



President's Address

Inside the Monitor:

President's Address

Our Vision, Mission, Values & Goals

Board of Directors

Regional Reports

Social Media

NAPANc Funding Upcoming Conferences, Workshop & Courses

CNA PeriAnesthesia Recertification Process

Scholarly Article(s) of Interest

Joining OPANA membership Thank you!

Contact OPANA today:
www.opana.org

OPANA President Report

Dear OPANA members,

I want to start by saying THANK YOU to all of you. I am so proud to be leading this fantastic group of nurses. I applaud all PeriAnesthesia nurses for their resiliency and adaptability. I do not have to explain how this pandemic has impacted PeriAnesthesia because we know these past two years have changed our outlook on nursing and healthcare. We have been asked to go beyond our comfort levels and help our peers that need our help. During this time, operating rooms were shut down, staff redeployed, and no one knew when we would be back to "normal." As I write this message, we are at the end of the sixth wave, and the uncertainties still linger. Most of the restrictions have been lifted for our province; however, for myself, it doesn't feel like we are making any gains in healthcare. Staff is getting sick, patients are still waiting for surgeries, and the impact felt by burnout, moral distress, and compassion fatigue has never been this predominant in healthcare. We need a break, and we need to rely on each other to survive this burden. Once again, thank you for all that you do.

On a different note, I am happy to say that OPANA is refocusing its energy on education and networking. I genuinely value the importance of PeriAnesthesia education. We have so much to learn from each other. We are a very resourceful group of nurses! This past April, I attended the ASPAN 41st PeriAnesthesia Conference in Philadelphia. It was great to learn from experts in the field of PeriAnesthesia. I expanded my knowledge and met some wonderful nurses. Fun fact: the new ASPAN president originates from Fort McMurray, Alberta and the ICPAN president spent every summer visiting her grandmother in Montréal, and now she is fluent in French! Nonetheless, the United States also has the same issues: the staffing vacancies are at an all-time high, travel nurses are staffing PACUs, hospitals have OR Hold times and have a shortage of beds, and the list goes on. For some odd reason, this came as a relief to me; knowing that Ontario is not alone in this struggle lifted some of the overwhelming burdens I have felt these past few years.

To continue with our goal of education and networking, OPANA is re-launching our quarterly newsletter. In October, we will also be hosting a fall symposium held in Newmarket –likely a virtual event. Moreover, OPANA will be hosting the NAPANc National Conference next May 2023 in Ottawa. I am currently finalizing the dates for the national conference.

Our national association has launched an education fund that is distributed quarterly. Attached in this newsletter is the NAPAN educational flyer.

Moreover, I encourage you to reach out if you have any ideas for speakers at our events, ideas for education, or questions about PeriAnesthesia, I am happy to listen to and support all the PeriAnesthesia Nurses in Ontario.

Lastly, we will be forming a planning committee for the National Conference next May. If you would like to participate in the planning, please send an email to opanabod@gmail.com
Sincerely,

Tanya Lachapelle, RN, BScN, MEd, PANC(c)
OPANA President 2021-2023

OPANA's Vision, Mission & Values

Vision:

A respected nursing practice that leads high quality patient care throughout the perianesthesia road to recovery

Mission:

To recruit and retain high caliber nurse leaders who influence excellence in perianesthesia patient care

VALUES

- ❖ Promote respect, positive communication and collaboration among all members of the patient/family/healthcare team
- ❖ Value excellence and integrity in all interactions
- ❖ Be accountable and ethical in our nursing practice through our actions and decisions
- ❖ Commit to excellence in nursing by promoting a culture of lifelong learning that integrates evidence-based practice, research, professional development and competence
 - ❖ Demonstrate genuine respect for uniqueness and diversity
- ❖ Face our challenges through innovation, creativity, shared knowledge and experiences
- ❖ Collaborate with inter-professional colleagues to deliver the best quality of care

GOALS

- ❖ To promote and subsidize research that leads to evidence-based best practices
 - ❖ To provide venues to share education and learned experiences
 - ❖ To build a data base of topics that influences perianesthesia nursing practice
 - ❖ To promote interconnectedness (universal oneness) with perianesthesia nursing associations and related interest groups around the world (e.g. NAPANc, ICPAN, ORNAC, Ambulatory Clinics, Surgical Specialty Groups)

Board of Directors:

Executive Board of Directors

President: *Tanya Lachapelle*

President-Elect: **Vacant**

Immediate Past President: *Candy Epworth*

Treasurer: *Nancy Poole*

Treasurer-Elect: **Vacant**

Secretary: *Ingrid Daley*

Regional Directors:

GTA: *Linda Marshal-Masson and Sherry France*

Southern Ontario: *Marianne Kampf and Stephanie Finelli*

Central Ontario (Georgian Bay Area): **Vacant**

Western Ontario (London Area): *Nancy Rudyk*

Eastern Ontario (Ottawa Area): *Grace Germano*

Northwest Ontario (*Greater Sudbury, Sault Ste. Marie Area*):

Vacant

Northeast Ontario (*Thunder Bay Area*): **Vacant**

Directors at Large:

Dentistry & Free-Standing Clinics (*at large*): **Vacant**

Director of Educational Resources: *Nancy Rudyk*

Director of Communications & Newsletter: *Ingrid Daley & Sherry France*

Director of Membership: *Marianne Kampf & Nicci Chow*

Director of Website: *Dhivya Eapen*

Directors of Social Media: *Stephanie Finelli & Grace Germano*

Medical Advisor: *Dr. Beverly Morningstar*

Regional Reports

Hamilton Health Sciences

Summer is definitely in the air and I'm sure that we are all looking forward to warmer weather and more sunshine in the upcoming months!

Hamilton remains a hot spot for rising COVID 19 cases. Despite this surgeries have begun to ramp up at Hamilton Health Sciences. The McMaster site has welcomed back many of our adult patients after several months of cancellations. Pediatric surgeries have continued throughout the last several waves with some disruptions but have resumed to their full capacity in the last month. All of our redeployed staff have returned. COVID numbers are rising significantly in the pediatric population...this is a trend that is being closely monitored. We have ceased all inpatient swabbing for COVID unless the patient presents with concerning symptoms. We are welcoming families back into the hospital and allowing 2 parents at the bedside. Things are slowly returning to "normal".

The PACU at the McMaster site will be acquiring a slushy machine. Research is showing that offering a slushy to pediatric patient is a more effective way of providing hydration and decreases readmission back to hospital for lack of oral intake. We are in the process of determining what "flavors" our patients would enjoy....seems like blue raspberry and cherry are the winners....

Hamilton Health Sciences is transitioning to the EPIC documentation platform in June 2022. Periop nurses are being sent to in person and hands on training sessions to learn the "ins & outs" of this new software. PACU RN's have to attend 2 separate sessions: caring for the post op patient & caring for the pre-op patient (seeing as our positions often encompasses the SDS role too). Several "dress rehearsals" are in the works allowing staff the opportunity to "play" and explore the new system. This is a HUGE step forward for HHS and everyone is looking forward to using the new system.

I can wholeheartedly agree that Hamilton Health Sciences will be undergoing a massive transition to this newer format of electronic documentation known as **EPIC**. Our GO LIVE date is slated for **June 4th**.

- Curious to know how many other organizations have transitioned to EPIC?
- What would you have done differently?
- What do you like about EPIC?



We would love to hear from you. Send your comments to kampf@hhsc.ca

What else is **new**? A trial study is commencing at the Juravinski site called **PLAN** by Dr. James Paul (Anesthesiologist and Principle investigator at HHS). What does **PLAN** stand for? Prevention of persistent pain with Lidocaine infusions in breast cancer surgery. This study trial will focus on patients in PACU within 1 hour of surgery, postoperative days 1 to 3 and at 3 to 12 months after surgery. The exciting part of this

study trial is that if it proves to be successful in decreasing persistent pain in patients; it would then lead to lidocaine infusions being integrated into the standard of care for breast cancer management. This is a very exciting possibility.

Take good care everyone.



Happy Summer!

GTA: Sunnybrook Health Sciences Centre:

As part of a surgical smoothing project with Ontario Health, Sunnybrook OR & Related Services has embark on a Pilot Project targeting improving flow between OR & PACU by creating "3" Transitional Care Beds within our SSSU (Surgical Short Stay Unit). The Transitional Care Beds will accommodate patients up to 3-hours who are waiting for an assigned ward ready bed.

Since February 2020, High Intensity Surgical Short Stay Unit a 3-bed Level 1 ICU opened at Sunnybrook located within the PACU to provide post-surgical care for elective and urgent patients who require additional monitoring and care over a 24-48 hour length of stay until patient can be safely transferred to a ward setting.

iPro Go Live! iProcedures (iPro) is a perioperative information management system that will be used by providers for electronic documentation in the OR and related areas. iPro will Go Live at Holland Tuesday June 28th and Bayview Tuesday July 12th. A phase II Go live at Bayview will begin on Monday July 25th.

Thanks, Ingrid Daley

Trillium Health Partners

Trillium Health Partners, similar to so many other centres our journey back from the challenges of COVID. Peel, being significantly impacted by COVID, has some work to do to reduce the surgical backlog created by COVID delays.

The Queensway Hospital which has become our primary site for Elective Orthopedic surgery is up and running once again.

Queensway has become the home of our Same-Day Joint Program for over a year and has most recently added the Total Hip Replacement – Anterior Approach with the addition of a new surgeon. Many of these patients are being discharged home the same day. Pain is minimal and recovery is expedited.

Trillium Health Partners received the largest donation to health care in Canadian history by Peter Gilgan and The Peter Gilgan Foundation. The donation will support THP in building the largest and most advanced hospital in Canada, which will be named The Peter Gilgan Mississauga Hospital and will also help expand and redevelop the Queensway Health Centre, which will be named The Gilgan Family Queensway Health Centre.

Preliminary discussions in regards to the new PACU have shown that the new model of care will be led by IPAC requirements. The room design of the PACU is such that the open concept model of a large room with visibility of all patients which has been a historic standard since WW2, will be changing to each room having walls and enclosures in order to facilitate isolation practices.

There will be a window or half wall between rooms, positioning of equipment such as computers, workstations etc. will be moved to accommodate visualization of two patients from outside the room. This may require additional staffing resources and a change in coordinating nurse roles. This is still a work in progress, it will be interesting to learn of the final design and new model of care! We will keep you posted.

Thank you, Linda Marshall- Masson and Sherry France

Social Media

New social media sites:

- OPANA is revamping their social media sites!
- Up-to-date OPANA info, educational opportunities, networking, etc.

- For Instagram:  <https://www.instagram.com/opananurses/>

- For Twitter:  https://twitter.com/opana_nurses

Please share any ideas with socialmedia@opana.org

NAPANc funding



NEW! NAPANc Educational Funding Opportunities

Do you....

➤ Want to enhance your knowledge of PeriAnesthesia nursing?

- Have a course or certification that you would like to obtain?
- Have costs associated with these learning opportunities?

NAPANc is pleased to announce **NEW** educational funding opportunities for current PeriAnesthesia nurses across Canada in order to support continuing education and to help offset any associated costs.

Please visit NAPANc's official website for further information: [Applications for funding](#)

www.napanc.ca

UPCOMING CONFERENCES, WORKSHOPS & COURSES

OPANA Fall Symposium at Southlake Regional Health Saturday, October 22nd/2022 will most likely be virtual-Please stay tuned for further details to follow

CACCN (Canadian Association of Critical Care Nurses) Dynamics 2022 host city Windsor ON Caesars Windsor from September 19th to 22nd, 2022

NAPANc Conference May 2023 in Ottawa. **Looking for OPANA members who are interested in joining our NAPANc 2023 Conference Planning Committee. Please email opanabod@gmail.com if interested in joining**

Save the date for Denver Colorado in [April 2023!](#)
[ASPAN National Conference](#)



ASPAN
American Society of PeriAnesthesia Nurses

ICPAN-Amsterdam 2023



International Collaboration of PeriAnaesthesia Nurses
ICPAN

Promoting Global Excellence in PeriAnaesthesia Nursing

AACN NTI 2023 in Philadelphia May 22 to 24th/2023

AACN (American Association of Critical Care Nurses) NTI 2022 Virtual Conference from June 6th to June 8th/2022

What is certification?

CNA certification is a nationally recognized nursing specialty credential for nurses. We offer [22 nursing practice specialties](#) for registered nurses and, in 2019, we're pleased to introduce our first certification for licensed/registered practical nurses. To become certified, you must pass a rigorous computer-based exam.

If you become certified, your credential will be valid for a five-year term. At the end of five years, you can [renew](#) by submitting a record of continuous learning hours

Renewal by continuous learning (CL)

	Application window
Renewal by CL	Jan. 10 – Nov. 1 Apply by June 1 to save 10% on your renewal fee



For more information, visit: <https://www.cna-aiic.ca/en>



Join OPANA Today!

Did you know...

OPANA (Ontario PeriAnesthesia Nurses Association) is a non-profit, professional nursing association dedicated to the promotion and advancement of PeriAnesthesia Nursing Specialty Practice in all affiliated health care environments. These areas include, but are not limited to:

- Pre-Admission Clinics
- Post Anesthetic Care Units (PACU)
- Day Surgery Units
- Affiliated Procedural Sedation Settings
 - Endoscopy
 - Cystoscopy
 - Labour and Delivery
 - Dentistry

- Any other area of health care where local, general or regional anesthetics or sedation are given to patients undergoing a wide variety of treatments or surgery
- To promote interconnectedness (universal oneness) with perianesthesia nursing associations and related interest groups around the world (e.g. NAPANc, ICPAN, ORNAC, Ambulatory Clinics, Surgical Specialty Groups)

Ways to register to become an OPANA member:

- ✓ Use our website: www.opana.org and join online. Cost per membership is \$65.00
- ✓ 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 1-October 31. Membership is aligned with the RNAO membership dates, as well as the annual OPANA conference. Renew your membership when you register for our conferences. A great reminder!

Being a member promotes:

- ✓ **O**pportunity to network with peers
- ✓ **P**ride in having a professional organization
- ✓ **A**ffiliation with NAPAN©, our national association
- ✓ **N**ursing excellence
- ✓ **A**dvocacy with other qualified PeriAnesthesia nurses

Membership Benefits include:

- ✓ Quarterly newsletters
- ✓ Reduced registration fee at OPANA-sponsored educational events, including our annual conference and Annual General Meeting
- ✓ Reduced registration for workshops
- ✓ Opportunities for members to apply for financial support for continuing educational activities (conference bursaries)
- ✓ Discounts on NAPANc Standards of Practice
- ✓ Membership in the National Association of PeriAnesthesia Nurses – Canada (NAPANc)
- ✓ Opportunity to vote on important OPANA issues
- ✓ Networking opportunities

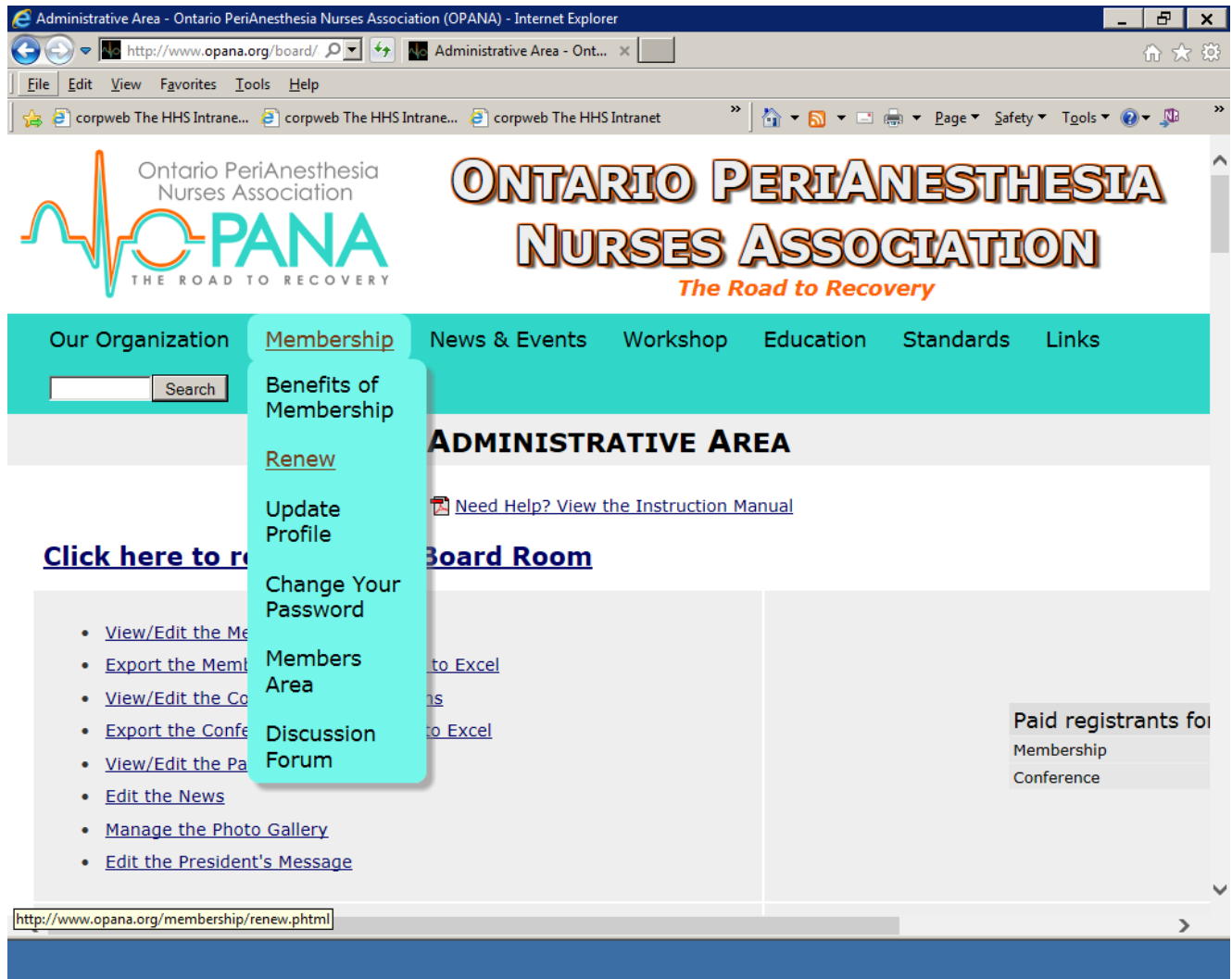


**OPANA is an
Affiliated Interest
Group of the
RNAO**

How to NOTIFY OPANA

You are a member through RAO?

SCENARIO 1: **CLICK on Membership > Renew** and then scroll down to the bottom. Click on the **“Paid by RAO”** button and follow the instructions.



The screenshot shows a web browser window titled "Administrative Area - Ontario PeriAnesthesia Nurses Association (OPANA) - Internet Explorer". The address bar shows "http://www.opana.org/board/". The page features the OPANA logo and the text "ONTARIO PERIANESTHESIA NURSES ASSOCIATION The Road to Recovery". A navigation menu includes "Our Organization", "Membership", "News & Events", "Workshop", "Education", "Standards", and "Links". A search bar is present. The "Membership" menu is open, showing options: "Benefits of Membership", "Renew", "Update Profile", "Change Your Password", "Members Area", and "Discussion Forum". Below the menu, there is a section titled "ADMINISTRATIVE AREA" with a link "Need Help? View the Instruction Manual". A "Board Room" section is also visible. At the bottom, there is a table with the heading "Paid registrants for" and rows for "Membership" and "Conference". The browser's address bar at the bottom shows "http://www.opana.org/membership/renew.phtml".

SCENARIO 2:

If you have not registered with OPANA through our Website **CLICK on MEMBERHISP>NEW**. If under **MEMBERSHIP** it only asks you to **REGISTER**, do not worry....the system doesn't have you in the data base yet and therefore doesn't recognize you. After today it will! Complete the information so we can capture key pieces of information about you and then indicate that you have "Paid by RNAO." **No money will be exchanged**. The DIRECTOR of membership will then confirm your membership and grant access.

Renew your OPANA Membership - Ontario PeriAnesthesia Nurses Association (OPANA) - Internet Explorer

http://www.opana.org/memb... Administrative Area - Ontario... Renew your OPANA Mem... x

File Edit View Favorites Tools Help

corpweb The HHS Intranet... corpweb The HHS Intranet... corpweb The HHS Intranet

Notes:

- The current (2018) registration year is from Nov 1, 2017 to Oct 31, 2018
- Registration opens Jul 1, 2017

Your fee for the 2019 membership year is \$44.25 (CAD) plus \$5.75 Tax.

Online Payment:

You can use a credit card or, if you are already a PayPal member, you can pay from your PayPal account. Please press the Pay Now button to make your payment:

NOTE: The button above brings you to the PayPal web site. You **do not** require a PayPal account to make your payment - just a credit card. After your payment is processed you will be returned here.

RNAO Payment:

Have you already paid for this year's membership through RNAO? If so, please choose Paid by RNAO to bypass payment and have your membership validated by our Membership Coordinator.

[<- Cancel](#)

Ontario PeriAnesthesia Nurses Association
OPANA
THE ROAD TO RECOVERY

Policies Contact Us

Site Designed by
Horizons Web Design



On behalf of OPANA, Wishing everyone a wonderful summer