

The Eye Opener

National Association of PeriAnesthesia
Nurses of Canada

www.napanc.org



**September 3, 2013: WE ARE NEARLY THERE:
MARK YOUR CALENDAR FOR THE DATE TO
REGISTER FOR THE FIRST CERTIFICATION
EXAMINATION FOR PERIANESTHESIA
NURSES OF CANADA!** *Read more, pg. 5*

Summer 2013

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Did you know...

There is now a "**Members Section**" with a login ID and Password? Please speak with your provincial President for the access information.

There is now a **Photo Gallery** on the NAPANc website: hundreds of photos of recent and past events including the most recent conference and Certification photos!

Give a man a match and he'll be warm for a minute, but set him on fire, and he'll be warm for the rest of his life. Author unknown

Get "set on fire" with Certification!

President's Address July, 2013



Hello PeriAnesthesia Colleagues:

Here it is already July and the summer is in full swing! Lots of rain for some of our Canadian colleagues, and we especially think of our Calgary comrades who suffered with floods in late June. We hope that you are all safe, and have recovered from these abnormal weather fronts.

Here in Ontario, we recently had a small taste of this: the Toronto area was hit with over 100 mm rain in just 2 hours, and this caused highway closures, and power outages that lasted a week in some areas. My own mother suffered from this, having no phone or internet for 3 days, and of course worrying her children immensely!

But enough of the weather! Let's talk about NAPANc activities:

The **12th Annual National Conference** preparations are well under way with the venue selected in **Regina, Saskatchewan** and the "Call for Abstracts (Oral and Poster) sent out to all of you. We are looking for PeriAnesthesia nurses on the frontline to present by either method, so don't be shy about applying for this opportunity. Mark your calendars: **May 30-June 1, 2014**. We are so looking forward to this conference since it coincides with: Certification Exam takers (April 5, 2014) and the launch of the 3rd edition of the Standards for Practice. Follow this link for updates on the Conference: [National Conference 2014](#).

CERTIFICATION! For all PeriAnesthesia Nurses of Canada. We are almost there! Competencies developed, exam questions created, review of the final exam completed, and practice test questions prepared. Translation into French is underway, then the competencies, information regarding exam content (ratio of questions by phases, etc.) and test questions will be uploaded to the CNA website in August! www.cna-aiic.ca. Registration on the CNA website opens **SEPTEMBER 3, 2013**.

NAPANc is still accepting donations towards the costs of development of Certification. Please, please assist us in this project: please send your donations by using this form: [Donor Pledge Form for Certification](#) (a link to the NAPANc website) to send in your cheque for \$2 (or more if you wish) to the NAPAN© office (address on the form). And encourage your colleagues to do the same! If every PeriAnesthesia Nurse donates a toonie, we would meet our goal of \$25,000.

The latest [Certification Bulletin](#) in English and in [French](#) (links to the NAPANc website) notes our news for offering this exam to everyone in 2014.

Second Edition Standards for Practice: they are selling quickly, so get your copy before they run out. The French version is available and selling quickly too! If you are a member of your provincial association, they are very reasonably priced. Get your copy soon, or ask your employer to purchase a copy: [NAPANc Standards order form](#).

And now for news from across the nation....

Recent Events:

1. QPANA held their annual conference on May 11, 2013.
2. MAPAN held their AGM on June 18, 2013 in Winnipeg, MN.
3. Standards for Practice under revision. Ongoing approvals by the Board of Directors for final versions.
4. February - March, 2013: Item Writing Committees organized and exam questions written.
5. June, 2013: "Exam" Committee of the Certification Exam development reviews and approves of the final examination!

Upcoming Events:

1. July - August, 2013: Translation underway.
2. August, 2013: CNA will upload Competencies, practice test questions and "Certification blueprint" to the [CNA website](#)
3. Next National Conference: May 30- June 1, 2014. Regina, Saskatchewan

Keep in touch! And remember, Certification IS COMING: Registration for the first examination opens September 3, 2013! We are there!

Thanks to everyone for your passion and dedication to PeriAnesthesia nursing: you are the best!

Contact us at info@napanc.org anytime, and watch the [NAPAN© website](#) for ongoing updates.

Your colleague in PeriAnesthesia Nursing,

Paula Ferguson, RN, MN, President NAPAN©, 2009-14

Certification for PeriAnesthesia Nurses

November, 2012

8 PeriAnesthesia Nurses from across Canada!



Left to right: Marion Power, NS; Sonia Boccardi, QC; Paula Ferguson, ON; Lorna Jensen, BC; Sharon Peabody, NB; Evelyn Seip, SK; Thao Le, QC; Angie Winter, AB. Standing: Leslie Patry, CNA

Item Writing Committees (cont'd):

#2:



Left to right: Marianne Kampf (ON), Mary Ellen Henneberry (NS), Keitha Kirkham (ON), Simone Towle (NS), Tammy Gallagher (ON), Louisa Bartlett (AB), Jennifer Richmond (BC), Noreen Todaro (QC), Diane Buckley (ON).

#3:

February - March, 2013

Item Writing Committees:

#1:



Left to right: Jacqueline Perrault, SK, Karen Whaley, BC, Frankie Verville, SK, Nela Crisan, ON, Fran Coates, MN, Marlene Brotzel, SK, Joanne Hamilton, AB and Dustin Shullick, ASI Coordinator



Left to right: Lynn Buchanan, AB, Nancy Rudyk, ON, Linda Fritz, AB, Robin Wood, ON, LaVonne Kolb, SK, Cathy Barrow, ON, Natasha Butler, ON

June, 2013

Exam Committee



Left to right (sitting): Paula Ferguson, ON, Dory Glaser-Watson, AB; Laura McNulty, NB; Thao Le, QC; (standing) Leslie Patry, CNA; Evelyn Seip, SK; Sandra Robinson, ON; Dustin Shullick, ASI Coordinator; Daphne Whalen-Brake, NL; Laura Van Loon, SK.

Did you know?

NAPANc representatives are working with **Accreditation Canada** to revise the *"PeriOperative and Surgical Practices Standards"* standards in Ottawa throughout this past year? This revised document will be in use in 2014. Watch for it when you are next accredited!

NAPANc also consulted on the "Independent Medical/Surgical Facilities" standards with Accreditation Canada in 2011 and suggested revisions to the Phase I and II recovery periods in terms of best practice. These standards are currently in use.





Ask NAPAN©

Q:

We have recently begun to send our Pediatric patients to a fellow adult hospital for some specialized surgical procedures. We also send one PeriAnesthesia Pediatric RN to recover them in the adult PACU. What is the best/safest process in order to create some guidelines for this process? Please send your responses to info@napanc.org.

Q:

What is the correct number of PACU stretcher bays per OR space. Your input on this issue would be greatly appreciated. Please respond to info@napanc.org.

A:

NAPANc's response:

If your nurses are covered under the hospital liability insurance (i.e. are treated like staff when on site at the adult hospital), then this arrangement seems appropriate. Sending one Pediatric-expert perianesthesia RN to the other adult site when they perform surgery is not a new practice. The Pediatric Anesthetist should remain on site in case of airway emergency, and the need to manage other emergencies where pediatric-dosaged medications are required. The second experienced PeriAnesthesia nurse can be from the adult population, and this would be safe practice. As we quote in our Standards, "Two Registered Nurses, both competent in PeriAnesthesia nursing in the PostAnesthesia Phase I level of care, must be present in the same room at all times where the client is receiving the PostAnesthesia Phase I level of care; this minimal staffing requirement must be observed at all times in this phase."

A:

As per the NAPANc Standards for Practice, p. 92:
 3.1.1 Space to accommodate stretchers or beds: four (4) feet between stretchers, or seven (7) feet from center of bed/stretcher space to center of next space (Phillips, 2004)
 3.1.2 Availability of 1.5 to 2 bays per active Operating Room (Drain & Odom-Forren, 2009; Phillips, 2004)

NAPANc Standards Committee

Q:

Dear NAPANc:

We recently revised the discharge policy based on the standards to emphasize scores as opposed to time frames. We were having a few issues/questions with regards to the discharging post general anesthetic and I was wondering what other people in the country were doing. We currently require three consecutive checks of 9/10 post GA for discharge from PACU. Could you ask the question regarding specific criteria for discharging post GA from PACU.

A:

The NAPANc Standards have information regarding discharge criteria and scores in the Standards for Practice (see Resource 5, p. 148). Neither Aldrete or Chung dictate 3 checks of 9/10. One will suffice.

NAPANc Standards Committee

Doctors heal the wounds:

Nurses heal the soul.

Author Unknown

Q:

This question is in regard to patients undergoing a bronchoscopy:

1. Where are these patients initially recovered?
2. If they are in phase II and bypassing phase I – can an RN or R/LPN recover?

A:

NAPANc supports the role of the Registered Nurse in Phase I recovery. If the patient is still in Phase I (unable to maintain their own airway, has not met the vital elements, ie. hemodynamics), then this patient should be considered in Phase I Recovery and should be cared for by a Registered Nurse. If the patient is in Phase II, i.e. able to guard own airway, has met discharge criteria from Phase I, the RN must still supervise the recovery of this patient. As per NAPANc Standards, 2nd edition, p. 118: "The RPN must work in collaboration with the RN"

NAPANc Standards Committee

Q:

Do you require a minimum number of years nursing experience, or surgical experience prior to accepting nurses to work in the PACU? If yes how many? Are your nurses required to have BLS? ACLS?

A:

NAPANc Standards recommends a minimum of one year of Critical care experience, preferably with surgical experience. The PACU is a Critical Care unit. BLS and ACLS are both required for providing safe care to patients in Phase I.

Updates:

CERTIFICATION FOR PERIANESTHESIA NURSES IS A REALITY!

SEPTEMBER 3, 2013:

REGISTER FOR YOUR CHANCE TO BE ONE OF THE FIRST PERIANESTHESIA NURSES OF CANADA TO BE CERTIFIED AND ADD THE DESIGNATION: PANC(c) TO YOUR NAME

**NAPAN©'s 12th Annual National Conference will be held in Regina, Saskatchewan on May 30/31-June 1, 2014 at the Delta Regina Hotel: 1919 Saskatchewan Drive Regina, SK S4P 4H2
Toll Free: 1-800-209-3555
Phone: (306) 525-5255
www.deltahotels.com**



Support Certification: Buy a Mountie Bear! Contact info@napanc.org to find out how!

Committee Reports

Nominations Committee Report to the Board of Directors June 5, 2013

The Nominations Committee has been sending invitations to those volunteers who have been considered for Executive and Committee Chair responsibilities.

Vacancies currently exist for the following positions:

- Treasurer-Elect;
- Secretary-Elect;
- Fundraising Chair

An update has been added to the website, with a section in the Front Page Slideshow, "NAPANc Needs Your Help" to encourage involvement from our membership.

Please let me know if you would like to put forward a nominee or have any questions.

Respectfully submitted,

Laura Van Loon, Chair
Nominations Chair
Immediate Past President, NAPANc

Standards Committee Report for BOD June 5, 2013

Committee members: Laura Van Loon, SK, Chair; Paula Ferguson, ON, President, NAPANc; Laura McNulty, NB, President-Elect, NAPANc; Louisa Bartlett, AB Secretary for Standards Committee; Simone Towle, NS sub-committee specific standards and resources; Nancy Forbes, NS; Daphne Whale-Blake, NL; Robyn Vinck, MB; Nela Crisan, ON; Bernard Bachaalany, QC; Thao Le, QC Paeds sub-committee; Amanda Hunt, NB; Dory Glaser-Watson, AB; Dr. P. Fiset, MD Advisor, Paeds sub-committee, QC

These are a dedicated team of registered nurses who have really buckled down to work to move our reviews along. I expect that in order to accomplish our timetable that we will be meeting during the summer months. When quorum is not met, the meetings become business only with an email vote to follow by the committee so we can get the business completed. Meetings: Oct 18, 2012, Feb.5, March 7, March 20, April 29, May 29

Standards Committee Report for BOD June 5, 2013 (cont'd)

We are already in progress of revising these standards for the 3rd edition with anticipation of publication in May, 2014. The next revision will include a Pediatric Resource, our Position Statement for the Nurse Practitioner in Anesthesia and updating and adding to the existing Standards for Practice.

Laura Van Loon, Chair, Standards Committee
NAPANc

Fundraising Committee Report to the Board of Directors June 5, 2013

Charitable Number: Revenue Canada
The President received confirmation of approval for Charitable Status with Revenue Canada, and as such we will now be able to give Receipts "for Income Tax Purposes", which we hope will encourage and increase donations for Certification, Standards for Practice and other bursaries and awards.

Fundraising for Standards for Practice
Thanks to all the individual donors and provincial perianesthesia groups, and others who have provided the necessary funds for completing this second edition of NAPANc Standards for Practice.

Anyone wishing to donate to our Third Edition, please mark your donation to the Standards Publication so that we can acknowledge your contribution on the cover, website & newsletter.

Sponsor a Certification Bursary!
Would you like to have a Bursary in your name to give to one of our PeriAnesthesia Nurses who completes Certification? If so, please contact me: lvanloon2001@yahoo.com

Laura Van Loon, Fundraising Chair

Website "Committee" Report to Board of Directors June 5, 2013

Updates since February, 2013:

Front Page Slideshow: added "NAPANc supports RN role in PreAnesthesia Phases 2013" with link to information regarding position statement.

More information and photos for Certification added to the website, under "Education -> "Certification", and in the "Photo Gallery".

Updated Provincial application forms, conference updates as requested

Spotlight: Sharon Peabody, winner of the Lynn Childs award.

New Additions:

Membership login: added more information, including newsletter, financial reports, Board minutes.

Members Only Login: Full newsletter, financial information, Board minutes and other confidential membership information.

New photo gallery: with 4 photo albums (Certification in the making; NAPANc conference 2012; ICPAN, 2011; NAPANc conference 2011; NAPANc archives)
Added photos to Aseptic Surgery Forum information.

Inquiries to info@NAPANc.org :

- Standards orders via website interactive forms
- Info re: National Conference 2013/4 updated
- Questions re PACU etc.: saved for newsletter

Respectfully submitted,

Paula Ferguson , Website Chair

**Newsletter "Committee" Report to Board of Directors
June 5, 2013**

- A. Last Newsletter: February, 2013:
 - 1. Positive feedback
 - 2. Content of "Ask NAPANc": using emails that come in
 - 3. Send articles please!
- B. Next Newsletter: June, 2013: Inclusions:
 - 1. Link to Certification update and new photos
 - 2. Sponsorship Opportunities for:
 - 1) Certification with link to: interactive order form for Sponsorship of Certification
 - 2) Information re: NAPANc Bursaries
 - 3) Sponsorship for Certification Bursaries
 - 3. Updated list of Certification Donors
 - 4. Link to "Join NAPANc: Nomination Forms"
 - 5. Notice of Membership Login: contact your provincial rep
 - 6. Standards for Practice: with order form (link)
- C. Distribution: Timeline: All Provincial Presidents ensure distribution of NAPANc Newsletter within 2 weeks of receipt to all NAPANc members in their provinces
- D. Members Only Login: Full newsletter, financial information, Board minutes and other confidential membership information.

Respectfully submitted,

Paula Ferguson, Interim Newsletter Editor , 2013

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"You have a song in your heart. We need to operate to replace it with a digitally remastered version."

**Conference Committee 2014 Report
June 5, 2013**

The next and 12th National PeriAnesthesia Nurses Conference will be held in Regina Saskatchewan, hosted by PeriAnesthesia Nurses Group of Saskatchewan (PANGS), on May 30/31-June 1, 2014 at the Delta Regina Hotel.

The Call for Abstracts for presentation will be sent out shortly.

The conference program is under construction and will also be added to the website and sent out to all

Watch the NAPANc website for updates: www.napanc.org

The Delta Regina Hotel is located at:

**1919 Saskatchewan Drive
Regina, SK S4P 4H2
Toll Free: 1-800-209-3555
Phone: (306) 525-5255
www.deltahotels.com**



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"Gosh, I've been so busy lately, I didn't even notice that I gave birth last week!"

**Certification Committee Report to Board of Directors
June 5, 2013**

Since the last meeting, 24 volunteers have met in February and March, 2013 in Ottawa to write examination questions for the Certification Exam. The "Exam" sub-committee have also met in Ottawa in June to determine which questions will be on the first exam, who will be eligible to write, the passing grade and much more. The exam will be translated into French and we will be able to register to write it by September 3, 2013.

Question: Cost for the exam: Varies by province, \$550 on average (Bursaries will be offered through NAPANc and provincial PeriAnesthesia Nursing Associations).

How are we going to prepare?— we will be developing a prep/study guide to assist the members in exam preparation. Once you have registered, you should receive the prep guide.

Can foreign nurses write the exam?—you must be a member of CNA to write the exam, or pay an additional fee.

Do we know where we will be writing?

There will be multiple sites throughout Canada to write the exam. It will be written on the same date, April 5, 2014 across the country, and is still paper based. Please go to www.cna-aiic.org for further information on registration, fees, and dates.

Paula Ferguson,

Chair Certification Committee,

President, NAPANc 2009-14.

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"I saw the bright light and the tunnel, but they sent me back because I haven't finished paying my student loans."

NAPANc 2012 Conference Photos

Pictured to the right is a photo of some of the delegates who attended the 11th Annual National Conference held in Dartmouth Nova Scotia, October 2012.



In typical Nova Scotia fashion, we were "piped", into the conference during the opening ceremony. Dartmouth, Nova Scotia, October, 2012.



Laura van Loon, Nominations Committee, introduces President-Elect 2014, Laura McNulty, NB (left) at the AGM, while current President Paula Ferguson looks on.



Provincial Reports

OPANA

OPANA is currently planning our next provincial conference to be held Nov. 2 and 3rd at the Nottawasaga Inn, Alliston Ontario. Marianne Kampf and Cher Jackson are the co-chairs of the planning group and are being supported by an enthusiastic group. The details are on OPANA website, www.opana.org.

Submitted by Deborah Bottrell President, OPANA

QPANA - AIPAQ

Membership 2012- 2013

Up to present time, there are 115 members.

QPANA 20th ANNUAL CONFERENCE

The QPANA 20th Annual Conference was a successful event, with 121 attendants. It was recognized for 6 hours of accredited continuing education by the University of Montreal.

PROMOTING AND SUPPORTING THE NATIONAL CERTIFICATION

QPANA is proud to have the opportunity to actively participate in the certification process in collaboration with the NAPANc, CNA and other colleagues across the country. Next meeting will be in Ottawa for the Exam Committee, from June 24-28, 2013. It happens that June 24 is the Quebec Day

At the conference, the good news was brought up during the General Assembly and a table was reserved for the certification posters as well as to expose bilingual promotional materials for the upcoming Certification Exam for PeriAnesthesia Nurses.

CNA had kindly sent enough promotional materials that every participant had them to bring back to their working place.

QPANA would like to thank you Ms Paula Fergusson, the NAPANc President, for her presence at the certification table to answer to questions as well as having a short speech to the participants about this topic.



QPANA - AIPAQ (cont'd)

PROMOTING OF THE STANDARDS

Through publicity e-mail sent to all the participants prior to the conference, QPANA was able to sell seven standards for practice.

Kind regards,
Thao Le
QPANA President and National Representative

PANNB/PEI

Hello to all my fellow PeriAnesthesia nurses across Canada

As reported in October at our annual meeting in September we were unsuccessful in securing a new executive. The directive of the meeting as per our constitution and by-laws was for the executive to continue to see a president elect.

Thirty one of our 67 members were in attendance at the national conference. A lunch meeting of PANNB/PEI was held and I am pleased to announce that Amy Powers from the Moncton City Hospital (PACU) has accepted the position of president elect. This is very exciting as Amy will bring the expertise and energy of youth into our group. Jodi McNamara and Amanda Hunt will step up to fill the positions of treasurer and secretary.

We were all in agreement that ANSPAN hosted a super conference. Education sessions were well varied and very informative and interactive. Food and accommodation were very good and the hospitality was over the top.

I would like to encourage everyone to start working on a membership drive fresh faces and ideas along with the experience of the faithful are what will grow our association.

Sincerely
Laura McNulty, President PANNB/PEI



“Remember, only gravy in his drip. He’s on Atkins.”

MAPAN

The executive of MAPAN is pleased to announce that Robyn Vinck has agreed to represent Manitoba on the Standards Committee. I believe she has communicated with Laura. She is a great nurse with some varied experience and a love for learning and involvement.

We had a journal club meeting in October that was fairly well attended and Melanie Connors led the group in the topic of pain management.

Our Christmas/education session was a presentation by an anesthesiologist who does missions in India for a program that does cleft palate surgery followed by a celebration.

I am thrilled to be attending the item writing session in Ottawa Feb. 25- March 1. The process continues on our path to certification!

Our spring workshop is starting to take shape and membership month is here.

Respectfully submitted by Fran Coates, President MAPAN

PANBC

PANBC is having a great year in 2013. There is a lot of support for PeriAnesthesia Nursing in British Columbia. Our paid membership to date for 2013 has reached 109. We have joined the ARNBC as a specialty group. This is also a new group in British Columbia, so this role is very new to us. Presently it is a networking group. It is keeping PANBC in the loop of the all changes that are happening in BC. It also has shown us that other specialty associations are functioning in a similar manner to us. It has been a great support for PANBC.

Our provincial contract was up in April 2012. The BC RN's are in the process of waiting for the changes of the new contract to be implemented. This contract changes the work week to a 37.5 hour work week. All the Nurses in BC will be changing their work schedules to meet the new work hours by September 2013. Everyone loves a rotation change!!! There is a lot of work going on around this.

PANBC held an election at our AGM in November 2012 and are proud to announce our new Executive.

Presently they are as follows:

Lorna Jensen-President (one year term)
 Vacant- President Elect
 Ingrid Harrison- Secretary (one year term)
 Vacant-Secretary Elect
 Sabine Wadhams-Treasurer/Registrar
 Vacant- Treasurer/Registrar Elect
 Christine Jerrett-Regional Representative
 Marylou Drescher- Treasurer/Registrar past

We are actively recruiting new executive and are trying to put an advertisement in the CRNBC newsletter so that it may reach nurses

who do not know about us already.

We are meeting by Skype on June 25th 2013 to start planning our next educational day.

It will be called "The Changing Tides of PeriAnesthesia Care" at Morgan Creek Golf Course, Surrey, British Columbia on October 26, 2013. Fraser Health just had a very successful Critical Care education day which we encouraged our PACU nurses to attend since our specialty had evolved to such a critical care level. PACU Nurses are feeling the need to stay current and update in both specialties. It shines a light on how our practice has evolved into PeriAnesthesia Critical Care Nurses. BCIT has decided not to continue with the creation of a PACU specialty course for BC. This is a setback for PACU nurses in BC. . Presently the Vancouver Community College course is not being offered and we hope that it will soon be revised to reflect the needs of the Critical Care PeriAnesthesia Nurses for British Columbia.

We are very excited and looking forward to our next educational day in October 2013. Our guest speaker was Dr. Laugh. He completed a great day with a fun and happy ending and look forward to laughing with him again this year. . We have a feeling that this is going to be another great year for PANBC

Lorna Jensen President PANBC

ANSPAN

President – Simone Towle

Secretary – Sandra Newton

Treasurer – Donna Burris

Education Coordinator – Susan Allen

Immediate Past President – Maureen Landry

This is my first NAPANc board report as incoming ANSPAN president. I have chaired three ANSPAN meetings Jan.21, March 18, & the May 11, 2013 AGM.

The Association of Nova Scotia PeriAnesthesia Nurses (ANSPAN) opened membership APRIL 1 for the 2013- 2014 year –we have 54 members registered. Certification coming in 2014 should increase numbers as well.

Our ANSPAN website is still a project in the works but will now take priority. The link is www.anspan.weebly.com

Our education sessions and meeting held: March 18, 2013- Dr.Rob Rideout –"Anesthetic Agents". For the first time we trialed Teleconferencing our meeting provincially .Our Nursing director of Periop Karen Mumford kindly agreed to fund the calls .We had 6 nurses from the Valley region on the conference with success. We are hoping to reach more of the members at distant sites & NFLD next meeting June 17, 2013.

Hosted our Annual education day and AGM May 11, 2013 with excellent speakers "a great success!" 31 PeriAnesthesia nurses attended. Topics on the agenda: 1.Anesthesia Trends, 2.Some Like it Hot –perioperative hypothermia, 3.Acupuncture & Acupressure for perioperative pain control 4. Perioperative Health professional education, development and support in Rwanda by North American

ANSPAN (cont'd)

Perioperative Health Care providers. AA's scope of practice clarification in PACU discussed. Consulted with NAPANc; President Paula Ferguson, researched Anesthesia position statements & NAPANc standards more info on AA's needed.

March 11 Mary Ellen Henneberry & Simone Towle from ANSPAN took part in NAPANc exam writing questions for certification. We felt honored, an unforgettable experience with our nursing peers from across Canada. We have been promoting certification since with posters in PeriAnesthesia areas, certification info sent out in ANSPAN minutes. At May 11 AGM we promoted the need for PeriAnesthesia Nursing specialty certification. We circulated PeriAnesthesia certification info pamphlets from CNA. Mary Ellen Henneberry & I answered a variety of questions for preparation.

The future is bright!

Respectfully submitted,
Simone Towle – President ANSPAN

PANGS

PANGS will have a meeting by Skype towards the end of June 2013. Unfortunately, we were unable to convene a meeting at the SRNA Member Links Night last May 30th in Saskatoon. As everyone is aware, the winter travelling conditions were especially bad and members living in the southern part of the province were unable to attend.

NAPANc 2014 AGM & Conference Committee met April 25, 2013 to discuss ideas and progress. The potential speakers list was narrowed down. We will try to have the call for Poster & Oral

Abstracts out by the end of June 2013.!

Kathy Jellow, President, PANGS

PANA-SAC (Alberta South)

PANAsac held a successful workshop on February 9, 2013 at the South Health Campus which is slated to open for surgeries in April 2013. Our workshop agenda included these sessions:

- Vascular Surgery: Past, Present & Future – Dr. Paul Petrasek
 - Regional Anesthesia: Implanted epidurals for Palliative Care – Dr. Kelly Shinkaruk (Anesthesiologist).
 - Healthy Lifestyles in Cancer Prevention & Survival: Latest Scientific Evidence – Dr. Christine Friedenreich (Epidemiologist).
 - Legal Implications of Documentation – Lenora Thorkelson RN
- Membership**

Currently, we have 52 members from the Calgary area for the 2013 - 2014 membership year. The registration to our workshop automatically registered members for the coming year to PANAsac. Midway through the workshop, we held our Annual General Meeting. Our minutes are attached.

We currently seek new members to the Executive. We have a member who is interested in forwarding her name for the position of Secretary. We will seek to elect this member in a future PANAsac meeting

Our current Executive members are:

- President – Dory Glaser-Watson
- Vice President – Vacant
- Secretary – Vacant
- Treasurer – Faisal Kassam
- Web Director – Yvonne Klaver

Vision

Our vision to reach out and network with other PACU Nurses within Calgary and southern Alberta is ongoing. We have been successful in connecting with PACU nurses in Lethbridge, Medicine Hat & Brooks. We are including PeriAnesthesia Nurses in other surgical settings such as Day Surgery, Labour & Delivery and surgical / procedural units.

The Executive and members of PANAsac continues to feel very positive and encouraged by the collaborative processes that we have accomplished to date in order to keep PANAsac operational. We are looking at options with PANAnac. We are committed to move forward with initiatives that promote and maintain excellence in PeriAnesthesia Nursing in Southern Alberta and facilitate collaborative practice between surgical nurses in Alberta.

Activities

Meetings with an educational session and day workshops are planned throughout the year. We will hold another meeting to elect new members to our executive in Sept/Oct 2013.

We are appreciative of NAPANc's support.

Respectfully submitted,

Dory Glaser-Watson,
President, PeriAnesthesia Nurses of Alberta – Southern Alberta Chapter

NAPANc is proud to announce the following Bursary opportunities for PeriAnesthesia Nurses across Canada:

- One Bursary per Provincial Association (9 Bursaries in total) to attend our National Conference each year.
- ***New for 2013!***

3 Bursaries, one for each region (west, central and east) for Certification Exam Registration costs (value up to \$550)

PANA - NAC (Alberta North)

Members of the Executive: President Angela Winter; Treasurer: Charlette Opper
Secretary: Janie-Rae Crowley

There is much excitement and anticipation for Certification amongst PANANac members. Planning for PeriAnesthesia Nurses Week is in full swing. Events arranged include Cup Cake Monday; Wild Funky Sock Tuesday; Pizza Wednesday; Cookie and Coffee Thursday; Pot luck Friday and as a grand finale to PeriAnesthesia Nurses Week we are hosting our 3rd annual Perianesthesia Symposium with 4 speakers and a lunch on Saturday Feb 9th. The last two symposiums were very well attended and a great recruitment vehicle. PANANac is also holding a full day Adult Acute Pain Symposium on May 17th. The profits from this event will be used to create bursaries to support members attending ICPAN 2013.

A PANANac member has been selected as one of the speakers at this event which is very exciting, way to go Pauline Worsfold.

Our membership is holding steady, we hope to increase the membership by creating educational opportunities. We are still holding a recruitment drive for new members of the executive; So far we have been unsuccessful but hope springs eternal

Respectfully submitted

Angela Winter, President PANANac.

Article:**The Holy Grail of Geriatric Surgery**

Mark R. Katlic, MD

Annals of Surgery. 2013;257(6):1005-1006.

The Holy Grail of Geriatric Surgery is a simple, reliable test to assess perioperative risk. Have the authors found it?

It seems intuitive to most people, even most physicians, that advanced age increases operative risk; but is chronologic age itself really the culprit? We all know octogenarians who play vigorous tennis and others who cannot walk to the mailbox. Most of the possible tests to clarify risk in this highly variable group are surrogates of the standardized cardiopulmonary exercise test (CPET) that the authors studied. These surrogates, utilized because CPET is unavailable in some locales and unappealing in others, all suffer from one or more inadequacies, although some have been correlated with maximal oxygen consumption or surgical risk or even cancer survival: stair climbing, 6-Minute Walk Test, Long-Distance Corridor Walk, gait speed, Shuttle-Walk test, Timed Up-and-Go test, Braden scale, various frailty scales, Surgical Apgar Score, Charlson Comorbidity Index score, American Society of Anesthesiology (ASA) Physical Status Classification, and visceral assessment of an experienced surgeon.

The Charlson Comorbidity Index, ASA Physical Status Classification, Braden scale, and several different frailty scales have all been shown to predict surgical risk but are not true tests of physiological fitness. The Surgical Apgar Score is calculated postoperatively rather than preoperatively. The walking tests and the Timed Up-and-Go test are simple but have not been extensively studied in surgical populations.

Stair climbing, historically used most by thoracic surgeons and with decades of published results and with decades of published results, has consistently come closest to mimicking the CPET.^[1,2]

We have known for decades that cardiopulmonary fitness declines with age, even in elite athletes. The authors have shown that this phenomenon, admittedly associated with age, is more important than chronologic age itself in predicting risk.^[3] Thereby, they also have struck an indirect blow against "ageism," prejudice based on chronologic age alone.

In nearly 400 patients who underwent major open hepatobiliary and sarcoma operations, anaerobic threshold, at a level of 10 mL/kg/min, proved to be the best predictor, better than chronologic age. Age became important when fitness was poor but was unimportant when fitness was good. The study also shows that CPET is safe and even elderly patients with malignancy can complete the test (96% achieved anaerobic threshold).

So, why not just administer the CPET to all elderly surgical patients? Access to the test and delays in surgery will remain issues. Cost is a major factor and not only cost to the payer. The patients and their caregivers will inevitably bear some cost in time and dollars. The decreased length of stay either in the hospital or in the intensive care unit shown in the present article accrues only to the least fit patients and may not apply to the United States, where one's insurance policy and family issues may prolong stay beyond medical necessity. There is already proven overuse of cardiac stress testing in Medicare patients undergoing elective noncardiac surgery,^[4] and we will need to be selective in our use of the CPET.

Parenthetically, the study begs the question, "What do we do when we discover reduced fitness preoperatively?"

Although pulmonary rehabilitation before lung resection has been proven valuable in certain sets of high-risk patients, in general, studies of prehabilitation have shown equivocal results to date.^[5] Attempts to improve nutrition, medication use, and postdischarge care are admirable but even more speculative. I suspect that a well-defined patient population (eg, below anaerobic threshold or frail by criteria) given a discrete intervention (eg, brief, evidence-based prehabilitation) would show benefit from that intervention. Given our burgeoning elderly population, most of whom need surgery sometime, this is a ripe area for research.

Many centers have shown excellent results, results equal to a younger population, in septugenarians, octogenarians, and even nonagenarians undergoing major operations such as esophagogastrectomy, pancreaticoduodenectomy, and ascending aorta replacement. Better selection of patients may be a factor in their good results, but so may be the great attention to detail perioperatively. Gretschel et al,^[6] for example, showed that despite statistically increased comorbidities compared with a younger cohort, their elderly patients suffered no increased morbidity or mortality after gastric resection for cancer. Our Sinai Center for Geriatric Surgery is taking this dual approach: more comprehensive preoperative evaluation of the elderly and excessive attention to perioperative detail.

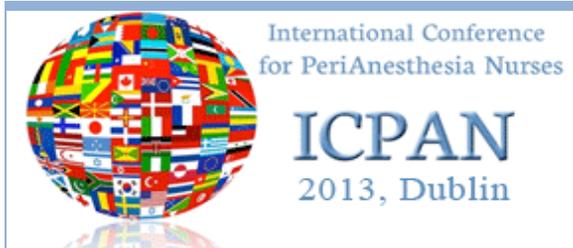
What should surgeons do in 2013? They should incorporate into their preoperative assessment as many of the Best Practices for Optimal Preoperative Assessment of the Geriatric Surgical Patient, recently promulgated in dual publications by the American College of Surgeons and The American Geriatrics Society.^[7] Patients identified to be at risk (frail or depressed or malnourished, patients with delirium or diminished cognition or poor functional status), particularly those for whom an extensive surgical procedure is planned, should then be referred for the CPET.

Have the authors found the Holy Grail of Geriatric Surgery? Not yet. As good as it is, the CPET cannot be conducted easily in a surgeon's office or in a routine preoperative testing suite. However, they have shown CPET to be an excellent option for the assessment of selected patients, and we need every possible tool if we are to improve surgical results in our grandparents, parents, and—soon enough—ourselves.

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International Conference for PeriAnesthesia Nurses (ICPAN)



In 2008, during an annual meeting of the British Anaesthetic & Recovery Nurses Association (BARNA), several international nurse colleagues socialising in a London pub began to discuss the possibility of hosting a collaborative global conference that would include participation from other associations. The Past President of the American Society of PeriAnaesthesia Nurses (ASPAN) and the BARNA Chairperson agreed to give this idea a try. In early 2009, the ASPAN Past President contacted the President of the National Association of PeriAnesthesia Nurses, Canada (NAPANc) and the Chairperson of the Irish Anaesthetic & Recovery Nurses Association (IARNA) to inquire if each would be interested in creating an International Conference for PeriAnaesthesia Nurses (ICPAN). The response was a resounding "YES!" A first meeting was held during the April 2009 ASPAN National Conference in Washington, D.C., and exploratory planning began.

Amazingly, just a short time later, the first ICPAN was hosted by NAPAN© in Canada's largest city, Toronto. The 2011 organising committee, comprising volunteer chairpersons from the four associations, was eventually augmented by newly found international colleagues through extensive virtual outreach. The enthusiasm and anticipation surrounding this event was incredible! In October 2011, over 500 eager delegates and exhibitors arrived from all corners of the globe to attend. The dream of uniting global perianaesthesia / anaesthetic and recovery nursing practitioners was realised and embodied the inaugural conference slogan, "Many Practices ... Just One World." Today, a fledgling ICPAN organisation exists with more professional nursing organisations and colleagues becoming involved, each working toward establishment of an enduring collaborative global networking group.

Converging Practice ~ Celtic Style

It is extremely fitting that the Irish Anaesthetic and Recovery Nurses Association (IARNA) will host the next ICPAN, as 2013 has been named "The Year of the Gathering." Our "gathering" of delegates, from all areas of perianaesthesia/anaesthetic and recovery nursing, will meet at City West venue just outside Dublin City. Following the huge success of the 2011 Inaugural Conference in Toronto, Ontario, Canada, exhibitors and potential delegates are already actively seeking information and are quite excited that we will host in Ireland's capital.

The medieval city of Dublin eagerly extends a warm welcome to delegates from across the globe! As a rising star in the worldwide stage of meeting and conference destinations, Dublin is an exciting, safe and inspirational city that naturally combines contemporary and historic, modern and traditional, and all with a characteristically laid back Irish quality.

A dedicated multinational organising committee is preparing an exciting educational programme which reflects current trends in perianaesthesia nursing. The Irish people are renowned for "having the craic" (having fun), so we are planning a lively social programme to keep you entertained during leisure time. This website will be the central point for information and communication, so please revisit regularly and 'Like' our Facebook page for details of the conference.

Céad Míle Fáilte go hÉirinn (A hundred thousand welcomes to Ireland)!

Ann Hogan,

IARNA Chairperson

To Register: <http://www.icpanconference.com>

Let's keep the sharing happening internationally by having a great show from Canada.



PeriAnesthesia Nurses Certification:

For Registered Nurses working in PreAdmission, Day of Surgery, Phase I, Phase II or Extended Observation areas. Environments include: PACU, Day Surgery, PreAdmission, Interventional Radiology, Endoscopy, Out of Hospital offices and surgical centres, including Oral Surgery, Plastic Surgery, and any other area where Anesthesia is administered to patients for the purposes of a therapeutic intervention (invasive or non-invasive)

The development of the Certification Examination with the Canadian Nurses Association (CNA) is underway! Over 50 volunteers (PeriAnesthesia Nurses from across Canada) have generously donated their time and have committed to this task.

In the fall of 2012, volunteers travelled to Ottawa to develop competencies over a 5 day period. This not only requires that these generous volunteers give of their time, but they will also have travel and accommodation costs to recover.

There will be many other expenses incurred by our Volunteers. Won't you assist them with their financial obligations so that they may concentrate on developing our Certification Examination?

All donors to this cause will be recognized in the NAPAN© newsletters, on this website (see list below), and in the Certification Study Guide. Receipts for all donations will be issued.

To see information regarding Certification, please go to this link: [Certification for PeriAnesthesia Nurses of Canada](#)

To read more about donations for Certification, please read this letter: [NAPANc Letter to Donors for Certification](#).

To donate money or other valuable items (hotel accommodation, travel vouchers i.e. train, bus, airline, gasoline vouchers, food/restaurant vouchers, etc.) please print the following form and mail or fax to the address indicated: [NAPANc Certification Donors Pledge Form](#) or purchase a [Mountie Bear](#) or [T-shirt](#) from our recent Inaugural International Conference (click on the link provided to order yours). Proceeds will go towards Certification expenses. **Thank you in advance for your generous donation!**

NAPANc would like to thank the following Donors for Certification of PeriAnesthesia Nurses of Canada for their generous contributions Most Recent Donations, 2013:

Mariola Brady, Mary Lou Drescher, Sue Kroes, Lya Lamb, Alain Vienneau, Janet Shaughnessy, Laura Van Loon, Paula Ferguson, Thao Le
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PeriAnesthesia Nurses Group of Saskatchewan (PANGS); Manitoba Association of PeriAnesthesia Nurses (MAPAN)

Ontario PeriAnesthesia Nurses Association (OPANA); Quebec PeriAnesthesia Nurses Association (QPANA)

PeriAnesthesia Nurses of New Brunswick and Prince Edward Island (PANNB/PEI)

Association of Nova Scotia's PeriAnesthesia Nurses (ANSPAN) and the proceeds from the Silent Auction at the 11th National Conference, 2012



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“Nurses work 12 hours a day: 4 hours caring for patients and 8 hours washing our hands.”