

ONTARIO PERIANESTHESIA NURSES ASSOCIATION OF ONTARIO



The Monitor



President's Message

2025-2026 Theme: United in Care. Driven by Excellence. Guided by Gratitude and Purpose!

As OPANA begins its new term November 1st, 2025, the Executive, Board of Directors, and I extend our heartfelt gratitude to each of you for your strength, resilience, leadership, and compassion. Your voices shape our direction, and your efforts make a lasting impact on the lives of patients and families navigating their surgical journey. Together, we continue to elevate practice, support one another, and shape the future of care, one patient, one voice, one purpose at a time.

As we look ahead, OPANA remains committed to supporting your professional growth, advancing practice standards, and fostering a strong, connected community of practice across Ontario. The dedication and expertise of PeriAnesthesia nurses continue to inspire and elevate our profession. We encourage you to stay engaged, share your insights, and continue to lead with purpose.

We also want to express our sincere thanks and warm goodbyes to Sherry France, Linda Marshall-Masson, Stephanie Wood and Grace Germano, who have served in various Executive and Board roles. Your time, knowledge, and unwavering commitment to OPANA over the years have been instrumental in ensuring our continued relevance and success in meeting the needs of our members. Thank you, thank you, thank you!

Please join us in welcoming our newest leaders:

- Joan Grant-Browne, Secretary and Regional Director for Southern Ontario
- Roya Alikhani, Regional Director for Eastern Ontario
- Lauren Commisso, Regional Director for Northwestern Ontario

Your diverse perspectives and regional insights will enrich OPANA's work as we begin this new term together. We look forward to building strong connections and supporting your contributions as you settle into your new roles.

Warm Regards,

Ingrid Dacey
President



In this newsletter
you can expect:

President's
Message

Board of
Director
Spotlight

Regional
Director &
Hospital
Updates

AGM Review &
2026 Plans

Education &
Opportunities

The Fun Stuff

Board of Director Spotlight



Roya Alikhani: Regional Director Eastern Ontario RN, BSN, MHA

I am a CNS-APS at Queensway Carleton Hospital and I have had different roles in the perioperative departments such as Nurse Educator and CNS Surgery.

My passion for peri-anesthesia nursing started in 2016 when I started to work in PACU as a front-line staff nurse.

The diversity of the role, dealing with constant changes, and learning new techniques are highlights of this role.

As a patient advocate, I like to make the pre- and post-operative and pain management journey for patients safe and aligned with the best practices.

Joining OPANA is a way to keep myself updated and connected with others. Sharing knowledge is key to providing seamless nursing care in the field of perianesthesia nursing.



Lauren Commisso: Regional Director for North Western Ontario BScN, MN

My name is Lauren Commisso, and I am the Clinical Nurse Specialist for the Perioperative Department at Thunder Bay Regional Health Sciences Centre. I graduated from Lakehead University in 2019 with my Bachelor of Science in Nursing, and from Athabasca University in 2024 with my Master of Nursing. I am a certified perioperative nurse and have been working in the operating room since the start of my career.

In my current role, I support all five areas of the perioperative department — Pre-Admission Clinic, Surgical Day Care, Operating Room, Endoscopy, and the Post-Anesthetic Care Unit.

Thank you!



Joan Grant-Browne: Secretary & Regional Director for Southern Ontario

My name is Joan Grant-Browne a passionate Registered Nurse who has devoted most of her career to surgical nursing. With years of hands-on experience in the perioperative environment, currently working in Preoperative Assessment Clinic (POAC). I am deeply committed to providing safe, compassionate, high-quality care to every patient I serve and I am known for my strong organizational skills, calm and supportive presence.

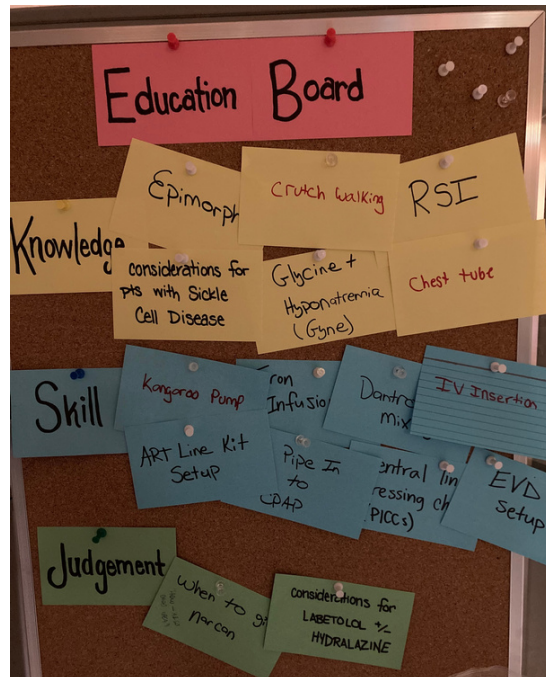
I am excited to bring my experience and enthusiasm to the role as Secretary for OPANA. I look forward to collaborating with the team, contributing to the advancement of Peri-Anesthesia practice, and supporting the ongoing growth and connection of nurses across the province.

Hospital Feature

RN's in PACU at Hamilton Health Sciences: (McMaster Children's Hospital Site) have created an education board where nurses who are "experts" on certain topics will help educate their colleagues in a more informal, roundtable, and pressure free environment.

Staff anonymously place topics on the board under the categories of knowledge, skill, and judgment. On late start days a couple cards are selected and teaching and discussion follows.

The goal is to educate, share, and discuss without judgment.



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



\$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

Eastern Ontario The Ottawa Hospital

New Novice Orientation program started at TOH

- Piloted and then presented the outcomes at ICPAN
- Outcomes: positive, added a full day of high-fidelity simulation, an extra skills day, and an extra didactic day. Also, have each new orientee fill out a weekly self-reflection survey

Expansion of the nasal decontamination/CHG wipes program to decrease SSI rates

- Includes vascular, neurosurgery, ortho joints and spine
- Significant reduction in SSI rates for vascular, ortho joints and spine
- More data needed to evaluate neurosurgery

The TOH Civic campus has begun building its new campus

Epic EMR expansion in the region will include most of the Ottawa region

- Help with care from different hospitals
- All will be with the same Atlas Alliance Epic group

Tanya LaChapelle
Regional Director

Regional Updates

North Western Ontario

Thunder Bay Regional Health Sciences Centre (TBRHSC)



The Pre-Admission Clinic, Surgical Day Care, Operating Room, Endoscopy, and the Post-Anesthetic Care Unit at TBRHC, together, these units care for patients through every stage of their surgical journey, from preoperative assessment to recovery. On average, the Pre-Admission Clinic sees 30–40 patients daily, Endoscopy 40–50 patients, and between 30–50 patients move through Surgical Day Care, the Operating Room, and PACU each day. Our department supports all surgical services, and we're excited to see the hospital expand to include cardiovascular surgery in the coming years — an exciting step forward for patient care in our region!

Lauren Commisso
Regional Director

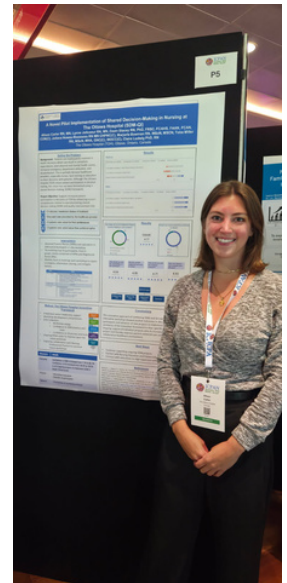
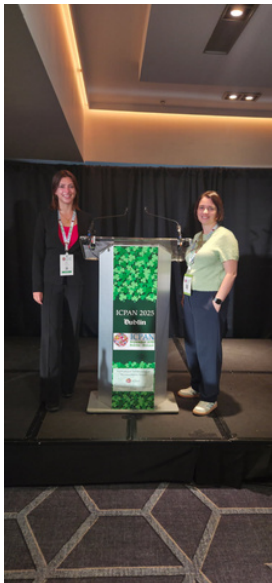
NAPANc Update



National Association of PeriAnesthesia Nurses of Canada

Good presence in Dublin

- 6 posters, all from Ontario
- Poster from Sinai won for best poster: Chantel Galang won a \$1000 bursary towards the next ICPAN conference



Next ICPAN conference will be hosted in Montreal September 2027

- Will need many volunteers and will start building a conference planning committee very soon
- Please reach out if you would like to participate and be a member of the planning committee

Quebec association in the very early phase of rebuilding

Tanya LaChapelle
NAPANc President

HAPPY holidays

As we transition into the Holiday Season everyone here at OPANA wants to wish you a safe, restful, and happy holiday.

May you enjoy time with your friends and family, and for those who will be working and caring for patients instead of being with your loved ones know that you are appreciated!

See you in 2026!



Webinar & AGM Attendance

A big thank you to all our members who joined us for our latest webinar and 2025 AGM on October 18th, 2025

Thank you to Carman Charles for a great presentation on considerations around LMA removal in PACU!

Webinar Survey Results

Thank you to all our members who responded to our survey!

The results will help us better serve our members moving forward!

WEBINAR MEMBER PREFERENCES

25 Members Responded

Question	Majority	Next Best
Preferred Day of the Week to Attend (able to select multiple days)	Saturday (50%)	Wednesday (44%)
Preferred Time of Day to Attend (able to select multiple times)	Between 8 AM - Noon (68%)	Noon-4 PM & 4 PM - 8 PM (38% tied)
Preferred Length of Webinar (able to select multiple lengths)	1 Hour (89%)	2 Hours (38%)



BOARD OF DIRECTOR UPDATES

Alana Fortella will remain Director of Membership

Monica Naranjo will remain as Treasurer

Joan Grant-Browne has been appointed as Secretary and Regional Director (Southern Ontario)

Stephanie Finelli has been appointed as President Elect

Lauren Commisso (North Western Ontario) & **Roya Alikhani** (Eastern Ontario) are joining us as Regional Directors

Stephanie Wood, Grace Germano, Sherry France, and Linda Marshall-Masson will be leaving their positions within OPANA. Thank you for all your hard work!

President's Report Summary

- Increase membership by 10 to 15%
- Educational Webinars (Virtual & In-Person)
- Celebrate Career Milestones
- Hospital Spotlights in Newsletter
- Research Spotlights
- Establish an Ontario Connect PeriAnesthesia Group comprising of Advanced Practice Registered Nurses (NP, CNS), Advanced Practice Nurse Educators, Clinical Practice Leaders, Clinical Educators and Advanced Practice Nurses
- Engage frontline nurses and senior leaders
- Collaborate with Nursing Organizations & Industry Partners
- Expand Social Media Presence & Outreach

Moving into the Future

- Retention Strategies
- Mentorship & Leadership Development
- Student & New Graduate Engagement
- Practice-Based Resource Hub
- Annual Recognition Program

FINANCIAL REPORT FOR END OF YEAR 2025



BUDGET - SUMMARY

PERIOD: [OCT, 2024 - OCT, 2025]

Month	YEAR	OPENING BALANCE	GROSS INCOME	EXPENSES	CLOSING BALANCE
NOVEMBER	2024	\$26,724.93	\$2,036.54	\$1,292.83	\$27,471.59
DECEMBER	2024	\$27,471.59	\$0.00	\$258.55	\$27,213.04
JANUARY	2025	\$27,213.04	\$188.43	\$346.01	\$27,055.46
FEBRUARY	2025	\$27,055.46	\$6,554.39	\$360.50	\$33,249.35
MARCH	2025	\$33,249.35	\$0.00	\$0.00	\$33,249.35
APRIL	2025	\$33,249.35	\$251.24	\$775.50	\$32,725.09
MAY	2025	\$32,725.09	\$0.00	\$0.00	\$32,725.09
JUNE	2025	\$32,725.09	\$502.48	\$0.00	\$33,227.57
JULY	2025	\$33,227.57	\$0.00	\$87.70	\$33,139.87
AUGUST	2025	\$33,139.87	\$0.00	\$2,775.78	\$30,364.09
SEPTEMBER	2025	\$30,364.09	\$565.29	\$0.00	\$30,929.38
TOTAL			\$10,098.37	\$5,896.87	

PERIOD: [NOV, 2024 - OCT, 2025]

Opening Balance BMO Account Nov 1, 2024 \$ 26,724.93

Income - Total Income From Nov 1, 2024 to Oct 3, 2025

Transfer from PayPal – Includes OPANA Memberships and Symposium Registrations	\$	2,232.41
RNAO Deposit for Regional Activities	\$	6,365.96
Sponsorship - Gluckstein Lawyers - Symposium Oct 26, 2024	\$	500.00
Sponsorship - CHS - Symposium Oct 26, 2024	\$	1,000.00
Total Income From Nov 1, 2024 to Oct 3, 2025	\$	10,098.37

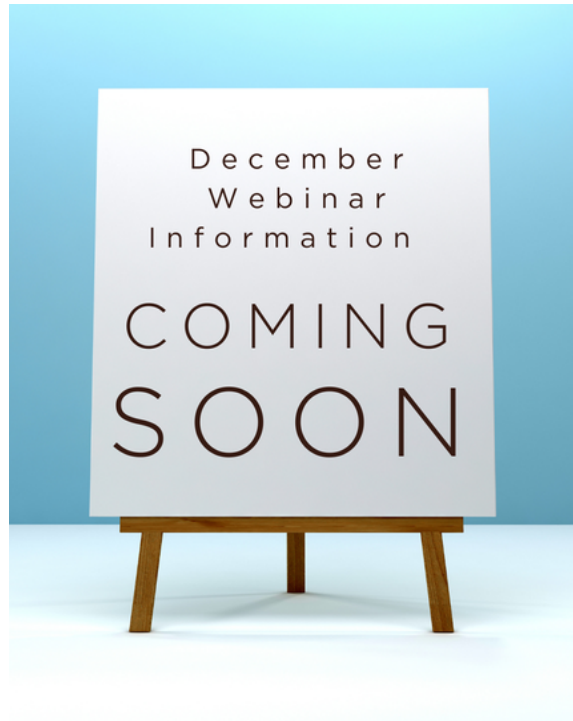
Expenses - Total Expenses From Nov 1, 2024 to Oct 3, 2025

Web site Development charge	\$	1,940.78
Symposium expenses	\$	1,309.86
Reimbursements	\$	1,269.20
Woods - Zoom Account \$242.84		
Ingrid Reimbursement - \$163.16		
Cheque S. Finelli - Bingo Prices - Gift Card \$175.00		
Millage, Dinner, Ingrid Reimbursements, Postage, Parking, OPANA GST Taxes for 2024, Flowers for Nancy \$600.50		
Reimbursement - \$87.70		
OTHER EXPENSES		
Tim Horton's Payment	\$	344.69
Treasurer Handover Meeting	\$	197.34
Ramona's Retirement Party	\$	835.00
Total Income From Nov 1, 2024 to Oct 3, 2025	\$	5,896.87

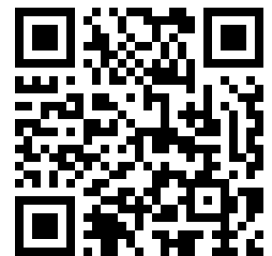
PERIOD: [NOV, 2024 - OCT, 2025]

Closing Balance BMO Account Oct 3, 2025 \$ 30,929.38

Education Updates



2026 OPANA Conference



We are interested in our member preferences for our 2026 conference or symposium. Please take a moment to complete this survey so we can cater better to our members preferences

<https://www.surveymonkey.com/r/NVH73G6>

Upcoming Events

Clickable Links



Save the Date!

ASpan's 45th National Conference

April 27-30, 2026

San Francisco Marriott Marquis

San Francisco, California



Health & Finance



Join us for a conversation on why **health** and **finance** matters.

Explore the vital connection between wellbeing and financial stability and get your questions answered by the experts!

Where: Monte Carlo Inn & Suites
7255 Warden Ave
Markham, on L3R1B4
Room Savoy (Main Level)

When: November 22, 2025

Time: 1030 -12:00 EST

Email: jonesalicia7@yahoo.com

Contact: 4168739964

Ask For: Alicia Jones

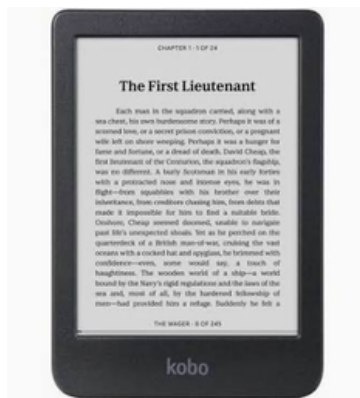


**CANADIAN
ASSOCIATION OF
CRITICAL
CARE
NURSES**

2026 Canadian Critical Care Nursing Conference

Tuesday, September 29 and Wednesday,
September 30, 2026

Delta Prince Edward, Charlottetown, PEI





Before You Go

Vacant Positions with OPANA

- Secretary Elect
- Treasurer Elect

Regional Directors:

- South Eastern Ontario (Kingston, Smith Falls, Bancroft, Bellville, Brockville)

Interested in joining our team? Email
info@opana.org

Journal Article of Interest

[Making Education Dissemination More Efficient and On-Time](#)

Theaux H, Johnson B, Patel K, Underwood T. The nurse educator multiplier: Mobile-friendly, bite-sized training. Nurs Manage. 2024 Feb 1;55(2):26-30.



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>

*Next Publication
Spring 2026*

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