

Operating Room Nurses of Alberta Association

Winter 2017



Snips & Snaps

ORNAC REGISTRATION

The ORNAC 2018 registration is now open on the ORNAC website for returning and new members. The membership year runs January 2018 to December 2018. Membership is \$65 for Registered Nurses and \$55 for other health care professionals with a stake hold in perioperative care (i.e.: LPNs/PRNs, Physicians, MDR etc.). This is a reduction from \$70 last year. Membership in ORNAC automatically makes you a member of your Provincial Council, with a portion of your registration fee being returned to your association to help support local and provincial initiatives.

Please visit www.ornac.ca for more information. Please take care to register in the correct District (NORNA, NCORNA, CORNA, SCORNA, SORNA). All 5 districts are listed under the Alberta council (ORNAA) and you must select your district, this can not be changed after your submission. If an error is made you will have to contact ORNAC directly.

ORNAA AGM AND AWARD WINNERS

Thank you to everyone who attended their districts meeting to observe the 39th ORNAA AGM with speaker Marni Panas. Congratulations to the winners of the ORNAA awards presented at the ORNAA AGM on October 19th.

Promising Star— Rawan Tehan (SCORNA)

First Place Writing Award—Janelle Head (NORNA) - *"Patient hand off report: Standardizing success"*

Special Interest Article—Sarah Lehki (CORNA) - *"The Power of a Perioperative Nurse: A Super Power Some Could Say"*

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SPECIAL POINTS OF INTEREST

- ORNAC registration open now
- 2018 ORNAA Conference September 19-22, 2018
- Learn more about CNA CPNC Certification Dates



Checking out the red potato fields in PEI

Canadian Shield and the wonderful Maritimes all from the seats of our bicycles.

THE SIMPLE LIFE: ON TWO WHEELS

REUBEN BESTMAN, SCORNA

This past summer I got to experience life simply and on a bicycle, as I rode with an organization called Sea to Sea. This adventure took me across the country on my bike over 9.5 weeks. We started in Vancouver on June 26th and finished on August 29 at Lawrencetown Beach just outside Halifax; a distance of approximately 7000 km. We rode our bikes 6 days of the week and enjoyed our day off on Sundays. Each day brought new challenges to us as we dealt with mountain ranges, hot weather and headwinds.

Our route took us south around Lake Superior and also through many iconic Canadian landmarks, including Ottawa and old Quebec City. Throughout our journey we were supported by many volunteers and also by the encouraging words of each and everyone involved. We experienced the beautiful Rockies, the open expansive Prairies, the Rocky

“In total 1.6 million dollars were raised”



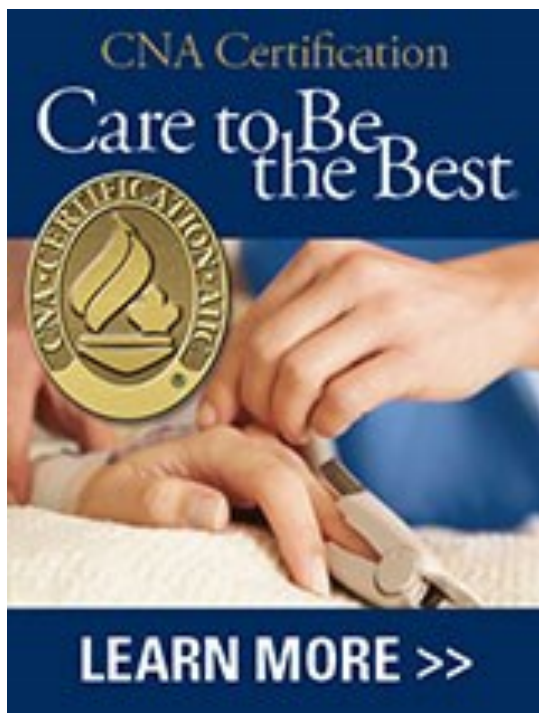
Reuben and his family at Lawrencetown Beach, Nova Scotia

The group was made up of 135 cyclists who rode all or part of the ride and countless volunteers who supported the group in many different ways. The majority of the group was around the retirement age but we did have a large spread with cyclists from ages 12 to 81.

You might wonder what would motivate a group like this and our slogan was "Cycling to end Poverty". Participants raised money for World Renew and Partners Worldwide, faith based organizations that try to eliminate poverty both locally and abroad. In total 1.6 million dollars were raised. Every day we rode our bicycles for people less fortunate than us. This mission made the trip even more special, knowing that your efforts benefited so many others.

During the trip I wrote a blog (bestmanseatosea.wordpress.com) with daily posts of the ride which was a great way to put each day together. I'm very thankful for this opportunity to be a difference in this way.

“This mission made the trip even more special, knowing that your efforts benefited so many others”



For more info on CNA Certification visit getcertified.cna-aiic.ca

CNA CERTIFICATION IMPROVES PATIENT SAFETY AND QUALITY OF CARE

CNA certification is the only nationally recognized, bilingual nursing specialty credential for registered nurses. The first certification exam, offered in 1991, was in neuroscience nursing. Today, nearly 17,500 RNs are CNA certified in one of 21 specialties.

Certified RNs are recognized for their practice excellence and commitment to lifelong learning. They are valued by employers, because their certification demonstrates specialized knowledge and brings many benefits to organizations. CNA certified RNs are viewed as having enhanced professional credibility.

You are eligible for your initial certification if you are an RN with at least two years' experience (3,900 hours) within the last 5 years in your chosen area of nursing and endorsed by a supervisor. Possible areas of interest for ORNAC members are Perioperative and PeriAnesthesia certifications. Candidates for certification must pass a computer-based exam.

Initial Exam fee is \$570 for CNA members. In addition to the exam fee, there is a Pearson VUE test centre fee of \$105 + tax. CNA moved to computer based testing to provide greater scheduling flexibility by offering a two-week testing window instead of the once per year date.

CNA certification is valid for a 5 year term. You can renew your certification either by submitting a list of continuous learning (CL) activities or by rewriting the CNA exam.

The renewal fee for continuous learning is \$317 and by exam is \$570 + \$105.

IMPORTANT DATES FOR CNA EXAMS

2018 Initial exam:

Spring

Application window: Jan. 10—Mar. 1

Exam window: May 1—15 (results June)

Fall

Application window: Jun. 1—Sept. 10

Exam window: Nov. 1—15 (results Dec.)



2018 renewal by **exam**:

Spring

Application window: Jan. 10—Mar. 1

Exam window: May 1—15 (results June)

Fall

Application window: Jun. 1—Sept. 10

Exam window: Nov. 1—15 (results Dec.)

2018 renewal by **CL**:

Application window: Jan. 10—Nov. 1

Upcoming Events

January 10 2018

ORNAA: Executive Meeting

January 17 2018

CORNA district meeting and elections

Moxie's banquet room, Red Deer

March 20 2018

NCORNA: business meeting

April 26—April 30 2019

ORNAC 26th National Conference. "Tides of Change, Oceans of Perioperative Excellence"

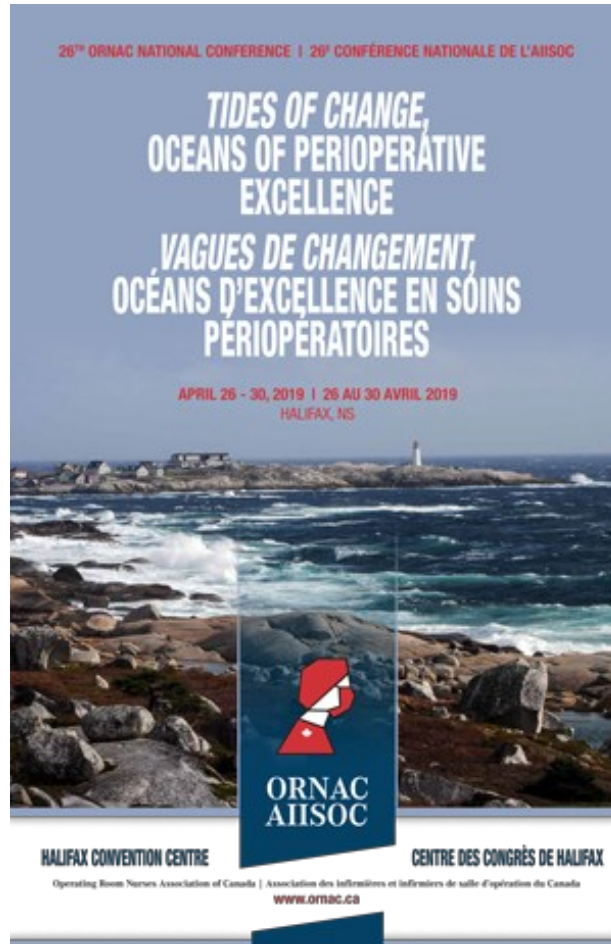
Halifax Convention Centre, Halifax, NS

26th ORNAC Conference in Halifax NS

Remember to include your request for time off in the 2018 UNA/AUPE vacation planners. The 26th ORNAC conference will be held

in the 2018-2019 vacation year. You won't want to miss out on this amazing event!

There are many opportunities for funding, see ORNAA.org for more info.



I'm A Nurse: What's Your Superpower?

The 2018 Conference planning committee has been hard at work preparing for the 33rd ORNAA Conference at the Sheraton Events and Conference Centre in Red Deer Alberta. Remember to save the date and request your time off for September 19-22, 2018. Save the dates will be mailed out in the new year to all the districts.

This years theme is *I'm a Nurse: What's Your Superpower*. We are putting a spotlight on everyday superheroes: the Perioperative Nurse. Perioperative Nursing is the art of taking the positive and negative experiences together to become the power to help our patients.

We are excited about our speakers and breakout sessions that have been planned so far, keep an eye out for new and exciting opportunities at the 2018 ORNAA Conference.

Kind Regards,

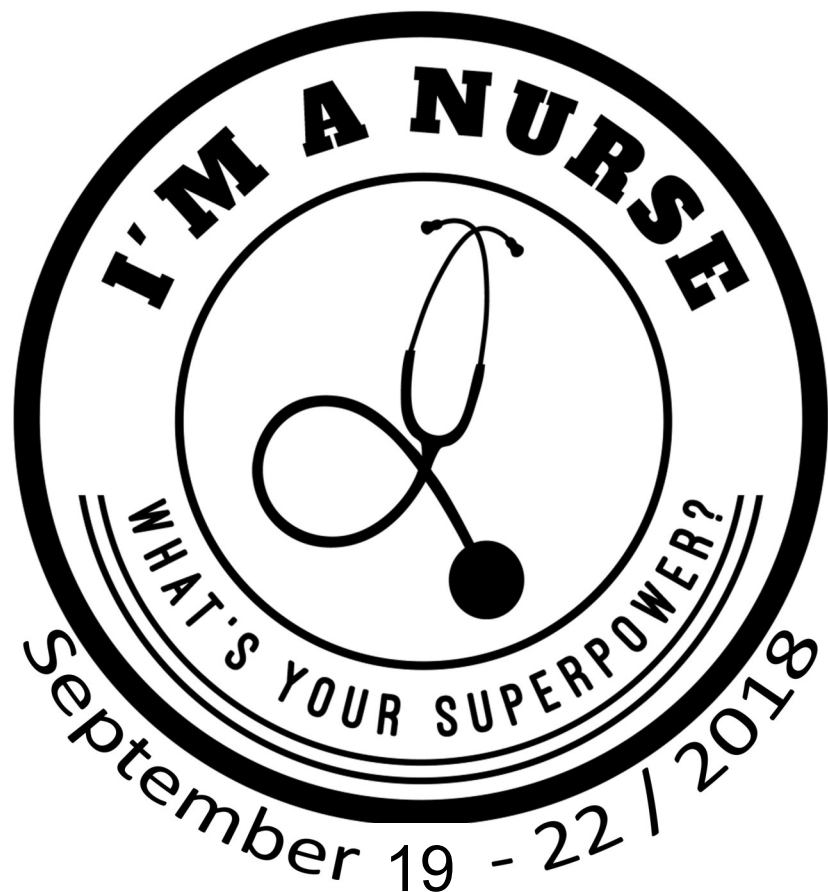
Courtney Donais RN
BN CPNC

2018 ORNAA Conference Chair

Snips & Snaps

Deadlines

- ◇ February 15, 2018 for Spring edition
- ◇ May 15, 2018 for Summer edition
- ◇ Nov 15, 2018 for Winter



13TH EDITION HAS BIG CHANGES

You will see some big changes in the latest edition of the ORNAC Standards. In November 2016 The ORNAC board of directors agreed to change the title of the document to *The ORNAC Standards, Guidelines, and Position Statements for Perioperative Registered Nurses*.

The primary focus of the 2017 edition was to enhance the standards by providing graded evidence-based rationales to support the practice statements. Sections 3 and 4 have been reviewed and revised in their entirety. An excited addition are the use of coloured images and diagrams.

The glossary has been reviewed and revised. Additional content has been added to the Table of Contents for ease of use. Changes to Section 2.9 (Personnel) reflect answers to questions sent to the Standards Committee on personnel dress code. Practice statements are **bolded** and rationales are *italicized*. A complete review of Section 2 will be done as part of the 2019 edition.

New to this edition, the 2017 ORNAC Standards Committee members have developed a table to enhance the reader's critical thinking regarding the evidence presented. The levels of evidence are identified in the references of Section 3 and 4. The format of the page has also been changed with the practice statement now in **bold**, followed by the rationale which is in plain text.

Operating Room Nurses Association of Canada. (2017). *Foreword*. The ORNAC Standards, Guidelines, and Position Statements for Perioperative Registered Nurses (13th ed.). Kingston, ON: ORNAC



Spotlight on The ORNAC Standards, Guidelines, and Position Statements for Perioperative Registered Nurses

STANDARD 2.9 PERSONNEL

2.9.2 All Members of the healthcare team shall don freshly laundered scrub attire upon entry to the unit (AORN, 2015; Blanchard & Mitchell, 2007; Phillips, 2017)

“Home laundering conditions are not standardized sanitation processes” (Phillips, 2017, p. 264)

2.9.11 Personnel who wear home laundered cloth hats should wear a disposable bouffant cap over the cloth hat (Phillips, 2017)

If the resources are not available for hospital laundering the cloth hat will be protected from contamination

2.9.13 Fingernails shall be clean, short, natural, and appear healthy (Phillips, 2017)

- ⇒ Natural nail tips should be short
- ⇒ Artificial nails, extenders or artificial enhancers shall not be worn (Phillips 2013; PIDAC 2014).
- ⇒ **Staff shall adhere to the healthcare facility's infection control policy regarding the use of nail polish**

The subungual region harbours the majority of microorganisms on the hand. Damaged nails may provide a harbor for microorganisms (Phillips, 2017)
Nails reaching beyond fingertips, natural and/or artificial can tear gloves.
Artificial nails and tips harbor higher numbers of microorganisms.

Artificial nails are known to promote the growth of Staphylococcus aureus, gram-negative bacilli and yeast as moisture becomes trapped between the natural and artificial nail (Phillips, 2017)

Jewelry and/or artificial nails interfere with hand hygiene and the donning of personal protective equipment (White, 2013)

Chipped or peeling polish may provide a harbor for microorganisms (Phillips, 2017)



VISIT
www.ornaa.org
for more information



ORNAA

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