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Happy
 Perianesthesia
 Nurses Week!
 Feb 3rd - Feb 9th, 2025

Happy Black
 History Month!

BLACK | HISTORY
 MONTH



MESSAGE FROM THE PRESIDENT

Message from the President of OPANA *January 2025*

Moving Forward & Beyond!

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.

Ingrid Daley, 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 the Inuit peoples.

HAPPY PERIANESTHESIA NURSES WEEK! FEBRUARY 3 -9, 2025

OPANA BINGO: Submit photos of your team celebrating PeriAnesthesia Nurses Week!!

PERIANESTHESIA NURSES WEEK 2025					
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!

PHOTO CONTEST

Submit a photo of your
PeriAnesthesia Crew

BEST PHOTO WINS

Giftcard of Choice



February 3rd, 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 like 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



ARTICLES OF INTEREST

[After Visit Summary: An Experience-Based Co-Design Approach to Improving the Patient Experience Related to Discharge Instructions in the Perioperative Setting - ScienceDirect](#)

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

Regional Director's Updates:

Southern Ontario Regional Updates:

Pediatric surgery at our McMaster Site

- 1) 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
- 2) 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
- 3) 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 stepdown safely
- 4) 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
- 5) 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
- 6) 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

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



7) 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

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 inpatients teams are working so well together to identify appropriate patients for overnight in the day surgery space.

There was a small working group who 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

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

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 \(rnao.ca\)](http://www.opana.org) 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/>

2025 DATES TO REMEMBER

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

Date: May 31st, 2025

- **2025: ICPAN Conference** in Dublin, Ireland



Date: Sept 10-12th

- **2025: CACCN Conference**
in Vancouver BC



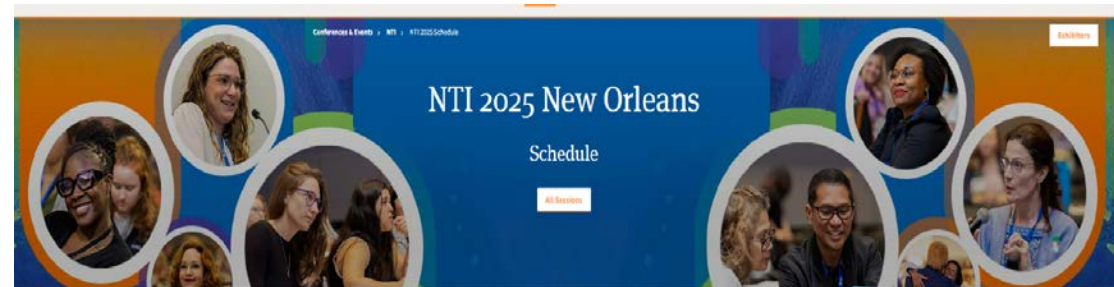
Date: Sept 16-19, 2025

- **2025: ASPAN Conference**
in Dallas Texas



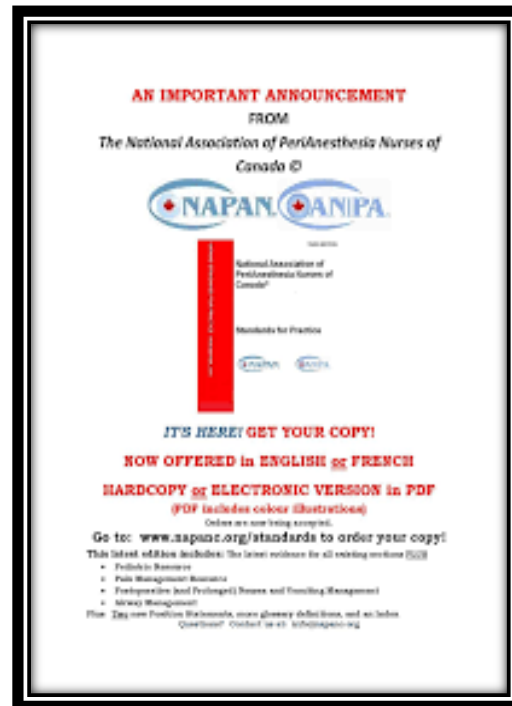
Date: April 26 - May 1, 2025

- **2025: NTI, New Orleans**



Date: May 20-22, 2025

Standards for Practice
5th Edition
English Order Form



Quick Links

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