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OPANA is an Affiliated Interest Group of the RNAO
**OPANA’s Mission, Vision and Goals**

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

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

**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

**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)
Hello Everyone!
Happy Spring??! If you don’t mind the snow covered tulip sprouts!!
Don’t worry; I’m sure it is going to turn out to be a beautiful Spring and Summer...
And, we have something AWESOME to look forward to in the fall!
Make sure you mark your calendars for the
National Association of PeriAnesthesia Nurses
Annual PeriAnesthesia Conference 2016:
Tune in to Your Practice!

Stay tuned to the website for more information...as it will be hosted by none other than OPANA!!
And to get this party started the OPANA BOD is happy to announce the first registrant, winner of a free registration to the conference for sharing her and her colleagues PERI ANESTHESIA NURSES WEEK 2016 Celebrations.......Please congratulate Elizabeth Datars RN, St. Michael's Hospital - Surgical Day Care Unit! Please check out the photos Elizabeth submitted which are posted on the OPANA Photo Gallery on the website www.opana.org under “News & Events”. I would like to share Elizabeth’s’ submission below:

At St. Michael's, PeriAnesthesia Nursing is performed in three separate departments: the Pre Admission Facility, the Surgical Day Care Unit, and the Post Anaesthetic Care Unit.

During the most recent PeriAnesthesia Nursing Week, three special events were organized to acknowledge and celebrate the specialized nursing skills of PeriAnesthesia Nurses.

Our first celebration was "Cupcake Monday" taking place on Monday February 1st. Homemade cupcakes, tea, and coffee were enjoyed by all.

Wednesday February 3rd was designated as "Crazy Sock Day". The top prize went to a Surgical Day Care RN who has a very creative mind!

The final event was held on Friday February 5th. It was scheduled as an In-service / Team Building session under the disguise of "What's Brewing?" Once again, pastries, fruit, coffee, and tea were enjoyed.

Elizabeth Datars RN
St. Michael's Hospital - Surgical Day Care Unit
Thank you so much for your submission Elizabeth. We look forward to getting to know you at the Conference!

As you may know, many of the BOD members share responsibility of roles and/or take responsibility of more than one role. We are very fortunate having such dedicated, passionate nurses on the OPANA BOD! I would like to personally thank two of the BOD members who have also taken on the role as Co-Chairs of the NAPANc Conference Planning Committee;

Nancy Poole who is also Co-Director of Membership and Treasurer Elect &
Lynn Haslam-Larmer who is also Secretary and Co-Director of Educational Resources

If you are interested in volunteering to the OPANA BOD we have the following positions open:

Regional Directors: Central Ontario (Georgian Bay Area) Vacant
Northeast Ontario (Thunder Bay Area) Vacant

Directors at Large: Dentistry and Free Standing Clinics (at large) Vacant

Volunteering as a leader on the OPANA BOD is a wonderful opportunity to make great friends, learn a lot about yourself, your profession, and how you can truly impact our specialty practice!

The opportunities are endless.

Thank you for considering joining us and representing your regional colleagues! If you would like to learn more about these roles, please email me at president@opana.org

All of your contributions will be recognized and appreciated and you will be rewarded in so many ways!

Thank You All, for All that you do to positively impact PeriAnesthesia Nursing!

Sincerely

Carol 😊
OPANA President
president@opana.org
Board of Directors 2016

Executive:

President: Carol Deriet

President Elect: Ramona Hackett

Treasurer: Marianne Kampf

Treasurer Elect: Nancy Poole

Secretary: Lynn Haslam-Larmer

Regional Directors:

General Toronto Area - Linda Marshal-Masson and Sherry France

Southern Ontario - Marianne Kampf and Caroline Fellows-Smith

Central Ontario (Georgian Bay Area) Vacant

Western Ontario (London Area) Nancy Rudyk

Eastern Ontario (Ottawa Area) Katie Poser and Morag Mercer

Northwest Ontario (Greater Sudbury, Sault Ste. Marie Area) Farah Khan Choudry

Northeast Ontario (Thunder Bay Area) Vacant

Directors at Large:

Dentistry and Free Standing Clinics (at large) Vacant

Director of Educational Resources: Lynn Haslam & Katherine Poser

Director of Communications and Newsletter: Nelisha Bhaloo & Nicci Chow

Director of Membership: Nancy Poole & Jurist Rosales-Tran & Arlene Bernardino

Director of Website: Carol Deriet & Dhyvia Eapen

Director of Student Recruitment: Hannah Skinner
CNA Certification Program
Join the growing network of more than 18,000 CNA-certified RNs at the leading edge of health care. Being CNA certified shows that you’re committed to an advanced standard of professional competence and have a comprehensive understanding of your nursing specialty.
Become CNA certified! Show that you Care to Be the Best.

Registration and Exam Information
The next CNA certification exams will be offered **September 19 to October 7, 2016**.
The online application process to apply for the 2016 exams will be open **April 11 to July 1, 2016**.

Benefits of Certification
Becoming CNA certified is one of the most positive and powerful achievements for a nursing professional. As a certified RN, you will have:

- the only nationally recognized RN credential for nursing specialties
- an advanced level of knowledge, expertise and commitment to show patients, colleagues and employers
- a stronger sense of accomplishment and personal confidence in your practice
- greater opportunities for career advancement
- a broader network of nursing peers and more ways to showcase your knowledge, skills and experience
- a more focused continuous learning and continuing competence plan

**What makes certified nurses stand out?**
CNA-certified nurses have:

- an advanced clinical expertise, knowledge and commitment
- specialty knowledge, authenticated by exacting national standards
- a clear dedication to quality, evidence-based care
- a resolve to pursue life-long learning, patient advocacy and professional practice
- a demonstrated commitment to continuing competence and specialized education
- maintained recognized standards of proficiency and professionalism

When you add the official certification credential after your name, patients, employers, licensing bodies and the public will be able to recognize your experience and competence in your nursing specialty or area of nursing practice. Once you’re CNA certified, you’ll stand out as an RN who Cares to Be the Best!
Upcoming Conferences

SAVE THE DATE!
National Association of PeriAnesthesia Nursing, Canada
Annual PeriAnesthesia Conference
Tune in to Your Practice!

November 5-6, 2016
Double Tree by Hilton
Toronto, Ontario
Upcoming Conferences

Canadian Association of Ambulatory Care
The Patient Experience in Ambulatory Care - Striving for Excellence
May 12-13, 2016, Westin Prince Hotel, Toronto Ontario

Join us in Toronto to expand your knowledge, refresh your spirit, and enjoy the excitement of the CAAC 4th Annual Conference

Connect with the best
• You'll meet ambulatory care providers who practice in such health care settings as hospital based out-patient clinics and procedural areas
• We also have some exciting workshops to offer this year. For example, attendees will be introduced to a variety of specialized endoscopic tools and techniques for GI bleed management.

Start making your plans today! Register Now!

Vantage  OLYMPUS  ConMed
COOK  CORPORATION  Meridian

BioSyent  Boston Scientific  Medtronic  CLARION
Further, Together  HOLOGIC  The Women's Health Company
Patients undergoing elective surgery are exposed to a myriad of nurses, commencing from the pre-admission clinic, followed by day of surgery admission, the operative procedure team, post anesthesia care unit (PACU), and ultimately care on a surgical nursing unit or ambulatory care unit. Communication amongst the continuum of nursing staff is a key component of patient care, requiring easily accessible information regarding the patients’ co-morbidities. There is potential miscommunication or omission of risk factors when report is transferred through the many layers of nursing staff after the initial pre-operative assessment. It is particularly important therefore, to ensure that the co-morbidities that place a patient at increased risk in the perioperative period are identified in the pre-operative assessment and are clearly visual and easily communicated to all nursing care providers post operatively. Sunnybrook Health Sciences Centre (SHSC) located in Toronto, Ontario recently instituted a PeriAnesthesia Care Pathway (PACP) that uses one document to incorporate key information from the nursing history, including evidence based assessment and screening tools, and allowing for patient acuity specific Phase 1 and Phase 2 monitoring to occur. It is an effective and comprehensive tool supporting transfer of accountability between staff throughout the peri-anesthesia continuum of care (from pre-operative to Phase 2 recovery), as all pertinent patient information and co-morbidities are listed on the front page of the Pathway.

The resulting ‘PeriAnesthesia Care Pathway’ incorporates a number of validated tools to assist in identifying a high risk patient, and facilitate nursing care decisions. When validated tools and existing guidelines are used, pre-anesthesia nursing assessments are better able to direct the level of expected post-operative care. During the preoperative assessment, all patients are assessed for non-diagnosed obstructive sleep apnea (OSA) using the STOP BANG tool. A high value indicates a patient is at high risk for post-operative respiratory obstruction; and is especially at risk with the use of opioid pain medications ordered for surgical pain.

The PACU has moved to the White’s Scoring System from the traditional Aldrete score as a validated tool to determine readiness for discharge from phase 1 recovery to phase 2. Nurses on the surgical wards were educated to understand the criteria used; rather than the amount of time a patient stayed
in the PACU. These nurses were then engaged to continue using the PACP so patients were more readily identified as still in a recovery phase (phase 2). Once the Post Anesthetic Discharge Scoring System (PADSS) criteria were met by the patient, the patient was then deemed safe for less frequent vital sign monitoring, with the exception of OSA patients who because of their increased risk, required at minimum hourly respiratory assessment.

We referred to the development of the PeriAnesthesia Pathway as ‘Bridging the Gap’. It was recognized that there is a current gap in care – a move from standardized post-operative monitoring that may not meet the patients acuity level, to a patient focused method of monitoring – a system that hopefully recognizes the individual acuity level of each patients recovery. As a corporate initiative, the PeriAnesthesia Care Plan serves to promote patient safety, quality care, improved transfer of accountability, and increased awareness of the perianesthesia patient.

For further information of the development of the PeriAnesthesia Care Pathway and to read the entire article, please copy and paste the following link in your browser:

https://www.researchgate.net/publication/297695721_Bridging_the_gap_development_of_a_peri-anesthesia_nursing_care_pathway
Regional Reports

PACU: Hamilton

Happy Spring from our region to yours!!

It is nice to see the buds and bulbs popping up through the garden and on the trees after a relatively mild winter in the region. Updates to share first is the CNA- Canadian Nurses Association – has received the finalized version of the PeriAnesthesia Study guide for Certification 2016. I can tell having been on the committee many long hours were spent developing questions, editing each other’s work on group conference calls and via email in addition to receiving feedback was a great experience. This has been a labor of love for over 6 months and it is great to see it coming to fruition to assist PeriAnesthesia nurses who want to write the exam. Kudos to Carol Deriet, OPANA President, as well who volunteered her time to be a reviewer for the 121 page document.

From the local home front we are currently developing a formal charge nurse role for PACU that is not only about what you do in the role but how we mentor others on the team and so much more. I hope to share it at a future OPANA workshop or webinar as benchmarking across the country tells me we only have job application role descriptions but not much else in building leaders for this role. Stay tuned ...more to follow.

Now turning to the Children’s Hospital...The PACU staff at McMaster Children’s Hospital and McMaster University Medical Center moved into a newly renovated PACU in March 2016. The new PACU is equipped with 15 bays plus 1 isolation room. There are also 2 separation rooms that may be utilized for patients who require a more private or quiet environment. The new footprint provides separation between the adult and pediatric patients. The larger bays provide space and privacy for patients and visiting family members.

A group of staff designed the bays to ensure all necessary equipment and supplies were readily accessible. The space was decorated with our little patients in mind to provide a comfortable and friendly environment. TV’s are visible from each bay and play kid friendly movies and shows. The ceilings are decorated with twinkle star designs and the walls are adorned with birds, clouds and sunshine. The staff are enjoying working in their new environment and strive every day to provide the best care for all!

The PACU at the Hamilton General at HHS is currently under going many changes. One of the largest we currently face is the closing of Patient Holding in order for the construction of a new SDS unit. This internal design development has provided us with the opportunity to review and streamline the patient flow process to the Operating Room.
Our guiding principles throughout the patient flow change process includes patient experience, streamlining using lean methodology, Transfer of Accountability Best Practice Guidelines, optimizing Operating Room resources and maintaining Operating Room Safety.

In early March, the Perioperative Program held a mock trial date to test our process. This date also provided us with the opportunity to execute a Time Study to determine how long it takes for an inpatient and or SDS patient to be transferred to the OR theater. Also, highlighting where any delays are occurring.

We have a working group that meets regularly with all stakeholders and a weekly communication newsletter posted throughout the site.

As you can see it has been a busy winter but we sure are springing forward all in the support of patients who we care for in our environment and PeriAnesthesia nurses.

Respectfully submitted by,
Marianne Kampf & Caroline Fellows Smith
Regional OPANA Directors from Niagara/Hamilton
Diagnostic Imaging: Hamilton Health Sciences Centre

Hi Everyone. It had been a very busy Spring in Diagnostic Imaging at all sites. The Endovascular Clot Retrieval Program at the Hamilton General Hospital (HGH) has been working hard to develop safe Algorithms for the unstable intubated patient. The role and responsibilities of the Nurse, the role supporting Anesthesia. Also it is a time of growth for Interventional at the JHCC (JURAVINSKI Hospital Cancer Centre).

Going forward we are in the planning stages of changing the original footprint of the department to run gas lines and scavenging to do GA cases. This will be for the increasing number of RFA’s: Radio Frequency Ablation. Cases for patients that have hepatobiliary disease, large liver tumors. Also for the TACE procedures: the Chemo Embolization patients.

Another new change at the HHS is we are now currently staffing an RN in MDU, to assist with the TEE’s (Transesophageal Echo’s), Bubble Studies and Difinity studies. There is moderate sedation being given for these procedures. Guidelines policies, and documentation have been developed. Incorporating the Safety checklist/Procedural Pause which is a time out prior to starting any invasive procedure that confirms pre procedure, intra procedure and post procedure safety checks, and the names of the team members. This was an Accreditation Standard through the Cardiac Network that was required to be in place.

Caroline Fellows-Smith

Hamilton/ Niagara Regional Director

for more Regional Report updates

in the Summer issue of The Monitor...
Mango Smoothie

Serves 2

Prep time: 5 mins

Ingredients:
1 cup of Frozen Mango
½ of a Ripe Banana
¼ cup of Vanilla Yogurt
¼ cup of Non Fat Milk

Process,

Blend all ingredients in a blender and serve right away!

Post By: Laura Vitale

Health & Wellness

Six Simple Ways to Reduce Burnout
1. Get Enough Sleep
2. Exercise
3. Green Spaces
4. Take Breaks
5. Work 40 Hours
6. Take Vacations

Reduce Burnout:

Identify and Avoid the Signs of Burnout

YOGA For Working Nurses:

Yoga for Working Nurses

Nursing is a work of heart
Nursing Week is a time to recognize the year-round dedication and achievements of Registered Nurses (RNs), Registered Practical Nurses (RPNs) and Nurse Practitioners (NPs), and to increase awareness of their contributions to the well-being of Canadians (Ontario Nurses Association).
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 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 conferences. A great reminder!

For more information on OPANA membership
Visit www.opana.org