



# Snips and Snaps

## RECOGNITION

Nothing makes a ordinary day go to extraordinary than receiving a surprise. It may be a gift or object but many times just a compliment or supportive gesture from a friend, family member or coworker can make your day. Being on the giving side of such encouragement and support can be even more gratifying. The ORNAA annual awards gives you the opportunity to recognize your peers .

The Muriel Shewchuk Excellence in Leadership recognizes ORNAA members. The Promising Star award is presented in each district for new nurses to the perioperative specialty.

There are worthy candidates for these awards at our work places. Can you be “giver” and nominate them?

**Be kind whenever possible. It is always possible.**



## CARNA CENTENNIAL CONFERENCE

### **Submitted by Laura Phillips- CORNA Member**

A summary of a few speakers from the CARNA centennial conference held in March in Edmonton:

The opening keynote speaker was Canadian country artist **Paul Brandt**.

Paul grew up in Airdrie, and received his nursing degree in Calgary. His Mother is an RN, & his father a paramedic in Calgary. Paul spoke on the art of resilience. He had a humble upbringing and was encouraged to have faith in the future. He believes your attitude is the key to achieving your goals in life. He told many humbling, humorous stories of nursing school days.

Paul recognized that he had a love for words & music from the young age of 6. He began writing music at age 13 and learned to play guitar by ear. He continues to use music to create a positive impact on the lives of people around the world. His closing song -Alberta Bound – brought us to tears & to our feet.

### **Mark Black**

Professional speaker, best selling author of “Live Life With Heart”, & success coach. In his presentation, Mark didn't just talk about overcoming adversity...he lives it. He was born with a congenital heart defect & underwent 2 open heart surgeries before the age of 1. At age 23 with continuing cardiac problems & CHF he was placed on a donor wait list. After a long year he finally had the life saving surgery- a heart & double lung transplant.

Mark has great admiration for the Nurses that cared for him before & after the surgery. Their caring attitude has made a life long impact on his life. He said- as Nurses we need to remember to be human 1<sup>st</sup> & health care professionals 2<sup>nd</sup>. To care & to provide care! He spoke on the importance of organ donation & how it transformed his life....Gave him life. Mark has completed four marathons & expects to participate again in the future.

**Wendy Duggleby & Mehri Karimi-Dehkordi**- spoke on Ageism in Alberta as portrayed in the media. The elderly gain negative publicity as Bed Blockers; meaning those that are in acute care beds and waiting for continuing care beds. We watched the video from the Calgary Sun News where the 3 Care Givers abused a 92 year old gentleman. Most of have seen segments of this video on the evening news. It has taken 2 years for these Care Givers to be identified & terminated. They were each sentenced to 5 months behind bars. Elder abuse is tragic, unacceptable, and under reported in Alberta & across Canada.



*Paul Brandt– photo submitted by Laura Phillips*

**Crystal Bode & Karen Schmautz** are RN's in Collaborative Care in Alberta. They recognize that our actions bring an energy to others around us. Leadership is a choice presented to each of us daily. By consciously working together we promote a cultural shift, removing the dangerous phrase: We Have Always Done It This Way.

Closing Keynote Speaker - **Neil Pasricha**: Happier People, Happier Organization. Neil is a Canadian blogging sensation & best selling author of "The Book of Awesome" Neil shared that his divorce & the suicide of a close friend prompted him to look for positive things in life. He has developed unique frameworks to create happiness in individuals, which results in promoting high performance engagement.

Neil shared 3 Secrets to personal happiness:

*Be happy first.* By being happy, we then do great work & become successful. Looking after ourselves improves success—by walking 3 times a week, journal about our positive experiences, do random acts of kindness, meditate, & identify 5 gratitudes.

*Create Space in Your life.* Life is so busy!

Try to regulate our daily/weekly activities. We cannot successfully do everything. Decide how much time we are willing to spend on these activities; keeping in mind the importance of these activities.

*Just Do It.* Put an action in front of thoughts that motivate us. Elevate our personal expectations. By procrastinating we are less productive. CYCLE: Do- Can Do- Want To Do

### Dates to remember

01/09/16- Award nomination deadline

21-24/09/16 ORNAA Conference

15/11/16 Snips and Snaps Deadline

# Have a shot of mORning

## EDspresso

### ORNAC Standards Review

Each edition of Snips and Snaps will have a review of one or more ORNAC standards.

If there is a standard you would like highlighted, please submit suggestions to :

[education@ornaa.org](mailto:education@ornaa.org)

The ORNAC Standards for Perioperative Registered Nursing—12th Edition are now available on the CSA website for order.

Hard copy and PDF copies are available.

To order your copy of the 2015 standards, please visit:

[www.shop.csa.ca](http://www.shop.csa.ca)

Submitted by Lee Van Ruskveld– NCORNA

### If I'm only using one medication for a case, does it need to be labeled?

#### PRACTICE

*The perioperative Registered Nurse shall:*

3.2.85 – confirm that all medications and/or solutions in medication containers, syringes and basins, on and off the sterile field, are labeled, even if there is only one medication (AORN, 2014; ORNAC standards, 12<sup>th</sup> Edition; Rothrock, 2015).

Labeling should include:

medication name;  
strength; and  
dose (AORN, 2014; ORNAC standards, 12<sup>th</sup> Edition; Phillips, 2013; Rothrock, 2015).

#### RATIONALE

Medications on the sterile field that are not labeled increase the risk of error (AORN, 2014; ORNAC standards, 12<sup>th</sup> Edition).

### What documentation is required when using cautery?

#### PRACTICE

3.10.21 – *Documentation of the Electrosurgical Unit (ESU) usage should include:*

*type of unit and serial number;*  
*use of adjunct ESU devices (e.g., harmonic scalpel, bipolar forceps)*  
*location of dispersive electrode pad placement;*  
*cutting and coagulation settings;*  
*condition of the patient's skin before and after use of the dispersive electrode pad; and*  
*use of safety holster*  
*teaching if patient refuses or cannot remove jewelry (AORN, 2014, Goodman & Spry, 2014; ORNAC standards, 12<sup>th</sup> Edition;).*

#### RATIONALE

*Documentation by nursing staff allows for follow up in the event of an injury to patients or staff.*



**ABC's of  
PERIOPERATIVE  
PRACTICE**

**Advocacy**  
**Balance**  
**Competency**

**32<sup>nd</sup> ORNAA CONFERENCE**

Hosted by SORNA  
September 21-24, 2016  
Sheraton Conference Center  
Red Deer, Alberta

Award Criteria and nomination forms are available on the ORNAA website.

Deadline for nominations is Sept 1, 2016,.

Presentations will be at the Sept 21-23 2016 conference

## AWARD DESCRIPTIONS

### **Promising Star Award**

This award is to be presented to an Alberta Operating Room Registered Nurse who is currently working in a surgical suite and who has less than two years experience in this role. The nominee exceeds the expectations of their employers and/or colleagues and shows promise as an exceptional member of the Perioperative Registered Nursing profession.

### **Muriel Shewchuk Excellence in Leadership Award**

The "Muriel Shewchuk Excellence in Leadership Award" is to be presented to an Alberta Operating Room Nurse who has demonstrated outstanding and consistent commitment to the specialty and the nursing staff of the operating room(s) through leadership roles in the area of clinical excellence, supervision and /or education as a role model and mentor. The award is presented to honor Muriel Shewchuk who spent over 42 years dedicated to Perioperative Service in Alberta.

VISIT  
[www.ornaa.org](http://www.ornaa.org)  
For more information



**ORNAA**

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