsc.ca or poole@hhsc.ca. Co directing is an opportunity we support with the BODs but you must be an RNAO member in addition to an OPANA member to apply.

This weekend I will be attending the U of T PeriAnesthesia course @ Bloomberg Institute for Learning in Toronto in review preparation for writing the CNA PA certification exam in mid April. This opportunity is a great way to solidify what you may know, and learn what you may not know! I commend all faculty instructors who have worked so hard to put this day and course together for us ... PeriAnesthesia Nurses. Just look at the amazing agenda topic lineup by clicking on the link.  
https://mail.google.com/mail/u/0/#inbox/14bdf35ba9c906e?projector=1

Finally, we would like to close by referring to the February edition of the Journal of PeriAnesthesia Nursing supported by ASPAN. The editorial written by Vallire D. Hooper hit home and hard. EBOLA was the essence of our world this past Fall and still we cannot dismiss it. As Hooper writes," The EBOLA crisis of 2014 thrust American Health Care, particularly acute hospital care, under microscopic examination.” Hopper goes on to say “what was discovered was that Routine universal precautions and isolation techniques on which all health care workers depend for both personal safety and patient safety were outdated and unclear.” She goes on to state that it was the nursing profession that stepped up to take the lead in the global health care crisis and never had this been seen or witnessed in the last 30 years as it was with this crisis. The ANA- American Academy of Nursing and AAN – Association of Critical Care Nursing and many other Canadian professional groups- RNAO -stepped up and provided the voice and direction needed to fill the voice of reason and protect ourselves and the patients. This makes me unduly proud as a nurse, raising the bar high and the standard. Continue to engage in discussion in your areas, ask the questions, work on solutions, share them and continue to advance our profession we are so proud to be a part of yesterday, today and tomorrow. May your Spring bloom as we all wish it too with excitement, renewal and a new reverence for why we love what we do and represent in PeriAnesthesia nursing.

(Picture taken of trees in bloom while in Florida Feb. 2015)

Yours in PeriAnesthesia nursing,

Marianne Kampf & Nancy Poole
Regional Report for Western Ontario - London/Windsor Region:
NOTES FROM A SOUTH WESTERN RURAL HOSPITAL
(A PeriOperative / PeriAnesthesia Family of 18)

A big thank you to our Associate Member, Lori Ursu RPN for sending us a poster celebrating PeriAnesthesia Nurses Week at the Leamington District Memorial Hospital!

OPANA thanks you for celebrating PeriAnesthesia Nursing and we wish you continued success with your nursing specialty!

OPANA is committed to providing leadership opportunities to our Provincial PeriAnesthesia community. We recognize that people lead very busy lives inside and outside of work and we are therefore cognisant of time commitments. Many hands, makes light work! Our goal is to further the goals of OPANA in a collegial and educational manner by sharing our knowledge and resources between each other and members across the province. In order to do this, we need representation from your region! We are eagerly looking for volunteers from the following regions: □ Central Ontario, □ Western Ontario, □ Eastern Ontario, □ Northwestern Ontario, □ Northeastern Ontario

Please contact info@opana.org for more details
Hello from the “Forum”!

We are finding that we are having a lot of ‘guest’ users entering the forum, but little to no members.

This is a friendly reminder / tutorial that you need to sign in to the forum to get full access. As a guest, you are able to see some discussions, but as a member you are able to fully participate, and get access to the workshop presentations.

Membership to the forum is free with OPANA membership., and the Forum can be accessed from the tab on the OPANA website www.opana.org. If you are unsure of your username or password, you can email me directly at llarmer@hotmail.ca – a quick & easy way to get me to directly help you out.

Here is a screen shot of the forum as a ‘guest’ user. How can you tell? “Welcome, Guest, please login in” message is in the top left corner. Also you can see that we currently have 3 guests visiting the site as I was writing this 😊. Note the only categories are the Autumn edition of the Monitor, and the General Category.

The Login is in the top left corner. Now, let’s sign in....
Can you see the difference? There are more General Categories – including the Fall Workshop information.

I hope this helps you! Feel free to contact me directly or through the OPANA website email – info@opana.org

**Vision, Mission, Values and Goals**

**OPANA VISION:**
A respected nursing practice that leads high quality patient care throughout the perianesthesia road to recovery.

**OPANA MISSION:**
To recruit and retain high caliber nurse leaders who influence excellence in perianesthesia patient care.

**OPANA VALUES:**
- Promote respect, positive communication and collaboration among all members of the patient/family/healthcare team
• Value excellence and integrity in all interactions
• Be accountable and ethical in our nursing practice through our actions and decisions
• Commit to excellence in nursing by promoting a culture of lifelong learning that integrates evidence-based practice, research, professional development and competence
• Demonstrate genuine respect for uniqueness and diversity
• Face our challenges through innovation, creativity, shared knowledge and experiences
• Collaborate with inter-professional colleagues to deliver the best quality of care

**OPANA GOALS:**
• To promote and subsidize research that leads to evidence-based best practices
• To provide venues to share education and learned experiences
• To build a data base of topics that influences perianesthesia nursing practice
• To promote interconnectedness (universal oneness) with perianesthesia nursing associations and related interest groups around the world (e.g. NAPANc, ICPAN, ORNAC, Ambulatory Clinics, Surgical Specialty Groups)

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**Why Join OPANA?**

**Being a member promotes:**
✓ Opportunity to network with peers
✓ Pride in having a professional organization
✓ Affiliation with NAPAN©, our national association
✓ Nursing excellence
✓ Advocacy with other qualified perianesthesia nurses

**Membership Benefits include:**
✓ Quarterly newsletters
✓ Reduced registration fee at OPANA-sponsored educational events including our bi-annual conference and Annual General Meeting (AGM)
✓ Reduced registration for workshops
✓ Opportunities for members to apply for financial support for continuing educational activities (conference bursaries)
✓ Discounts on NAPANc Standards of Practice
✓ Membership in the National Association of PeriAnesthesia Nurses – Canada (NAPANc)
✓ Opportunity to vote on important OPANA issues
✓ Networking opportunities
✓ Access to our on-line forum

**Ways to register to become an OPANA member:**
✓ Use our website: [www.opana.org](http://www.opana.org) and join online. Cost per membership is $50.
✓ Member of RNAO? Add OPANA to your membership.
✓ Even better, if you are already a member of RNAO and paying your fees with an employer payee deduction, consider adding OPANA to your membership. It would calculate out to less than $13.00/pay for RNAO & OPANA. No hassle, renewal or fuss!
✓ Membership runs from November 1-October 31. Membership is aligned with the RNAO membership dates, as well as the annual OPANA conference. Renew your membership when you register for our
**NEW!!!** OPANA is pleased to announce that we are officially endorsing the 2014 Standards for Practice, 3rd Edition prepared by the National Association of PeriAnesthesia Nurses of Canada (NAPANc). To purchase your copy, please contact [www.napanc.org](http://www.napanc.org) with your request.
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