

# ORNAA

## SNIPS ✂ SNAPS

DECEMBER 2011

VOLUME 1



## HAPPY HOLIDAYS!

" This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"

~ D.M. Dellinger ~



Created By: Esther Park

## MESSAGE FROM THE PRESIDENT: Barbara Mushayandebvu

*"Insanity: doing the same thing over and over again and expecting different results." ~ Albert Einstein ~*

It's hard to believe another year is almost over!! Where does the time go? I have had the absolute honor and pleasure of representing Alberta's Perioperative Nurses at various events this year. The ORNAC national conference in Regina in May and ORNAC board meetings in May and November. I also had the opportunity to be the voice of Alberta's OR nurses at the ORNAC strategic planning sessions during the year. Please read my report to the annual general meeting for more information on what's coming from the ORNAC strategic plan.

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## Upcoming Events

### EORNA (European Operating Room Nurses Association)

On behalf of the Organizing Committee and EORNA it is a great pleasure to invite you to join us at the 6<sup>th</sup> Congress of the European Operating Room Nurses Association, to be held in Lisboa, Portugal on the 26 - 29 April 2012.

### National Conference

“Perioperative Best Practice” is the topic for the 2013 Conference in Ottawa, Canada. It will be held from April 22-26, 2013. Hope you can make it!

### Provincial Conference

“Thinking on your feet” will be the topic for the 30<sup>th</sup> annual conference. It will be in Red Deer on Oct 24-27, 2012. All conference after this one will be biennial (every two years)

### District Events

SCORNA – Tuesday, January 24, 2012 General Meeting at the PLC

PLEASE check with your hospital representatives for upcoming events in your district, and CHECK OUT THE WEBSITE ([www.ornaa.org](http://www.ornaa.org))

## MESSAGE FROM THE PRESIDENT: Barbara Mushayandebvu

Our annual conference has come and gone and what a great time we had. Congratulations go to the 2011 planning committee from NORNA for a job well done. I hope everyone that had the chance to attend this conference was inspired re-energized and learnt something. Your ORNAA board members have been working hard behind the scenes and listening to you the members As a result our conferences will now be held biennial starting 2012. Please continue to dialogue with your representatives on the district, provincial and national levels so they can better serve you.

As we embark on a New Year I would like to encourage us all to remember who we are, reflect on the past year, and plan for the future.

Best wishes for a happy, safe and prosperous new year!



# The President's Report to the AGM for 2011

To ORNAA Annual General Meeting  
October 27<sup>th</sup>, 2011

This report is a review of ORNAA business from the last fiscal year July 2010 –June 2011 and also a brief look at the current fiscal year.

The ORNAA Board is there to serve the membership and as such member participation is required and welcomed. As always the ORNAA board invites/encourages dialogue/feedback from members at anytime re: ORNAA/ORNAC issues and perioperative nursing issues.

Your board has been working hard all year to accomplish our goals of promoting membership and engagement in the organization, representing Alberta OR nurses at the ORNAC (national) level and producing Snips and Snaps to provide continuing education for you. We have changed our 2 teleconferenced meetings to web based meeting in keeping with technology and being environmentally and fiscally responsible.

In May, the national conference was held in Regina. What an amazing time was had by those who attended. It was inspiring, educational and fun. The take home message for me was, elevating the field for the future requires us to influence and embrace change and be prepared to create our new future.

Strategic planning at the ORNAC level has kicked into high gear. Highlights are listed below:-

- Strategic and implementation plans were approved at the May board meeting
- Governance meeting was held in September and the outcome of that will be discussed and ratified at the November board meeting
- Some of the proposed changes are as follows
  - New Board structure
  - New National membership structure
  - A refined mission, vision, value statement
  - Changes to the journal
  - Changes to National conference planning

The next five years will see a stronger, unified perioperative organization emerge as ORNAC works for you the members, to deliver education, advocate and be your voice. As members we are going to need to be more involved and make our voices heard. Your district representatives will keep you updated on the strategic plan progress and please feel free to get in touch with any of the executive at the ORNAC board.

The sustainability of the organization requires us all to mentor and encourage new Perioperative Nurses to be involved. We also need to celebrate and acknowledge each other's accomplishments by nominating colleagues for awards at both provincial and national levels.

Respectively submitted,  
Barbara Mushayandebvu RN CPN(C)  
ORNAA president



## THE 2011 CONFERENCE

“It’s Not Easy Being Green”

Congratulations to the North District who hosted a successful, fun, and educational 29<sup>th</sup> annual conference!

To highlight the theme here is an excerpt from the ORNAA president’s welcome message to all the conference delegates...

**““It’s not easy being Green.” But Green is the new black! Green revolution, Green thumb, Green tea, Green everything!! But seriously let’s pause and remember the green of being new. Being the new kid on the block may seem like a long time ago for many of us but hopefully we can still remember what it felt like. Green signals new beginnings, so let’s help nurture the new so they can grow and mature to be the best Perioperative Nurses they can be.”**

If you’ve never been to a conference, or it’s been a long time... I hope you will be able to make it to the 2012 Conference in Red Deer! The theme will be “Thinking on your feet” and will run from October 24-27, 2012. There are always great speakers, freebies, social gatherings, and exhibitors with information on new technologies, products, and services. It’s a wonderful place to meet new and old friends too! Check out the next page for some great photos!

## CONFERENCE PHOTOS



### IRISH OKTOBERFEST

In Canada there is an annual nine day celebration spread over 18 Festhallen in Kitchener-Waterloo, Ontario. It attracts over 1,000,000 visitors annually. While its best-known draws are the beer-based celebrations, other cultural and entertainment attractions also fill the week. The most well-known is the parade held on Thanksgiving Day.



## CONGRATULATIONS!!!

There are 3 Snips & Snaps writing awards.

- ❁ The overall referenced article winner is Sophie Timmerman from SCORNA who wrote Dealing with Preoperative anxiety in pediatrics, she wins \$500
- ❁ For a referenced article winners win \$250 and is Margaret Pawelek from SCORNA who wrote “The journey to a pediatric OR”
- ❁ The personal reflection article winner wins \$250 and is Sandra Johnson from SCORNA who wrote As my nursing career draws to a close

The rising start award is given to an RN that has worked for less than 2 years in the perioperative setting. The nominee exceeds the expectations of their colleagues and show promise as an exceptional member of the profession. The promising star award includes a 1 year membership to their local ORNAA district and an ORNAA promising star pin.

- ❁ Two honorable mentions come from CORNA: Cheryl Turner and Whitney Keber
- ❁ The promising star from CORNA is Fauzia Gova
- ❁ The promising star from NORNA is Jill Lynk
- ❁ The promising star from SCORNA is Lisa Juke

This year we had 4 nominations for the prestigious Muriel Shewchuk leadership award. This award is presented to an Alberta operating registered nurse who has demonstrated outstanding and consistent commitment to the specialty through leadership roles in the area of clinical excellence, supervision, and or education as a role model and mentor. This award is presented to honor Muriel Shewchuk who has spent over 42 years dedicated to the perioperative specialty in Alberta.

- ❁ Honorable mentions include: Heather Lifeso from SCORNA, Lisa Fisher from CORNA, and Kathleen Haring from CORNA

### THE MURIEL SHEWCHUK WINNER

This year the Muriel Shewchuk leadership award is presented to a leader who has encouraged staff members by providing educational opportunities, promoting a positive work environment, and facilitating teamwork, flexibility, and open communication. Her colleagues praised her to be fair, knowledgeable, an amazing advocate, committed to positive change, and a friend. Congratulation to **Kelly Chapman** who was nominated by her follow colleagues from NCORNA!



## DISTRICT REPORTS

### NORNA

To date NORNA has a membership consisting of 42 members, including Yellowknife, Fort McMurray, Seba Beach and Grande Prairie. During the 2010-2011 fiscal years, our members had the opportunity to attend 1 education session with teleconferencing capabilities to our other sites. We presented: "RNA program – All you ever wanted to know about it", presented by Chris Bowes. Unfortunately two of our educational session had to be cancelled due to the speaker unable to attend or technical difficulties. NORNA hosted an O.R. Open House during the Perioperative Nurse's week celebrations and again it was a great success. Four of our members received funding to attend the National Conference in Regina. One member received funding for her CPN© re-certification. Free NORNA memberships were awarded to 1 new perioperative nursing graduate, as well as 4 free memberships from draws for members attending our NORNA general meetings. During Perioperative Nurse's week we held a raffle, which generated \$800.00. The 2010-2011 NORNA Goals include hosting 4 education sessions. We are very pleased with the sale of our cookbook, featuring the favorite recipes from all who work in our department. It has been so successful, that a second printing is being considered. We would like to thank the members of our healthcare team and management for the continued support of our group.

Colleen Marcotte, President NORNA.

### NCORNA

The North Central Operating Room District has 181 members, of whom 3 are Honorary, and 2 Associate members. All our dinner meetings (five) have been spoken for this year. Our most recent dinner meeting was well attended, and the meal was delicious as always. The topic was presented by Dr. Theresa McCullum, "The Prolific Penis: It's Prowess, Protuberance, and other Particulars." I found it hard to keep a straight face, especially with the picture from the Swedish museum with a 10 foot phallic chair and people taking photographs of women sitting in it! We have all heard it - we are generally short staffed throughout the region, with emergency wait times escalating again. It seems we are always in over capacity more often than not. We work hard, mostly short staffed, we work on our blank days, our X days, and we work overtime because the surgeon has over run His/her times yet again. We put up with cranky co-workers, surgeons, patients, and families. Pagers and phones that will not stop, equipment shortages and equipment breakages.

Just Remember a Quote from the band, The Newsboys:

Wherever we go, the dumb get wise, And the crime rates drop, And the markets rise, It's a curious thing  
But it's just our thing, Bullies make nice, crooks repent, And the ozone layer shows improvement,  
It's a curious thing, And it's humbling, Wherever we're led, All the Living Dead, Wanna leave their Zombie  
Mob, It's a touching scene when they all come clean, God help us, we just love our job, Hands up,  
Holler back here, Let's throw this party in gear, We brought the welcome mat, Wherever we go, that's  
where the party's at.

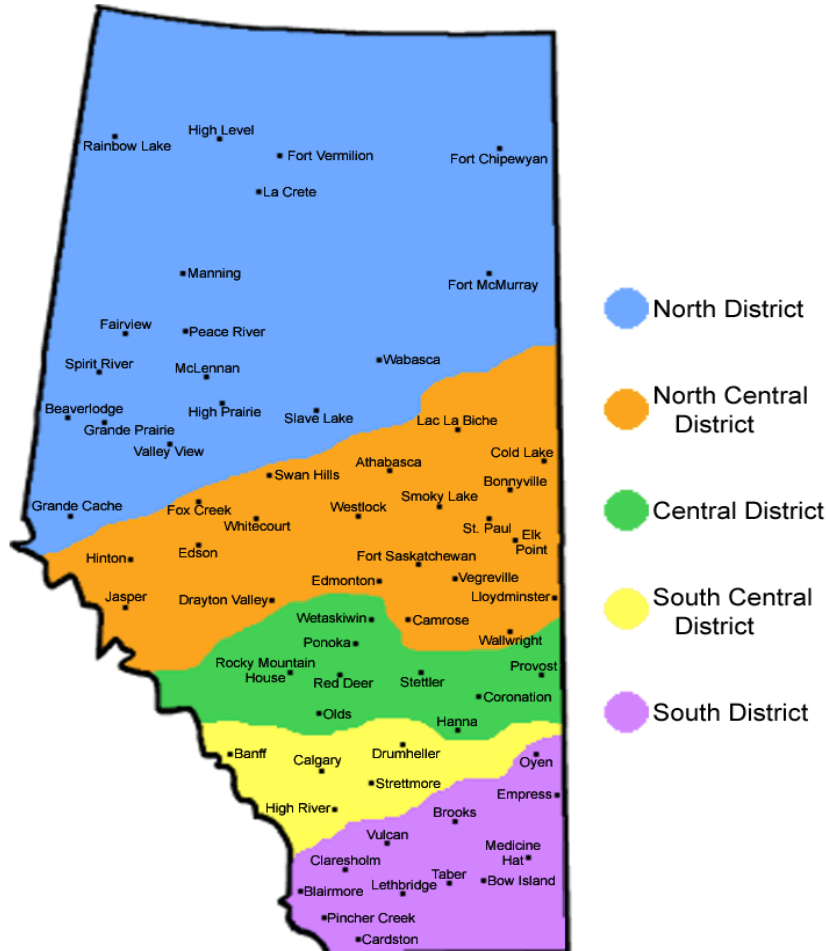
Pamela Rooney RN CPN(c), President NCORNA

# DISTRICT REPORTS

## CORNA

This year’s education sessions are on the theme of ‘Project You.’ The presentations will be on subjects that support the staff at work. Our current membership numbers are 38 Active and 1 honorary member. The meeting September 20<sup>th</sup> and in Red Deer was well attended with Rhea Graham, a retired RN with a strong background in Human Resources and Nursing Management, speaking on ‘A Financial Checkup for Operating Room Nurses. Our November 15<sup>th</sup> Meeting was attended by 23 of our members. Beth Castle spoke on “Emotional Eating.” There will be a Spring Workshop held on March 15<sup>th</sup> in conjunction with a membership meeting. It will be a SIM program held in the RDRH. 13 of our CORNA members attended the provincial conference and I was very pleased to see us so well represented. 4 members were nominated for ORNAA awards: Lisa Fischer for the Muriel Shewchuk Award for Outstanding Leadership, Fauzia Gova, Cheryl Turner and Whitney Keber for the Rising Star Award. Congratulations to Fauzia who was the Promising Star Award Winner for CORNA district. Thank you also to the members that nominated their colleagues. I want to wish you all a Merry Christmas and may you have all that you desire in 2012.

Marilee Saunders, CORNA President





## DISTRICT REPORTS

### SCORNA

To date SCORNA has a membership total of 137 members including 2 honorary members. During the past 2010-2011 membership year, SCORNA members had the opportunity to attend three general meetings and a dinner meeting. Feedback from our members indicates that the topics and speakers that were presented throughout the year continue to be interesting and valuable to their practice. This past year, SCORNA funded a total of 23 members to attend various educational workshops and events. Included in this number were 8 members who obtained their CPN(c) certification or re-certification. In addition, SCORNA held a membership education draw for all individuals who had signed up or renewed their membership prior to the Sept 30th deadline. The recipient received \$600.00 towards an educational event of their choice. Elections were held this past spring for the positions of Treasurer and Secretary and I am happy to report that both of these positions were filled. We look forward to the new ideas that these individuals will bring to the SCORNA district. The upcoming year will be a busy one for SCORNA. Our goals continue to be to encourage and promote SCORNA/ORNAA to all perioperative staff, especially those who are still "green". By this time next year, we will be welcoming a new Hospital to our district – South Health Campus, located at the far south end of the city. With the impending opening of this new facility, the Calgary zone is busy preparing and increasing our numbers of perioperative staff. All of our hospitals are participating in educating these future perioperative nurses. We look forward to this new growth and the opportunity to embrace and support our newest staff.

Lucia Pfeuti, SCORNA President

### SORNA

The South District has 54 members including 4 honorary members, 3 ORNAA Past Presidents and 17 CPN(C) members. Of the 7 Surgical Suites in SORNA (Brooks, Cardston, Crowsnest Pass, Lethbridge, Medicine Hat, Pincher Creek and Taber), 3 have members. Congratulations to our 2 Perioperative Student Award winners. To those taking the Perioperative program, as well as those preparing for their CPN(C) Certification/Recertification, keep up the good work and studies. We continue to promote and support education. 6 members attended the 2011 National Conference in Regina and 7 attended the 2011 Provincial Conference in Edmonton. We have a speaker prior to our meetings and a one day workshop is to be held in the spring.

Congratulations to the NORNA 2011 Conference Planning Committee for the work they did hosting the "It's Not Easy Being Green" Conference. Well done! Spread the enthusiasm generated by the 2012 NCORNA Planning Committee as they host "Thinking On Your Feet" I encourage everyone to attend at least one conference during their Surgical Suite experience. Conferences are a great way to get recharged and enthusiastic about our specialty. From SORNA, we wish everyone a very Merry Christmas and Best Wishes for 2012. Enjoy the time with family and friends.

Leta Ottway, SORNA President

# THE OR SLATE

Share new achievements, interests, and things going on within ORNAA!

✿ SCORNA Celebrates the following retirements: **M. Remeroza**

✿ NCORNA mourns... We are saddened to pass on the news of the death of **Bev Wiwchar**. Bev worked at the U of A in the OR for many years specializing in CV surgeries. She was a mentor, friend and skilled nurse. Her role as the president of elect for NCORNA kept Bev active in NCORNA and ORNAA from 2007-2009. However, long before that Bev was a regular attendee at ORNAA and ORNAC conferences. Bev gifted us with her smile and her enthusiasm for OR nursing. Her absence leaves a hole in the heart of the CV team at the MAHI center in Edmonton.



Condolences can be made on the online guest book at the following address:  
<http://www.legacy.com/guestbook/edmontonjournal/guestbook.aspx?n=bev-wiwchar&pid=154465360&cid=full>

✿ For those interested in arts and crafts, decorating, entertainment ideas, etc. Check out [www.pinterest.com](http://www.pinterest.com) (an online pin board for sharing ideas) – Submitted from SORNA

✿ **RECIPE: Caramel Apple Cake** (SORNA member CM)

1/2 cup butter, 1 cup sugar, 2 eggs, 1 tsp. vanilla, 2 cups flour, 1 tsp. baking powder, 1 tsp. baking soda, 1/4 tsp. salt, 1 cup sour cream, 2 cups diced apples, 1/2 pkg. Skor Bits. Topping: 1/3 cup flour, 2 tbsp. brown sugar, 1/4 cup butter, 1/2 pkg. Skor Bits

Cream butter, sugar, eggs, vanilla. Combine flour, baking powder, baking soda, salt. Add alternately with sour cream to butter mixture. Start with 1/3 of flour mixture, 1/2 cup sour cream, 1/3 of flour mixture, 1/2 cup sour cream & the last third of the flour mixture. Fold in apples & Skor Bits. Put into a greased 9" x 13" pan. Mix topping and dot evenly over top of cake. Bake at 350°F for 35 - 40 min.

✿ Please email [education@ornaa.org](mailto:education@ornaa.org) for things you want to be posted. Items can include health news, interesting things to read, announcements (new births, retirements, etc.)