

ONTARIO PERIANESTHESIA NURSES ASSOCIATION



The Monitor



President's Message

This year has been a meaningful one for OPANA. Across Ontario, PeriAnesthesia nurses continue to show steady leadership, thoughtful practice, and a deep commitment to patient care. What stands out most is the way you support one another and strengthen our profession through everyday actions that often go unseen but never go unfelt.

OPANA's work continues to grow because of you, your expertise, your advocacy, and your willingness to stay engaged in shaping the future of PeriAnesthesia nursing. Your ideas and collaboration keep our organization moving forward in a real and practical way.

We also have important months ahead. OPANA's Fall 2026 Symposium will take place on Saturday, October 24th, offering a focused day of learning, connection, and professional growth. More details will be shared soon, but it's a date worth saving.

Thank you for everything you contribute to our community. Your work makes a difference every single day.

President 2023-2026

In this newsletter you can expect:

Hospital Feature

Regional &
Hospital
Updates

NAPANc &
ICPAN 2027

Fall Symposium
& AGM

Education &
Upcoming
Events

The Fun Stuff

Hospital Feature



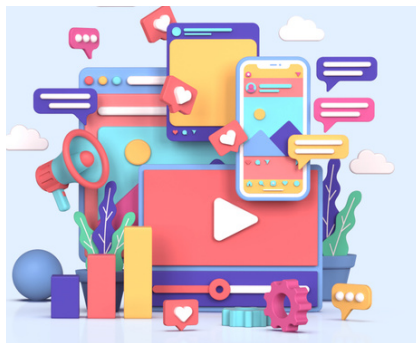
Therapy Dogs at Hamilton Health Sciences

In collaboration with St. John Ambulance therapy dogs often visit Periop Areas of HHS.

Pet therapy is now offered weekly to staff!

These dogs also visit with patients and families throughout the hospital offering kisses, affection, and lots of stress relief!

Featured here are Ember and Hope.



Social Media

Follow us on Instagram

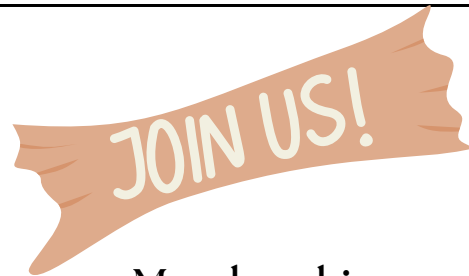
@opananurses

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

Southern Ontario

It's hard to believe it's September! Summer has flown by. I hope you all have had a chance to relax and spend time with your family and friends.

Hamilton Health Sciences has made several additions to our anesthesia team after some well deserved retirements! Our 5th year residents have flown the nest and are completing fellowships all over the world including Australia and New Zealand! They will return to us with knowledge of pediatric intensive care, interventional neuroradiology, and other unique areas of medicine!

Our Women's and Children's Hospital (McMaster Site) has a new approach to how emergent Gynecological cases are managed in our main OR. A dedicated adult anesthesia provider is now on call for these cases. This leaves our pediatric anesthesiologists to focus on what they know best...(the kids!) and allows for a physician who's main focus is adult anesthesia to better care for these women. Cases included in our gyne emergency list often include ectopic pregnancies, ovarian torsions, and the management of placenta accreta. Although this has been an adjustment for the entire anesthesia program, the transition has been smooth and well utilized thus far.

Pediatric/Neonatal Code Airway is now in effect at the Children's Hospital. This approach to securing a difficult or concerning airway is a new team effort that consists of anesthesia, RT's, and intensivists/neonatologists. The goal is to intubate the patient as quickly and proficiently as possible. A specific code cart has been designed that contains all the necessary equipment that may be required including bronchs, trach and crico kits, in addition to the routine airway supplies.

There is now an initiative to no longer prescribe post op narcotics to several pediatric patients. This includes cleft lips and elbow fractures. These populations are recovering quickly and comfortably without the administration of oral narcotics.

Two of our pediatric anesthesiologists have made headway in initiating a continuous nerve block policy for post op pain management. Continuous nerve blocks have been used in orthopedic and major abdominal surgeries thus far. These patients are usually admitted to PICU or stepdown for more extensive monitoring, Adolescent children especially are preferring this approach since urinary catheters are not required unlike for epidurals.

Until next time....enjoy what remains of this beautiful weather!



Regional Director
Director of Communication (Social Media & Newsletter)
President Elect 2027-2029



From Shore to Shore:
Connecting Perianaesthesia Practice Worldwide
— HALIFAX, CANADA —

ICPAN 2027

Halifax Nova Scotia

September 7th - 9th

Halifax Convention Center

Hotel: The Sutton Hotel Halifax

Extra Discount for Canadians Registering

Call for Abstracts Coming Soon

Stay Tuned!



National Association of PeriAnesthesia Nurses of Canada

Vacant Positions with NAPANc

Communication Director

Co-Treasurer

NAPANc is looking for Volunteers for the
ICPAN conference

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

2026 Fall Symposium & AGM



2026 Fall Symposium & AGM

**Perianesthesia Nursing in Motion:
Adapting, Advancing, and Leading**

Register Today at OPANA.ORG

**Home Before Dark: Reimagining the Emergency Cholecystectomy
Pathway**

Dr. Arash Azin

Pediatric Nerve Blocks

Dr. Carolina Zapata

“That’s Weird”

Linda Marshall-Masson RN, Clinical Educator

Women’s College Hospital: revolutionizing Ambulatory Surgery

Sandra Robinson, RN, Director of Perioperative Services

More presenters to follow!

Saturday October 24th

0830-1530

Trillium Health Partners: Queensway Site
Ursaki Auditorium

\$50 for Members

\$95 for Non-Members



Upcoming Events



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

International Collaboration of PeriAnaesthesia Nurses
ICPAN
Promoting Global Excellence in PeriAnaesthesia Nursing

ICPAN Webinar

**mtND4 11232 Mutation:
What Do We Know So Far?**

The Current Situation in Spain

Elena Méndez Martínez, MD
Consultant Anaesthetist and Intensivist
University Hospital Central of Asturias
Lead, mtND4 Working Group

In summer 2025, alarm was raised following reports of several serious adverse events in patients of Venezuelan ancestry who had undergone general anaesthesia with halogenated agents. The Spanish Society of Anaesthesiology and Resuscitation promptly established a working group to stay up to date with the emerging evidence and to provide safety recommendations for patients and fellow anaesthetists. More than a year later, we are still learning and working to improve these recommendations day by day.

10 October
🕒 13:00 (Spanish time) – English session
🕒 17:00 (Spanish time) – Spanish session



**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



Ontario PeriAnaesthesia Nurses Association
OPANA
THE ROAD TO RECOVERY

**2026
FALL SYMPOSIUM &
AGM**

**PERIANESTHESIA NURSING IN MOTION:
ADAPTING, ADVANCING, AND LEADING**

**\$50 FOR MEMBERS
\$95 FOR NON MEMBERS**

**REGISTER AT OPANA.ORG
TODAY!**

**SATURDAY
OCTOBER 24TH**
0830-1530
TRILLIUM HEALTH PARTNERS: QUEENSWAY SITE
URSACKI AUDITORIUM

COCKTAIL VS MOCKTAIL

Spirited sips *Mindful sips*

⇒ SAME GREAT VIBES, YOUR CHOICE! ⇐



**BOLD FLAVORS.
PERFECTLY POURED.**



CLASSIC MARGARITA

- 2 oz tequila
- 1 oz triple sec
- 1 oz lime juice
- Lime wedge



WHISKEY SOUR

- 2 oz whiskey
- 3/4 oz lemon juice
- 1/2 oz simple syrup
- Cherry & orange



MOJITO

- 2 oz white rum
- 1 oz lime juice
- 1 tsp sugar
- Mint leaves
- Soda water



**REFRESHING FLAVORS.
ZERO PROOF.**

CUCUMBER LIME SPRITZ

- Cucumber slices
- 1 oz lime juice
- 1/2 oz simple syrup
- Soda water
- Mint leaves



BERRY REFRESHER

- Mixed berries
- 1 oz lemon juice
- 1/2 oz agave syrup
- Soda water
- Mint leaves



TROPICAL SUNSHINE

- Pineapple juice
- 1 oz orange juice
- 1/2 oz lime juice
- Splash of grenadine
- Pineapple wedge



CHEERS
-to good times! -



GOOD FOR YOU.
Great for the moment.

⇒ — **WHATEVER YOU SIP, SIP HAPPY!** — ⇐

BEFORE YOU GO



Current Vacancies with OPANA

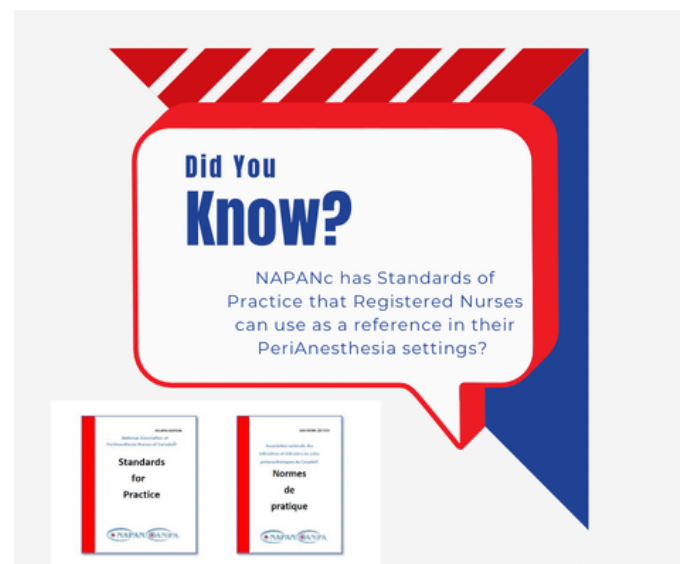
- Treasurer Elect
- Secretary
- Regional Directors: North Western, North Eastern, Central East, and Southern Ontario

Interested? Email us!

Journal Article of Interest

Postoperative Residual Paralysis

Alderman S, Smith-Steinert R
Postoperative Residual Paralysis—What it is, How to
Recognize it, and How to Treat it: Evidence-based Summary
Journal of PeriAnesthesia Nursing, 2026; 41, 768-774



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
Fall 2026*

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