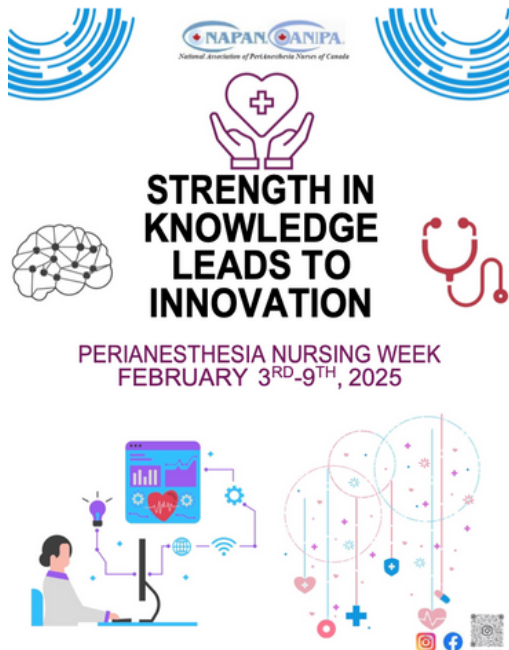




Happy PeriAnesthesia Nurses Week!



February 3rd-9th 2025

Happy Black History Month!



February 2025

In this newsletter you can expect:

Message from OPANA president

PeriAnesthesia Nurses Week

Message from NAPANC President

Articles of Interest

Regional Updates

Ways to become active in OPANA

Join or Renew Membership

Dates to Remember

Message from the OPANA President



Moving Forward & Beyond! *January 2025*

Dear OPANA Members,
Happy New Year all!

As we embark on a new year, we are excited to continue our journey towards excellence and growth. We sincerely appreciate your continued support, and we are committed to building upon our successes in 2025.

Following a thorough review of the member survey results, we are pleased to announce several initiatives designed to enhance your experience with OPANA. This year, we will be offering more educational opportunities, including webinars, email updates, and informative newsletter content. We are also excited to introduce Nancy Poole as our new Director of Educational Resources, who will be instrumental in shaping these initiatives.

In addition, we are working on a comprehensive update to our website to improve navigation and ensure easier access to important content thanks to Stephanie Wood with assistance from the OPANA Board members as well.

We are proud to welcome Monica Naranjo as our new Treasurer and to introduce two new Regional Directors, Tanya Lachapelle (Also NAPANc President) and Jennifer Arens who will be representing the Eastern and North Eastern Ontario, respectively. Welcome also to Monika Magnatta, OPANA Consultant Pediatric Consult.

Looking ahead, we remain dedicated to the continued growth of our organization. OPANA will continue to focus on strengthening our efforts to recruit new members and retain our existing ones. We recognize the invaluable contributions of every member, and we are committed to fostering an environment where every person's hard work is acknowledged and very much appreciated.

Thank you for your dedication to OPANA. Together, we look forward to achieving even greater success in 2025 and beyond.

A handwritten signature in black ink that reads "Ingrid Daley". The script is fluid and cursive.

RN, BA, BScN, MScN, CNCC(C) President, OPANA

Land Acknowledgement

We acknowledge we are hosted on the lands of the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee Confederacy, and the Wendat peoples. We also recognize the enduring presence of all First Nations, Métis, and Inuit peoples.

As healthcare providers, we recognize the ongoing impacts of colonization on Indigenous health and well-being. We have a responsibility to provide culturally safe, equitable, and trauma-informed care, fostering trust and advocating for systemic change to ensure Indigenous patients receive respectful, dignified, and compassionate care.



Happy PeriAnesthesia Nurses Week!

February 3 - 9, 2025



OPANA: Contest time! Complete your BINGO card with your teams! Instructions on card or [visit our website](#) for a printable PDF. Open to nurses registered to work in Ontario. See next page for BINGO poster

NAPANC: Instructions on poster or [check out our website](#) for a printable poster. Looking forward to your fun and creative photos! Open to all nurses in Canada working in PeriAnesthesia settings

PERIANESTHESIA
NURSES WEEK
2025



BINGO

MH CART	ART LINE KIT	TEAM PHOTO BONUS	SPO2 SENSOR	NAPANC STANDARDS
LMA	ORAL AIRWAY	CRASH CART	AMBU BAG	PCA PUMP
AIRWAY CART	EPIDURAL PUMP	TEAM PERI-ANESTHESIA	SUCTION	ETT
STYLET	ECG MACHINE	WEIGHT SCALE	IV START SUPPLIES	NASAL AIRWAY
ARMBAND (BLANK) OR WEIGHT BAND	PRE OP OR POST OP EDUCATION SHEET	TEAM PHOTO BONUS	VACUTAINER	BLANK CONSENT FORM

WORK AS A TEAM TO TAKE PICTURES OF AS MANY OF THESE ITEMS AS YOU CAN IN YOUR DEPARTMENTS AND SEND THEM TO OPANASOCIALMEDIA@GMAIL.COM BY FEBRUARY 10TH 2025. DON'T FORGET YOU NEED TO HAVE 5 IN A ROW TO QUALIFY. MULTIPLE ROWS INCREASES YOUR CHANCE TO WIN!

PRIZE: \$100 GIFT CARD (CHOICES OFFERED TO WINNER)

TIE BREAKER WILL BE A RANDOM DRAW. WINNERS WILL BE NOTIFIED BY EMAIL AND POSTED ON SOCIALS

TAG US @OPANANURSES WITH ANY PICTURES DURING THIS WEEK!

Message from the NAPANc President

February 3, 2025

Fellow PeriAnesthesia Nurses,

On behalf of NAPANc, I wish all PeriAnesthesia Nurses of Canada a Happy PeriAnesthesia Nursing Week 2025. Let's take the time to celebrate our achievements and hard work as Perianesthesia Nurses.

These last five years have been challenging for everyone. The pandemic has genuinely changed the landscape of healthcare. Our new normal is very different from the normal before the pandemic. However, one of the positive impacts of the pandemic is that we have witnessed a surge in innovation in PeriAnesthesia nursing. We had to find creative ways to increase OR throughput while minimizing the impact of admitting patients to surgical beds. Surgeries that would previously require the patient to stay in the hospital for a few days are now designed for patients to be discharged the same day or only require an overnight stay in the hospital. Technology has played a crucial role in innovation, from introducing more robotic surgeries to evolving our charting to Electronic Medical Records (EMR). This also means that PeriAnesthesia nurses have had to adapt to the constantly changing surgical landscape. We are now discharging more patients, which requires additional patient education and increasing our workload. Sometimes, new surgeries are performed, and we are not even aware of these surgeries, but we are still tasked with providing care and education to these patients. This is why our theme this year is **Strength in Knowledge Leads to Innovation**.

We will host another virtual spring symposium this year, including our annual general meeting. It will be held on May 31st, 2025, in a format similar to last year's spring symposium. With the increasing cost of living, an in-person meeting was impossible this year. Nonetheless, we are hoping to have an in-person conference in 2026. ICPAN, our international body, will be hosting its conference in Dublin, Ireland this September.

Lastly, PeriAnesthesia Nurses are often forgotten in our hospitals. We don't receive the recognition that we deserve, even though we are one of the most important pillars of our hospitals. This is why I genuinely believe that this week, we should celebrate our resilience and dedication to PeriAnesthesia Nursing. I want to say THANK YOU to all of you. This year, NAPANc is hosting a photo contest in celebration of all PeriAnesthesia Nurses across the country. There is an opportunity for your team to win a gift card. Enjoy some time with your colleagues, capture those moments with pictures and send them to us! Be creative and have fun! Details will be posted on our social media platforms @napancnurses and our Facebook page as well as attached with this email.



Sincerely,

Tanya Lachapelle

RN, BScN, MEd, PANC(c)
President of NAPANc



National Association of PeriAnesthesia Nurses of Canada



Article of Interest

After Visit Summary: An Experience-Based Co-Design Approach to Improving the Patient Experience Related to Discharge Instructions in the Perioperative Setting.

<https://doi.org/10.1016/j.jopan.2024.06.004>

Perianesthesia nurses identified a critical gap in the quality of After Visit Summaries (AVS) for same-day surgical patients—feedback echoed by patient surveys. Through a collaborative, experience-based co-design approach, nurses, former patients, and clinical leaders worked together to simplify and improve these instructions. Early results show increased patient satisfaction and improved Press Ganey scores, proving that better AVS means better care. Learn how this initiative is transforming patient recovery and shaping the future of Perianesthesia nursing.

Regional Director's Updates:

Southern Ontario Regional Updates

Pediatric Surgery at our McMaster Site

- The opening of the Same Day Overnight Unit (SDO) to monitor post op patients who would stay in the hospital for less than 23 hours. These patients are cared for in the Post Anesthetic Care Unit (PACU) overnight and monitored by 1 RPN and 2 RN's and discharged from the facility by 0700 the day after surgery
- Our idiopathic scoliosis patients are no longer requiring ICU admissions, instead patients are admitted to regular ward beds post op and our length of stays for these patients are decreasing
- We have recently opened a pediatric step down unit (PICU Level 2) which has eased the number of PICU Level 3 admissions. We have been able to send a solid group of neurosurgery patients, complex medical children, and lengthy surgical cases to step down safely
- We have started to move away from low dose ketamine for post op pain control in our pediatric population. Teams have found many patients to have unwanted effects that we are trying to minimize in hopes of earlier discharge possibilities
- Cryoablation has been introduced to our NUSS procedures. This technology offers patients greater pain control after the 24-hour mark of surgery by freezing the intercostal nerves. This patient population can now be discharged home the day after surgery
- Peripheral nerve blocks are slowly being offered to pediatric patients. Many of our orthopedic/sports injury patients, plastics, and NUSS procedures are having great success with improved pain control. Additionally, our PACU has been involved in a study documenting the effectiveness of peripheral nerve blocks in urology and general surgery patients. PACU nurses are fully invested in helping our anesthesia colleagues offer this to our pediatric populations. Below is an educational pamphlet (still in draft) that one of our very dedicated anesthesiologists is preparing for our patient's education needs post-op

Regional Director's Updates Continued...

Southern Ontario Regional Updates

Pediatric Surgery at our McMaster Site

Nerve Block Post-op Instructions

Frequently Asked Questions

Can they take pain pills now, even though they are still numb?

Yes. There is no interaction between the local anesthetic we gave you and the pain pills you were prescribed.

They are still having some numbness even after 24 hours, is this normal?

While uncommon, some patients have residual numbness after receiving a nerve block but this typically resolves with time.

They are still having some pain despite having some numbness, is this normal?

Yes. It is NORMAL to experience some pain despite having a nerve block; especially when it is wearing off. Give the pain pills as prescribed by the surgeon.

Do they need to cover the injection site with any dressing or Band-Aid?

No. The injections site is very small and will heal on its own.

Can they take a shower after a single shot peripheral nerve block?

Yes. As long as the block has worn off and someone can help them with balance and moving around.

Contact

WEEKDAY HOURS
8:00a.m. – 4:00p.m.

PHONE

EMAIL
pedspain@hhsc.ca

WEBSITE
hamiltonhealthsciences.ca

PD 10450 (2024-05)

Nerve Block Post-Op Instructions

Pediatric



- Our Tonsil and Adenoid surgeries resumed late this fall. Not much of a change in practice for PACU Nurses have changed in Phase I, but we have now introduced the SPIT criteria patients and families must fully meet before discharge home (either same day or SDO):
S: Saturation on room air greater than 90% while awake or asleep
P: Pain adequately managed by oral medications
I: Intake of food/liquids appropriate for weight without vomiting.
T: Taking medications that are given by parents (parents must demonstrate this before discharge)

Adult surgery at our McMaster site has ramped up and had a few changes implemented:
Until next time...

1. Minimally invasive endometriosis surgery is a new addition to this site. Many women who have been told that their endometriosis is not resectable or requires a total hysterectomy can now receive laparoscopic surgery and be discharged home same day with all their female reproductive organs intact.
2. We are beginning to monitor compliant obstructive sleep apnea gynecological patients in our SDO unit
3. Iron infusions are started in PACU for select gyne populations in the hopes of improving post op quality of life, early mobilization, post op anemia resulting in readmission to hospital, and enhanced recovery. The following patients qualify for iron infusion therapy
 - Post-op ruptured ectopic pregnancy with significant blood loss (>500 mL) or starting Hb<100
 - Post-op ruptured ovarian cyst with significant blood loss (>500 mL) or starting Hb <100
 - Post-op spontaneous pregnancy loss with significant blood loss (>500mL) or starting Hb <100

Regional Director's Updates Continued...

Southern Ontario Regional Updates

In other news, HHS is in the process of hiring a NP to work with the Acute Pain Service (APS). This will be of great value to our patients and assist our anesthesia colleagues immensely! We have also welcomed many new pediatric and adult anesthesiologists to our team.



Stephanie Finelli
Regional Director Southern ON

I would like to take a minute to encourage all of our members to follow us on social media @opananurses on Instagram and Facebook as well as our colleagues at the National @napancnurses who also have a Facebook page. This platform is our best option to relay exciting news, educational opportunities, and additional information to our members. If you have any questions for us please feel free to DM us.... We would LOVE to hear from you...

Stephanie Finelli
OPANA Director of Communications
(Social Media)

Central West Regional Update

At Trillium Health Partners, the perioperative team is working through the winter surge capacity issues and having to share the day surgery space with inpatients overnight to avoid cancellation of planned surgeries. The day surgery staff and in-patients teams are working so well together to identify appropriate patients for overnight in the day surgery space. There was a small working group that worked through all the details, including inclusion and exclusion criteria, working plan to trigger involvement from supporting departments (pharmacy, housekeeping, portering, allied, lab, DI, bed reservations) and communications to family, patients, and surgeons. It is a challenge in the daytime to ensure that the day surgery patient flow is not affected, but thus far, the teamwork has been amazing with great outcomes for all patients.

The PACU team is working on their policies to support discharge from PACU on the weekend or after hours. This is again in alignment with capacity issues and to have the right patient in the right place at the right time. With ER overflow and sometimes 50-85 patients in ER with no beds available, this is a plan that makes sense for all. The PACU team is becoming familiar with phase 2 discharge criteria and learning discharge instructions and teaching points to safely discharge home from PACU.



Sherry France and Linda Marshal-Masson
Regional Directors Central West



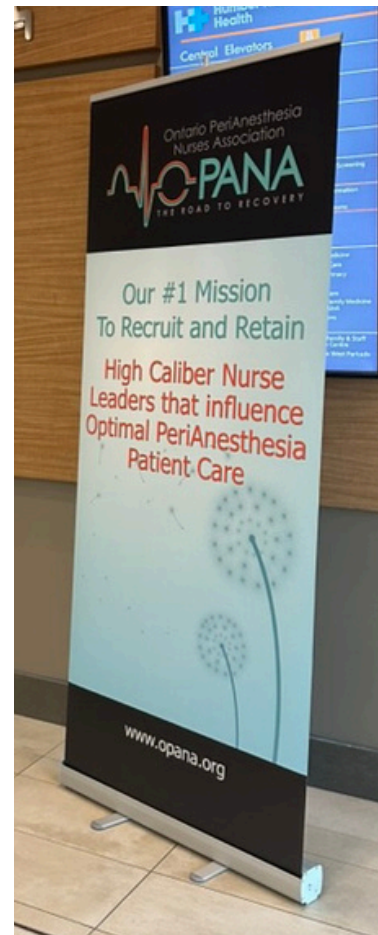
OPANA is a volunteer-based organization. Lend us your expertise!

Needed:

1. Newsletter assistant editor
2. Submission of PAU/PACU/SDCU articles
3. Representatives from Ontario regions and institutions to keep you informed
4. Journal Club members needed
5. Conference Committee members
 - a. To help with planning
 - b. To help with day of the conference

Available for you:

1. Submit retirement announcements
2. Submit Outstanding Nursing Achievement articles
3. Submit news and updates from your facility



Become a Member of OPANA!



Being a Member Promotes:

- Opportunity to network with peers.
- Pride in having a professional organization.
- Affiliation with NAPANc, our National Association
- Nursing Excellence
- Advocacy with other qualified PeriAnesthesia nurses

Membership Benefits Include:

- Biannual Newsletter
- Reduced registration fee at OPANA sponsored educational events
- Reduced registration for workshops
- Opportunities for members to apply for financial support for continuing
- Educational activities (Bursaries)
- Discounts on NAPANc Standards of Practice
- Membership in the NAPANc
- Opportunity to vote on important OPANA issues





How to Renew Your Membership

Visit www.opana.org and join online

Cost per membership is \$65.00



OPANA is an Affiliated Interest Group of the Registered Nurses Association of Ontario (RNAO)

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 1st to October 31st; however, you can join at any time to become a member!!

Renew your membership when you register for our conferences!



Become Certified through ASPAN

Become certified as a Certified Post Anesthesia Nurse (CPAN)



Friends of OPANA - Links of Interest

- [ASPAN - American Society of PeriAnesthesia Nurses](#)
 - [CACCN - Canadian Association of Critical Care Nurse](#)
 - [CNA - Canadian Nurses Association](#)
 - [CPS - Canadian Pain Society](#)
 - [Health Care Excellence Canada](#)
 - [ICPAN - International Conference for PeriAnesthesia Nurses](#)
 - [NAPANc - National Association of PeriAnesthesia Nurses of Canada](#)
 - [OA - Ontario Anesthesiologists](#)
 - [ORNAC Operating Room Nurses Association of Canada](#)
-

April 26-May 1, 2025

American Society of PeriAnesthesia Nurses (ASPAN) Conference in Dallas, Texas

***May 20-22, 2025***

National Teaching Institute & Critical Care Exposition (NTI) Conference in New Orleans, Louisiana

***May 31st, 2025***

National Association of PeriAnesthesia Nurses of Canada (NAPANc) Virtual Spring Symposium and AGM

***September 10-12th, 2025***

ICPAN Conference in Dublin Ireland

***September 16-19, 2025***

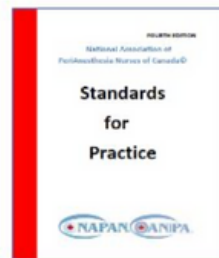
The Canadian Association of Critical Care Nurses (CACCN) Conference in Vancouver, BC





Quick Links

- [Standards Order Form \(English\)](#)
- [ICPAN Website](#)
- [ICPAN Facebook page](#)
- [AGM Presidential Report](#)
- [Bursaries](#)
- [OPANA Instagram Link](#)



Thank you for reading!

www.opana.org



OPANA proudly endorses the National PeriAnesthesia Nursing Standards
from NAPAN©

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