



ORNAA Presidents' Message March 2008

Your Inner Voice

Greetings to all,

Perioperative nurses are excellent critical thinkers, problem solvers and team players. Each of us has thoughts and brilliant ideas that continuously emerge during our daily work about patient care, education, management, research, advanced practice, etc. These thoughts are our professional inner voice.

This inner voice and the thoughts that emerge about change or improvements in practice are triggered by numerous events/sources. A thought of significance may be generated by a particular personal or patient care experience, or collegial discussion or a presentation at a conference, or a moment at a staff or board meeting, etc. It is the recurring thoughts of our inner voice and individual action that result in the development of important nursing initiatives.

To strengthen the professional inner voice and to develop meaningful initiatives, perioperative nurses must continually update knowledge and keep abreast of change in the perioperative environment. Knowledge currency and continuing education are essential and especially relevant today, as technology rapidly advances in the perioperative setting and Canadian health care changes. There are several important knowledge links/resources available which are directed specifically at perioperative nurses including but not at all limited to the following:

- 2008 ORNAA Provincial conference Red Deer AB October 22-25/08
- provincial conference information available www.ornaa.org
- 2009 ORNAC National conference St. John's Nfld June 7-12/09
- national conference information available www.ornac.ca
- CORL link on www.ornac.ca
- RNFA link on www.ornac.ca
- ORNAC Standards -available from www.csashop.ca
- Canadian Patient Safety Institute www.patientsafetyinstitute.ca
- Safer Healthcare Now! www.saferhealthcarenow.ca

As registered nurses in the perioperative setting, we have a professional responsibility to provide safe competent care by implementing current perioperative nursing practice standards. We must all remain diligent in our nursing practice, fiercely vigilant in our patient advocacy and continuously seek opportunities to make our creative, innovative voices heard. With this message and a passionate voice for perioperative nursing, I encourage each of you to listen closely to your own professional inner voice and act on those brilliant ideas and initiatives; move forward in a self-directed way to develop your initiatives be they simple or complex. I challenge each you to positively impact perioperative nursing practice in your own individual way and be rewarded with personal and professional growth. All great projects begin with an idea ever-present in our inner voice...you can make a difference!

Happy Spring!

Best regards,
 Sue Styles
 ORNAA president

It Starts with the Heart

Presented by Mark Bosworth, Operating Room
Nurses of Alberta Association Annual
Conference, Red Deer, Alberta, Oct 25/07

Submitted by Marilyn Starling
NCORNA

Communication plays a large part in how we maintain relationships at home and work. Some people are aware of effective communication techniques to enrich relationships. Others are not.

Where can we start so our lives and lives of others are enriched when we communicate? According to Mark Bosworth, it starts with the HEART, an acronym he uses to describe standards we can raise to achieve desired results, necessary changes to make, and maintenance of communication standards.

The process begins with communicating from the heart. According to Mark, the acronym HEART stands for:

H- "Hear and understand me"

Really listen to what the other person is saying.

- Allow each person to speak
- Listen more than you speak.

"You have two ears and one mouth. Remember to use them more or less in that proportion"

(Paula Bern)

- Listen with openness rather than being inwardly critical
- Stay focused without letting your mind wander
- Acknowledge verbally that you understand what the other is saying

E- "Even if you disagree, please don't make me wrong"

If necessary, change your response when in disagreement with another person by:

- Supporting their strengths

- Determining a "win-win" environment for solving the disagreement through methods such as offering support/assistance ("What can I do to help", "What can we do differently") or suggesting working together to determine a better solution

A- "Acknowledge the greatness in others"

Inherently we generally strive to get along with others via our communication with them. Try and remember we all come with baggage and communication is more likely to be misinterpreted if you fail to:

- Value others and their ideas
- Accept others for themselves
- Aim to provide encouragement and inspire others

R- "Remember to look for my loving intentions"

- Remember we all have weaknesses
- Be sincere and listen to the other person with an open mind
- Try to view their ideas through THEIR values and perceptions, not yours

"Lord, help me to forgive those who sin *differently* than I do"

T- "Tell me the truth with compassion"

You can only express the truth as you see it, but tell it with an intention of maintaining dignity and integrity of both parties as well as integrity of the relationship

Most breakdown of relationships in our work and home lives are due semantics-how we define words and actions of others. As Mark Bosworth stated, "Empathy almost always eliminates semantics. Starting from the HEART is being empathetic".

So folks, positively impact your life as well as those of others. Have a HEART!!



A personal perspective on the 25th Annual
ORNAA Conference 2007

Submitted by Heather Lifeso
SCORNA

The 25th Annual ORNAA Conference in Red Deer held a lot of "aha!" moments for me. The general session on Drug Trends and Cyber Crime was a bit scary. At Peter Lougheed, we receive a number of patients who have been sent to us from the downtown clinic and are street people or are involved in lifestyles that provide them with alternative realities and financing for that state of being. That can make their hospital experience a very interesting one for them and especially for us.

The session on Child Sexual Abuse shed some light on how some of our practices can be very threatening to people. One of the things that really jumped out for me is our practice of placing straps over the patient's legs and over their arms on the armboards. Not only are they in a totally dependent state, they are also being held down. Now, when I am assisting the anaesthetist, I make sure that I have an armstrap available, but I don't place it on the arm that I'm closest to until the patient is asleep, unless circumstances warrant earlier placement. We often comment on how many people refuse to take their underwear off when we're going to be working in that area. Reassure them that it's part of the procedure and that we will respect their privacy as much as possible. If that does not make them more comfortable, then leave it alone. Their underwear can be removed once they're asleep. Females are typically the majority of child sexual abuse cases, but males are also victimized. Even though the circumstances are different, flashbacks may occur which can produce reactions that are way beyond what the situation warrants.

The general session on Military Medicine was an eye opener. It is amazing how quickly they can set up a surgical facility in what is basically a shed and how well they manage in such difficult surroundings. It certainly takes a special kind of person to be able to work in those conditions and still be able to function when they get home. I know that I wouldn't be coping very well with what they have to deal with on nearly a daily basis. The triage process alone would break my heart. Kudos to them for all that they do and the lives that they save.

They truly did save the best for last. That would be Spencer Beach with his "Why Me?" talk. Spencer had no slides, no fancy power point presentation, no props of any kind to tell his story. Just his well modulated voice and his physical appearance. Spencer had had third and fourth degree burns over 97% of his body and as he told his story, his narration was more evocative than any pictures he could have shown. Forget about hearing a pin drop in that room. You could have heard a feather wafting to the floor. He told us of his fight to live, his wanting to die, and his acceptance of what his reality is now. In many ways, he's a better and stronger man than he was before this accident. Not physically, but mentally and emotionally. He went back to school and now works as a Construction Safety Officer. He does a huge number of speaking engagements each year and manages to find peace in himself. He will need further surgeries and does not relish the thought of the pain and prolonged recovery that these bring, but he'll deal with those one at a time. What an incredible man to survive such an incredible experience.

Thank you,

Heather Lifeso, staff nurse, Peter Lougheed
Centre, Calgary



WALK A MILE IN MY "CROCS"

Sumbitted by Anne Mayer
SCORNA



If I could be you, if you could be me
For just one hour, if we could find a way
To get inside each others mind.
If you could see you through my eyes
I believe you'd be surprised to see
That you've been blind.
Let me show you through my eyes what I see.
Walk a mile in my "crocS"
Before you abuse, criticize and accuse.

If we spend the day
Throwing stones at one another
Because I don't think and you don't think,
we would miss the fact that we are the same,
trying our best to be the person we know we can be;
doing unto others as we would like others to do unto us.
Instead of wasting precious energy on things we can't
change,
lets see through each others eyes and make our goals
reality.
You try walking a mile in my "crocS"
And I'll try walking a mile in whatever shoes you wear!

Please submit all Snips & Snaps submissions to:

Tammy Dodge
ORNAA Education Director
155 Douglas Ave
Red Deer, AB T4R 2G5
education@ornaa.org

Submissions accepted electronically via e-mail or on disc via mail.
Please include your contact information and, if applicable, article references.
Deadline for next issue: May 23/08

Awards and Bursarys

Do you know a perioperative promising star among the new RN's working in your OR?

Do you want to recognize a CNA Perioperative Nurse who excels with her leadership skills and has influenced your nursing practice?

Did you complete a course(s) relevant to your perioperative career?

If you answered **YES** to any of these questions, check out the ORNAA website under scholarships. Information and nomination forms are available.

www.ornaa.org

You can also contact your district rep or the ORNAA educator for forms.
education@ornaa.org

Do you have the most current modules of the *ORNAC Recommended Standards, Guidelines and Position Statements for Registered Nursing Practice* ?

Module 1 June 2007

Module 2 August 2006

Module 3 May 2005

Module 4 August 2003

(To order the ORNAC Standards www.shopcsa.ca
1.800.463.6727)

District Reports

NCORNA

Our current membership is 227 with 4 being honorary.

Nov. 21, 2007 in celebration of OR Nurses Day, Fort Saskatchewan hosted our dinner meeting.

Anne Stephens RN, BRE, MSc, presented "Challenges of Nursing in Africa (Political Turmoil, Civil War)".

We had 49 members and 10 non-members in attendance.

Feb. 26, 2008 saw the Misericordia Hospital present, "The Politics of Breast Cancer", by Gein Matesic-

Franke, RN. We had 49 members and 5 non-members in attendance.

Our next executive meeting will be held on March 25, 2008.

Happy Easter to All

Respectfully submitted

Heather Johnson

CORNA

Current membership is 41

**April 19th, Red Deer Regional Hospital
Spring Workshop**

- 1) Gastric Bypass Surgery - Dr. Lawrence Farries
- 2) In Office laser and cosmetic procedures - Dr. Raymond Comeau

Fee TBA and will include lunch.

For more information contact:

tdodge@dthr.ab.ca

Workshop open to all ORNAA members.

May 27th, Red Deer Regional Hospital

Last meeting of the membership year and election of District portfolios.

Respectfully submitted,

Tammy Dodge

SCORNA

Our membership to date is 158, with 2 honorary members.

The meeting on January 15th was hosted by the PLC and Dr D Larsen gave a talk on his experiences in South Africa titled, "Africa – Third World Medicine". Once more our minds were opened to Africa with this was very thought provoking presentation and an experience that has had an impact on his life.

On March 18th Dr Beveridge will be speaking on "The Unhappy Patient" at a general meeting hosted by the RGH.

The highlight for the year will be the dinner meeting coming up June 10th at Fort Calgary. We will also have our annual membership drive on that day. We are still planning a Spring workshop and will soon have all the details available.

Excitement is building for the 2008 ORNAA conference with plans moving into high gear with a few months left!!

Respectfully submitted by

Barbara Mushayandebvu

President SCORNA

Is your district missing a report?

Each district schedules their meetings at different times of the year. Often there has been no meeting in that district since the last newsletter and this newsletters submission deadline. If there is nothing to update then a report is not required.

Promising Star Award

This award is to be presented to an Alberta Operating Room Registered Nurse who is currently working in a surgical suite and who has less than two years experience in this role. The nominee exceeds the expectations of their employers and/or colleagues and shows promise as an exceptional member of the Perioperative Registered Nursing profession.

Two districts submitted nominations for the 2006/07 membership year.

The winners were:

NORNA - Gillian Brooks, QEII in Grande Prairie

NCORNA - Donna Reidiger, Misericordia Hospital in Edmonton.

NORNA

Gillian Brooks

She is an exemplary member of the Peri-operative team. She completed her peri-operative program at the Grande Prairie Regional College following work on the surgical ward and recovery room

On a professional level she communicates with the surgeons to prepare for anticipation of their needs during surgery. She has a friendly and non-prejudicial manner. She communicates with her co-workers, delegates as necessary and anticipates the needs of the staff she works with. She assesses the needs of the patient from the holding area to the surgical suite to the recovery room.

Gillian is very willing to help out team members. An example of this is people had concerns about a procedure in the urology suite. She went about and compiled a Urology for Dummies booklet that helped others set up the UDS machine.

Gillian has the ability to make people laugh and at the same time knows when it's time to be still. My greatest compliment to Gillian would be to have her as my peri-operative nurse throughout the course of my process. Knowing that with her knowledge and caring I could feel confident that I would be cared for by one of the best Promising Stars.

NCORNA

Donna Reidiger

Donna practices on a daily basis in a manner that is committed to continual improvement of her knowledge and skills required to respond with compassion to the patient's health care needs. She takes time to learn from her patients and can make them feel comfortable in a time of great stress.

Donna is vigilant with regards to sterile technique and monitors the surgical team for breaks in technique.

Attentive to the surgical team, she can anticipate their needs, often by just hearing the surgeon, not needing the scrub nurse to ask her for what the team needs.

Donna as a team member provides a safe working environment for her patient and other team members.

She practices, teaches and utilizes infection prevention practices and other workplace injury avoidance techniques.

Donna has demonstrated the ability to respond appropriately to emergency situations. She has a good knowledge of the procedures to be followed and has been anticipatory on many occasions. She remains calm, and supportive and documents incidents promptly.

Do you know any Promising Stars in Perioperative nursing that you would like to honor? Complete the Award Nomination form/letters and submit to the ORNAA education director.

THE OR SLATE

We the staff and colleagues of **Neretta Cummings**, RN, PGOR, at the University of Alberta Hospital, Edmonton, Alberta, congratulate her on being the recipient of the first ever Muriel Shewchuk Award of Excellence.

Neretta, "Thank you for making a difference in our Operating Room".



Photo: Michelle Romanyshyn congratulates Neretta at the NCORNA Dinner Meeting in May 2007.

ORNAC and Medline have created a new opportunity for our members. Medline University is now available thru the ORNAC website.

www.ornac.ca

Members can register on the MU site and enter under group registration "ORNAC" There are lots of review courses and information that can be used for Continuing education for certification/provincial CE.

Please let your members know about this opportunity and they may win a trip to the 2009 ORNAC conference!

In Next Newsletter:

Membership Drive
Newsletter Survey/Feedback form

Congratulations to Margaret Farley – a past president of ORNAC for receiving a prestigious CNA "100 in 100" centennial award.

As per the www.cna100.ca/eng/awards website "The '100 in 100 Awards' are a one-time award created to celebrate 100 exceptional registered nurses whose personal contributions have made an outstanding and significant impact on the nursing profession." Please visit the aforementioned website for more information on Margaret's award.

UPCOMING EVENTS

Visit www.ornac.ca (calendar events) for detail

ORNAA Provincial

26th AB Provincial

SCORNA hosting

Red Deer, AB

October 22-25, 2008

Chairperson: Donna Wapple

ORNAC Conferences

21st National St. John's, NL June 7-12, 2009

22nd National Regina, SK 2011



Other

CORL Network Conference 2008

Toronto May 4-6, 2008

For more information visit the CORL website

<http://operatingroomleaders.com/corl/splash.htm>

CNA Ottawa June 16-18, 2008

AORN Anaheim, California Mar30-Apr3, 2008

ACORN Australia May 21-24, 2008

Best of luck to all perioperative registered nurses who are preparing to write the CNA Certification in Perioperative Nursing Exam (Canada) – CPN(C) in April.