



The Monitor



President's Message

As we celebrate PeriAnesthesia Nurses Week (February 2nd to February 8th), OPANA is proud to recognize the extraordinary dedication and expertise that perianesthesia nurses bring to every stage of the patient journey. Our theme, "Excellence in Every Phase", reflects the depth of skill, knowledge, vigilance, critical thinking and compassion that define our specialty from preoperative preparation to post anesthesia recovery and beyond.

This week is an opportunity not only to honour your contributions, but also to acknowledge the leadership, advocacy, innovation, and commitment to continuous learning that perianesthesia nurses bring to our healthcare system. OPANA is proud to stand beside you as we advance best practice, strengthen our community and champion the vital role we play in delivering safe, high-quality care.

Happy PeriAnesthesia Nurses Week!

Ingrid Daley

President



In this newsletter
you can expect:

Get to Know Us!

Happy PeriAnesthesia
Nurses Week!

Regional Director &
Hospital Updates

Education &
Opportunities

A Review of 2025

The Fun Stuff

Board of Directors Spotlight

My name is **Melanie Brunet**, and I am honoured to assume the role of Regional Director for OPANA's Southeastern Division. I have been a Registered Nurse for 16 years, with 12 years dedicated to the Post-Anaesthetic Care Unit, a specialty that has shaped my commitment to patient safety, clinical excellence, and compassionate, person-centred care. In my current role as the Professional Practice Specialist at Quinte Health, I support the PACU, Surgical Day Surgery, Endoscopy, and Short Stay Surgical units, where I focus on fostering evidence-informed practice, strengthening interprofessional collaboration, and empowering nurses to work confidently within their full scope.



I also serve as an adjunct faculty member at Trent University, where teaching and mentoring nursing students reflects my belief in lifelong learning, professional growth, and the importance of developing strong clinical judgment in our future nurses. I hold a BScN (2009) and a Master of Nursing with a teaching focus from Athabasca University (2019), which further deepened my passion for advancing nursing education and elevating standards of practice.

I am genuinely excited to contribute to OPANA in this leadership role and I look forward to collaborating with colleagues across the region to advocate for best practices and strengthen the voice of peri-anaesthesia nursing in Ontario.

Andy Zhang, RN, MN Student is an enthusiastic, compassionate, and driven healthcare leader who is passionate about peri-anesthesia nursing, quality improvement, and systems leadership. Currently, Andy is an Interim Charge Nurse in the PACU at St. Michael's Hospital and completing his final year in the Master's of Nursing Program at Toronto Metropolitan University. He has extensive experience in critical care nursing, teaching and coaching nurse learners, and engaging in research on immigrant and older adult health. Andy aims to leverage his unique and diverse perspectives as a Regional Director on the OPANA Committee to drive innovation and advancement in the field of peri-anesthesia care.



Happy PeriAnesthesia Nurses Week!

February 2-8, 2026

Excellence in Every Phase

This week celebrates you! The perianesthesia nurses who work tirelessly caring for patients in all stages of life, sometimes on their absolute worst days.

You see them before their surgical dates to assess and prepare them for surgery

You help prepare them to go to the operating room, easing their fear and anxiety

You help them to "wake up" safely and comfortably in the recovery room

You discharge them home or to the next unit only when they're ready

You advocate for them, because they are vulnerable

But you also do so much more...

You help your colleagues in the OR

You participate in acute pain service pain rounds

You watch Ms. Rachel, Paw Patrol, and Bluey with your pediatric patients

You transport

You run for WHATEVER is needed

You teach

You mentor

You are always one step ahead...

You represent what PeriAnesthesia Nurses strive for....Excellence in every phase!

Enjoy this week recognizing and thanking you for all you do!



Submit suggestions for songs that relate to our field of nursing!

Best playlist will receive a bluetooth speaker for your unit along with a gift card for Apple Music or Spotify



Small pearls of wisdom that make a big difference in PACU

Share your best clinical, safety, teamwork, or patient-comfort "pearls"—quick tips learned through experience for a chance to win prizes!

Submit all entries via DM @opananurses OR email to opanasocialmedia@gmail.com by February 9th 2026

PACU TRIVIA MATCH UP

Draw lines to match the situations with the correct actions.

Submit answers to opanasocialmedia@gmail.com by Feb 9, 2026 for a chance to win prizes!

Snoring with ↓ SpO₂

Jaw thrust

Stridor post-extubation

Residual anesthesia / vasodilation

Shallow respirations after opioids

Warm blankets

Gurgling airway sounds

Vagal response

Hypotension with warm skin

Racemic epinephrine / notify anesthesia

HTN, tachycardia, grimacing

Suction airway

Bradycardia with nausea

Apply oxygen, reposition airway

Tachycardia with bladder distention

Antiemetic

Post-op shivering

Reorient and assess cause

Nausea after opioids

Urinary retention

New confusion in PACU

Pain

Low SpO₂ while sleeping

Stimulate, consider naloxone



National Association of PeriAnesthesia Nurses of Canada

February 2nd, 2026,

Fellow PeriAnesthesia Nurses,

As we step into 2026, we do so with renewed energy, purpose, and confidence. This year's PeriAnesthesia Nursing Week theme, **Passion and Excellence**, reflects not only our aspirations but also the values that define who we are as PeriAnesthesia nurses and how we move forward together.

PeriAnesthesia Nursing is a specialty that demands vigilance, adaptability, and clinical excellence. In every perianesthesia phase of care, our role is critical to ensuring safe surgical outcomes. Our passion for patient-centered care drives us to advocate, educate, and support patients and families during some of their most vulnerable moments.

The evolving surgical landscape continues to challenge our practice. Advances in technology, increasing same-day and short-stay surgeries, and higher patient acuity require PeriAnesthesia Nurses to remain knowledgeable, flexible, and prepared. Excellence in our specialty means continuously building our clinical knowledge, embracing innovation, and upholding the highest standards of safety and care—often in fast-paced and high-pressure environments.

In 2026, NAPANc will continue to celebrate and strengthen our profession by supporting education, professional development, and collaboration among PeriAnesthesia Nurses nationwide. By sharing knowledge and experiences, we empower one another and ensure that passion translates into excellence at the bedside and beyond.

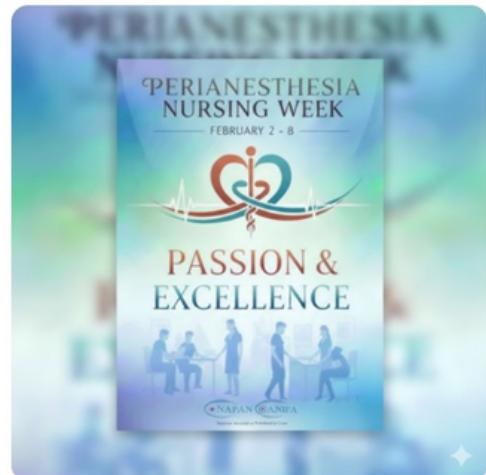
We will host a virtual spring symposium this year, including our annual general meeting. It will be held on June 13th, 2026, 11:00 to 15:00 EST, in a format similar to last year's spring symposium. It was well received, and we learned about the latest surgical innovations being performed in Canada. Moreover, Canada has been selected as the host of the ICPAN conference for 2027. Location and dates will be announced shortly. Please let us know if you have any ideas or suggestions to make this an excellent conference. You can email us at napancbod@gmail.com

Lastly, I am deeply grateful for the dedication and professionalism of PeriAnesthesia Nurses across Canada. Your work is essential, your expertise invaluable, and your commitment unwavering. Together, let us make 2026 a year that highlights the impact of PeriAnesthesia Nursing and honours the passion and excellence that define our specialty.

With sincere appreciation,

Tanya Lachapelle, RN, BScN, MEd, PANc(c)

President of NAPANc



Hospital Feature: Unity Health Toronto - St. Michael's Hospital

Andy Zhang, Regional Director

Grand Opening of Second PACU Area!

In October 2025, St. Michael's Hospital proudly celebrated the opening of its newly renovated PACU B Unit. In addition to the Main PACU, this expanded unit increases post-operative recovery capacity by 7 patient bays and accommodates both day surgery and same day admission patients. These improvements help to further support the hospital's expanding operating room services. Since opening, perianesthesia nurses have settled well into the new space, with positive feedback highlighting the improved care environment and clinical workflows.



Photo by Katie Cooper, Unity Health Toronto

Digital Transformation in the PACU

In November 2024, Unity Health Toronto (UHT) launched its new electronic patient record (EPR) system, powered by EPIC Systems (1). Over the past year, perianesthesia nurses at St. Michael's Hospital demonstrated remarkable adaptability in learning this new and complex system, transitioning from paper-based to fully electronic documentation. This new system has supported streamlined workflows through standardized order sets and defined phases of care, enhanced transfer of accountability between teams, and reduced documentation burden for perianesthesia nurses. The combined perioperative services was one of many clinical areas that contributed to UHT's overall achievement of HIMSS Stage 6 Validation (2), reflecting the organization's commitment to integrating innovative technologies to advance excellence in patient care.

Links

[Electronic Patient Record \(EPR\) Project](#)

Unity Health Toronto achieves international recognition for [using advanced digital tools to improve patient care and outcomes](#)



Social Media

Follow us on Instagram

@opananurses

Check out our Facebook page

**Ontario PeriAnesthesia
Nurses Association-OPANA**

Make sure to follow our
colleagues at the National
Association of PeriAnesthesia

Nurses of Canada

@napancnurses

Membership



\$65 per person

Membership runs from November 1st to October 31st; however, you can join at any time

Visit opana.org to join

Member of the Registered Nurses Association of Ontario(RNAO)? OPANA is an Affiliated Interest Group. Add us to your membership



Regional Updates

Happy PeriAnesthesia Nurses Week!

Here at Hamilton Health Sciences- McMaster Children's Hospital -we've been working closely with our anesthesia colleagues to implement a continuous nerve block program. With input from several parties, a policy has been put into effect that helps anesthesia better control post op pain in pediatric patients who are having more invasive procedures done. Although most of these patients are heading to a critical care bed post op, this will likely roll out to ward level patients soon.

We are currently conducting a study focusing on pediatric ACL reconstruction patients and nerve blocks for pain control. This study remains in its preliminary stages, so, hopefully an update coming in future newsletters.

PACU RN's are looking forward to more invitations to anesthesia weekly rounds. We've been fortunate enough to participate in discussions surrounding sickle cell disease, pain control methods, new studies, and autism in pediatric patients.

Our anesthesia colleagues have divided solely into pediatric and adult providers. Since our site cares for women and children, we now have an adult anesthesiologist on call to deal with any gynecological emergencies occurring outside of L&D and a pediatric provider for majority of our urgent cases.

Our SDO program remains in effect, with the opportunity to have non compliant OSA gyne patients staying with us starting shortly.

Until next time, take care of yourselves and enjoy this week dedicated to YOU!

Stephanie Finelli

Regional Director, Director of Communications and Social Media, and President Elect



Mitigating Risk in Elective Pediatric Surgery - How Collaborative Care Across Clinical, Interprofessional, and Institutional Boundaries Supports Integrated Care for Healthier Communities

The PeriAnesthesia team at Oak Valley Health Markham Stouffville Hospital has worked collaboratively and diligently to mitigate risk in elective pediatric surgery. Just over a year ago, clinical leaders and frontline staff identified an increase in post-surgical pediatric complications that required escalation of care or transfer to Sick Kids. In response, the Clinical Leaders¹ conducted comprehensive chart reviews, consulted with colleagues at both Oak Valley Health and Sick Kids, and completed a multi-case analysis. These efforts resulted in system-level recommendations that have since been implemented to reduce post-op risk and improve pediatric patient outcomes.

Before a pediatric patient's arrival for surgery, the team completes a timely and standardized screening to identify potential risk factors and determine whether postponing elective surgery is warranted. This process includes a structured checklist with a standardized scoring system and decision pathway, as well as clear guidelines related to pre-operative illness and surgical postponement. Standardized illness pathways guide clinicians in managing patients who are unwell or experiencing symptoms such as fever, cold, new cough, sore throat, shortness of breath, runny nose, asthma exacerbation, pneumonia, COVID-19, influenza, RSV, or gastrointestinal symptoms within the recent weeks before surgery.

The Pediatric Pre-Surgical Illness Scoring System was adapted from the COLDS score and modified for this hospital. The tool assesses factors such as current symptoms, onset of upper respiratory tract infection, health history, proposed airway management, and type of surgery, generating a total score with a maximum of 25. A stoplight analogy framework promotes clear communication across clinical teams and is used to educate patients and families about policies relating to illness-related postponement.

- **Green Light (Score 5–10):** Indicates low risk of perioperative respiratory adverse events; no additional assessment is required.
- **Orange Light (Score 11–17):** Indicates mild risk; further assessment by the anesthesiologist is required prior to surgery.
- **Red Light (Score 18–25):** Indicates moderate to severe risk; assessment by the anesthesiologist is required, with possible pediatric consultation and consideration of postponing elective surgery.

By engaging families, frontline staff, clinical leaders, anesthesiologists, surgeons, and external partners at Sick Kids, the team at Oak Valley Health shifted identified risks into actionable, system-level solutions. The implementation of standardized screening, illness pathways, and a shared Pediatric Illness Scoring System has improved decision-making, communication, and consistency of care across teams.

¹Jennifer Romano and Ann Lescisin – Clinical Leaders, SADU & PACU

Over the past year, these collaborative efforts have led to fewer postoperative complications requiring escalation of care and a notable decrease in patient transfers to tertiary centres compared with the previous year. These outcomes demonstrate that proactive, standardized processes—when supported by strong teamwork and shared accountability—can significantly enhance patient safety.

By working cohesively across clinical, interprofessional, and institutional boundaries, the PeriAnesthesia team at Oak Valley Health transformed a growing concern into a sustainable, system-level improvement. Children and families now benefit from clearer expectations, safer surgical timing, and care decisions that are grounded in evidence and shared accountability. The success of this initiative highlights the power of collaboration in enhancing pediatric surgical safety.

Dhivya Eapen, Regional Director

Pediatric Pre-Surgical Illness Scoring System	Score
Current symptoms	
1. No upper respiratory tract infection (URTI)	1
2. Congested, clear rhinorrhea, dry cough, sneezing, low fever	2
3. Purulent sputum, wet cough, high fever	5
Onset of URTI	
1. URI symptoms 4-6 weeks prior to surgery	1
2. URI symptoms 2-4 weeks prior to surgery	2
3. URI symptoms <2 weeks prior to surgery	5
History	
1. No history of asthma, lung disease, reported seasonal or environmental allergies	1
2. Intermittent asthma, RSV, passive 2nd hand smoke	2
3. Persistent asthma or lung disease	5
Operating Room proposed airway type	
1. Use of face mask	1
2. Use of LMA	2
3. Use of ETT	5
Surgery type	
1. Any surgery not mentioned below	1
2. Adenoidectomy/tonsillectomy	2
3. Maxillofacial surgery	5
Total Score	25

Education



2026 OPANA Webinar Series

One Unique Topic
Every Wednesday for 3 Weeks

Free to all OPANA Members

WEDNESDAY
Feb 4th, 11th, 18th



\$25 per webinar for Non Members

TIME
1630



OR

\$40 for 3 Session Webinar Pass

We are happy to introduce our 2026 Winter Webinar Series presented by our own Educational Director Nancy Poole!

3 unique topics relating to perianesthesia nursing over 3 weeks

Registration at OPANA.org

The first 10 OPANA members to register for these sessions will receive a gift card to Starbucks!

ZOOM
WEBINAR

FEB 4TH 1630

ACLS in a NUT Shell

Register at OPANA.ORG today

Free to all OPANA Members

\$25 for Non Members
OR

\$40 for 3 Session Webinar Pass



Presented By: Nancy Poole
OPANA Director of Education



ZOOM WEBINAR

RSI KNOWLEDGE IN PERIANESTHESIA PRACTICE

Register at OPANA.ORG today

Free to all OPANA Members

\$25 for Non Members

OR

\$40 for 3 Session Webinar Pass



Presented By :Nancy Poole
OPANA Director of Education



ZOOM Webinar

Inotropes, Vasopressors & Chronotropic Medication

Presented By: Nancy Poole -OPANA Director of Education

Register at OPANA.ORG today

Free to all OPANA Members

\$25 for Non Members

OR

\$40 for 3 Session Webinar Pass



Upcoming Events



Register Now!

Wound Care Beyond the Basics:
MORE THAN CLOSURE- REDEFINING SUCCESS IN WOUND MANAGEMENT

The University Health Network

Inter-professional Skin Health Steering Committee is Proud to Present the 13th One Day Conference:

When: **Friday, February 27, 2026**

Time: 0800 – 1630 (*Registration begins at 0700)

Where: The Old Mill, 21 Old Mill Rd., Etobicoke, M8X 1G5

Early Bird Price: \$250

Registration after February 6th: \$300

Register Now: <https://events.myconferencesuite.com/WoundCare2026>



Featured Topics:

*Goals of Wound Care; Wound Care Complexities
Afternoon Wound Based Workshops:
Management of Hard to Heal Wounds and
Maintenance Wounds*



ICPAN 2027

Canada



**CANADIAN
ASSOCIATION OF
CRITICAL
CARE
NURSES**

2026 Canadian Critical Care Nursing Conference

Tuesday, September 29 and Wednesday,
September 30, 2026
Delta Prince Edward, Charlottetown, PEI



*National Association of PeriAnesthesia Nurses of Canada
Virtual Spring Symposium*

June 13th 2026

1100-1500 EST

Ready to Fall in Love with
your Finances?

Maximize your tax return and
discover what more you can
do this RRSP Season



Wednesday, February 25 2026
8:PM EST via Zoom



Part of:
Making your Money Work Hard for You

Register Here

When you sign up please indicate that they
were invited by Dr. Alicia Jones

OPANA 2025

Year in Review

Webinar Series Introduction

First Webinar: Trillium Gift of Life

Second Webinar: LMA Considerations



Members

176



Successful AGM

PeriAnesthesia Nurses Week Celebration & Contest

New Members & Appointments

Regional Directors:

Jennifer Arens
Lauren Comisso
Roya Alikhani
Andy Zhang
Melanie Brunet

Stephanie Finelli has been appointed as President Elect

Joan Grant-Browne has been appointed as Secretary



4 Newsletter Publications

Introduction of Condensed Newsletters for Social Media

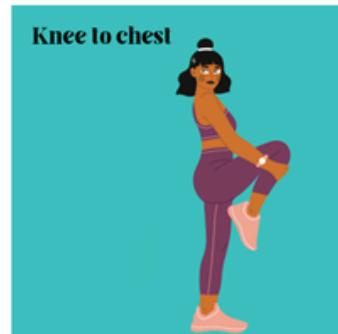
Almost 300 followers on Instagram



Exercise for Healthcare Workers



54% of healthcare workers have latent tuberculosis, which is 25 times higher than the general population.



Tip for success:
Take it slow but maintain consistency

Before your shift take 5 minutes to stretch

@health4healthcareworkers_

Tip for success:
Don't bounce when stretching.



Between 44%-83% of nurses in clinical settings experience chronic lower back pain.



INCORPORATING EXERCISE IN DAILY ACTIVITIES FOR HEALTHCARE WORKERS

Take the longer route

Park your car further, take public transit, or take the stairs. All easy examples of how you can get that extra cardio in.



Utilize technology for workout tutorials



YouTube has so many great influencers who use their platform to provide free 15-minute workout tutorials. Influencers like MadFit, Chloe Ting, and Juice and Toya, are some great examples.

Put away the technology and make time for fitness



Block out slots in your calendar to incorporate at least 30 minutes of physical activity.

Stretch first thing in the morning

And between breaks. This can prevent workplace injury by warming up the body for a busy shift.



Use the On-site gym



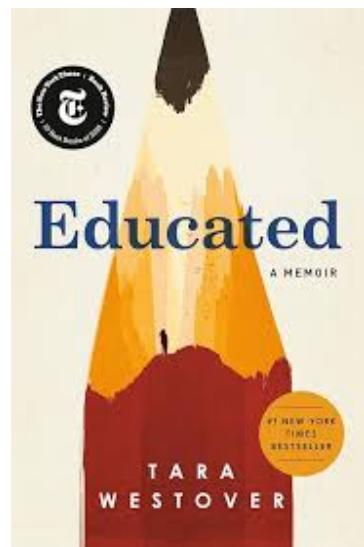
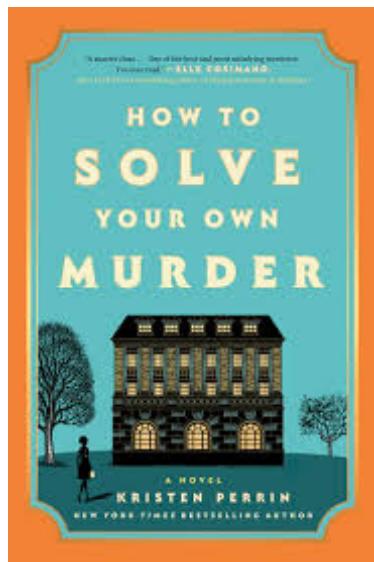
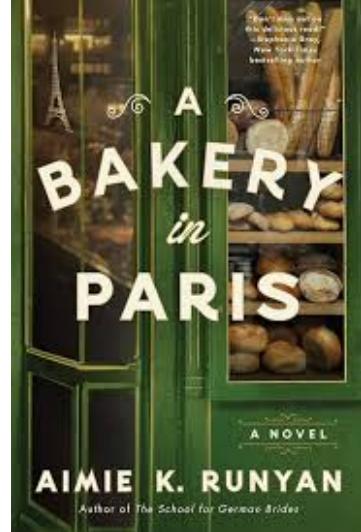
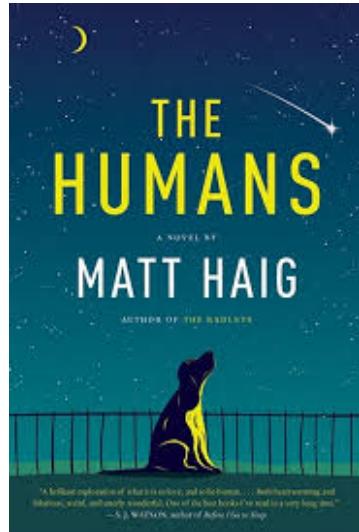
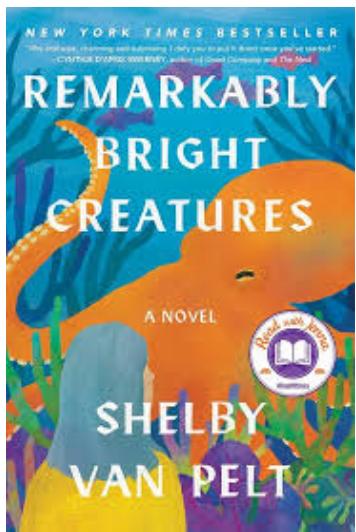
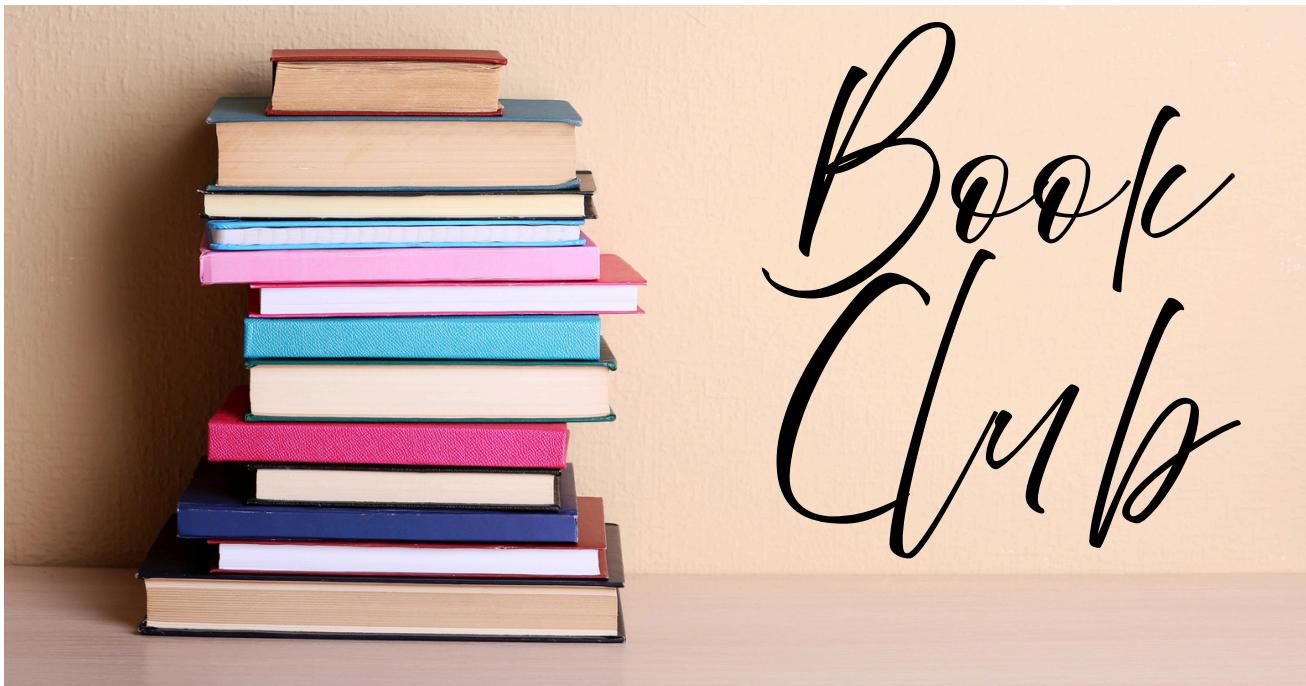
Sunnybrook has an onsite gym located at the lower level L wing, under parking garage 2, in PG2-B01.

On days off schedule active social gatherings



Instead of going out for drinks, opt out and fill your time with things like group yoga, hiking trips, spin classes, Zumba, etc..

Follow
[@health4healthcareworkers_](https://www.instagram.com/health4healthcareworkers_) for more health and wellness tips





Current Vacancies with OPANA

- Secretary Elect
- Treasurer Elect

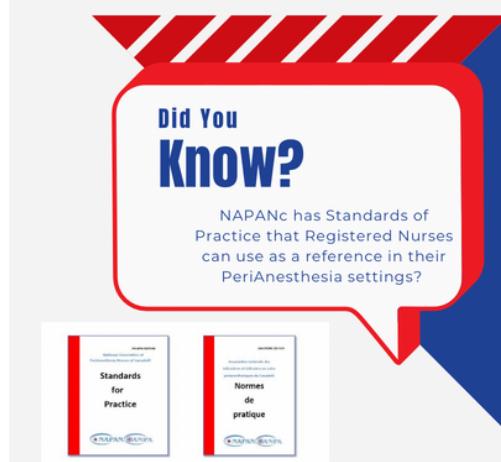
Interested? Email us!

Article of Interest:

Methadone Use in the Postanesthesia Care Unit Setting

Battles, Emilia et al.
Journal of PeriAnesthesia Nursing, Volume 40, Issue 6, 1639 - 1640

Next Publication Spring 2026



OPANA endorses the National PeriAnesthesia Nursing Standards of NAPANC. For more information or to order your copy online, please visit <http://napanc.ca/index.php/standards>



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