

Snips & Snaps

ORNAA NEWSLETTER



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ORNAA EDUCATION DIRECTOR MESSAGE



It's hard to believe that we have reached one full year since the Pandemic hit our province and changed our lives drastically.

Over this past year we've been asked to adapt to new processes weekly, and some times daily, to protect ourselves and our patients from this virus that had many unknowns. I believe that some processes will eventually become a thing of the past, but that there are some learning points that will be applied to new and better processes.

One thing we can thank the pandemic for is giving us new ways to reach out to others. Although meant as a temporary solution, I believe that Zoom education sessions will continue to take a role in providing education to all OR nurses across the province in the future.

I would like to congratulate all of you for making it through this mentally and physically exhausting year.

Lauren Llewellyn, RN BScN

EDUCATION SESSIONS ACROSS THE PROVINCE

With large group gatherings still in place, all districts are continuing to provide Zoom education sessions to members and others interested.

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

District presidents will send out information posters to other districts, as well as will be posted on the ORNAA website. Details for date, time, sign up deadline, and who to contact to receive the Zoom link will be a part of these posters.

Once attended, education attendance certificates will be sent out through the email you signed up with, for those districts with these certificates.

HIGHLIGHT A HOSPITAL

Wetaskiwin Hospital and Care Centre



2 operating rooms and one newly created endoscopy suite.
We do general surgery, gynecological surgery as well as cataracts.

We only run one room/1 surgeon per day but would love the opportunity to do more at our site! One O.R. is sitting empty all the time, how sad is that? All these people in central zone waiting for surgery and we have the capacity to do more!

We just recently moved endoscopy out of the O.R. and our Health Foundation is currently campaigning for an entire endo suite upgrade which will also mean some new laparoscopic equipment for the O.R.

We have a fantastic team of dedicated RN's plus 2 ORT's. Our anesthesia department consists of some of the best GP anesthetists around. It's a fantastic place to work.

HIGHLIGHT A HOSPITAL

Olds Hospital and Care Centre



Olds Hospital Operating Room located in central Alberta is part of the CORNA region. We have 2 operating theaters, and our surgeries are day surgery orthopedics, gynecology with some in patient admissions, urology, and we take call for after hour emergency c-sections. Our patient numbers vary with the complexities of the surgeries, but we average ten to twelve patients per week 5 days per week. Common orthopedic surgeries we assist with are arthroscopic shoulder rotator cuff repair, ACL repair, knee arthroscopy, fractured ankle and limb repair, and corrective foot surgery. Our common gynecology surgeries include abdominal and vaginal hysterectomy, laparoscopic tubal clipping, endometrial ablation, and c-sections. Our urology cases tend to be smaller cases of circumcision, hydrocele/spermatocele, and vasectomy.

There is often a huge lack of understanding of what rural OR nursing really involves. Our small rural hospital has a staff whose job description is multi-specialty and requires a high level of mixed skills. We not only scrub and circulate, but we are also responsible to recover our patients, as we have no separate Post Anaesthetic Recovery Room area. We are involved in the pre-hospital telephone assessment and pre-op work-up, and most of us rotate to the Day Surgery Unit where we are responsible for getting the patient prepared for surgery, and then prepared to go home. We do not have porters to move our patients, and there is no respiratory staff should an emergency arise.

Our strength at the Olds Hospital OR is our ability to work together really well as a team. Our team consists of nurses in the OR, Day Surgery and other areas of the hospital, the physicians, our booking clerks, our housekeepers, our sterile processing staff and service worker. Together we get many surgeries completed with efficient change overs.

Our disadvantage is, as a rural hospital we are governed by urban rules. Often, we are unable to make independent decisions as a functioning rural facility and our outcomes are determined by urban centres with inaccurate understanding of our abilities.

Should you find yourself needing surgery at the Olds Hospital OR, know you are in good hands and you will be cared for by skilled, caring and capable nurses.

2022 ORNAA CONFERENCE COMMITTEE

BEHIND THE MASK: AGENTS OF CHANGE

As the ORNAA Conference Committee, we are excited to announce our theme for the 2022 annual ORNAA conference as "Behind the Mask: Agents of Change."

As a profession, a community and province, we face some of the most challenging times we have ever encountered in healthcare today. We are adapting to the constant state of *change* in nursing during a global pandemic. We are also faced with many challenges and barriers to providing quality care to our patients and their families.

We believe our theme encompasses the resiliency and perseverance we have witnessed and continue to see by front line workers daily. Through our growth, knowledge, and determination as "agents of change," we are hopeful of the positive impact our triumphs will make in providing quality patient care in our operating room practice. We are so excited to meet everyone and bring this theme to fruition at the 2022 ORNAA Conference.



The conference will be held from September 28th to September 30th, 2022, at the Cambridge Hotel and Conference Center in Red Deer, Alberta

Please allow us to introduce the wonderful operating room nurses behind the masks: we look forward to completing our duties as the 2022 conference committee!

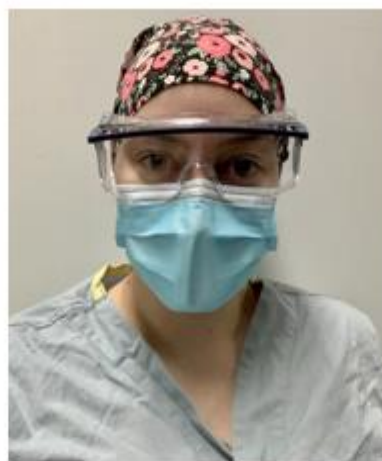


Stephane Alstad, RN, BScN

ORNAA Conference Committee Secretary and Treasure. I work in the Misericordia Community Hospital Operating Room.

What it means to be an agent of change:

Identifying and bringing attention to areas of nursing practice that need improvement. Including providing support and perseverance to bring about the change required to provide the best care possible.



Pearl Kroon, RN, BScN

ORNAA Conference Committee Registration Chair. I've worked at the Misericordia Operating Room since 2019.

What it means to be an agent of change:

Being an agent of change has been a prominent theme guiding my nursing practice. We can shape the direction of nursing through mentorship and preceptorship of students and new staff. We can actively change our unit community through our daily actions to show up and support each other. From the daunting realities of redeployment to working in the ICU, we can bring new skills and resources better to help our surgical patients within the operating room. There are no limits to our advocacy, and the voices of nurses are powerful. We are agents of change.



Heather Raitt RN, BScN, CPN(C)

ORNAA Conference Committee Conference Chair. I work at the Misericordia Operating Room.

What it means to be an agent of change:

"Agents of Change" is a strong message during these difficult times. Inside and outside of the operating room, nurses are leaders in safe patient care and healthcare worker safety. We are all ingenious, creative, and inspiring! My hope for this conference is to explore the perseverance shown and innovation that came from this pandemic and other exciting changes in the perioperative world. I have a strong passion for perioperative education. I am excited to be working with a fantastic committee of nurses planning your next conference!

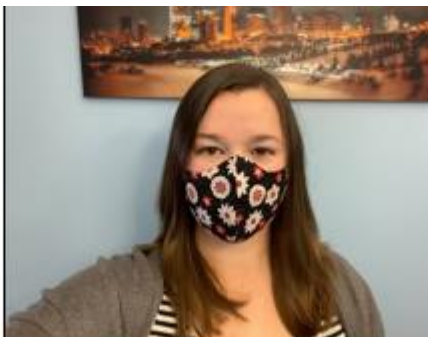


Helen Granoski, RN, BScN

ORNAA Conference Committee Publicity Chair. I work at the Women's Operating Room at the Lois Hole Hospital.

What it means to be an agent of change:

As nurses, we are responsible for advocating for our patients in the most vulnerable moments in life. With this responsibility comes a call for continuous growth and change in our professional practice. We must be versatile in our practice to adapt to our continually changing health care system. We are currently facing new and unique challenges navigating through a pandemic. As agents of change, we must utilize evidence-based practice, experience, and knowledge to persevere through this challenging time. Our goal as nurses has always been to provide quality care for our patients and their families, and that is not possible without becoming agents of change.



Bryana Hahn, RN, BScN

ORNAA Conference Committee Exhibitor Chair. I Work at the Grey Nuns Community Hospital Operating Room.

What it means to be an agent of change:

I believe that being an 'Agent of Change' means committing your practice to uphold evidence-based practices that support safety and positive outcomes for your patients. It means breaking the mentality of "this is how we've always done things" and re-enforcing a culture amongst nurses whose voices are strong enough to say "the research/technology has changed, and so should we."



Courtney Kerrigan, RN, BScN

ORNAA Conference Program AV chair. I work at the Grey Nuns Community Hospital Operating Room.

What it means to be an agent of change:

We are striving to do what is best for our patients and ourselves. Whether navigating the ORNAC standards with coworkers to better my practice or teaching the next generation of OR nurses, pushing to be a better nurse continually is what being an agent of change means to me.



Candace Alberda, RN, BScN

ORNAA Conference Social Chair. I have worked in the Women's Operating Room at the Lois Hole Hospital since my nursing preceptorship in April 2021.

What it means to be an agent of change:

As nurses, we have an obligation to make changes in our practice and the practice of others. If we don't strive to do this, how will we learn? How can we be the best we can be without questioning the way things are? We should be continually striving to make ourselves and others better and reflecting on our practice. Making change means growth!

All questions or comments regarding the 2022 ORNAA conference are welcome; please feel free to contact us directly through our email: ornaconference2022@gmail.com.



Follow us on Instagram @ORNAAconference2022 and stay connected with all conference details!

Pandemic Operations: Facing Adversity with Grace, Adapting and Evolving

It all started in mid-March 2020 where everyone's lives were thrown off by COVID-19 and the subsequent global pandemic. All over Canada, schools periodically closed and moved online, businesses closed or re-vamped their operations, and everyone was on heightened health alert. And throughout this unprecedented time...some professions, businesses, and people were considered "essential" and their work continued to be able support those in need. This is where my story comes from. I am an Operating Room (OR) Registered Nurse. I am "essential"...people still become sick, fall, hurt themselves, are in accidents, or have health emergencies...a pandemic doesn't stop operations. But what I will tell you, is that it does change things profoundly.

So here is what I can tell you about being an OR Nurse though a Pandemic...or rather what I have learned so far...considering we are far from though this event. OR Nurses work extremely hard at the best of times. We are highly-skilled, exceptionally-trained people who go above and beyond for our patients. Every single OR nurse has worked overtime, gone hungry, had to pee but didn't, been in an incredibly stressful situation, and saved multiple lives. The pandemic has only added another element to an already fast-paced and challenging environment. So what has changed for us? We seem to be people well-suited to the unknown, to never give-up, and to be ready for any situation that comes through our OR doors.

Here is my own personal take on how the pandemic has affected me as an OR Nurse. I notice more tension, which comes from a variety of sources. I notice my colleagues are stressed, worried and concerned about what we are facing and how much more of this we all can take physically, mentally and emotionally. We all know we have an important job to do and we take great pride in being "essential." Some of us have family members, significant others, or friends who have been fired, laid off, or their work has decreased significantly due to the pandemic. We are grateful for our jobs and having steady work, but this can be a double edged sword. It's good we are getting a paycheck and we can work, but we also are working very hard with capacity issues, very sick patients, rapid change, and a lot of unknowns. Someone said to me a while ago, "I have got so much done during COVID, it's been so nice to have time off and to take advantage of some great quality time with my family." This hasn't been my reality. I have worked full time during the Pandemic: no breaks, no extra time spent with my family, sometimes even extra shifts, and a lot more stress. Plus there is another element; the fear we all have, but don't really know how to talk about. We are all worried about bringing COVID home to our loved ones, families, and friends. Some of us have even changed our personal practices. I have a "work car" that only goes to work and the grocery store. My kids don't ride in it...it's considered potentially contaminated. My back boot room has become off limits to the rest of my family. I hang my work jacket and bag there, and then wipe everything down that I brought with me. I change in my laundry room, and sanitize my work clothes apart from everyone else's. I shower immediately. No more hugs from my boys as soon as I get in the door, those have to wait to keep everyone safe. The tension we feel, also comes from work itself. We worry about our patients, and our colleagues constantly. We have COVID ORs, and we use them often. Things in the hospital seem to change by the minute, hour and day. Often when I come to work there is a new policy, algorithm, procedure, or something changed from the day before. It's hard to keep up sometimes, but being flexible keeps our patients and staff safe. We have multiple plans in place for what happens as our COVID cases increase, and our hospital and our communities we serve become overwhelmed. Sometimes our Nursing skills are needed elsewhere and we are transferred to other areas to help. Sometimes we wonder how much more of this we can go through. The unknown is worrisome and the Pandemic is not over yet. So the tension remains palpable. But we always carry on...it is our job and our patients need us more than ever right now.

Despite all this tension and worry, I have seen some incredible things. I have seen comradery increase as things get tough. Nurses reaching out to their colleagues and work family for support and advice, lending an ear when they need it, and helping each other. There is a newfound appreciation for my profession both personally, nationally, and globally. I have so much admiration and respect for my colleagues. We have been through a lot together. Perioperative Nursing is incredibly challenging and rewarding at the same time. OR Nurses are incredibly resilient. We risk our own health and those who we love most, to give our best to strangers, all because we care. We consistently adapt and evolve to our changing environment. Even when we don't want to come to work...when we would rather be home with our families and safe...we continue to show up, ready for anything and everything in the face of uncertainty. This is what we are trained to do, what we chose to do, and what we are continuing to do despite any challenge we may face.

Some People believe the Pandemic is teaching all of us things. It sure has taught me a lot. How to be grateful, more patient and kind to those around me, to persevere despite challenges, to not forget what matters most, to embrace change, and that out of fear comes great bonds and deeper understanding. I have never been prouder to be an OR Nurse, and at the same time I am just doing my job...something I have always loved...and if it's possible...continue to love more each day. I have grown so much already during the Pandemic as a person and a Nurse. Maybe this last year was all about that...growth, profound change, adaptation and resilience in the face of adversity, gratitude for the little things, and respect and empathy for those around me. This time has been incredibly humbling and one that I know I will never forget.

By: Jill Clark RN, BScN, CPN(C)
CORNA President
ORNAA Secretary
Red Deer Regional Hospital
Operating Room Nurse

Nurses within the NCORNA district
were gifted these individually
wrapped sugar cookies for
Perioperative Nurses Week 2020



27TH NATIONAL ORNAC CONFERENCE: CHARTING THE FUTURE OF PERIOPERATIVE PRACTICE

APRIL 29TH- MAY 2ND , 2021

ORNAC is going virtual for this year's conference in light of current restrictions due to the pandemic.

Registration is currently open for this virtual conference on the ORNAC website: ornac.ca/en
(https://events.myconferencesuite.com/National_ORNAC_Conference_2020/reg/form/edit)

The conference includes 3 full days of education sessions as outlined in the agenda that is accessible in the conference option of the 'News & Events' tab of the ORNAC website. A couple of ORNAA members are presenting at this conference. Considering checking it out.

Registration is \$100+GST/HST for members; \$125+GST/HST for non-members; and \$80+GST/HST for students.

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 website. 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 content area 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. On the left, there is a 'Members & Associates Section Login' form with fields for Username/E-mail and Password, and an Enter button. The main text area welcomes members and provides links for those who are not yet registered or have forgotten their password. At the bottom, there is a footer with contact information for ORNAC and Valerie Shirreff Virtual Office.

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.

ORNAA CONTACTS

Randi Galenzoski -
president@ornaa.org

Bryana Hahn -
presidentelect@ornaa.org

Hanna Zezula -
treasurer@ornaa.org

Jill Clark -
secretary@ornaa.org

Lauren Llewellyn -
education@ornaa.org

Christa Gibson -
webmaster@ornaa.org

Gloria Nemecek -
conference@ornaa.org

Alberta ORNAC Director-
ornacrep@ornaa.org

