



December 2008

Volume 31 #1

President's Report

Hello everyone, it's hard to believe Christmas is just around the corner. It's nice and white here today with a little chill in the air. I expect we'll have a white Christmas!

Margot and I attended the ORNAC Board meeting the first week of November on your behalf. The following is an update from this meeting:

- Trudy Bradbury (N&LORNA's secretary) will be sending the membership database to ORNAC December 15th those who are not members of N&LORNA/ORNAC at that time will not be able to receive the National Conference subsidized rate.

- Margot and I met with representatives from the Atlantic provinces and conference site rotations were discussed. Neither myself nor Margot could remember when NL held the last Atlantic conference. NL has been slotted on the schedule to host in 2018 to allow for time to recuperate from the National. The following is the present tentative schedule planned for the Atlantic conferences:
 - PEI 2012
 - NB 2014
 - NS 2016
 - NL 2018

A request was put forward to hold a provincial conference on the odd year (i.e. 2011 Provincial, 2012 Atlantic, 2013 Provincial, 2014 Atlantic, 2015 Provincial The main reason for this request was to take stress off the exhibitors who attend the Atlantic and a month or so later attend a provincial. This is the second time this request has been put forward. Some of you may remember this being discussed at a provincial a couple of years ago, and the final decision by the general membership at that time was to continue with yearly conferences for many different reasons, such as:

- conferences financially enable N&LORNA to assist in educating its members i.e. yearly scholarship, perioperative certification, conference draws etc;
- due to the geographical lay out of the province conferences provide a way of networking with each other;
- education sessions during conferences provide opportunities for members to get their certification hours, especially those in more remote areas;
- isolated areas do not see the exhibitors on a regular basis this provides members the opportunity to network with the exhibitors and bring back information to their sites;
- yearly conferences help keep the association strong.

Neither myself nor Margot felt this was a concern in NL. Most of our exhibitors are locals out of the St. John's area. To my knowledge our exhibiting representatives have not requested we cut back on conferences due to stress upon them related to the Atlantic. We expressed this to the group and they understood where we were coming from. The other three province's connection by road and distance generally has the same reps traveling to each of the sites for Provincial and Atlantic conferences. Margot and I have discussed this with the rest of your executive. If this is something that the membership would like to discuss further we can add it as an agenda item at the provincial. Otherwise we will continue with our provincial conferences yearly.

- ORNAC has sent its by-laws to industry Canada and are moving forward with becoming incorporated.
- ORNAC was not affected by the recent downfall in the market, as their funds are in safe holdings.
- ORNAC continues to take a larger role in National Conference hosting. In the past, the province holding the conference did all the preparation and work leading up to, during and following the conference. This year ORNAC has taken on the financial responsibility, with registration and some of the social events being contracted out. ORNAC recognizes the importance of its responsibility and the need to share the workload. ORNAC receives 75% of the income with 25% going to the province it seems unfair to have the province do all the work and ORNAC receive the majority of the monies coming in. There will continue to be changes in this area with even more responsibility being turned over to ORNAC.
- Medline offers continuing education through the ORNAC website. This can be used towards your perioperative certification hours for those that may be interested, click on medline once you have gone onto the ORNAC site.

I have been sending out e-mails with updates; unfortunately I am still getting a number of e-mails coming back to me. If you are not receiving any updates/e-mails from me please e-mail me with your e-mail address corenia@gmail.com.

The last e-mail I sent out was related to the photo slide presentation that was presented following the last session of the conference in St. Anthony. I have received an e-mail from 4 people looking for this.

If there are a couple of people at your site interested I will complete one CD which can be burned and passed on to the other members at your site.

The copies will be sent out around the second week in December.

Have a great Christmas and wonderful new year.

Sincerely,

Corenia Price RN CPN(c)

N&LORNA President

**VP EDUCATION REPORT
DECEMBER 2008**

Hello to all N&LORNA members,

I'm sure everyone is quite busy these days preparing for the Christmas season. It's hard to believe it's finally here. It also brings us closer to our 21st ORNAC National Conference in June 2009. Each planning committee is working diligently to make this an unforgettable experience for all.

There are chances to win free registration/hotel/travel expenses to the ORNAC National Conference in St. John's. ORNAC is promoting an essay contest. You must compile a 500-1500 word essay explaining "Why I choose Perioperative Nursing". This is due no later than January 15, 2009.

Medline is also sponsoring a contest to win two prizes of approximately \$3000.00 each. You must register and complete three or more educational programs for CE credit/reflective practice.

ORNAC standards Module 1 8th Edition now available. Please check the ORNAC website for further information at www.ornac.ca

I hope you all enjoyed perioperative Nurses week from November 9-15 of this year. It is important to celebrate what we do. We need to recognize and acknowledge each and every one of our members.

The ARNNL AGM will be held June 22-24, 2009 at the Arts and Culture Center in Corner Brook.

The CNA has devised a web based program called "Nurses for Medicare". Its aim is to encourage nurses to protect and strengthen Medicare in Canada as a publicly funded health care system. For more information check the website : www.nursesformedicare.ca

I believe it important for everyone to become more knowledgeable regarding the proper care needed when handling Formalin in the OR . I am including some tips and facts regarding this toxic substance.

In closing I would like to wish everyone has a safe and wonderful Christmas and a Happy New Year.

Sincerely yours,
Jennifer Long

VFORMALIN SOLUTION 10%

Did You Know?

Physical data:

- clear colourless liquid with formaldehyde odor
- percent volatile >90%
- miscible in water(can be mixed with water)

Fire and Explosive data:

- flash point :closed cup higher than 93degrees Celsius
 - fire extinguishing procedure: use dry chemical ,carbon dioxide ,alcohol- resistant foam or water spray.
- Wear adequate personal protection to prevent contact with material or its combustion products. Self contained breathing apparatus with a full facepiece operated in a pressure demand or other positive pressure mode.
- when formalin is heated flammable and toxic vapours are emitted.

Effects of Exposure:

- may be fatal if ingested ,inhaled or absorbed through skin. Target organs are the central nervous system, liver, kidneys, spleen, eyes, skin, GI system, lungs, respiratory system, reproductive system, peripheral nervous system and pancreas.
- vapours cause tearing and severe irritation to the eyes. liquid can cause severe burns. Can result in corneal damage or blindness.
- Irritation, scaling, dryness if skin contact. Massive skin contact can cause vision impairment and death.
- toxic if inhaled. Very irritating to nose, lungs, throat.
- toxic if ingested
- repeated or prolonged exposure can result in bronchial infections and a general deterioration in health.

First Aid Measures:

Eyes-immediately flush eyes with copious amounts of water for at least 20 minutes. Eye wash stations are essential wherever Formalin is used, such as the OR

Skin Contact-Immediately flush skin with copious amounts of water for at least 20 minutes. Remove contaminated clothing

Inhalation-Seek fresh air. Oxygen if breathing difficult.

Ingestion:-If conscious, wash out mouth with water. Do not induce vomiting

For each of these situations, seek immediate medical attention.

Preventive and Protective Measures during a Formalin Spill:

- Evacuate the area
- Eliminate sources of ignition
- wear protective clothing-goggles, impervious gloves, coveralls, an approved mask/breathing apparatus.
- use an approved solidifying substance
- place in a closed container for disposal.
- transport to place of disposal
- education to all persons who are exposed to Formalin on how to lessen the risk of a formalin spill and what to do if the situation occurs. Prevention is of utmost importance.
- It is essential that each Formalin use area is equipped with an emergency spill kit. This kit should contain everything you would need in case of a Formalin spill.

VP Public Relations Report

Seasons Greetings from the beautiful West Coast. This Newsletter seems to closely follow the last one for September that was actually not ready until late October as I was new to the position, and it took me that long to get it ready. I did not receive all the liaison reports in time for sending of the newsletter but if anyone would like to have me add any news I can send it separately to the members. I sent an email to the liaisons in December from Val Tilley regarding prizes for the National Conference in June, just a reminder in case you haven't had a meeting yet.

If you know anyone who is not getting their Newsletter, please send along their email address. I did send a request for some addresses in November, but I still don't have everyone's addresses.

Regards,

Janice Roche

Seasons Greetings to everyone from the Janeway,

Seems like we just got back from St. Anthony, how quickly another year has gone! We would like to extend a huge thank you to the N & LORNA branch from St. Anthony. We had a wonderful time at the conference. It was a blast!

Like everyone else we are getting ready for the Christmas Season. Dr. Will Flexer is kind enough to be hosting our Christmas Party this year. We are all looking forward to that. On a sadder note, Dr. Flexer will be leaving us in the New Year. Family and friends are calling him back to the west. We will miss him terribly. Jenn Moore also left us this fall to head west to Victoria, another great nurse gone to the mainland. Now for the good news... Kelly Noonan and Karen Whitten have joined us this fall. Kelly is a casual nurse from Surgical Day Care and Karen is an experienced pediatric O.R. nurse from Calgary. Both are currently in orientation and we are happy to see them. Rodney Crane from Carbonear Hospital is supposed to be coming to help us with some shifts in the near future! We welcome all help!! I have also accepted a permanent full time job here at the Janeway O.R. which I will begin when Carol returns from maternity leave. Staffing levels are starting to look up!

We hope things are well with everyone across the province. Merry Christmas and a Happy New Year to all!!

Karla Faulkner

Janeway Operating Room

Hi Operating Room Colleagues,

Can it really be less than a month to Christmas, I am trying not to panic, it does come every year, no matter how unready we all are!!

We are having a busy fall at St. Clare's O.R., as I am sure, everyone is across the island. We have been mandated to have all dispensing bottles of formalin removed from the Operating Rooms, we are attempting to purchase pre-filled formalin containers of all sizes. In the interim, our PCAs are going up to the Pathology Lab and filling the specimen containers under the fume hood. We have compiled "spill kits" for the O.R.s (with tychem body suits, formalin soaking pads, goggles, nitrile gloves, respirators and so on). It has been quite interesting,(Dorothy Budgell has done a lot of work for our program with this project). There are still some ongoing issues for our nursing staff with the formalin being dispensed in this way, we are trying to sort them out.

We were involved in the Annual Soft Ball game in Oct., this was great fun, with Nurses, Support Staff, Surgeons and Anesthesiologist participating. The Janeway O.R. played with us for the first time this year and won first place!! They were awesome.

This fall we evaluated Avagard, the waterless, brushless, scrub system. It was very well received. We hope to be tendering for this type of system after Christmas. The nursing staff found it much better for their hands, plus some of the surgeons actually did a proper scrub.

We celebrated O.R. nurse's week with the tons of food and some draws for prizes. The Anesthesia group provided breakfast, the other O.R.s in the city sent treats, lunch was provided. We did manage, with lots of hard work from our clinical educator, Glenda Tapp, to put a great display up in the lobby of the hospital. Some of the Head Nurses did write ups for a specific procedure in their services and there were pictures of each O.R., it's staff and the type of procedures done in that service. I want to thank all of the nurses who helped put this together, in this busy and stressful time.

The Perioperative Program provided lovely cakes for the O.R. PACU and SDC. We will all be fattened up for Christmas!!

Work is ongoing with the tendering and purchase of an instrument tracking system, this will be implemented at the Gen Site first and then come over to St. Clares, there is a lot of work needed with data inputting, etc , but it will be great to finally know where all our "stuff" is for a change.

The first week of Dec we are implementing our Medtronic Navigation Tracking System for use in ENT. We are proud to say, for this particular technology, we are the first to have purchased it in Atlantic Canada. The techs are here this week from the U.S. to help our surgeons and nurses get comfortable with the system.

We have two O.R. nurses, Joan Kehoe and Brenda Jardine, retiring the end of Jan. One new nurse, Craig Murphy started with us on Nov 24, 2008. Our, one, male nurse is very happy that Craig is here to share in some more "manly topics", he was really getting tired of "man Bashing" trading recipes and PMS. One new surgeon, Dr Heneghan, Vascular and Gen Surgery has joined our group and two of our head nurses are busy "getting him settled".

We have one new grandmother and a pregnant ORT, so exciting things happening!!

This Christmas we are selling tickets on a wine rack, 12 bts of wine and wine glasses. The "Breens" sandwiches are sold monthly, and books are fun, make up our fund raising efforts. Our group has been meeting throughout the fall and many are involved in the Planning of the upcoming National Conference. That's it from St. Clare's , I hope you all have a wonderful Christmas with family and friends.

Shirley Taylor
Liaison

November 2008

Greetings from the west coast!

We certainly enjoyed the provincial conference at St. Anthony. Kerry and staff did a marvelous job.

It has been a busy time at Western Health Care. The following list captures our surgeries between April and September of this year.

| | |
|-----------------|-----|
| Ophthalmology | 137 |
| General surgery | 575 |
| Gynecology | 215 |
| Orthopedics | 476 |
| ENT | 156 |

Things have picked up. We are currently running three rooms and will go up to four in the near future. The big buzz around the OR is the introduction of Meditec to do our charting on line. All staff are trained or are in the process of doing so. We are due to go on-line on December 9th.

Our OR has one new addition - Betty Murrin comes to us via St. Anthony. Currently there are three registered nurses who are going through training as peri-operative nurses. They are now doing their practical.

Our small group has started fund raising for the National conference in St. John's. We are going with lunch themes. We sponsored a chilli lunch one week, followed two weeks later by a baked bean lunch. Next will be a hot dog lunch. We also have a silent auction in progress. There is a bake sale planned for early December.

Dr. Jefford is using a navigator probe in her breast surgeries. It is used to locate sentinel lymph nodes in breasts. It also can be used with malignant melanoma. The patient goes to nuclear medicine for isotope injection prior to coming to the OR - lymphoscintigraphy.

We have a new urologist - Dr. Mamood. Since arriving in October he has been very busy playing catch up. He is very impressed with us and with Newfoundland in general.

Our Anesthesia Department is helped out through locums.

As the holidays approach we wish everyone Seasons Greetings.

Roslyn Dominey

Liaison