

ONTARIO PERIANESTHESIA  
NURSES ASSOCIATION

# The Monitor



## A message from our President

As the seasons shift and we welcome the warmth of spring and summer, I am reminded of the incredible resilience, dedication, and passion that each of you brings to the PeriAnesthesia community across Ontario.

As we celebrate upcoming Nursing Week May 12<sup>th</sup> to 18<sup>th</sup>, 2025, I want to take a moment to recognize each and every one of you. PeriAnesthesia nurses are essential to the patient journey, providing unique skilled, compassionate care during some of the most critical moments. This year's OPANA's Nursing week theme for 2025 is "Changing Lives. Shaping the Future", truly reflects the vital role we play not just at the bedside, but leading innovation, advocacy, and education within healthcare. Your unwavering dedication, expertise, and heart make a real difference every single day and that deserves to be acknowledged and celebrated! Please take the time to celebrate yourself and your colleagues for all that you/we do. You DESERVE IT!

At OPANA, we're excited for what's ahead; more educational events, webinars, networking opportunities and ways to support your growth in this dynamic specialty. Stay tuned for announcements and ways to get involved!

Thanks again for your outstanding commitment, service, expertise to PeriAnesthesia care and nursing and your continued support of our association. Take time to celebrate YOU, you've earned it! OPANA is proud to support and celebrate you!

Wishing you all a safe and joyful nurse's week!

### In this newsletter

---

President's  
Message

---

---

Get to Know Us

---

---

Website, Social  
Media &  
Membership

---

---

Regional &  
Ontario Hospital  
Updates

---

---

Education &  
Opportunities

---

---

Fun Stuff

---

# Board of Directors Spotlight

## President: Ingrid Daley APN



With over 30 years of nursing experience, I have built a career centered on excellence in patient care and professional leadership. I specialized in critical care for more than 28 years and earned my Masters of Science in Nursing in 2012 with a clinical focus.

I have co-led Critical Care Response Teams, presented at local, national and international conferences for critical care and perianesthesia care. I also served as President of the Canadian Association of Critical Care Nurses (CACCN), Toronto Chapter. I transitioned into PeriAnesthesia nursing more than five years ago, bringing my expertise to this specialized field.

As President of the Ontario PeriAnesthesia Nurses Association (OPANA), I am committed to advancing best practices, enhancing quality indicators, and improving patient outcomes in PeriAnesthesia care. Passionate about innovation and leadership, I strive to drive meaningful change and foster excellence within the PeriAnesthesia nursing specialty.

## Secretary: Stephanie Wood

I am a Registered Nurse based in Ottawa, and I've been practicing since 2011. My nursing career started at the Ottawa Hospital Civic Campus in-patient vascular surgery, with a brief stint on the float team, and then I joined the PACU in September 2014. I love the dynamic environment and teamwork in the PACU, there is always something new to learn.

Outside of work, I am currently pursuing my Master of Science in Nursing at uOttawa with plans to graduate this spring; returning to school after a decade at the bedside has been challenging but worth it. In my free time, I am an avid reader (book suggestions are encouraged!), and I love spending time with my Labrador Retriever, Cora, and cycling in the summer. I am happy to join the OPANA board and looking forward to this opportunity to work with you all!



## Director of Membership: Alana Fortella

Alana is a dedicated nurse based in Toronto with a profound passion for the post-anesthetic care unit. With more than five years of experience in the PACU, she embodies compassion and skill, ensuring patients receive optimal care. Alana is excited to join the OPANA team and is looking forward to the year ahead.



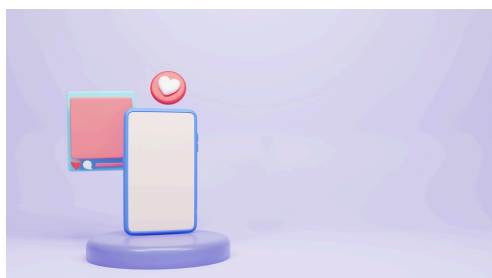


## Website Overhaul

### Check Out Our Website Refresh

We're excited to share that our OPANA website will soon have a fresh new look! Thanks to our wonderful webmaster, the main page now features an integrated Instagram feed to keep you up to date with our latest posts. We've also added a helpful FAQ section and updated our Board Members page.

Have ideas or suggestions for future updates? We'd love to hear from you! Email us at [info@opana.org](mailto:info@opana.org).



### 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



@OPANANURSES



@NAPANCNURSES



### Membership

\$65 per person

Membership runs from November 1st  
to October 31st; however, you can join  
at any time

Visit [opana.org](http://opana.org) to join



Member of the Registered Nurses  
Association of Ontario(RNAO)? OPANA  
is an Affiliated Interest Group. Add us  
to your membership



## A Word from Our Regional Directors

Happy spring everyone!

Here at McMaster Children's Hospital/McMaster University Medical Center we are happy to have received news that funding has been secured for trial comparing preoperative adductor canal blocks versus no blocks for our ACL pediatric patients. We have several anesthesiologists who are committed establishing our new nerve block program and using multiple modalities for pain control including mixing in dexmedetomidine for nerve blocks.

We are also trialing a "green" initiative where patients are encouraged to bring in their own water bottles to use post op so we can cut down on waste. We are also encouraging patients to bring their own bag for belongings to be stored in post op to avoid plastic bags.

Our same day overnight program is helping to decrease ward admissions for surgeries such as tonsils/adenoids, vaginal hysterectomies, and many orthopedic procedures. Length of stays for procedures such as NUSS bars have decreased thanks to nerve blocks and cryoablation therapy.

Anesthesia teams are conducting a parent anesthesia experience survey where parents complete a 5 minute questionnaire to see how well they understand information about the anesthesia process. This project is just rolling out so more information to come!

We are currently in communication with our pet therapy resource to see about a pooch coming to visit staff in periop on a weekly basis to boost morale.

We hope to see you "virtually" at the NAPANc Spring Conference on May 31<sup>st</sup>! Registration is free for all OPANA members so please consider joining us! Feel free to reach out to us on our website or on our social media @opananurses. Send us your nursing week photos too! We'd love to see how your teams and colleagues celebrate YOU!

You may notice a new look and feel to our newsletter.

I have been happy to accept the role of Director of Communications (Newsletter). My aim is to provide a quarterly newsletter that is concise, informative, and fun. If you have any suggestions about what you'd like to see in a newsletter please email them to me at [opanasocialmedia@gmail.com](mailto:opanasocialmedia@gmail.com) or shoot over a DM. Consider entering all of our contests for a chance a great prizes and if your team or facility would like to be our "Hospital Feature" please send a picture or description my way.

Until next time, take care of yourselves, and Happy Nurses Week!

*Steph*



Regional Director for Southern Ontario & Director of Communications (Social Media & Newsletter)



## North Bay Regional Health Centre

We recently began using coblation for our tonsillectomies and adenoidectomies. This is new technology at our facility and in Northern Ontario to improve the safety of our patients postoperatively.

We are expanding our Seamless MD program to include more surgeries. Seamless MD is an app that allows our patients to review their preoperative and postoperative instructions, chat with a nurse who works Monday-Friday. We have significantly decreased our postoperative ER visits and admissions since implementing this service.



*Jennifer*

Regional Director for North Eastern Ontario

## Ontario Hospital Updates

### North York General Hospital

At North York General Hospital (NYGH) Perioperative Department, we are dedicated to continuously improving the patient-focused care experience for children undergoing surgery and endoscopic procedures. Recognizing the unique needs of paediatric patients and their families, we have been working on several initiatives designed to provide comfort, support, and reassurance throughout their medical journey.

With the invaluable expertise of our Child Life Specialist, Esther Huang, we have developed two essential guides:

- A Parental Guide to Preparing for Paediatric Surgery, which offers families step-by-step guidance on what to expect, how to best support their child, and practical tips for navigating the surgical process.
- An "About My Surgery" Guide tailored specifically for children, designed to explain procedures in a friendly and accessible way, helping to ease anxieties and foster a sense of confidence.

Additionally, we are exploring ways to enhance our paediatric waiting room and paediatric endoscopy suite, ensuring the environment is child-friendly, warm, and welcoming. By creating a more comforting space, we aim to help young patients feel at ease during their procedures, reinforcing a positive care experience.

At NYGH, we are committed to providing compassionate, high-quality care that places our patients and families at the center of every step. Let me know if you have any questions or need any further input.

Catherine Jin RN BScN  
Clinical Coordinator PACU/DSU  
Resource Nurse PACU  
North York General Hospital

### Lakeridge Health

At Lakeridge Health, we have implemented TOA in the form of a checklist form DSU to OR. We have our Bypass Policy to improve flow from the OR to PACU.

Marie Andres RN BScN  
Clinical Practice Leader, Interprofessional Practice  
Surgical Program  
LHO - PACU, DSU, PSS & Outpatient Clinics

# Ontario Hospital Updates

## **Women's College Hospital: Cardioversion in the Post-Anesthetic Care Unit? A Healthcare System Solution Involving PeriAnesthesia Nursing**

At Women's College Hospital, we continue to Revolutionize Healthcare for a healthier and more equitable world. Since November 2024, WCH has taken another bold step, by performing cardioversion, without TEE, in the post-anesthetic care unit (PACU).

Recent clinical trials have shown that people with newly diagnosed atrial fibrillation can live longer with less morbidity if rhythm control is established, preferably through electrical cardioversion. However, the issue of long waitlists for cardioversion for persistent Atrial Fibrillation required an innovative solution.

Located in downtown Toronto, Women's College Hospital is the only independent academic, ambulatory hospital. This means that we don't have any in-patient rooms or an emergency department. Consequently, the initiation of any new procedures requires thoughtful consideration, detailed planning and careful patient selection. Through a collaborative effort between cardiology, anesthesiology, and PACU nursing, we developed a safe, evidence-informed process for a specific subset of patients, to undergo cardioversion in the PACU.

Inclusion criteria include patients who are at low risk for hemodynamic instability, difficult airways, or complications with anesthesia; able to be fully anticoagulated for 3 weeks or more prior to cardioversion; cardiac dysfunction is ruled out with a transthoracic echo within 1 month of the procedure; and able to continue anticoagulation for at least 4 weeks post-cardioversion without interruption.

On the day of the procedure:

- The patient is admitted to PACU and assessed by cardiology to ensure they still meet criteria for a cardioversion
- A 12 lead ECG pre-cardioversion is performed
- The anesthesiologist will provide sedation for cardioversion while the cardiologist is present
- Cardioversion pads are applied and procedure is performed by the cardiologist
- Post-procedure, a 12 lead ECG is performed while the cardiologist is at the bedside to confirm sinus rhythm, before waking the patient.
- Once patient meets PACU discharge criteria, using a modified Post Anesthesia Discharge Scoring (PADS), they can be discharged home without further assessment by cardiology

Appropriate patient selection and a dedicated team of healthcare professionals, including PACU nursing staff have made this a successful initiative that not only reduces the morbidity for patients experiencing persistent Atrial Fibrillation, but also provides an innovative healthcare system solution that addresses long waitlists.

Sandra Robinson, RN, MN (NP), Adult  
Director, Perioperative Services | Administrative Director, TAPMI  
Women's College Hospital  
[Sandra.robinson@wchospital.ca](mailto:Sandra.robinson@wchospital.ca)

Adjunct Lecturer, Lawrence S. Bloomberg Faculty of Nursing - University of Toronto

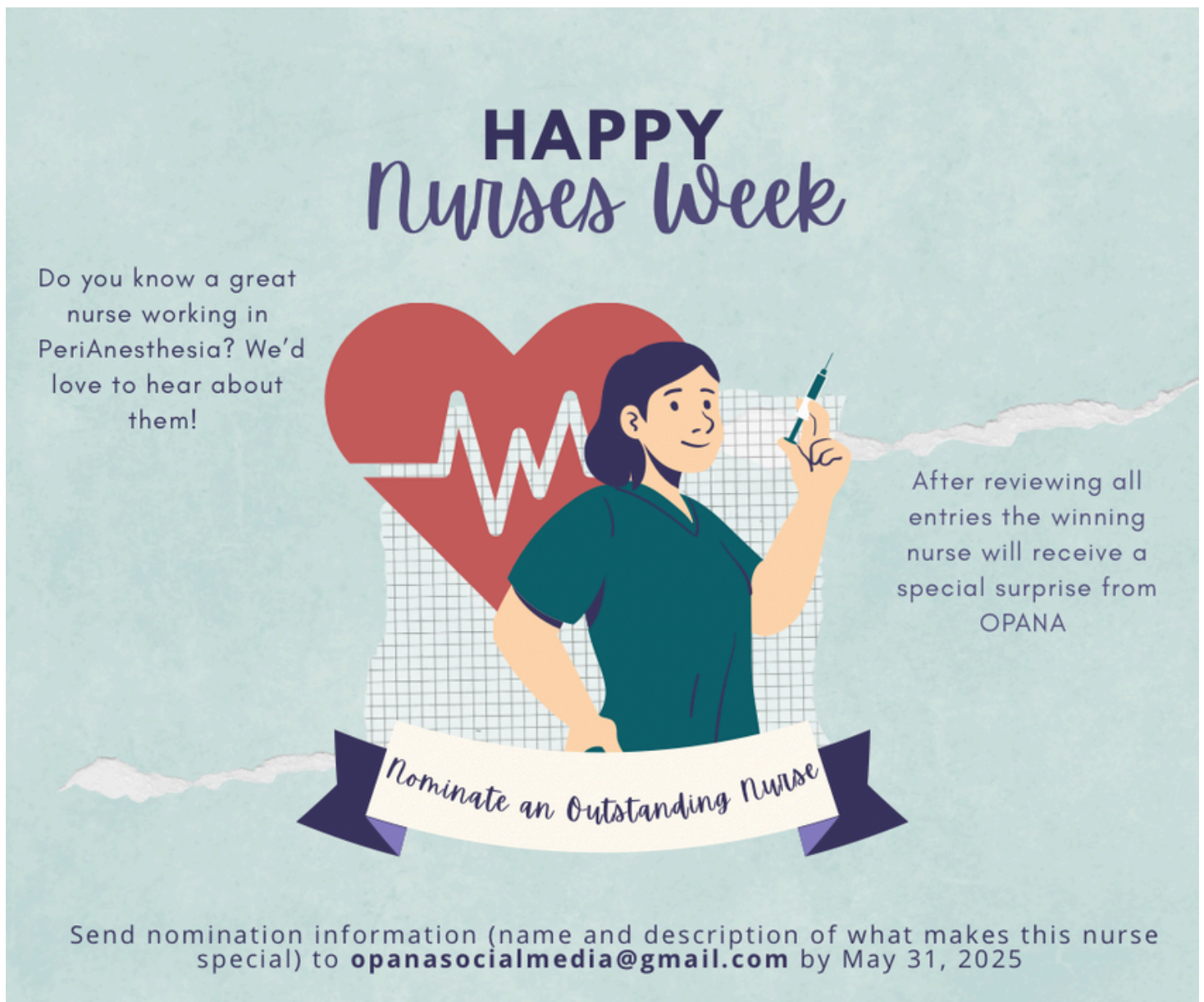
# Nursing Week 2025

All of us here at OPANA want to wish our members a Happy Nurses Week!

We appreciate you and everything you bring to our area of nursing!

Consider nominating an incredible PeriAnesthesia Nurse who could receive a special surprise from OPANA!

Don't forget to enter the National PeriAnesthesia Nurses of Canada (NAPANc) contest also!  
Check out their social media platforms for more information



**HAPPY**  
*Nurses Week*

Do you know a great nurse working in PeriAnesthesia? We'd love to hear about them!

After reviewing all entries the winning nurse will receive a special surprise from OPANA

*Nominate an Outstanding Nurse*

Send nomination information (name and description of what makes this nurse special) to **opanasocialmedia@gmail.com** by May 31, 2025

# Rename Our Newsletter Contest

We're looking to rename our newsletter and would love input from our members!

Send your suggestions to [opanasocialmedia@gmail.com](mailto:opanasocialmedia@gmail.com) for a chance to win a free OPANA membership for 2026

Renaming will occur in time for next edition of the newsletter

**Deadline for entries is July 1st 2025**



## PeriAnesthesia Nurses Week 2025

Congratulations to the winners of our BINGO contest

**1st place \$100 gift card** : PACU McMaster Children's Hospital (Hamilton Health Sciences)

**2nd place \$50 gift card:** PACU & Pre-op Clinic Ross Memorial Hospital

**3rd place \$25 gift card:** PACU Mount Sinai

A big thank you to all who submitted their cards! Stay tuned for other contests!



## Hospital Feature

### The Pets of Periop

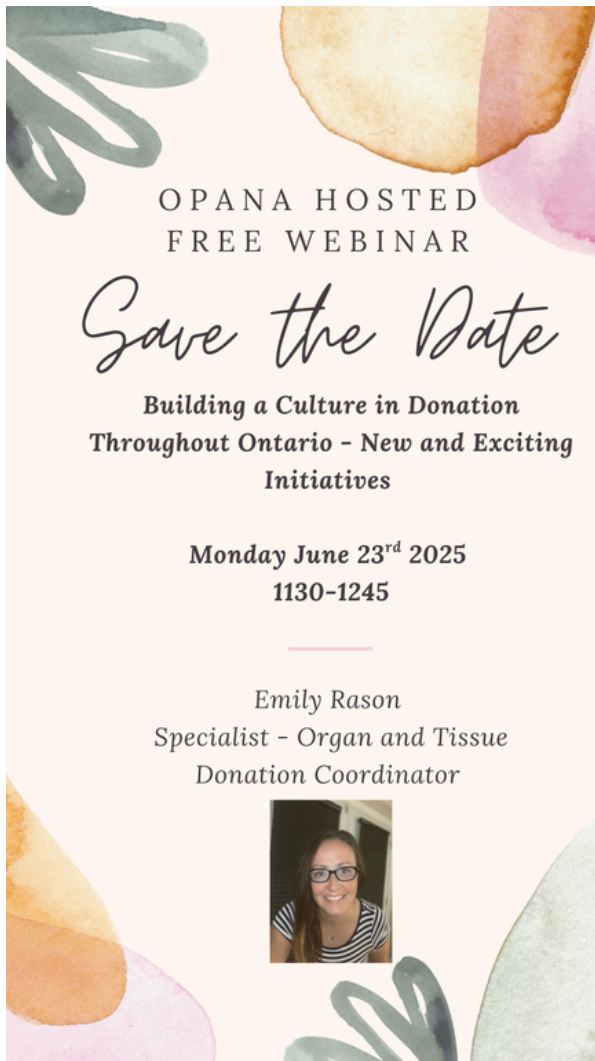
The staff, volunteers, and doctors of Hamilton Health Sciences McMaster Children's Hospital Site created a board showcasing their pets!

Featuring dogs, cats, fish, guinea pigs, hamsters, and even a snake!

Has your organization done something fun recently? We'd love to share it here...



# Education Updates



We're excited to announce our webinar sessions!

We hope to provide several webinars to our members throughout the course of the year.

Our first webinar will focus on Organ and Tissue Donation on Monday June 23<sup>rd</sup> 2025.

Registration details will be sent to members shortly. Stay tuned!

## **BCLS/ACLS/PALS/PEARS Certifications & Renewals**

### **Hands2Care**

<https://hands2care.ca/>

Burlington & Mississauga Locations  
See website for dates and cost

#### **BLS & ACLS Renewal courses in Mississauga**

Wednesday 14, 2025  
Sunday, May 18, 2025  
Wednesday 21, 2025  
Sunday, May 25, 2025  
Wednesday 28, 2025

#### **And the BLS & the ACLS Renewal courses in Burlington**

Saturday, May 17, 2025  
Saturday, May 24, 2025  
Saturday, May 31, 2025

# Upcoming Events

Clickable Links



**17th World Congress of Intensive and Critical Care**  
September 16-19, 2025 | Vancouver, Canada  
Caring Intensively

WCICC2025  
WCICC2025  
WCICC2025  
WCICC2025

WCICC2025  
CANADIAN SOCIETY OF RESPIRATORY THERAPISTS  
SOCIÉTÉ CANADIENNE DES THÉRAPEUTES RESPIRATOIRES  
CCCS/SCSI  
CANADIAN ASSOCIATION OF CRITICAL CARE NURSES  
VANCOUVER



**7th International Conference for Perianaesthesia Nurses**  
Embracing Diverse Global Perianaesthesia Practices  
10 - 12 September 2025  
Shake Your Shamrocks  
with international colleagues in Dublin, Ireland!



**From Paycheck to Prosperity**  
Your Financial Literacy Journey Starts Here!

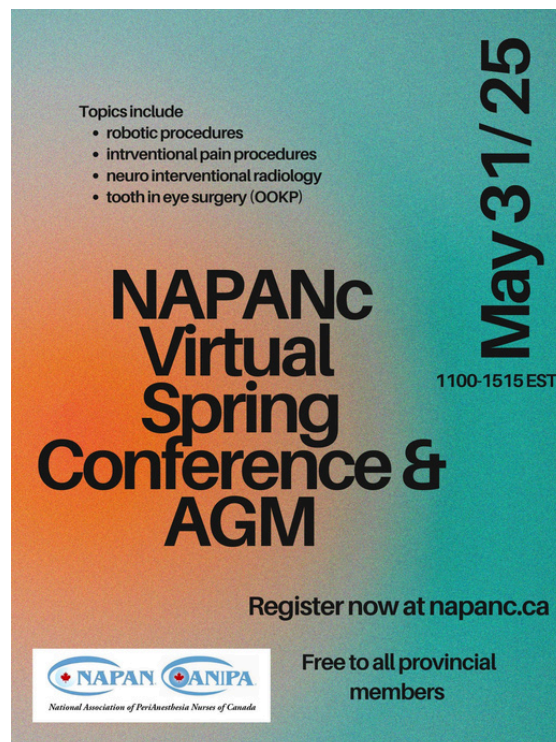
Sunday June 1, 2025  
4 pm - 5 pm est.

Learn How To:

- Eliminate Debt
- Build Wealth
- Invest Wisely
- Set & Achieve Financial Goals

Secure Your Spot:  
Onsite or Online Access

8787 Weston Rd, 2nd Floor, Unit 2A



Topics include

- robotic procedures
- interventional pain procedures
- neuro interventional radiology
- tooth in eye surgery (OOKP)

**NAPANC Virtual Spring Conference & AGM**  
May 31/25  
1100-1515 EST

Register now at [napanc.ca](http://napanc.ca)

**NAPANC**  
National Association of Perianesthesia Nurses of Canada

Free to all provincial members



## Strawberry Rhubarb Soup



- 4 1/2 cups of rhubarb cut into 1/2 inch pieces
- 1 1/2 cups of strawberries sliced
- 3 cups of water
- 1/4 cup of sugar
- 1/3 cup of chopped basil or mint
- pinch of salt

Boil rhubarb in water until soft (about 5 minutes). Drain and cool in fridge for minimum 20 minutes

In blender mix cooled rhubarb with strawberries, sugar, and salt until smooth. Transfer to serving bowl and stir in herbs

Garnish with mint or basil leaf

## Mindfulness Moment



Don't rush to eat! enjoy the  
smell and taste of your food.  
Savor it. Share it with the  
people you love

## The Hugo Spritz

- 1/2 oz St. Germain
- 4 oz chilled prosecco
- 1 oz soda water
- sprig of mint
- lemon wheel



Muddle mint and st. germain in a wine glass. Add ice and pour in prosecco and soda water. Stir. Garnish with lemon wheel

**Non Alcoholic version:** use elderflower syrup instead of St.Germain and sparkling water instead of prosecco





## Interested in Joining the OPANA Team?

We're currently seeking a **Regional Director from the North Western Ontario area**. Shoot us an email if interested or contact us on our socials

## Journal Article of Interest: Post Op Popsicles Anyone?

The Effect of Oral Water and Ice Popsicle Exposure on the Management of Thirst in the Immediate Postoperative Period

Eren, Esra et al.  
Journal of PeriAnesthesia Nursing, Volume 40, Issue 2, 356 - 364

## Standards



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 Issue Coming Summer 2025*

 <b>INFO@OPANA.ORG</b>	 <b>OPANA.ORG</b>
 <b>@opananurses</b>	 <b>Ontario PeriAnesthesia Nurses Association-OPANA</b>