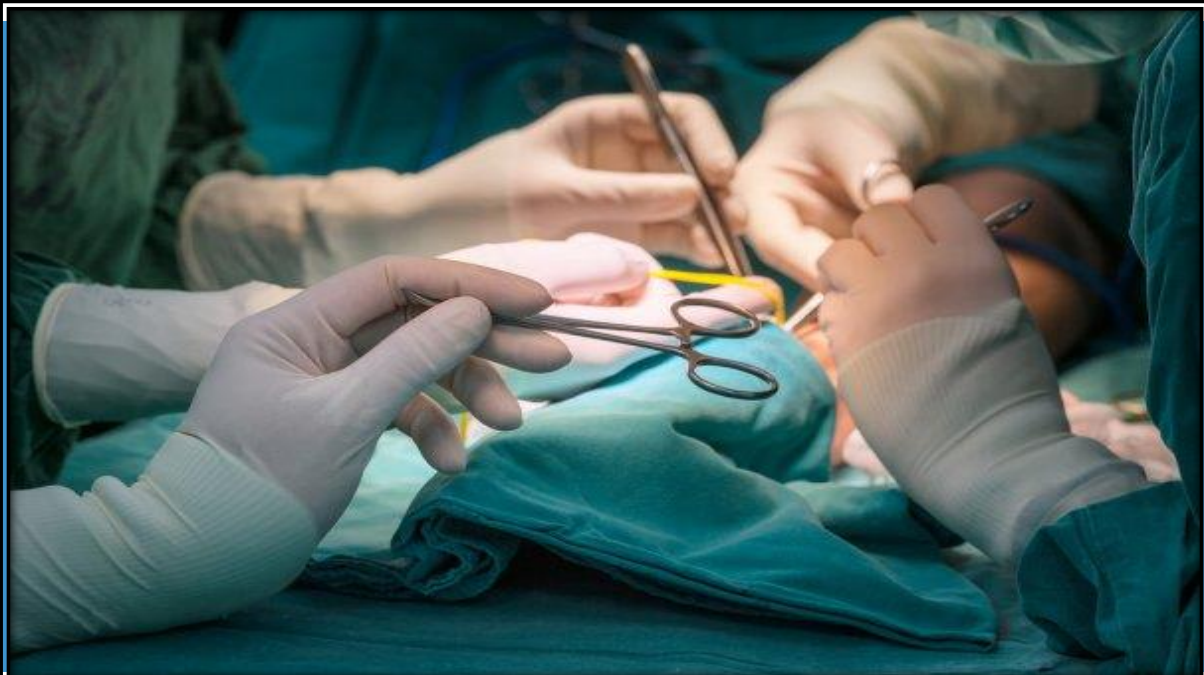


Snips & Snaps

ORNAA NEWSLETTER



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ORNAA EDUCATION DIRECTOR MESSAGE



Thank you to all that were able to attend the ORNAA Annual General Meeting this past October. Planning and getting everything together was a little late this year, but I am glad that you could join us.

A lot of small changes are happening behind the scene at ORNAA to provide educational opportunities for all our members and perioperative nurses in Alberta.

Perioperative Nurses week happened last month. I hope that you were all celebrated appropriately by your co-workers and staff for the work that you do. Although we were not able to celebrate the same as years before, if anyone has pictures of their Perioperative Nurses week celebrations, please feel free to send them to me at education@ornaa.org

I realize that this year's Christmas season is looking very different for everyone, but I hope that you all keep safe and healthy over these upcoming weeks and months.

Lauren Llewellyn, RN BScN, CPN(c)

EDUCATION SESSIONS ACROSS THE PROVINCE

With the restrictions for gatherings in place, all districts will be using the Zoom platform to present their education sessions and meetings for the foreseeable future.

ORNAA invites members from any district to attend other district's education sessions.

Each education session information poster will be on the front page of ORNAA.org and will have information on who to contact to obtain the zoom meeting details.

As well, because it is more difficult to keep track of education sessions/meetings attended by members for funding, the funding criteria has changed for this year. Please contact your district president if you have questions about the criteria.

HIGHLIGHT A HOSPITAL

Foothills Medical Centre (FMC), Calgary



Foothills Medical Centre (FMC) was built in 1966 and is a Level 1 trauma centre, the largest regional trauma centre in Southern Alberta. Much more than a hospital, this comprehensive medical facility contains the University Medical Centre, the Hotchkiss Brain Institute, the Libin Cardiovascular Institute of Alberta, McCaig Institute for Bone and Joint Health, the Tom Baker Cancer Centre, Grace Women's Health Centre, the Health Sciences Association of Alberta and the Special Services Building. In addition, construction is currently being completed on the Calgary Cancer Centre, an internationally recognized, state-of-the-art facility that will provide cancer treatment services and serve as a hub for cutting edge cancer research. It will also increase cancer care capacity in southern Alberta by consolidating and expanding existing services in the Calgary Zone to support integrated and comprehensive cancer care. The Calgary Cancer Centre will be open to the public in 2023.

Foothills Medical Centre currently has 28 operating rooms, performing services including cardiac surgery, general surgery, thoracic surgery, orthopedic trauma and arthroplasty, plastic surgery, ENT, neurosurgery, spines, gynecology, and transplant surgery.

Foothills Medical Centre has made many operating room related advancements. In 2009, FMC made history by opening the first operating room with a fully movable MRI machine, which allows surgeons to use well-established neurosurgical techniques and instrumentation with the convenience of moving the high-resolution magnet in and out of the surgical field at any time. This mobility provides surgical team members with updated images that are vital to ensuring quality and determining the effect of surgery on brain structure and function.



Shortly after, FMC again made Canadian medical history by conducting the first brain surgery using a surgical robot. The neuroArm is an MRI-compatible, image-guided, computer-assisted device specifically designed for neurosurgery. It is the first such robot for microsurgery and stereotaxy and works to enhance the accuracy and safety of brain surgery. It is also the only robot in the world that can work on a patient inside an MRI. When paired with the intraoperative MRI, the neuroArm allows the surgeon to see, in real time, the status of a brain lesion, the brain and location of surgical tools in relationship to one another.

In 2013, Foothills opened its Interventional Trauma Operating Room (ITOR), the first operating room in North America and only the second in the world specially designed to control bleeding of patients with severe traumatic injuries. The ITOR is more than twice the size of a traditional operating room, and includes its own angiography suite, which allows surgical and diagnostic imaging teams to work on a patient simultaneously. Opened at the same time as the ITOR, the Interventional Cardiac Operating Room (ICOR) also features its own dedicated angiography suite. This highly specialized operating room allowed Foothills Medical Centre to reach another surgical milestone: leading a clinical trial of the world's smallest pacemaker, implanted in a minimally invasive procedure using intraoperative angiography.



The FMC operating room unit is one of the only OR's to offer its own Perioperative Nursing training program, accredited by ORNAC. It runs three training sessions per year (Winter/Summer/Fall) with didactic classroom learning, a three month paired preceptorship, followed by a comprehensive 2 year rotation schedule through all surgical services. At the end of the 2 year rotation, nurses join a specific surgical service which allows them to become specialized in their chosen area.

The future of Foothills Medical Centre's operating rooms is promising. There are plans to open up a new suite of operating rooms on the 5th floor of McCaig Tower as the 7th floor OR's in the main building (built in 1966) are shut down. Budget permitting, we hope to see these new operating rooms in service in the near future.

2020 LANA HERD MEMORIAL AWARD

FOR EXCELLENCE IN PERIOPERATIVE NURSING

Congratulations to Sandy Bruce, the 2020 Winner of the Lana Herd Memorial Award for Excellence in Perioperative Nursing. Sandy was peer-nominated for this Award, which also carries a monetary prize of \$500 from Mitch Herd, Lana's Son and is provided by CORNA.

Sandy has her CPN(c), ACLS, and is working on her PALS. She is currently the ENT Specialty Nurse at the Red Deer Regional Hospital OR. She has been nursing in the OR for well over 20 years in a variety of settings across many provinces in Canada. She is a current member and big supporter of CORNA. Her outstanding leadership skills, her passion for Perioperative Nursing, teamwork, and kindness to her peers, are all attributes that Lana possessed and we find in Sandy as well.

Sandy has a heart of gold! She is an exemplary co-worker and always cares for her patients with kindness & compassion. She is very knowledgeable, has an outstanding work ethic and is full of humility. Sandy's passion stems from caring deeply about what she does, and she is invested in seeing her colleagues and patients succeed. She's adaptable and quick thinking in a constantly changing environment and is a joy to work alongside.

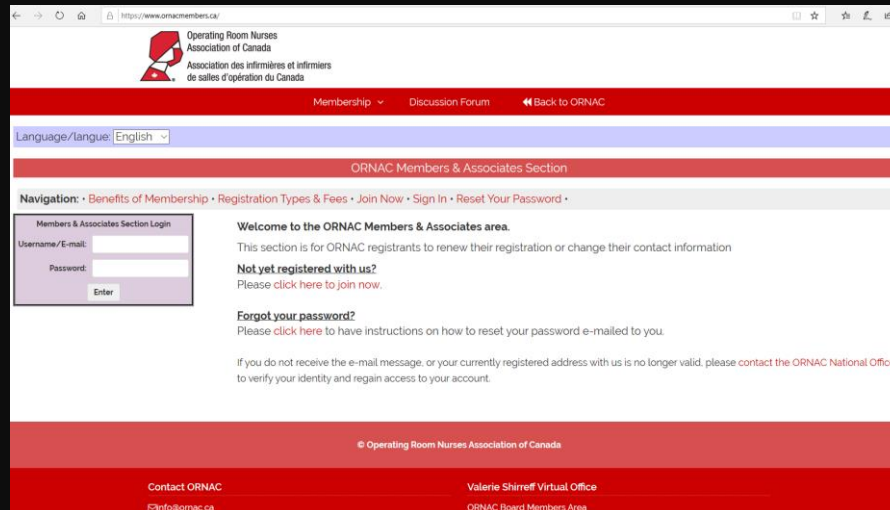
Sandy is very deserving of this award and recognition. We are proud of your accomplishments and cannot wait to see what the future has in store for you. Congratulations Sandy, for being the winner of the 2020 Lana Herd Memorial Award for Excellence in perioperative Nursing.



ORNAC MEMBERSHIP

ORNAC Membership Registration and Renewal has changed! Instead of running January-December for the membership year, membership lasts for one year from the time of registration/renewal (eg. Obtain membership January 23rd, your membership year will be from January 23rd, 2021 to January 22nd, 2022)

As ORNAC has moved to a new web platform, the website to Register and Renew memberships has also changed. You can now do both at www.ornacmembers.ca. There are prompts on the screen for new or returning members.



The screenshot shows the ORNAC Members & Associates Section login page. At the top, there is a navigation bar with links for Membership, Discussion Forum, and Back to ORNAC. Below this is a language selector set to English. The main section is titled "ORNAC Members & Associates Section" and includes a navigation menu with links for Benefits of Membership, Registration Types & Fees, Join Now, Sign In, and Reset Your Password. A login form is present with fields for Username/E-mail and Password, and an Enter button. To the right of the login form, there is a welcome message and instructions for new and returning members. At the bottom, there is a footer with contact information for ORNAC and Valerie Shirreff.

If you have any issues, with username or password, click the hyperlink at the bottom of that page to get in contact with the webmaster.

A reminder to please make sure you are selecting the correct district before submitting. If you pick the wrong district, you will miss out on info about meetings and events, and may have delays with being approved for district funding.

Tax receipts can also be found through this new webpage.



Spotlight On A Standard

3.4 Anesthesia

Spinal Anesthesia

Spinal Anesthesia is a single injection of a local anesthesia medication within the subarachnoid space (Nagelhour & Plous, 2014). This technique is also referred to as an intrathecal block (Phillips, 2017).

The perioperative registered nurse shall:

3.4.23 be cognizant of the physiological responses which may occur following instillation of spinal anesthesia which includes, but may not be limited to:

- *Hypotension;*
- *Nausea;*
- *Total spinal anesthesia;*
- *Auditory, ocular, and facial complications (Nagelhour & Plous, 2014; Phillips, 2017; Rothrock, 2015);*
- *Urinary retention;*
- *Hypoxia;*
- *Neurological risks (i.e. transient/temporary or persistent motor paralysis)'*
- *Unexpected cardiac arrest or respiratory arrest; and*
- *Postdural puncture headache.*

3.4.24 assist and support the patient in maintaining alignment in the chosen position for the induction of spinal anesthesia (Phillips, 2017). Positions to be maintained may be lateral or sitting.

Lateral position: *patient hips, back and shoulders aligned with the edge of the OR bed; knees are brought up toward the head and the head is bent toward the chest; the patient must be attended and assisted at all times to prevent falls and injuries (Goodman & Spry, 2014).*

Sitting position: *patient sitting on the edge of the OR bed with legs over the side, feet on a stool to elevate the knees above waist level, chin lowered toward the chest and back arched outward; continuous attendance of the patient is required (Cobbold & Money, 2010; Phillips, 2017)*

The spinal anesthesia procedure is done in the lateral or sitting position depending on anesthesia care provider preference; assistance is required to provide patient support and maintain the desired position to complete the procedure (Cobbold & Money, 2010; Phillips, 2017).

Excerpt taken from:

Operating Room Nurses Association of Canada (2019). *The ORNAC Standards, Guidelines, And Position Statements for Perioperative Registered Nurses*. P. 243-244

Spotlight On A Standard

4.19 Workplace Violence and Harassment

All Nurses have the right to work in a respectful environment which is free from any form of violence and bullying (CAN & CNFU, 2009). Bullying is defined as acts or verbal comments that could mentally hurt or isolate a person and that sometimes involves negative physical contact (CCOHS, 2016); harassment is defined as improper conduct by an individual that is directed at and is offensive to another individual (Canada, 2013)

4.19.4 Healthcare facilities should establish a code of conduct for all perioperative personnel in the operating room (Costello, Clarke, Gravely, D'Agostino-Rose, & Puopolo, 2011).

Environments which promote a culture of respect is a key factor in retention and patient safety (Costello et al., 2011).

There must be no tolerance of inappropriate behaviours that result from lack of respect for others. Some of these behaviours are unlawful as well as unethical, disrespectful, and contrary to workplace safety (RACS, 2015b).

A code of conduct establishes obligations of ethical and professional behaviour (RCAS, 2015c).

4.19.5 Continuing professional development regarding violence in the workplace shall be included in educational training (CSA, 2013).

Providing education regarding violence or bullying in the workplace assests perioperative personnel to recognize the behaviour(s), take measures to prevent it, and report such occurrences. Operating room nurses experience abuse (Higgins & MacIntosh, 2010).

Bullying is associated with burnout of nurses (Allen, Holland, & Reynolds, 2014).

Excerpt taken from:

Operating Room Nurses Association of Canada (2019). *The ORNAC Standards, Guidelines, And Position Statements for Perioperative Registered Nurses*. P. 434-435

ORNAA Board

Many positions on the ORNAA board will be up for election this upcoming June. Randi Galenzoski has made the difficult decision to step down as Alberta ORNAC Director. She has reached out to the ORNAA board for interest in taking on this position.

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L
@MrsCupcake79

7yr old: Mum, what happens if you eat lots of tinsel?

Me: probably emergency surgery to prevent obstruction somewhere in your digestive system.

7yr old: *blank face* *small voice* you get tinselitis.

