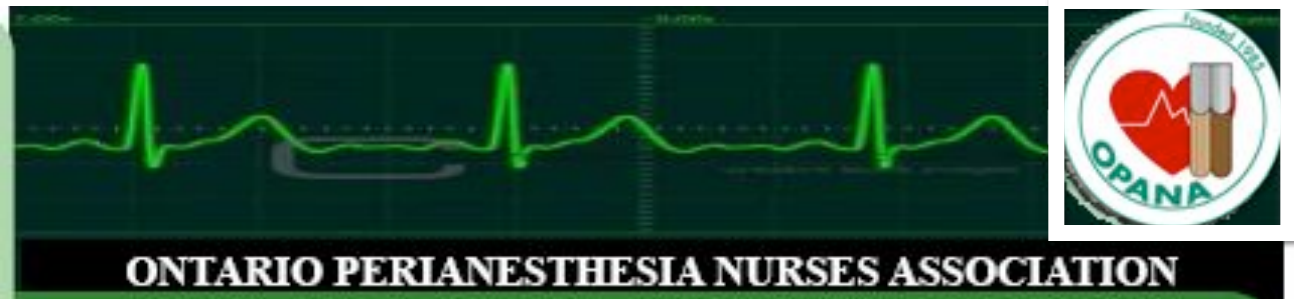


THE MONITOR

2 0 1 0 S U M M E R E D I T I O N



PRESIDENT'S ADDRESS

Hello everyone and welcome to summer! Ah the days of sunshine and warmth are upon us and yes much deserved vacations are ahead for many of you. No doubt, it is important to take time to unwind, relax and enjoy. Yet, before you dotake a moment and read what OPANA has been involved in over the last few months and what we have planned ahead for the Fall!



To begin with I want to take this opportunity to thank the OPANA Board of Directors for their continued hard work and dedication. You are a great team and I am very privileged to work with all of you as you give of your time to help make OPANA a specialty nursing interest group to be proud of and keep us moving forward. All our board vacancies are filled except for one. We are looking for a Windsor Essex Region Rep, so if you know of anyone or are interested please contact us! To date, OPANA is happy to say our membership is steadily increasing, we are now just shy of 300 and have room to grow. A big thank you to each and every one of you who have renewed your membership with us or have joined as a new member.

WWW.OPANA.ORG

OPANA: 57 Winegarden Trail, Dundas, ON, L9H 7M3
Phone: (905)-627-6830 Fax: (905)-627-0643

PRESIDENT'S ADDRESS CONTINUED

As a member of OPANA you receive our newsletter, **The Monitor**, 4 times a year. Information on any events or conferences you will acquire by e-mail with the opportunity to register at a discounted rate. Something to remember, the OPANA membership number you receive is via e-mail, as we do not print hardcopies. So when you do receive your e-mail card, remember to print off and make a duplicate hard copy to store in a safe place. Of course, we can send you your membership electronically again should you need it. OPANA thanks you for submitting your e-mail address upon joining as we are striving to “Go Greener”!

Through your membership you also receive a discounted rate when ordering our Sixth Edition of OPANA Standards of Practice in PeriAnesthesia Nursing. To date we have sold 160 copies, proof our Standards are helpful as a resource for practice. Our OPANA web site furthermore has a forum where you can ask questions and has resources listed that may help answer any practice questions. You can connect with our Board of Directors and even purchase OPANA Wear at rock bottom prices. Just have a look on our web site at www.opana.org. Keep in touch with us at any time by e-mail info@opana.org and encourage your colleagues to join too.

Recently, members from your Board of Directors attended the National Conference hosted in Calgary, this year on May 29th & 30th. Tammy Gallagher (OPANA President Elect), Sue Nahorney (OPANA Northern rep and Editor of the Monitor), Ramona Hackett (Metro Toronto rep) and Paula Ferguson (OPANA Immediate past President and current NAPANc President) and yours truly were there, Yee ha! The conference planning committee from NAPANc hosted a very good conference. Have a look at their web site www.napanc.org and congratulations to them for all their hard work. We left Ontario behind experiencing warm, no hot weather of 30 degrees Celsius and arrived in Calgary experiencing a temperature drop, literally down to 3 degrees Celsius with wet snow. I actually took pictures of trees in bloom and the snow falling! But the cold did not dash the spirits of PeriAnesthesia nurses across the country. It was great to meet so many nurses who are truly dedicated to this nursing area of expertise. Our neighbour to the South, Kim Kraft, President of ASPAN (American Society of PeriAnesthesia Nursing) was there in attendance too and it was great to meet her in person.



PRESIDENT'S ADDRESS CONTINUED

OPANA has agreed to host the next NAPANc conference in 2011. Toronto will be the host city as we will be literally linked very closely with the First International PeriAnesthesia conference. That's right , it is true....The First International PeriAnesthesia Conference date is set for October 3rd to 5th, 2011! The NAPANc conference will be held on the weekend, most likely on October 2nd. We are looking to hosting a one day conference to allow time for delegates to arrive and get settled in. The hosting of the National Conference will be in lieu of the annual OPANA Inspirations Conference but OPANA will host a workshop either in September or November with an AGM (annual general meeting). The International Conference countries are made up of Britain, United States, Ireland and Canada. This will be a historical event - so mark your calendar - we will keep you posted in the months ahead!

OPANA has been working closely with NAPANc on the Campaign you may have heard about and participated in, VOICE OF A THOUSAND, the Road to Certification. I want to thank so many of you who signed, mailed, faxed your names in, especially in those last few days before the deadline of June 14th. An update, we succeeded with over a 1,000 voices. A list of 1142 names across Canada was submitted with the proposal! More news will be announced from our NAPANc President in the next couple of months but I can tell you today that the Proposal has been completed and forwarded to the CNA , Canadian Nursing Association, for review and hopeful approval. More details to follow so stay tuned and many of us will be crossing our fingers and toes in the hopes that a dream that started many years ago by founding members will come to light in the future. Remember when you join as an OPANA member you are automatically a member of NAPANc.

Looking forward to this coming Fall 2010, you bet! Hot off the press we have printed our Fall Inspirations Conference Brochure that is on route if not has been already received in many hospital centers and free standing clinics. Conference registration is NOW available online at www.opana.org <<http://www.opana.org>>. Also, the Conference Brochure is posted on our web site: www.opana.org . What a fantastic conference weekend we have in store for October 23rd and 24th. An exciting line up of dynamic speakers who will be presenting on topics that will make us think, reflect and even inspire us! Take advantage of our early bird rate before August 31st and note our reduced hotel room rates. Make it a weekend to remember as we celebrate from "the way we were to where we are now"! Our 25th Anniversary year and don't forget to ask yourself , "Where were you in 1985? No doubt, we will have lots of stories to share with one another.

So enjoy your summer and I look forward to seeing many of you in the Fall!

Until next time yours truly,

Marianne Kampf, OPANA President: e-mail: kampf@hhsc.ca



SPOTLIGHT A MEMBER

RAMONA HACKETT

Regional Co-Representative: GTA

In 1986, I graduated with a Bachelor of Arts in Social Sciences from the University of Western Ontario. After working for a year, I decided to follow my heart to become a nurse. I obtained my Nursing Diploma from George Brown College in 1989 and thereafter started my career at Sunnybrook Health Sciences Centre working on a neurosurgery-trauma floor.

Shortly after the Gulf War, I signed a one year contract to work at the King Khaled Eye Specialist Hospital in Riyadh, Kingdom of Saudi Arabia. It was during this time that I was introduced to PeriAnesthesia nursing. The Post Anesthetic Recovery Room (PARR) was quite busy, as the nurses provided pre-and post-operative care to adults and children.

I returned to Canada (and Sunnybrook) three years later at the height of job shortages. I took the opportunity at this time to enroll in the Critical Care course offered at George Brown College and was then able to work between the Neuro Intensive Care Unit, the Medical-Surgical ICU, and the Surgical Progressive Care Unit. I also worked for Mutual of Omaha as a Travel Case Manager which was interesting in that I was able to apply my assessment skills away from the bedside.

In 1998 I still had the travel bug and I returned to Saudi Arabia this time working in a Trauma ICU at the King Fahad National Guard Hospital. Working in the Middle East and with staff from all over the world was an incredible life experience! It truly became my “home away from home.”

In 2000, I returned to Toronto and Sunnybrook. I worked in the Critical Care Unit and obtained national certification in Critical Care. In 2003 this unit cared for many of the SARS patients during the outbreak. As stressful as this event was, it was the camaraderie of fellow nurses that helped me get through that time of crisis. A few years later, I ventured back into the PeriAnesthesia environment and transferred to the PACU. In 2007 an opportunity existed as a temporary clinical educator for the Pre-Admission Clinic, Same Day Surgery, Post Anesthetic Care Unit, the Surgical Short Stay Unit, and Transfusion Medicine Clinic. I am fortunate that this position has been extended and I have learned an incredible amount by becoming involved in various projects, initiatives and committees. I am grateful to all of the nurses in the areas I cover for their assistance with orientation of new staff, and allowing students and new staff to observe them in their roles.

My husband and I were married in Las Vegas, Nevada in 2005. We share our home with our two cats and two dogs. We enjoy traveling, rummage sales, campfires and walks along the shoreline of Lake Ontario.

This year, I celebrate 15 years of employment at Sunnybrook Health Sciences Centre. Although I have a wealth of experience my goal is to begin studies at a Master's level-it's never too late to start!

I joined OPANA in 2008 as co-Regional Director for the GTA to help spread information about OPANA and recruit members. I have been involved with the last provincial and national conference committees, and am currently the Secretary on the standards committee. OPANA is a wonderful organization with dedicated leaders. It is a pleasure to be a member of this great team!



HIERARCHY OF IMPORTANCE OF PAIN MEASURES

1. Attempt to obtain the patient's self-report, the single most reliable indicator of pain.
 2. Consider the patient's condition or exposure to a procedure that is thought to be painful. If appropriate, assume pain is present (APP).
 3. Observe behavioral signs, e.g.. Facial expressions, crying restlessness, and changes in activity.
- * A surrogate who knows the patient well (e.g.. A parent, spouse, or caregiver) may be able to provide information about underlying painful pathology or behaviors that may indicate pain.
4. Evaluate physiologic indicator, with the understanding that these are the least sensitive indicators of pain and may signal the existence of conditions other than pain or a lack of it (e.g.. hypovolemia, blood loss).
 5. Conduct an analgesic trial to confirm the presence of pain and to establish a basis for developing a treatment plan if pain is thought to be present.

Data from Herr et al; McCaffery & Pasero.

PRACTICAL TIPS ON THE USE OF SELF-REPORT PAIN RATING SCALES

- Try using a standard pain assessment tool such as the 0 – 10 or 0 – 5 numerical rating scale; verbal descriptor scale with simple adjectives such as “mild,” “moderate,” “severe,” and “worst possible” pain; or the Faces Pain Scale.
- Increase the size of the font and other features of the scale.
- Ensure eyeglasses and hearing aids are functioning.
- Try using alternative words, such as “ache,” “hurt,” and “sore” when discussing pain.
- Provide a written example of the scale and clear instructions on how to use it.
- Present the tool in vertical format (rather than the frequently used horizontal).
- Ask about pain in the present.
- Repeat instructions and questions more than once.
- Allow ample time to respond
- Ask awake and oriented ventilated patients to point to a number on the numerical scale if they are able.
- Repeat instructions and show the scale each time pain is assessed.



ONTARIO PERIANESTHESIA NURSES ASSOCIATION

ASK OPANA?

Hi there

I'm hoping that I might be able to get some help with a few questions related to tele practice. I have the current standards from OPANA, and info from the CNO and CAN but I am wondering if any of you have specific information regarding the following:

1. The ethics related to doing these re privacy-do you only conduct interviews when the patients are at home?
2. The length of time spent on these appts is about 30 mins- what time of day is best? How many telephone interviews does your PAU conduct daily?
3. How many nurses are assigned to telephone interviews-do they take turns, or are there a specific number of telephone contacts required by each nurse daily?
4. Does the patient phone in or the clinic call the patient?
5. What issues have been encountered with these appt types?
6. Do you have any assessment tools or policies you might be willing to share?

Thanks so much!

Ramona Hackett, BA, RN, CNCC(C)

Ramona.Hackett@Sunnybrook.ca

ASK OPANA: About Electronic Documentation?

Is anyone out there that you or anyone you know of using electronic documentation throughout the peri-operative period. From preadmit to and including PACU?

Deborah Bottrell: deborah.bottrell@grhosp.on.ca

OPANA's

Inspirations

Conference 2010

and 25th Anniversary Celebration

October 23 & 24
Hospitality Suite: October 22nd - 7 pm
Toronto Sheraton Centre Hotel

from the way **we were...**

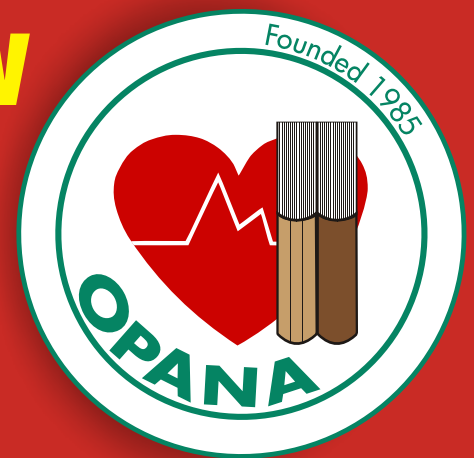


to where **we are now**

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Register on-line@ www.opana.org

Where were you in 1985? Do you remember...

RNAO's 1985 event:

The Grange Report was released in January 1985



Top 10 Movies from 1985...



Back to the Future ■ Color Purple ■ Out of Africa ■ Jewel of the Nile ■ Rambo 2 ■ Rocky 4 ■ Witness ■ Spies Like Us ■ Cocoon ■ The Goonies



ONTARIO PERIANESTHESIA NURSES ASSOCIATION



OPANA REPORTS Hamilton/Niagara

Our organization is fortunate to have many dedicated and talented staff members representing many different disciplines.

We were very pleased to acknowledge and celebrate the achievements of our nurses at HHS PACU-Henderson site as we kick off National Nursing Week 2010.

While nursing staff represent our largest professional group, we want to thank everyone across our organization for the unique and valuable contributions you make every day to ensure that our patients receive the care they need and deserve.

National Nursing Week 2010 is an opportunity to highlight and thank the 3,700 nurses who work in a variety of roles at HHS - as registered nurses, registered practical nurses, acute care nurse practitioners, primary health care nurse practitioners, clinical nurse specialists, educators, managers and directors.

By choosing to share their compassion and expertise with the people we serve, nurses are enhancing the patient care experience. Fun was had by all with pot luck lunches each day this week.

Once again, I hope that you will join me in celebrating the tradition of excellence in nursing at HHS this week.

Deborah Behr



Are You Interested in the Nurse Practitioner in Anesthesia Care Program?

Application Deadline for January 2011 enrollment has been extended until July 15, 2010

Not sure if you want to apply but interested in talking with someone about this new, exciting program?

Concerned about:

- finding preceptors
- tuition costs
- having the appropriate clinical background
- prerequisite course completion
- future roles
- general information about the program

Please contact Cynthia Struthers, Assistant Professor and Coordinator for the NP-A program at Cynthia.struthers@utoronto.ca or 416-978-4301 or Kate Young, Office of Student Services kate.young@utoronto.ca or 415-978-2863.

Applications are available on-line at <http://bloomberg.nursing.utoronto.ca/prospectives/anesthesiacarediploma/anesthesiaapplicationdocuments.htm>



Nurse Practitioner Anesthesia Care FAQ

1. What are the course requirements?

| Semester | Course | Credit Weighting |
|--------------------|----------|--|
| Winter 2011 | NUR 1201 | ½ credit seminar course |
| Spring/Summer 2011 | NUR 1209 | 1 full credit course (includes 300 clinical hours) |
| Fall 2011 | NUR 1202 | ½ credit seminar course |
| Fall 2011 | NUR 1210 | 1 full credit course (includes 300 clinical hours) |

2. How long does it take to complete the program?

- 1 consecutive year; courses are offered once per year and must be taken in sequence

3. What types of roles are available to NP-A?

- Nurse Practitioner roles that incorporate care of patients and families throughout the perioperative process
- There may be an intra-operative component to the role but NP-A will not be the sole provider of anesthesia (this is **not** a Certified Nurse Anaesthetist role as in the US)
- NP-A may work on or lead an Acute pain team with anesthesia colleagues
- NP-A may work in diagnostic areas where patients require sedation/anesthesia with airway management

4. Can I write an exam to be licensed as an NP-A?

- At this time there is no plan for a separate licensure by the College of Nurses of Ontario for the Nurse Practitioner- Anesthesia Care. You would need to meet all of the requirements for licensure as either NP – Adult or NP –Pediatrics

5. Is the course available on-line or by distance education?

- The courses are only available at the downtown University of Toronto, Lawrence S. Bloomberg Faculty of Nursing campus.

6. What is the tuition cost of the program?

- The tuition costs are posted:
http://www.provost.utoronto.ca/link/students/fees11/dom_nursing.htm
- There is an additional cost for the prerequisite basic anesthesia technology course.

7. Are there bursaries or funding to support the cost of tuition?

- There may be some funding support available from the Faculty. This is undetermined at the moment and should not be expected.
- Applicants are also encouraged to explore external funding options (e.g. through work, Nurse Practitioner Association of Ontario, Registered Nurses Association of Ontario, etc)



Nurse Practitioner Anesthesia Care FAQ

8. What are the admission requirements?

- Two types of program:
 1. Master of Nursing (Nurse Practitioner Field) Concurrent Diploma in Anesthesia Care
 2. Post Master of Nursing (Nurse Practitioner Field) Diploma in Anesthesia Care
- 1. Master of Nursing (Nurse Practitioner Field) Concurrent Diploma in Anesthesia Care**
 - Students enroll in MN-NP program and complete 2 years full-time study
 - Candidate must first be admitted to Master's program under the general regulations of School of Graduate Studies
 - Apply in spring/summer of year 1 of MN-NP to the Concurrent Diploma in Anesthesia Care
 - MN-NP Concurrent Diploma must be completed in conjunction with MN curriculum that includes 4 MN foundation courses and 4 NP field courses
- 2. Post Master of Nursing (Nurse Practitioner Field) Diploma in Anesthesia Care**
 - Candidates already have MN and NP, who are currently registered or are eligible for registration with College of Nurses of Ontario as Nurse Practitioner –Adult or NP – Pediatrics

Admission Requirements

- 3,900 hours of clinical experience (already a requirement of MN-NP)
 - At least 1,900 of the clinical hours must be in critical care or equivalent setting
 - Letter of support from Anesthesiology preceptor
 - Letter outlining student interest in course and future application/role
 - Students must be licensed to practice in the Province of Ontario with the College of Nurses of Ontario to complete the required clinical hours in Ontario
- ### **9. How many students are accepted each year?**
- Class size is expected to be approximately 10 students per year
- ### **10. Will you accept credits for courses from other universities?**
- At this time, we would only look at the credit for the prerequisite course – Basic Anesthesia assistant course, which is offered at Michener Institute and other technical colleges. Please note that we will offer this prerequisite course here at the Faculty in August 2010.



ONTARIO PERIANESTHESIA NURSES ASSOCIATION

London Report

The PACU staff at London Health Sciences Centre hosted the Spring Conference held at the Elmhurst Inn located in Ingersoll. There were approximately 144 attendees and the theme this year was evidence – based practice. Entitled “What I know for Sure” the conference examined optimizing patients preoperatively, understanding methadone, anesthesia grab bag and the OPANA Standards presented by our own Paula Ferguson. The conference concluded with an emotional account of one nurse’s experience as a critically ill patient. During the day we promoted membership as well as sponsorship for the Voice of 1000 Campaign. We succeeded in selling a number of Standards as well.

At Victoria Hospital, staffs in the PACU and Day Surgery Unit have launched the Fish Philosophy which focuses on 4 main principles: Be There, Make Their Day, Choose your Attitude and Play. As a member of the planning team, I am hoping to engage our other London units once the program has taken flight or should I say is swimming successfully. In collaboration with the clinical educator, Lori Obrien who has launched a Preop/Postop Newsletter, I will be submitting a regular feature examining an OPANA standard with each issue.

In moving staff towards the concept of a certification exam, I have begun offering in services in an exam format as we explore current issues in perianesthesia nursing.

I do expect a strong London contingency to attend the upcoming Fall Conference and will continue to promote registration throughout the summer.

Elizabeth Burke

North Report

Continue to answer e-mails from our members. I did have the opportunity to attend the NAPANc Conference in Calgary, Alberta; May 28 - 30, 2010. Great conference, very inspirational, made me very proud to be a Perianesthesia Nurse. Certainly, I would encourage all of our members to attend our national conferences as well as our own provincial conferences.

Susan Nahorney, R.N.

GTA Report

Sunnybrook Health Sciences Centre will be welcoming Women's and Babies in September and we plan to spread the word of OPANA! OPANA has also been referenced in the new SHSC policy regarding Conscious/moderate sedation. Later this month we will be attending a site visit at University Hospital and will promote OPANA, membership and the conference.

Ramona Hackett & Carol Deriet



ONTARIO PERIANESTHESIA NURSES ASSOCIATION

OPANA'S MISSION STATEMENT

To promote standards of perianesthesia nursing practice which will improve care and promote safety for practitioner's and patients.

To establish and promote educational programs which will contribute to the above.

To provide a forum for the presentation and discussion of all matters relating to the practice of perianesthesia nursing.

To establish cooperation and liaison with all groups, associations, institutions, or bodies in matters affecting the objective of the association; and

To further the public's awareness of the role of the perianesthesia practitioner as a vital member of the Health Care Community.

**PLEASE DON'T FORGET TO USE OUR FORUM ON
THE WEBSITE:**

www.opana.org>->"Forum"

FOR YOUR ASK OPANA QUESTIONS

!

**Submit any articles or Ask OPANA to: the editor Susan Nahorney@
nahorneys@rvh.on.ca**





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ONTARIO PERIANESTHESIA NURSES ASSOCIATION

2010 MEMBERSHIP FORM
VALID UNTIL DECEMBER 31, 2010
GST# 861942753

Membership fees provide our members with: Newsletters, Educational meetings, reduced Conference fees & support the work required to make us a recognized specialty group, both at the provincial and national level.

New Member _____ **Renewing Member** _____ (X)

Please print. No abbreviations or initials.

*Name _____ Tel: *(B): _____

*(H): _____ (Cell): _____

*Address _____ Apt. _____

*City _____ *Prov. _____ *P.C. _____

*E-mail: _____ (mandatory)

CURRENTLY EMPLOYED: Full-Time () Part-Time () or Unemployed ()

Place of work: _____ Dept./Area _____

Address: _____ City _____

P.C. _____

Membership Information

Please select your category:

Registered Nurse who is currently registered with the College of Nurses and who is working in an employment where perianesthetic nursing is practiced or has a vested

Health Care practitioner who is working in an environment where perianesthetic nursing is practiced and has a vested interest in the per-anesthetic care of clients. Associate membership holds a reduced annual membership

**Professional Designation* _____

Future health care practitioners who are not eligible for active or associate membership. Student membership holds a reduced annual membership rate but does not include entitlement to vote on OPANA issues.

**Institution:* _____

*** CNO # _____ RNAO Member? Yes () No ()

Please check off one of the following:

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() Visa OR () Master Card Card #: _____

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Phone: 905-627-6830; Fax: **(905)627-0643.**



ONTARIO PERIANESTHESIA NURSES ASSOCIATION

Standards of Practice, Sixth Edition, 2009 Order Form

New Enhanced Revision! (see back for more details)

Don't delay: Order your copy today. Please allow 2-4 weeks for delivery.

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57 Winegarden Trail, Dundas, ON, L9H 7M3. Fax: (905) 627-0643. Make cheques payable to: 'OPANA'.

Or copy to your computer, complete and email this form to: info@opana.org

A receipt for payment will be sent to your email address as listed above.



ONTARIO PERIANESTHESIA NURSES ASSOCIATION

OPANA Standards of Practice, 6th Edition, 2009

Contents:

OPANA Mission Statement, Vision and Goals, Scope of Practice for PeriAnesthesia Nursing

ADMINISTRATIVE STANDARDS

Environment and Equipment
Staffing
Orientation and Education
Documentation
Continuous Quality Improvement

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Phase I Recovery as a Critical Care Unit
Unregulated (Health) Care Providers in PeriAnesthesia Settings
Do Not Resuscitate in the PeriAnesthesia Environment
Fast Tracking of the PostAnesthetic Patient to Bypass Phase I Recovery
Role of the Anesthesia Assistant in the PeriAnesthesia Environment

ONTARIO PERIANESTHESIA NURSES ASSOCIATION

Fall Conference @ 25th Anniversary

Credentials:

Telephone Numbers: Day:

Evening:

Email Address of Contact Person (mandatory):

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Type of Presentation: Oral Poster

Topic Name:

Names of Presenter(s) and Credentials:

Name of Employer/Place of work, Department:

Position at Place of employment of presenters:

Please provide 150 words or less regarding your presentation: include:

- Title of your talk or poster
- Description of your content: practice issue, information sharing etc.
- Relevance to PeriAnesthesia Nurses and in which areas of work
- Indication for presenting at this time (current or old information; if old, is there an update, revision)

Oral Presentations:

AV Aid Requirements:

1. Laptop, LCD Projector, Screen, Microphone
2. Other?
3. Will your presentation have embedded audio or video?

Poster Presentations:

Poster Size: (cannot accept posters larger than 4' by 6')

Special Requirements on site at the Conference?

e.g. TV, DVD player, etc.

Please print and mail/fax this form to:

OPANA,
57 Winegarten Trail, Dundas, ON L9H 7M3.

Fax: (905) 627-0643

PH: 905-627-6830

Or if you receive this electronically, save it to your desktop and email to: info@opana.org.

Deadlines for submissions: Oral: April 15, 2010 Poster: August 15, 2010 Submissions will be reviewed and selected by a committee of your peers.

Successful applications will be contacted (by email) two weeks after deadlines (above) 🍁🍁🍁



Some candid photos of the NAPANc
conference May 28 - 30, 2010
Calgary, Alberta

