



The Monitor



President's Message

Dear OPANA Members,

I am so proud to reflect on the resilience of PeriAnesthesia Nurses and the vital role OPANA continues to play in supporting our community of practice. Our ongoing growth will bring exciting opportunities for collaboration, advocacy, and professional development across Ontario. OPANA is continually inspired by our members' unwavering dedication to excellence in PeriAnesthesia nursing, patient care, and lifelong learning. Together, we are ensuring that OPANA remains a strong and united voice for our specialty.

Looking ahead, we are excited that we will be offering two webinars this fall. To help us schedule them at the most convenient times, we will be sending out a very short survey—please keep an eye out and share your input!

Wishing you all a safe, restful, and rejuvenating summer!

Warmest regards.

Ingrid Daley
President

In this newsletter
you can expect:

President's
Message

Getting to Know
Us

Website, Social
Media, &
Membership

Regional
Director & Other
Hospital
Updates

Education &
Opportunities

The Fun Stuff

Board of Directors Spotlight

Stephanie Finelli: Director of Social Media, Newsletter & Regional Director Southern Ontario



I'm Steph, Director of Communications (Social Media & Newsletter) and Regional Director for Southern Ontario (Hamilton/Niagara Area) here at OPANA. I've had the pleasure of being a part of this great team for almost three years.

I am a Registered Nurse (certified in Perianesthesia nursing) and I've spent my whole career working at the bedside in PACU caring for adult and pediatric patients. I have a true love for perianesthesia nursing and was privileged to learn from great mentors in this field. I am so fortunate to have found this area of nursing!

When I'm not working, I spend most of my time with my pup (isn't he so handsome?) in the garden where I grow plenty of veggies and dahlia flowers.

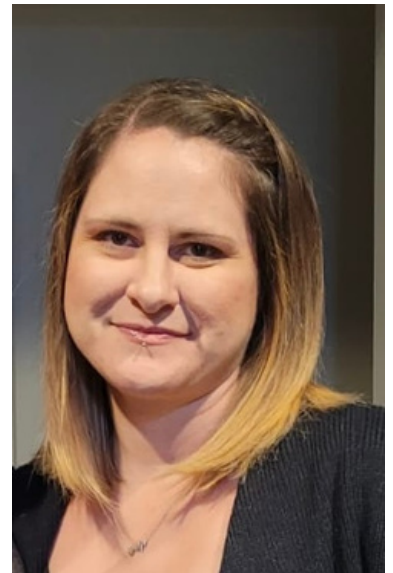
I hope to get to know more of you on our platforms! Please reach out anytime!

Leanne Scott : Regional Director for South Western Ontario

Leanne Scott is a dedicated Clinical Educator with a strong foundation in PerAnesthesia Nursing, having worked in various roles including the block room, Day Surgery, and PACU since 2012. She brings a wealth of experience to her current interim corporate educator position, where she supports the development of nursing practice through evidence-informed education and mentorship.

Leanne holds a Master of Science in Nursing (MScN), completed in 2023, and is also a Graduate Research Assistant at Lawson Health Research Institute. Her research focuses on improving care and conditions for marginalized populations, with a particular interest in harm reduction strategies within acute care settings.

With a passion for best practice guidelines and a special interest in organ transplant care, Leanne is committed to advancing equitable, high-quality care through both clinical education and research.



Jennifer Arens: Regional Director for North Eastern Ontario

Jennifer Arens, Clinical Nurse Educator of Perioperative Services at North Bay Regional Health Centre. I have worked as an Operating Room nurse and then RNFA since 2013. I am now the CNE for the entire Perioperative portfolio including Pre Admission Clinic, Day Surgery, Operating Room and PACU. I am excited to be a part of OPANA and learn more about the postoperative phase of care.





Website Update

Our new website (OPANA.org) has been live for about two months. It features a updated and refined look that we hope is easier for our members to navigate. New features include our instagram feed, easy access sign in area for members, and selective drop down menus. Our board of director section has also been updated.

We'd love your feedback! If you have any comments, questions, or ideas about our new website please email us at info@opana.org or DM us on our socials.



Social Media

Follow us on Instagram [@opananurses](https://www.instagram.com/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
[@napanurses](https://www.instagram.com/napanurses)



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 Director Updates

London Health Sciences Centre

Simulation Training

Both sites at LHSC are increasing the frequency of in-situ simulations to enhance staff learning and clinical preparedness. A minimum of one simulation per month has already been implemented at the VH site, which has already identified equipment gaps and supported process improvements. Completed simulations to date include scenarios such as anaphylaxis, patient falls, reintubation, code stroke, stridor, and postpartum hemorrhage.

Comfort Promise

Children's Hospital at LHSC remains committed to the Comfort Promise, ensuring all children receive distraction techniques, comfort positioning, and topical anesthesia as part of their care experience.

Delirium Screening

The Post-Anesthesia Care Unit (PACU) will soon begin screening for delirium using the 4AT tool, aligning with a hospital-wide initiative to improve early detection and management of delirium.

Thoracic Surgery Team

The Thoracic Surgery team has launched SeamlessMD, a digital platform offering preoperative and postoperative guidance for thoracic patients. Through SeamlessMD, patients can track and report their pain, mood, and mobility following surgery. This initiative aims to enhance patient satisfaction and reduce readmission rates.

TAVI (Transcatheter Aortic Valve Implantation)

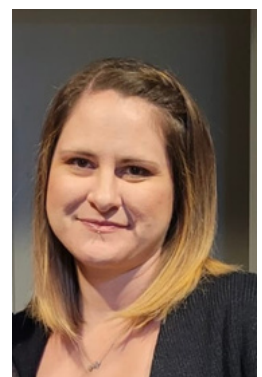
PACU has recently adopted subclavian and carotid approaches for TAVI procedures. This advancement required targeted nurse training and policy updates to ensure safe and effective care for this patient population.

Day of Surgery (Pre- and Post-Operative)

Policy revisions are currently underway at both sites to optimize pre- and post-operative care processes on the day of surgery.



Regional Director
South Western Ontario



Ontario Hospital Updates

Mount Sinai

Located in downtown Toronto, Mount Sinai Hospital's Post Anesthetic Care Unit (PACU) is part of a busy academic surgical program providing care for both day surgery patients and same-day admissions. The unit includes 48 recovery bays supporting 19 operating rooms and serves a diverse surgical population across multiple specialties.

Our PAU and PACU have been actively engaged in quality improvement and sustainability efforts, some of which are highlighted below:

- **PVC Recycling Program:** In collaboration with our hospital's support services department, we've launched a PACU-based initiative to collect and recycle PVC materials such as IV fluid bags and oxygen masks, aiming to reduce our environmental footprint. So far, we've diverted approximately 500lbs of PVC from the landfill! We are also exploring a 'bring your own bag' initiative to minimize plastic bag use in the surgical program.
- **Standardizing Postoperative Voiding Protocols:** We have been analyzing postoperative length of stay and trial of void (TOV) outcomes in ambulatory gynecologic surgery patients. This project will support the development of evidence-informed, standardized retrofilling and voiding protocols, with the goal of reducing PACU discharge delays and improving patient flow.
- **Enhanced Transfer of Accountability (TOA):** To improve perioperative communication and patient safety, we've implemented a standardized TOA process between the OR and PACU. The new checklist format ensures essential information is consistently shared during handover and supports continuity of care across surgical services.
- **Delirium Risk Assessment in Pre Admission Unit (PAU):** Our PAU team has implemented the Delirium Risk Assessment Score (DRAS) screening for all elective surgical patients aged 70 and older. This early screening supports perioperative planning and allows for proactive risk mitigation strategies across the surgical continuum.

We're excited to continue this work and look forward to connecting with colleagues across the province to share ideas and innovations.

Submitted by:
Eden Chang, RN MN
Clinical Nurse Specialist
Sinai Health – PACU & Pre-Admission Unit
eden.chang@sinaihealth.ca



The Hospital for Sick Children

Enhancing PeriAnesthesia Experience at SickKids: Innovations in PeriOperative Services

SickKids has taken major strides to transform the coming for surgery experience for children and their families. From digital innovations to educational resources, the journey to surgery is now more streamlined, efficient, and family-centered than ever before.

A key part of this transformation has been the creation of a new **“Coming for Surgery”** workbook, along with a full **revamp of the “Coming for Surgery” website** and the **AboutKidsHealth “Coming for Surgery” Learning Hub**. These resources feature age-appropriate videos, interactive content, and checklists to help children understand and prepare for what to expect before, during, and after surgery.

The **Pre-Anesthesia Clinic (PAC)** has adopted a standardized and digitized approach to decrease inefficiencies, improve coordination of patient care across all services, and ensure patients are fully prepared for surgery, significantly reducing same day surgery delays or cancellations. Previously reliant on manual paperwork and fragmented communication, PAC has embraced electronic tools – such as Procedure Pass in EPIC – to centralize all pre-operative assessments and improve communication across perioperative teams. A dedicated PAC Coordinator (RN) role (responsible for reviewing PAC questionnaires and conducting comprehensive chart assessments) was established to streamline the preoperative process and ensure that patients from nearly all surgical departments are adequately prepared for surgery.

One key advancement is the integration of **MyChart**, SickKids’ online patient portal. With the development and roll out of an electronic PAC triage questionnaire in collaboration with the MyChart and Epic teams and having the activation rates for the portal increase from 28% to 75% within a year, health information is now more accessible for families and care teams alike.

At SickKids, the **Post-Anesthesia Care Unit (PACU)** recently collaborated with the Cardiac Critical Care Unit (CCCU) and the inpatient cardiology unit (4D) to implement a quality improvement initiative aimed at optimizing postoperative care for patients undergoing minimally invasive thoracotomy atrial septal defect (MIS-ASD) repair. Between 2018 and 2025, 250 MIS-ASD procedures were performed, traditionally requiring a minimum four-hour stay in CCCU before transfer to 4D—a model that was resource-intensive and emotionally taxing for families.

In response to consistently low complication rates and faster recoveries, a revised care pathway was introduced, allowing direct transfer from the Operating Room (OR) to PACU and then to 4D, bypassing the CCCU. This interprofessional initiative, led by education specialists from the CCCU, PACU, and inpatient cardiology unit, delivered targeted, competency -based training to nursing staff, ensuring they were equipped with the clinical knowledge and skills essential to competently care for the newly assigned patient population, fostering both patient safety and team-based care excellence.

Grounded in the principles of Precision Child Health, these efforts reflect SickKids’ ongoing commitments to innovation, interprofessional collaboration, and excellence in patient- and family-centered care.

Submitted by:

Monika Magnatta- Interim Interprofessional Education Specialist

Pre-anesthesia Clinic, Pre-Op, PACU & Integrated Sedation Team

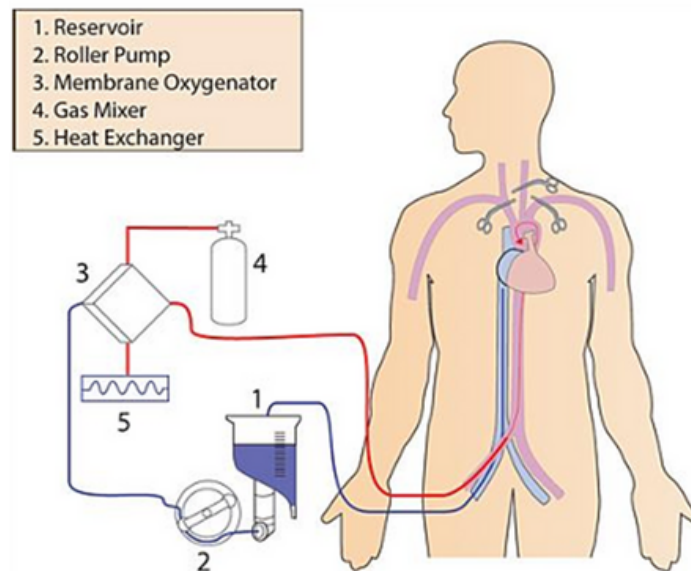
Caitlin McGugan-Program Manager for OR

Nicole Bell Webster -Senior Clinical Manager for Perianesthesia Department

Trillium Gift of Life Network

Abdominal Normothermic Regional Perfusion

Abdominal normothermic regional perfusion (A-NRP) is an innovative organ recovery technique that employs extracorporeal membrane oxygenation (ECMO) technology to mechanically circulate oxygenated blood within a donor's body after death determination by circulatory criteria (DCC). A-NRP improves organ viability and transplant outcomes. Surgical safeguards are employed to prevent the resumption of intracranial blood flow during the procedure. A-NRP is not currently used in Canada, however trials have begun in some hospitals in Ontario.



A-NRP has many advantages including:

- **Expanded Donor Pool:** Increases the donor organ pool available to waiting recipients
- **Higher Viability:** Significantly improving the functionality and viability of the organs
- **Post-Transplant Success:** Organs retrieved using A-NRP show improved viability and function, leading to better transplant success rates and fewer complications
- **Decreased Organ Discard Rates:** A-NRP helps to reduce wastage by maintaining organ viability for longer periods and enabling better assessment before transplantation
- **Short Hospital Stays:** Patients receiving organs preserved through A-NRP often experience fewer postoperative complications, leading to shorter hospitalization and ICU stays.



**ALL WORDS RELATE TO A-NRP
ANSWER KEY ON LAST PAGE OF THIS NEWSLETTER**

ARHET

LLMTIUR

VRECREYO

SUETIS

ONADTNOI

NLGU

LSLAM BLOWE

YNDEKI

ESGUNOR

ISNK

GRNAO

ANRTTLNASP

SPACRANE

PTCISIEREN

VRILE



Retirement Announcement Ramona Hackett

After a fulfilling and rewarding career, I have officially retired from Sunnybrook Health Sciences Centre. It has been an incredible journey filled with learning, growth, and deep gratitude for the many colleagues and patients who have inspired me along the way.

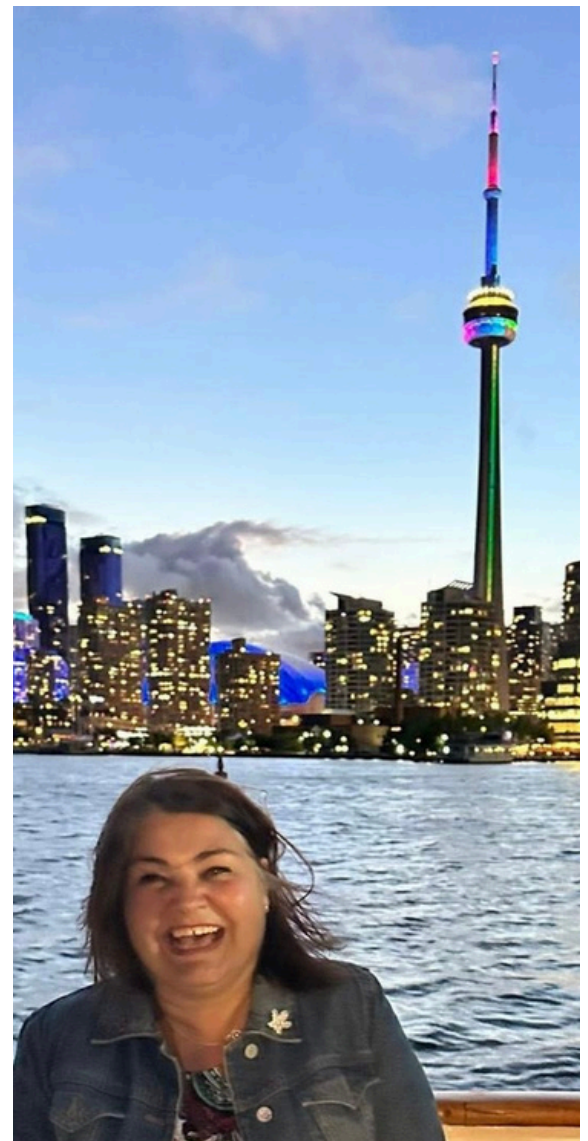
Throughout my nursing career, I have been privileged to work in the dynamic and ever-evolving field of PeriAnesthesia care. I am especially proud of my long-standing involvement with the Ontario PeriAnesthesia Nurses Association (OPANA), an organization I've had the pleasure of supporting through many years of volunteer work. OPANA has been an important part of my professional life, and I am grateful for the friendships, collaborations, and shared commitment to excellence in PeriAnesthesia nursing.

Though I am stepping away from clinical practice, I look forward to staying connected to the community as a consultant, continuing to support OPANA and contribute to the advancement of our profession in new ways.

Thank you to everyone who has been part of this journey. I am excited for what lies ahead—and even more grateful for all that has come before.

Warm regards,

Ramona Hackett



Education Updates



A big thank you to all our members who attended our very first educational webinar in June!



As OPANA continues to support professional development with our subspecialty, we are continuing to plan on offering more webinar series to share knowledge, experiences and best practices in PeriAnesthesia nursing. OPANA wants to ensure these webinar sessions will be accessible and convenient for as many members as possible. We would appreciate your input on the best days and times to hold these webinars.

Please take a moment to answer the following 5-minute questionnaire survey. Your feedback will be important to allow us to schedule webinars that fit the availability of members and maximize participation.

Thanks for your time & continuing to support OPANA as your voice!

OPANA Executive Team

<https://www.surveymonkey.com/r/P6DJDCJ>

OR



Upcoming Events

Clickable Links



The banner features a teal background on the left and a green shamrock pattern on the right. The Irish Anaesthetic and Recovery Nurses Association logo is in the top left. The ICPAN logo is in the top right. The text '7th International Conference for Perianaesthesia Nurses' is on the teal background. The title 'Embracing Diverse Global Perianaesthesia Practices' is in the center, and the dates '10 - 12 September 2025' are on the right. The phrase 'Shake Your Shamrocks' is at the bottom left, followed by 'with international colleagues in Dublin, Ireland!'.

 7th International Conference for Perianaesthesia Nurses

 ICPAN

Embracing Diverse Global Perianaesthesia Practices

10 - 12 September 2025

Shake Your Shamrocks
with international colleagues in Dublin, Ireland!



The banner shows an aerial view of Vancouver, Canada, with mountains in the background. The title '17th World Congress of Intensive and Critical Care' is at the top, followed by the dates 'September 16-19, 2025 | Vancouver, Canada' and the tagline 'Caring Intensively'. Social media links for WCICC2025 are on the left. Logos for various organizations and the Vancouver logo are at the bottom. A QR code is in the center.

17th World Congress of Intensive and Critical Care

September 16-19, 2025 | Vancouver, Canada

Caring Intensively

 WCICC2025
 WCICC2025
 WCICC2025
 WCICC2025

      VANCOUVER



The banner has a dark teal background. The title 'Employee & Entrepreneur' is at the top. Below it is a photo of a desk with two computer monitors, a laptop, and a mug. The text 'Transform your finances' and 'Transform your career' is below the photo. The speaker's name and title are listed, followed by the date and time. A Zoom logo is in the bottom right corner.

Employee & Entrepreneur

Transform your finances
Transform your career

Speaker: Dionne Sinclair
Registered Nurse, Entrepreneur

August 14, 2025, 7PM Eastern
Click link to register 



Save the Date!

ASPAN's 45th National Conference
April 27-30, 2026
San Francisco Marriott Marquis
San Francisco, California



We've extended the deadline for submissions for our latest contest of renaming our newsletter until **October 31, 2025**

Send your suggestions to opanasocialmedia@gmail.com for a **chance to win a free OPANA membership for 2026**

Renaming will occur for our Fall newsletter this November

Hospital Feature



The Ottawa Hospital | L'Hôpital d'Ottawa

The Ottawa Hospital is upgrading their incident reporting system, the Safety Learning System (SLS), replacing a platform that's over 20 years old. A major highlight of the upgrade is its integration with Epic, making it easier for staff to access and submit reports. Incident reporting is essential to improving patient safety, according to the Canadian Institute for Health Information (CIHI), 1 in 17 hospital stays in Canada involves some form of harm. By making it easier to report and learn from events, especially in high-risk areas like perianesthesia, this long-overdue update will help teams identify risks earlier, strengthen communication, and reduce preventable harm.

WHY?

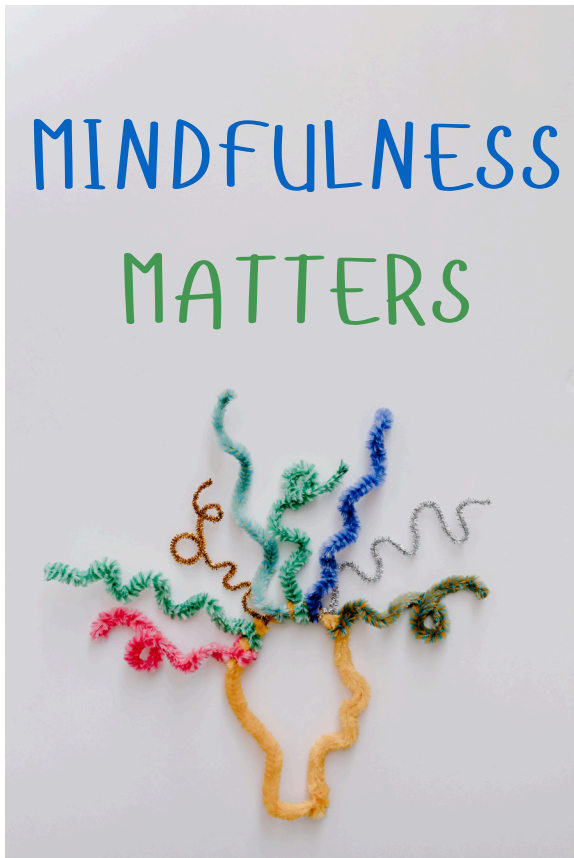


Nurses Week 2025 Contest

We received no entries for our Nominate a PeriAnesthesia Nurse Contest

We'd love your feedback on how to get our members involved and excited!

Stay tuned for other opportunities



What is Mindfulness?

Awareness of one's internal states and surroundings.

Why is Mindfulness Important in Nursing?

- helps manage stress
- decreases burnout
- improved decision making
- enhanced situational awareness
- improved self compassion
- developing deeper connections with your environment and patients
- separation from negativity
- improved work satisfaction

**KNOW YOUR
WORTH**

REALITY

The wellbeing of nurses is often challenged due to working conditions and the nature of the profession (physical, mental, and emotional stress)

Penque S. Mindfulness to promote nurses' well-being. Nurs Manage. 2019 May;50(5):38-44.

Body Scan

Get in tune with your body

[Follow these steps](#)

Mindfulness & Medication Safety

[Checklist](#)

Raisin Exercise

[Sounds interesting](#)

Mindful Eating

[Enjoy your breaks](#)

Consider a Mantra

Avoid the negative and redirect your focus

[Here's how](#)

Box Breathing

[Check it out](#)

Mindful Walking

[Take a lap](#)

Apps

[Mind Llama](#)

Click the Links Above to Learn More

BEFORE YOU GO



Interested in Joining the OPANA Team?

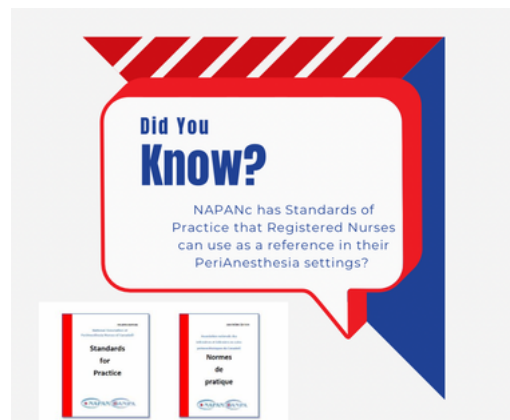
We're currently seeking **Regional Directors from the North Western Ontario & South Eastern Ontario** area.

Shoot us an email if interested or contact us on our socials

Journal Article of Interest: Music & Pain

Implementing Music Medicine to Improve Pain Outcomes After Abdominal or Pelvic Surgery: A Quality Improvement Project

Amy B. Foraker, Pamela Love,
Journal of PeriAnesthesia Nursing,
Volume 40, Issue 3,
2025,
Pages 492-499.e3,



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>

New Publication Fall 2025

 INFO@OPANA.ORG	 OPANA.ORG
 @opananurses	 Ontario PeriAnesthesia Nurses Association-OPANA



Answer Key

ARHET – heart

LLMTIUR – trillium

VRECREYO – recovery

SUETIS – tissue

ONADTNOI – donation

NLGU – lung

LSLAM BLOWE – small bowel

YNDEKI – kidney

ESGUNOR – surgeon

ISNK – skin

GRNAO – organ

ANRTTLNASP – transplant

SPACRANE – pancreas

PTCISIEREN – recipients

VRILE – liver