



## PANBC's Newsletter January 2012

### Happy Holidays from our family to yours!

The purpose of This PANBC newsletter is to keep PeriAnesthesia nurses updated on the events in British Columbia and around Canada and share holiday greetings across the miles. The holidays are a good time to tell about your experiences from the past year, and express warm wishes for the year to come.



### 2011 in a glance

2011 was a really busy and exciting year for PANBC. There were a lot of professional changes happening around Canada. The most important change for PeriAnesthesia nurses is that the Canadian Nursing Association recognized PeriAnesthesia nursing as its own specialty. This is a historic event for all nurses working in PeriAnesthesia Phase I & Phase II including; pre-admission clinics, surgical & ambulatory care units, and dental/conscious sedation clinics. Soon, we will have our own certification exams. Please feel free to contact us if you are interested in helping in the development of these exams nationally. It would be great to have some BC content in them. We are hoping that the exams will be available to all within the next two years. It does take a lot of volunteer time and effort to make this happen for everyone. Please be patient and keep your ears open.

Canadian PeriAnesthesia nurses held the first International Conference sponsored by NAPANc in October. It was a fabulous event that brought many countries together. Hopefully, it will be the first of many. It was great to come back from a conference, and confirming that BC is really maintaining all the standards and providing some of the best care around the world. Congratulations to all of you.

ASPAN also had a great conference in the spring in Seattle. It was nice to have educational opportunities so close for us. Most of those presentations can be seen on our website.

PANBC held a wonderful day that was enjoyed by all. We will work to make it an annual event that is both educational and fun for all.

### Highlights

- 2011 in a glance
- Maintaining our Standards in British Columbia
- Happy PeriAnesthesia Nursing Week 2012
- OSA in PACU's
- 2012 Conferences are now listed on the website

### It's time to renew

Your  
2012 PANBC  
Membership



Registrar form

Or please renew online  
at [www.PANBC.net](http://www.PANBC.net)



**Humor is important  
to keep everyone  
healthy and happy.  
Keep on laughing**

## Maintaining our standards in British Columbia

Perianesthesia nurses across BC are very proud of the care they provide. They maintain a high standard as designated by the NAPANc standards. Unfortunately, there are financial decisions which can challenge our ability to meet our standards. This has happened throughout Canada on many occasions. NAPANc has put together their 2nd edition of Perianesthesia standards. The purpose of these standards is to be able to have evidence-based knowledge to support best practice so we can all provide the safest care for all our patients. Your professional support of these standards is paramount. We must believe in our standards in order to provide safe patient care and increase our job satisfaction. If you find a process that does not meet these standards, it is your duty to engage in discussion and collaboration for solutions to strive for best practice and care. First, talk to your manager directly and discuss your concerns.

Then, if unresolved;

1. Fill out an incident report (PSLS)
2. Fill out a professional responsibility form
3. Call CRNBC and/or BCNU to talk to a practice consultant
4. Contact PANBC to network with other sites and provinces

The 2011 NAPANc standards of practice are available to order online at:  
<http://napanc.org/assets/Forms/NAPANc%20Standards%20Order%20Form%20in%20English%202011.pdf>



Standards order form

## Obstructive Sleep Apnea

OSA or Obstructive Sleep Apnea is a growing concern in our units. The Joint commission & the American Association of Anesthesia have recognized that patients with OSA are at high risk for Peri-Operative complications due to their repetitive episodes of apnea or reduced inspiratory airflow which is increased with the administration of opioids. Recognition that OSA is a growing problem in our hospitals has increased and precautions are being created. The American Association of Anesthesia promotes maintaining a high index of suspicion of OSA, careful use of medications, high levels of monitoring, and a team approach in the care of these patients. OSA Capnography monitoring is taking place in many PACUs. This gives the PACU an immediate documented assessment of the patient's apnea. It has provided the proof that has changed the monitoring status in patients that have OSA. Kelowna General Hospital is a Canadian pioneer in their work and research in OSA monitoring. Other sites are struggling to catch up. Some areas have implemented a protocol of four hours of high acuity monitoring if these patients were deemed OSA and daycare patients. Research is ongoing and research has shown the two most dangerous apenic times are the first four hours and at day three post-operatively. We have posted information at the educational page on the PANBC website. End tidal monitoring is the future of our practice.

<http://anesthesiaandsleep.org/wp-content/uploads/2011/05/OSA-Web-Final.pdf>

*Happy PeriAnesthesia Nurses*

*PeriAnesthesia Nurses Week*

**February 6-12<sup>th</sup> 2012**

### **PeriAnesthesia Nurses Poem:**

Submitted by Ann Hladky, Registered Respiratory Therapist, Royal Alexander Hospital, Edmonton, Alberta, February 2010:

"Recovery Room Nurses are the best,  
Some would even say 'a step above the rest'.  
A cool hand or a kind word,  
Even drugs when the pain is absurd.  
Having surgery without fear is rare;  
It is a relief to wake up to people who care.  
This is the week that you employ  
Rightful recognition that I hope you enjoy."

## HAPPY PERIANESTHESIA NURSES' WEEK

Thank you  
**Carol Rawluk**  
For your dedication  
To  
PeriAnesthesia Nursing  
Congratulations on your upcoming  
retirement.



### **Name our Newsletter Contest**

Do you have an idea for a great name for the PANBC newsletter?

Prize: 2012 PANBC membership

Please submit your ideas to [lorna.jensen@panbc.net](mailto:lorna.jensen@panbc.net)



## ***ODE TO PERIANESTHESIA NURSES WEEK***

BY Heather Kennedy, Former Treasurer, PANNB/PEI  
Staff Nurse, PACU, Moncton City Hospital, New Brunswick

THE FIRST WEEK OF FEBRUARY IS PERIANESTHESIA WEEK,  
A CAUSE FOR CELEBRATION, DURING WEATHER SO COLD AND BLEAK.  
SURGERY ADMISSIONS, PRE-OP CLINICS AND PACU WORKING TOGETHER SIDE BY SIDE,  
HIGHLY SKILLED NURSES THAT DO OUR JOB WITH SUCH PRIDE.

THE SURGERY ADMISSIONS & CLINICS START THEIR WORK BEFORE THE RISING OF THE SUN,  
ADMITTING AND PREPPING PTS, MAKING SURE ALL THAT PRE-OP TEACHING IS DONE.  
WITH EACH DOCTOR'S ROUTINES AND IDIOSYNCRASIES THAT THEY MUST KEEP TRACK,  
WHEN IT COMES TO SPEED AND ORGANIZATION, THEY CERTAINLY HAVE THE KNACK.

"THE O.R. IS RUNNING A LITTLE AHEAD OF TIME; CAN YOU HURRY IT UP PLEASE?"  
SURE YOU SAY... I CAN GET FOUR READY AT ONCE, THAT'S A REAL BREEZE!  
THEY FLY DOWN THE HALL WITH IVs TO START, AND BP CUFF IN HAND,  
BUT MOST IMPORTANTLY, MAKING SURE THEY DON'T MIX UP ANYONE'S ARMBAND!

THEN THERE'RE THOSE PACU NURSES ALL DRESSED IN GREEN,  
YOU ROLL IN THE ROOM, AND ABOUT FIVE APPEAR ON THE SCENE.  
HOOKING UP MONITORS AND BUZZING AROUND THE BED,  
SHOULD YOU HEAR DR. G. SAY "O ANGELS OF MERCY", ONE MIGHT THINK THEY WERE DEAD!

WE ARE THOSE DISTANT VOICES THAT AROUSE YOU FROM DEEP SLEEP,  
WHILE YOU THINK IT CAN'T BE DONE ALREADY, BECAUSE I JUST STARTED COUNTING SHEEP.  
OPEN YOUR EYES AND WE'LL TAKE THAT TUBE OUT, IF YOU CAN JUST LIFT YOUR HEAD,  
FENTANYL, MORPHINE, DILAUDID OR OXYCONTIN, PICK YOUR FAVORITE PAIN MED.  
THEN WE'LL BUNDLE YOU UP IN WARM BLANKETS AND TUCK YOU RIGHT IN,  
LOAD YOU UP WITH GOOD DRUGS, TILL IT MAKES YOUR HEAD SPIN.

WE CARE FOR THE LITTLE ONES, THE ELDERLY AND ALL AGES IN BETWEEN,  
FROM IV SEDATION, SPINALS TO GENERALS AND REALLY SICK ONES ON BREATHING MACHINES,  
THEY SAY NURSES NEED TWO PAIRS OF EYES AND TWO PAIRS OF HANDS,  
BUT WHEN NINE O.R. THEATRES ARE RUNNING, A PAIR OF ROLLERBLADES WOULD BE GRAND!

WE WIPE YOUR TEARS AND EASE YOUR PAIN,  
ON DAYS WE'RE SHORT-STAFFED SOME OF US GET CRANKY, OTHERS INSANE!  
WE ARE A SMALL AREA WHERE DARKNESS BECOMES LIGHT,  
WHERE MOST OF US AGREE, OUR FAVORITE SHIFT IS CERTAINLY NOT NIGHTS!

IT'S OUR WEEK TO CELEBRATE WHAT WE LOVE TO DO,  
EVEN THOUGH SOME DAYS, WE'RE SURE WE MUST WORK AT THE LOCAL ZOO.  
DEDICATED, COMPASSIONATE, AND CARING RIGHT TO THE CORE,  
THAT'S WHAT WE PERIANESTHESIA NURSES ARE AND SO MUCH MORE!

***HAPPY PERIANESTHESIA NURSES' WEEK, 2011!***





## Ways to become active in PANBC

Needed:

1. Newsletters editor or just submit PACU articles
2. Elect positions: President, Secretary and Treasurer/Registrar to learn the ropes for next year
3. Representatives from each site: to keep you informed
4. Journal Club members needed
5. Conference Committee members
  - a. Planning, and helping on the day

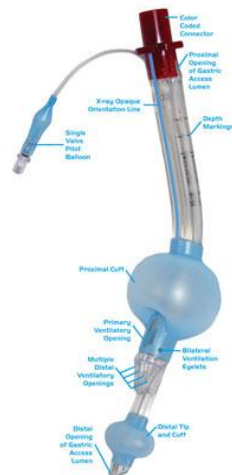
Available for you:

1. Submit retirement announcements
2. Submit Outstanding Nursing Achievement articles
3. Submit news and updates from your Facility



### Cool Apps for I phones:

- ACLS lite
- Anesthesia central
- My Fitness Pal
- AACN2GO
- CPS essentials
- Edwards critical care Medical
- I Critical Care medical
- Fast facts for Critical care
- Medscape
- Nursing Pharmacology
- Neuromind
- Epocrates
- ICU Pearls
- My Fitness Pal
- Weigh watcher



**KING LTS-D**

### King Tubes

- Easy to insert in emergencies
- Seals in the esophagus and oropharynx to provide positive pressure ventilation
- Single inflation port
- Color-coded full range of sizes
- Suction port
- Disposable

### Conference Dates 2012

**OPANA/NAPANc**-Conference in Ottawa, Ontario. 2012. (Date TBA)

**NAPANc**-Conference in Nova Scotia. October 19-21, 2012.

**ASPAN**-Conference in Orlando, Florida. April 15-19, 2012

**PANBC**- Conference in Morgan Creek Surrey. Nov 2012 (date TBA)

**NTI**-National Teaching Institute & Critical Care Exposition in Orlando, Florida. May 19-24, 2012

**NTI**-A Slice of AACN in Las Vegas. April 9-13, 2012

**Canadian Critical Care** Conference in Whistler, B.C. February 22-24, 2012

**CACCN**-Canadian Association of Critical Care Nurses-in Vancouver, BC. September 23-25, 2012

Please submit any stories, poems, events or ideas to:

[Lorna.Jensen@PANBC.net](mailto:Lorna.Jensen@PANBC.net)

Thank you,

PANBC

President: Lorna Jensen

Secretary: Ingrid Harrison

Treasurer: Mary Lou Drescher

Regional Advisor: Christine Jerrett

Advisor: Peggy Klassen

Advisor: Solrun Chong