

OPANA NEWSLETTER WINTER 2024

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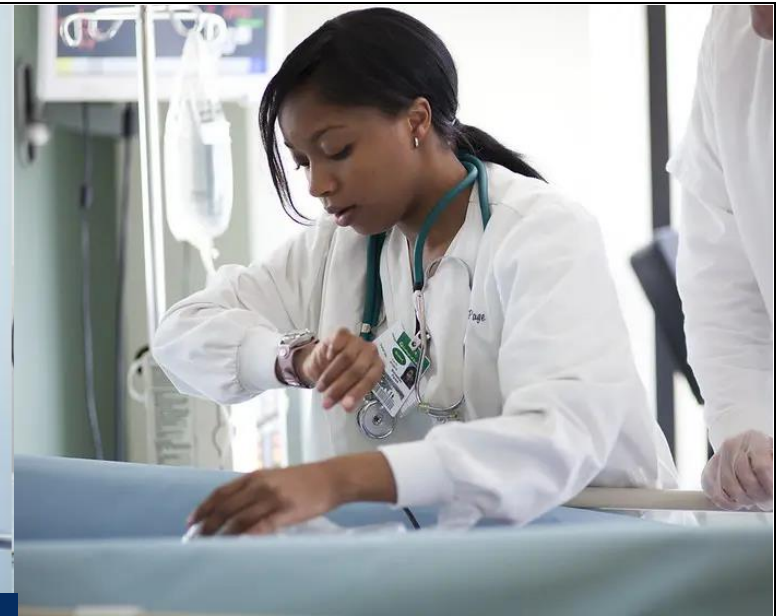
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FEBRUARY 5TH TO FEBRUARY 11TH, 2024
LET'S CELEBRATE
**PERIANESTHESIA
WEEK 2024**

**HIGHLY SKILLED,
COMPASSIONATE AND DEDICATED**

WWW.NAPANC.CA



BLACK | HISTORY MONTH

Happy
Perianesthesia
Nurses Week!

Happy Black
History Month!



MESSAGE FROM THE PRESIDENT



REVITALIZE/ELEVATE

It is a great privilege to represent the Peri Anesthesia nursing community as the incoming President of OPANA for 2023 to 2025. I am very fortunate to work with a team of talented nurses from across Ontario with a wealth of knowledge, skill and experience. The Executive committee and the Board of Directors are committed to providing our members with a forum to answer questions, deliver professional and educational opportunities and provide the most up-to-date evidence-based information to support nurses who provide Peri Anesthesia nursing care.

I would like to take a moment to acknowledge the contributions of our outgoing Executive Team and Board members: Tanya Lachapelle, our immediate Past President, for her dedication and hard work in keeping the interests of OPANA at the forefront and for keeping us focused and engaged post COVID. Nicci Chow (Membership), Marianne Kampf (Membership) and Leanne K for their dedication, hard work, expertise and commitment to OPANA.

I would like to extend a warm welcome to new incoming members to the Executive Team and Board of Directors: Stephanie Wood as Secretary; and Alana Fortella as Director of Membership. Returning to the OPANA Executive Team and Board for another term are Ramona Hackett as Consultant; Nancy Poole (Treasurer); Sherry France (Communications/Newsletter and Regional Director, Linda Mason-Marshall (Regional Director), Grace Germano (Communications/social media and Regional Director), Stephanie Finelli (Communications/social media and Regional Director), and Dhivya Eapen (Communications/Website and Regional Director). We are fortunate to have the enthusiasm and dedicated professionals serving OPANA on your behalf.

As your OPANA board, our goal will be to provide our members with numerous knowledge sharing, educational and professional opportunities. Stay tuned as we improve our website at www.opana.org, and increase our social media presence. We will have a targeted recruitment drive to attract new members so that we can continue as the National Chapter with the most members. We will continue to promote the advancement of Peri Anesthesia as a nursing specialty by engaging and collaborating with other national and local committees/organizations like ours. As Peri anesthesia nurses, we have our own body of knowledge and vast skill sets to care for patients at all levels of care.

As your board, we are committed to be the voice and the face for Peri anesthesia nursing, advocating for our patients and colleagues for safe patient and staff outcomes. Whether you work in a large academic center, community center or clinic we are here for you. Without you there would be no OPANA.

Thanks

Ingrid Daley, RN, BA, BScN, MScN, CNCC(C)

President of OPANA (2023-2025)

LAND ACKNOWLEDGEMENT

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

HAPPY PERIANESTHESIA NURSES WEEK!

Submit photos or videos of your team celebrating PeriAnesthesia Nurses Week and BE creative!!!!

RENAME OUR NEWSLETTER CONTEST!

Do you have an idea for a great name for the OPANA newsletter?

Prize: 2024/2026 OPANA membership

Please submit your ideas to ldaley3536@gmail.com



February 4th, 2024

Fellow PeriAnesthesia Nurses,

On behalf of NAPANc, I wish all PeriAnesthesia Nurses of Canada a Happy PeriAnesthesia Week 2024.

This year, PeriAnesthesia Week is from February 5 to February 11. During this week, we celebrate all the achievements and work of PeriAnesthesia nurses.

Throughout this past year, healthcare has focused on addressing and minimizing the surgical backlog. During the COVID-19 pandemic, our surgical wait-time lists have expanded to overwhelming, extensive and sometimes unattainable wait times. For the first few years of the pandemic, many PeriAnesthesia nurses were deployed to help the critical care units and any other units that would require our help. However, now that the focus has changed in healthcare, PeriAnesthesia nurses have been tasked to help reduce the surgical backlog. Hospitals have found unconventional ways to decrease the backlog: scheduling elective cases on weekends, creating high-intensity surgical models, increasing utilization of anesthesia assistants, etc. The reduction of surgical backlog would not be feasible without the expertise, knowledge, skills, and dedication of PeriAnesthesia nurses.

As I'm starting my term as President of NAPANc, I would like to say THANK YOU to all PeriAnesthesia Nurses for their dedication and resilience. Last spring, I witnessed the enthusiasm of everyone who attended the very successful National Conference in Ottawa. It was wonderful to be able to regroup as a specialty association and share our knowledge. This year, we will be hosting either a virtual late spring conference or an in-person conference in the fall—more details to follow.

Lastly, please do not hesitate to share suggestions or ask questions at info@napanc.ca

On behalf of NAPANc, thank you,
Tanya Lachapelle, RN, BScN, MEd, PANC(c)

President of NAPANc, 2023-2025

Nurse-Patient Ratios: The Big Debate Continues (jopan.org)

[Discharge delay from the Post Anaesthesia Care Unit: A nursing perspective \(acorn.org.au\)](https://acorn.org.au)

WAYS TO BECOME ACTIVE IN OPANA

Needed:

1. Newsletter assistant editor
2. Submit PACU articles
3. Representatives from area to keep you informed
4. Journal Club members needed
5. Conference Committee members
 - a. Planning, and helping on the day

Available for you:

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

Elected positions available:

President-elect, Secretary-elect and Treasurer-elect and Regional Directors

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
CPSI	Canadian Patient Safety Institute
ICPAN	International Conference for PeriAnesthesia Nurses
NAPANc	National Association of PeriAnesthesia Nurses of Canada
OA	Ontario Anesthesiologists
OPANA Instagram Page	The official OPANA Instagram page
OPANA Twitter Page	The official OPANA Twitter page
ORNAC	Operating Room Nurses Association of Canada



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

Ontario PeriAnesthesia Nursing Association (OPANA)

Use our website: www.opana.org and join online. Cost per membership is \$65.00.



[OPANA About | Registered Nurses' Association of Ontario \(rnao.ca\)](#) 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!

Becoming Certified through ASPAN



Please see link below: Become certified as a Certified Post Anesthesia Nurse (CPAN)

<https://www.cpancapa.org/become-certified/international-cpan/>

2024 DATES TO REMEMBER

2024 ASPAN Conference in Orlando Florida: April 14th-April 18th

2024 NTI Denver Colorado: May 20th-22nd, 2024

2024 Ambulatory Care Conference:

May 23rd to May 24th hosted by Sunnybrook Health Sciences Centre

2024 CACCN - Canadian Critical Care Nursing Conference:

September 23-25th in Regina Saskatchewan

2024 CASN Biennial Canadian nursing education conference Calgary
Alberta, May 27th-28th

PERIANETHESIA NURSE'S POEM

Recovery Room Nurses are the best,
Some would even say 'a step above the rest'.
A cool hand or a kind word,
Even drugs when the pain is absurd.
Having surgery without fear is rare;
It is a relief to wake up to people who care.
This is the week that you employ
Rightful recognition that I hope you enjoy.

Submitted by Ann Hladky, Registered Respiratory
Therapist, Royal Alexander Hospital, Edmonton, Alberta

NURDLE!

A Word Game for Nurses, Doctors, and All Healthcare Professionals!

NURDLE is a remake of the popular word game but with a twist... the words you're guessing are related to nursing and healthcare. This includes hospital lingo and slang, abbreviations, and brand names of common pharmaceuticals.

<https://betternurse.org/nurdle/>