

ONTARIO PERIANESTHESIA NURSES ASSOCIATION



The Monitor



President's Message

I want to extend my sincere thanks to our OPANA members for your continued dedication, professionalism, and advocacy for PeriAnesthesia nursing across Ontario. The season is a time of renewal, growth, and reconnection, and I am proud of the strength and leadership our community continues to show.

With Nurses Week just around the corner, I would like to wish each of you a very Happy Nurses Week. Thank you for the compassionate, skilled, and often unseen work you do every day to support patients, families, and one another. Your commitment truly makes a difference. OPANA looks forward to continued learning, collaboration, networking and advancing PeriAnesthesia nursing together.

Ingrid Daley
President

In this newsletter you can expect:

Hospital Feature

Regional &
Hospital
Updates

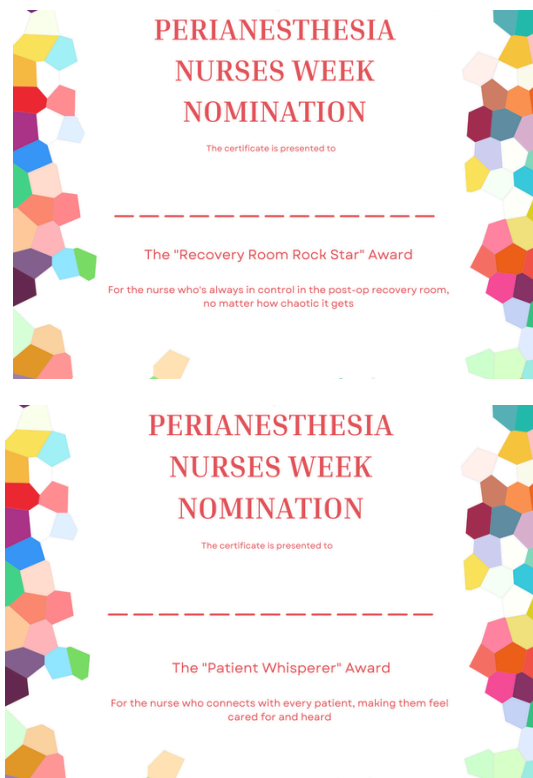
Nurses Week
2026

A review of
PANW 2026

Education &
Upcoming
Events

The Fun Stuff

Hospital Feature



The PACU Nurses at McMaster Children's Hospital & McMaster University Medical Centre had some fun nominating their colleagues for awards during PeriAnesthesia Nurses Week!

Categories for nomination included:

- The Comforting Champion
- The Ninja Nurse
- The Patient Whisperer
- The Recovery Room Rock Star
- The Coffee Fueled Superhero
- The Team Spirit Titan
- The Laugh out Loud Leader
- The Multitask Master
- The Grumpy Gone Good Nurse
- The Always on Call Nurse

Once the nomination forms were completed they were posted throughout the unit. It was a simple yet fun way to acknowledge our great colleagues and different nursing styles



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 PeriAnestehsia
Nurses of Canada
@napancnurses

JOIN US

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





Dear OPANA Chair and Executive Network Officers,

In early 2026, Ingrid Daley nominated your Interest Group for RNAO's 2026 Interest Group of the Year Award. We are pleased to share that your Interest Group has been selected to receive this prestigious honour. Congratulations!

We would be honoured to present the award at the November 2026 Assembly meeting in Toronto. Additional details will be shared soon.

On behalf of RNAO's Board of Directors, congratulations to your Interest Group. We hope you accept this award as both an honour and a tribute to your contribution to the nursing profession in Ontario.



Regional Updates

South Eastern Ontario

The Southeastern region has shown strong collaboration over the past year and a half, with teams working together to advance perioperative and peri anesthesia nursing practice across sites. A key focus has been aligning workflows and improving processes following the implementation of Cerner as our electronic health record.

Regional hospital teams are now meeting every other week to review workflows, identify challenges, and look for opportunities to improve documentation and ordering processes within Cerner. These meetings have created a helpful space for sharing knowledge, standardizing practice, and making ongoing improvements that better support both staff and patient care.

Education and Practice Development – Quinte Health



Quinte Health continues to prioritize education and professional development across perioperative and peri anaesthesia services. A new Perioperative Education Day has been introduced, giving staff dedicated time for learning, skill development, and review of key clinical topics.

Sessions have included emergency response and critical event management, such as Code Blue, Massive Hemorrhage Protocol, and Malignant Hyperthermia, along with blood transfusion practices, infection prevention and control, and safe patient handling. These sessions have been well received with strong staff engagement.

Quinte Health remains committed to supporting ongoing education and the continued development of nursing practice, with more opportunities being explored to promote learning, collaboration, and professional growth.

Prince Edward County Memorial Hospital Redevelopment Update



The redevelopment of Prince Edward County Memorial Hospital continues to move forward, with exciting progress in the design and construction of clinical areas, including the new endoscopy department. The project is focused on creating a modern, patient-centered environment that supports both high-quality care and efficient workflows.

Endoscopy nursing staff recently participated in a guided tour of the new space, giving them a firsthand look at the layout and design of their future work environment. This allowed staff to better understand patient flow, room functionality, and equipment placement, while also giving them the opportunity to ask questions and provide feedback related to their practice.

This early involvement has been very positive and is helping to support a smoother transition into the new facility. Including frontline nurses at this stage not only builds readiness but also helps ensure the space reflects the realities of day-to-day clinical practice.

The team is looking forward to continued progress and future opportunities to revisit the site as the project moves closer to completion.

Melanie Brunet

Regional Director for South Eastern Ontario



National Association of PeriAnesthesia Nurses of Canada

NAPANc with ICPAN at ASPAN 2026



ICPAN 2027



Halifax Nova Scotia

September 7th - 9th

Halifax Convention Center

Hotel: The Sutton Hotel Halifax

NAPANc is looking for a **Treasurer** and **Volunteers** for the ICPAN conference in Halifax September 7-9 2027

If interested Contact Tanya LaChapelle (NAPANc President) via email at info@napanc.ca

NURSES WEEK 2026

MAY 11TH-17TH



DECORATE YOUR SCRUBS CONTEST

Individual nurses or nursing teams decorate their scrubs based on a theme of their choosing

Prizes will be awarded for

- funniest
- most creative
- best overall theme

Feel free to use an old pair of scrubs OR your current uniform without causing damage to hospital property

Prize: a gift card of the winners choosing

Photo submissions can be emailed to opanasocialmedia@gmail.com before May 12th 2026

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Nursing Week

OLYMPICS

Video yourself or your team participating in one or all of these events

Submit videos to opanasocialmedia@gmail.com by May 12th

*Random draw from for each event will determine winner

Prizes: Gift Cards

* * * * *



Event 1

SET UP AN EPIDURAL PUMP

EVENT 2

PROGRAM A LOW DOSE NARCAN INFUSION IN A
PUMP



Event 3

PREPARE AN AMBU BAG FOR
BAG MASK VENTILATION
(INCLUDE AIRWAY)

EVENT


4

Set up a PCA
(Patient Controlled Anesthesia)

The title card for Event 5 has a light orange background with scattered white asterisks and small diamond shapes. The text "Event 5" is centered in a dark brown brushstroke.

Event 5

Demonstrate how to Measure for Appropriate Size of an Oral Airway or Nasal Airway

The title card for Event 6 has a dark orange background with scattered white asterisks. The text "Event 6" is centered in a light pink brushstroke.

Event 6

PRIME LEVEL | INFUSER



Event 7

COLLECT DRUGS REQUIRED FOR RAPID SEQUENCE
INTUBATION

EVENT 8

DEMONSTRATE WAKE UP STIR UP REGIME

EVENT

9

REVIEW COMPONENTS OF A PRE-OP CHECKLIST

Event 10

Review possible pre-op bloodwork and testing required before surgery

NURSES WEEK 2026

MAY 11TH-17TH

Free Nurses Week Webinar

***Managing Negative Pressure
Pulmonary Edema in the Post
Anesthetic Care Environment***

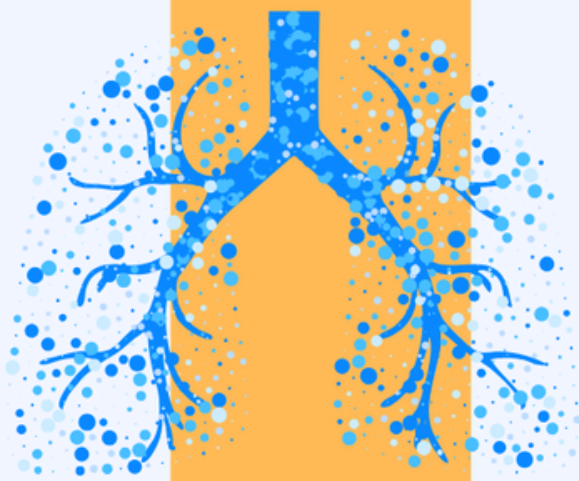
*Presented By: Nancy Poole, Director of
Education*

Thursday May 14th 2026

Session 1: 1630-1730

Session 2: 1900-2000

Register at OPANA.ORG

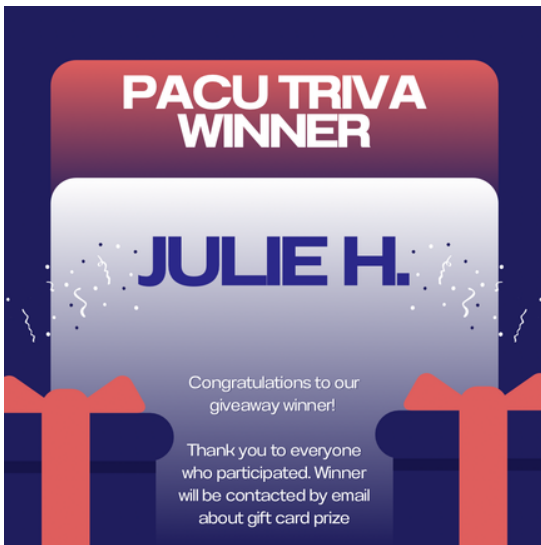
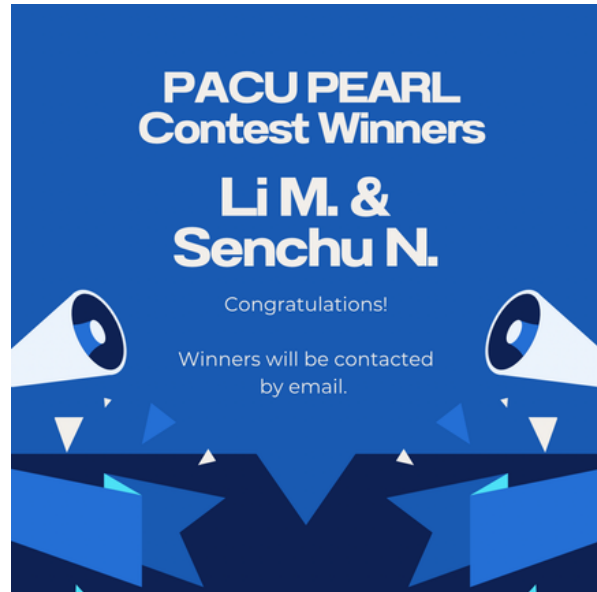


A Review of PeriAnesthesia Nurses Week 2026

**THANK
YOU**

A big thank you to everyone who participated in our PeriAnesthesia Nurses Week activities! We had such fun reviewing your entries and we were so impressed with the level of participation!

Congratulations to all our winners!



MCMMASTER PACU PLAYLIST



1. Stayin Alive - BeeGees
2. I Can't Feel My Face - The Weekened
3. Wake Me Up Before You Go Go - Wham
4. Bring Me Back to Life - Evanescence
5. I Wanna Be Sedated - The Ramones
6. Every Breathe You Take - The Police
7. Everybody Hurts - R.E.M.
8. Fix You - Cold Play
9. The Sound of Silence - Simon & Garfunkel
10. Bad Medicine - Bon Jovi
11. Delirious - Prince
12. 9 to 5 - Dolly Parton
13. Under Pressure - Queen
14. Sweet Dreams - Eurythmics
15. Survivor - Destiny's Child
16. Just Like a Pill - Pink
17. Breathe - Faith Hill

18. Pills and Potions - Nikki Monaj
19. Safe & Sound - Capital Cities
20. Scream & Shout - Brittany Spears & Will.I.AM
21. Stitches - Shawn Mendes
22. Say a Little Prayer - Dionne Warwick
23. Help - The Beatles
24. Hush Little Baby - Author Unknown
25. Comfortably Numb - Pink Flyod
26. No Scrubs - TLC
27. Stand by Me - Ben E King
28. People like You - Johnny Reid

THE OTTAWA HOSPITAL- GENERAL CAMPUS SDCU/PACU PLAYLIST



1. Staying Alive
2. I want to be sedated- the Ramones
3. Just like a pill-Pink
4. Bad Medicine- Bon Jovi
5. Just breathe- Pearl Jam
6. Disease- Lady Gaga
7. Help- the Beatles
8. Under Pressure- David Bowie
9. Cuts like a knife- Brain Adams
10. Bleeding Love- Leona Lewis
11. Stitches- Shawn Mendes
12. Hurst so bad- Lauren Hill
13. Hurst so good- John Meloncamp
14. King of pain- Sting
15. Drugs- Lil Kim
16. Drug Ballad-Eminem
17. Epic- Faith Nomore
18. Malade- Lara Fabian
19. First Cut is the Deepest- Cat Stevens
20. Wake me up- Wham
21. Comfortably numb- Pink Floyd
22. Bring me back to life- Evanescence
23. Une pilule une tite granule- Noella Desharnais

Upcoming Events



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



VIRTUAL NAPANc Spring Symposium & AGM

Register Today at
NAPANc.ca

Free
for
Members

DIEP Flap Reconstruction After Mastectomy
Dr. Adrian McArdle and Dr. Monica Yu

Medical Management of Jehovah's Witnesses— A Collaborative Approach
Sergio Pérez , Elena Kasyom, Jerry Renda

**Awake, Safe, and Supported: A Nurse-Led ECT-PACU
A Specialized Model That is Redefining Recovery**
Paola DeLaBarrera, RN, BScN, RN Psychotherapist/Clinical Counsellor



Saturday June 13th 2026



1100 - 1500 EST

C.E Hours Available



National Association of PeriAnesthesia Nurses of Canada

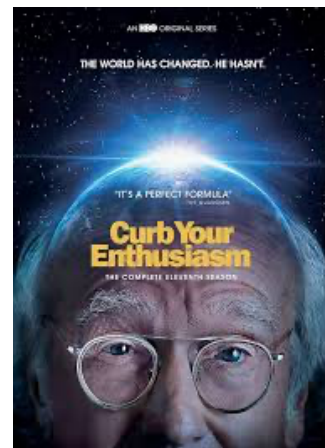
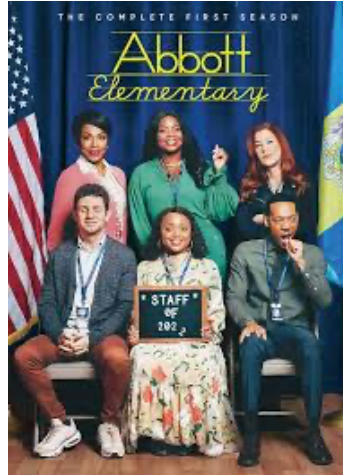


April 30 - May 3, 2027
Sheraton New Orleans
New Orleans, Louisiana

BINGE WATCHING
PLAY ALL

COUCH & CONQUER

OUR FAVOURITE SHOWS



BEFORE YOU GO



Current Vacancies with OPANA

- Secretary Elect
- Treasurer Elect

Interested? Email us!

Journal Article of Interest

Post Op Shivering

Roberts I, Cisar C, Wolfe R
Postoperative Shivering: A Review of Mechanisms
and Management Strategies
Journal of PeriAnesthesia Nursing, 41, 538-541

Did You Know?
NAPANc has Standards of Practice that Registered Nurses can use as a reference in their PeriAnesthesia settings?

Standards for Practice
Normes de pratique

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
Summer 2026*

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