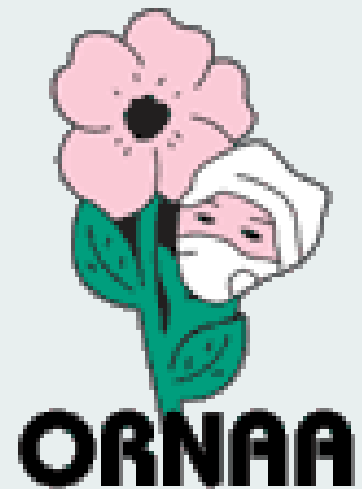


Operating Room Nurses of Alberta Association

Summer 2015



NEW ORNAA PRESIDENT

This past June Lucia Pfeuti completed her term as ORNAA president and Darlene Rikley of NCORNA became the new ORNAA president. Thank you Lucia for all you work during your term!

Pictured is, right to left, incoming president Darlene Rikley, outgoing president Lucia Pfeuti, and treasurer Gloria Nemecek.

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AMANDA
LINDHOUT

PHOTO CREDIT:

Denise

Van Nieuwkerk

CORNA

Opposite page

ORNAC Stand-
ards panel

ORNAC board
members

ORNAC National Conference May 3rd 2015

Tara Leece

On Sunday May 3rd 2015, I attended the 24th National ORNAC Conference in Edmonton, Alberta. The theme for the conference was “Bridging Excellence in Perioperative Practice”. The keynote speaker for the day was Amanda Lindhout, who shared her heartbreaking story, “A House in the Sky: A Remarkable story of Courage and Resilience”.

Amanda shared her experience, when in 2008 she was captured in Somalia, Africa while working as a journalist. Amanda’s story was powerful and I am thankful that I had the opportunity to see her speak.

I learned and took away several points from

Amanda’s story, and many of them relate to my career as a Perioperative Nurse. Although I have never experienced anything like the severe trauma that Amanda experienced through her kidnapping, I found that I could relate to Amanda in several ways. As a 34-year-old female who grew up in Alberta, I always had a strong desire to travel and to make a difference in the career I choose, just as Amanda did. She travelled to many countries before she made the decision to enter Somalia. In 2011, I travelled to Sierra Leone, Africa and volunteered with the Mercy Ships Organization as a Perioperative nurse for 5 weeks.

We are all human, and have a story of our past.

I felt a strong desire to help in a place where there was no access to basic health care, and people would not otherwise be able to have surgery. Most people living in Sierra Leone live in extreme poverty, similar to the people of Somalia. One major difference however, was that Sierra Leone was considered a safe country to visit, while Somalia remains one of the most dangerous countries in the world.

Throughout Amanda's time in captivity, she experienced torture, starvation, and violence. However, throughout her experience she was able to remain positive and hopeful that she would survive and return home to Canada. One of the most powerful messages she shared was that of forgiveness. She explained that she was able to see that the teenage boys who held her captive, had themselves all been through traumatic experiences, and difficult life circumstances which pushed them towards a violent life.

We are all human, and have a story of our past. This was a reminder to never judge, in both our personal and professional lives. Being a Perioperative Nurse is a career I am proud to be in, and we have the opportunity to touch the lives of many patients every day. Perioperative Nurses must be courageous in our everyday practice, whether it is in standing up for patient needs, or remember how important our role is when surgeries become difficult or emotionally hard to handle.

After Amanda's return to Canada, she has set up an organization, the Global Enrichment Foundation. She has returned to Somalia several times and works to better the lives of the people living in Somalia and other African Countries. She continues to give back and work to help the lives of those in need.

I felt inspired to continue working as a nurse in both Canada and hopefully in future volunteer trips to countries in need, after listening to Amanda speak. Amanda Lindhout's bravery, and resilience is a sign of the true strength of the human spirit, and shows just how strong we can be.



Rupinder Khotar, Philippe Wilame, Elizabeth Beck, Kathy Ferguson

ORNAAC

STANDARDS

The ORNAC Standards for Perioperative Registered Nursing—12th Edition are now available on the CSA website for order.

Hard copy and PDF copies are available.

To order your copy of the 2015 standards, please visit:

www.shop.csa.ca

A submission guide for the writing award is available on the ORNAA website or from your district executive

ORNAC STANDARDS REVIEW

ORNAC Standard 4.9.13

FORMALDEHYDE

Care shall be taken to provide adequate protection for workers to prevent exposure to skin and respiratory tract

Rationale:

Use of personal Protective Equipment(PPE) and adequate ventilation, along with routine periodic monitoring of the environment, protects employees. Formaldehyde is a potent allergen, mutagen, and carcinogen, and is NOT recommended for use. Vapors may be toxic (Phillips, 2013).

Operating Room Nurses Association of Canada (2015) *The ORNAC Standards for Perioperative Registered Nursing Practice* (12th ed) ORNAC

ORNAA WRITING AWARDS

These awards are designed to recognize contributions of original scholarly papers (researched and referenced) to Snips and Snaps.

Submissions of original scholarly papers will be awarded as follows:

First place paper - \$500

Five additional papers awarded - \$250/each

One award for special article (poem, personal reflection) - \$250

Authors are encouraged to submit the article(s) to the ORNAC Journal for consideration of publication and eligibility for a national writing award.

CRITERIA:

The author(s) must have been an active member of ORNAA for a minimum of ONE (1) year.

ONLY original articles are considered.

Conference/seminar/lecture summaries are NOT eligible for consideration of an award.

Articles should contain good sentence structure, proper grammar/punctuation/spelling and good overall composition (introduction/body/conclusion).

References must be listed.

Articles should be submitted by email to the district treasurer who will forward the article to the provincial education director.

Indicate in a cover letter that submission is an original article and include title/date/name/telephone/email address and place of work.

CONGRATULATIONS!!!

Congratulations to all the ORNAA members who received national awards and recognition at the 2015 ORNAC Conference.

Bev Reach -recipient of the Isabelle Adams award

Gloria Nemecek—recipient of the Lorne Flower Memorial Award

Ester Eng and **Anne Chang** 2015 Perioperative nurses week video . To view visit <https://ornac.ca/perioperative-nurses-week/> video



Photo credit: Denise Van Nieuwkerk

*A brave man acknowledges the strength of others.”
— Veronica Roth, Divergent*

ORNAA AWARDS

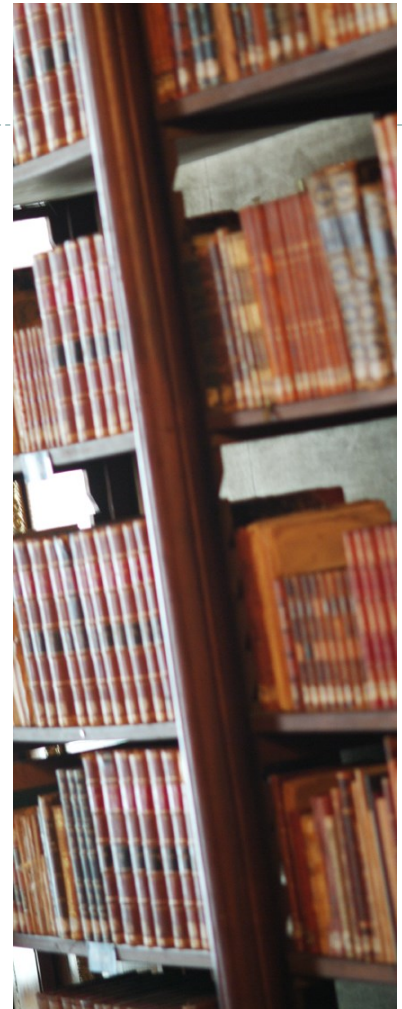
Do you work some amazing ? Have you ever considered nominating them for an award?

Nominations are open for the 2015 ORNAA awards that will be presented during the 2015 AGM on October 17th. More information and nomination forms for the following awards are available on the ORNA website.

Muriel Shewchuk Excellence in Leadership Award for Alberta

The ORNAA Promising Star Award

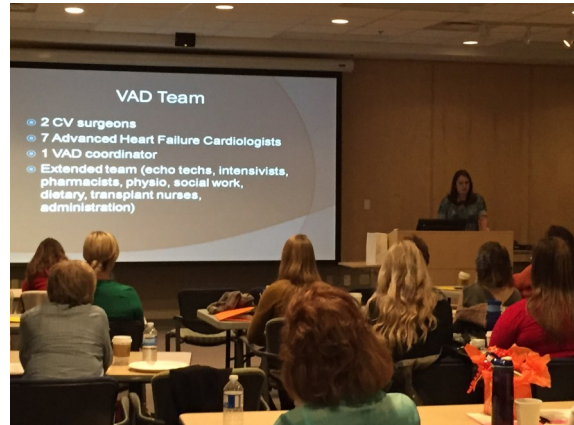
The deadline for awards is **October 1 2015.**



CORNA REPORT

CORNA district membership includes 39 active members and 2 honorary members. There were 12 members that attended the ORNAC National Conference held in Edmonton, from May 3-7, 2015.

On April 18, 2015 CORNA held its annual Spring Workshop. It was successful with 17 members and 32 non-members in attendance. Of those in attendance, 21 work in the operating room and the remaining work in the recovery room, day surgery, preadmission clinic and various units at the Red Deer Regional Hospital. At the workshop Dr. Cinzia Gaudelli spoke on shoulders and arthroscopic surgery, Dr. Devin Pugsley spoke on laparoscopic nephrectomy surgery, Dr. Blair Goranson spoke on anaesthesia, Jill Roy spoke on ventricular as-



sisted devices and

Heather Wasylenki spoke on horizontal violence. Vivian Forrest, a Canadian multi-sport Paralympic medalist, wrapped up the workshop with her motivational talk entitled "Failure is Not an Option". CORNA, thanks all the speakers that took time out of their lives on a Saturday and contributed to the success of the CORNA Spring Workshop 2015.



CORNA executive is as follows: President-Alicia Zaseybida, President Elect-Courtney Donais, Education-Cheryl Flynn,

Secretary-Laura Phillips, Treasurer-Taryn Prins and Mentoring Treasurer-Janice Besner. The following district executive positions will become vacant this June: president elect, education, secretary and treasurer.

CORNA's next district dinner meeting is tentatively scheduled for June 23, 2015 with details to follow.

Next Snips and Snaps submission deadline is November 15, 2015

www.ornaa.org



ORNAA AGM

October 17, 2015



Turning Fear into Victories

Don't let those shadows of fear about speaking in public turn into dragons that immobilize you! During this short seminar, Sue helps you understand the importance of befriending your fears. Whether you need to ask the boss for a raise or you've been voluntold to introduce a guest speaker at a conference, Sue will inspire you to speak up and speak out.



Guest Speaker Sue Paulson

All members are invited to ORNAA's second biannual video conferenced Annual General Meeting.

Saturday October 17 2015

Registration starts at 0830h

AGM at 0900h

Guest Speaker to follow 1000h

**Calgary: Coombs Lecture Theater- Foothills Medical Centre
Edmonton: Robbins Learning Center- Royal Alexandra Hospital
Red Deer: Rm SC 3208- Red Deer Regional Hospital
Grande Prairie: 2N Dr's Conference Room- QEII Hospital
Medicine Hat: Rm 2 Medicine Hat Regional Hospital**