# MORNA GAUZETTE

**November** **2010**

## President's Corner

I am pleased to welcome you to the 2010/2011 year for MORNA and am looking forward to serving as President over the next two years. As we see the incredible autumn come to an end we must also say goodbye to Donna Fallis as she steps into the role of past president. I would like to thank her for her mentoring and encouragement over the past three years, and wish her all the best. I would also like to welcome our new President-Elect, Carol Knudson and secretary Iris MacMillan to the board and look forward to working with them. I also extend a special thank-you to Gladys Zinnick for staying on as treasurer for another year. Gladys has been keeping our books for the past five years!

I am excited about the year ahead and the educational sessions that are being planned. Our spring workshop will again be held in March and I know Terry Nicholson and the workshop committee is already getting orgainized and will be working hard to put together a relevant and informative program. I encourage all members to "save the date" (Saturday, March 12, 2011) and attend the workshop.

This is also an exciting year as ORNAC's 22nd National Conference will be held by our neighbours to the west in Regina on May 8 – 13th 2011. The theme will be "Elevating the Field of Perioperative Nursing". I remember when I attended my first national conference in Victoria and how amazed I was at the wonderful opportunity to improve and grow in my perioperative practice. If you haven't attended a national conference I recommend that this be the year to advance your professional development and "board the bus" to Saskatchewan!

Leah Restall

MORNA President



2010-2011 EXECUTIVE

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# CONFERENCES - INTERNATIONAL AND CANADIAN

## DATES INTERNATIONAL

2010, Dec 5 – 8 22nd Annual National Forum on Quality Improvement in Health Care; Orlando, Florida www.ihi.org/IHI/Programs/ConferencesAndSeminars

2011, Feb 16 – 18 17th International Conference of the Nursing Network on Violence Against Women (NNVAWI),Heritage Hotel, Auckland, New Zealand www.confer.co.nz/nnvawi

2011, March 18 – 24 AORN 58th Annual Congress, Philadelphia, PA www.aorncongress.org

AORN also has many other workshops available throughout the year. www.aorn.org

2011, May 2 – 8 ICN Conference and CNR ,Malta www.icn2011.ch/default.html

2011, May 10 – 13 2011 SATS (South Africa Theatre Sisters) Congress, Johannesburg, South Africa www.theatrenurse.co.za

2011, May 25 – 27 3rd Congress of the NORNA (Nordic Operating Room Nurses Ass'n), Reykjavik, Iceland http://www.meetingiceland.com/norna/

2012, April 26-29 6th EORNA European OR Nurses Ass'n Congress, Lisboa, Portugal www.eorna.org

2012 Mar 25 – 29 AORN 59TH Annual Congress, New Orleans, Louisiana www.aorncongress.org

2013 Mar 13 – 17 AORN 60th Annual Congress, San Diego, California www.aorncongress.org

## DATES CANADIAN

2011 Feb 13 – 15 2011 Nursing Leadership Conference, "Nursing Leadership: So What? Now What?. Montreal, www.cna-aiic.ca/CNA/news/events/leadership/2011

2011 May 8 – 13 22nd ORNAC National Conference, Regina, SK, "Elevating the Field of Perioperative Nursing" www.ornac.ca The call for abstracts is on the website now, go to www.ornac.ca/conference/abstracts

2011 June 5 – 8 "An Ortho Mosaic 2011" Canadian Orthopedic Nurses Ass'n 34th Annual Conference, Winnipeg, MB www.cona-nurse.org

2011 Oct 19 – 22 2011 ORNAA (OR Nurses Ass'n AB), Red Deer, AB "It's not Easy Being Green"

2013 May 5 – 10 23rd ORNAC National Conference, Edmonton, AB www.ornaa.org/events



**Any of these Conferences pique your interest?**

**Sources of funding**

1. WRHA – $500.00 each year Jan to Dec, & 3 days salary replacement, to a maximum of 6 days per year. (Those outside of the WRHA contact your local HA).
2. MNU – $200.00 per fiscal year (available to all MNU members, contact your ward rep). Some locals have additional educational funds.
3. MORNA members – contact your rep for funding guidelines (must have been a member in the previous year).

**HOSPITAL REPS**

**Concordia Hospital**
Colleen Ungrin
OR 661 7198
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Fax 661-7201

**Grace Hospital**
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Fax 204-482-1293

**Seven Oaks Hospital**
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Fax 697-3077

**Victoria Hospital**
Harold Passley
OR 477 3183
2340 Pembina Hwy R3T 2E8
Fax 269 7683

# **Elections for 2011**

This year we will be electing a new

## Treasurer and Educational Coordinator

The duties are found in the MORNA Constitution and Bylaws.
Ask your MORNA Rep for more information.
These positions are a great way to
contribute to **your** organization.

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CANADIAN NURSES ASSOCIATION
ASSOCIATION DES INFIRMIÈRES ET INFIRMIERS DU CANADA

**CPN (C) Certified Perioperative Nurse Canada**

The deadline to write in 2011 is past but it's never too early to start thinking about writing in 2012. You must register in September through October 2011 to write in April 2012. If you are a MORNA member and have attended 3 meetings in 2010 – 2011, you will be eligible for funding through MORNA. See the funding guidelines at www.ornac.ca/chapters/MORNA/funding For more information go to www.cna-aiic.ca/CNA/nursing/certification/
Information regarding renewal for those previously certified can be found at the CNA link above. Scroll down to Maintain Credential (Renew) on the left side of the page.

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### Canadian Operating Room Nursing Journal (CORNJ)

Please ensure that MORNA has your correct & current address. If the journal is considered undeliverable, the cover is ripped off and the journal is discarded by Canada Post. The cover is then delivered back to the publisher with a C.O.D. charge of $0.65 for each cover. ORNAC pays for all returned journals decreasing final profits. Any changes of address also need to be submitted as soon as possible to prevent any delays in subsequent mailings. Subscription problem inquiries should be directed to the MORNA executive, not directly to Clockwork/CORNJ.***Your change of address can be done directly on the ORNAC website. Go to http://www.ornac.ca, then journals, select subscriptions.*** The change of address window can be found here



# Report to MORNA on 21st National ORNAC Conference

I am truly grateful to MORNA that they provided me with funding to attend the ORNAC conference held in St. Johns, Newfoundland. I would encourage those who have never attended a National Conference when the opportunity exists to go. The educational experiences are fantastic. The speakers that we had an opportunity to listen to were very good. It was sometimes difficult to choose which presentation to attend. And then to top it off the hospitality of our hosts and the chance to see St. John's made it a really great week.

I will try and do justice to a very interesting and highly scientific presentation that I attended.

The speaker being Elizabeth Dicks, RN, PhD. Clinical Scientist (Genetics) Eastern Health

Her Topic:
Colorectal Cancer in Newfoundland Labrador and the Development of a Colorectal Cancer Bio-Bank

Colorectal Cancer is the second leading cause of cancer deaths in Canada. In 2008 there were an estimated 21,500 new cases diagnosed. The number of deaths in the same year was estimated to be 8,900. And Newfoundland has a 27% increased rate of colorectal cancer compared to the rest of Canada. And her question and research went into finding out why this was occurring in Newfoundland/Labrador.

She went on to explain sometimes with very humorous stories about the origins of the people of Newfoundland. Of which she is also born and raised in Newfoundland.
The large immigration of English Protestants, Irish Catholics, a smaller number of people from Scotland, France and Jersey. They came to farm this new land. Which takes us to statistics from 1982 where 50 % of the population lived in communities of less than 2500 and 41% in communities of less than 1000. It has been estimated that 90% of the current population of this province has arisen from 20,000-30,000 original settlers. Hence, Newfoundland has a high coefficient of kinship (genetic isolates with tight gene pool)

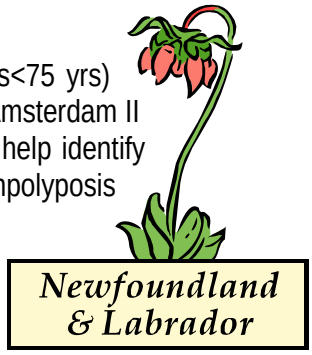
As a result of the settling of Newfoundland with geographical isolation, religious biases, large family sizes, little out migration, and founder effects, the investigation of diseases such as Colorectal cancer has been facilitated.

What they have learned because of this area of population in Canada includes:

Newfoundland/Labrador has the highest rate of Colorectal cancer in Canada

In the NFCCR (Newfoundland Familial Colorectal Cancer Registry) (clients<75 yrs) we observed that 3.7% of Colorectal cancer cases came from families meeting the Amsterdam II criteria. The Amsterdam criteria are a set of diagnostic criteria used by doctors to help identify families which are likely to have Lynch syndrome, also known as hereditary nonpolyposis colorectal cancer (HNPCC)

A further 0.9% of cases involved familial adenomatous polyposis (FAP).
An additional 43% of cases met one or more of the revised Bethesda criteria and 31% of all cases had a first-degree relative affected with Colorectal cancer compared to ON with 20%.



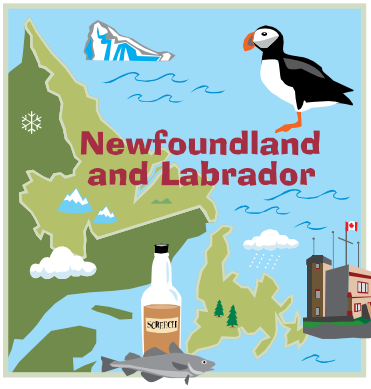
They know that there are certain risk factors that contribute to Colorectal cancer including, inflammatory bowel disease, history of colon polyps and dietary factors: low fiber, high fat intake. However……The strongest and most firmly established risk
factors for Colorectal cancer is related to genetics. That being the presence of a family history, an inherited mutation in certain genes and tumors.

They also know that every tumor is not the same. That tumors need to be examined more in depth rather than size and location. Different cell types can be found in each tumor. And not all tumors react the same to therapies.

Armed with all this information what could be done. Firstly primary prevention, which included dietary information and lifestyle changes. Secondly screening and early detection i.e. fecal occult bloods. Although the best would be DNA analysis to look for mutations. And thirdly was to focus on high risk individuals and examine at the molecular level fresh frozen tissue bank..

Presently all Colorectal cancer is treated alike. Treatment is based on staging. With tumor size, location, nodal involvement and mets taken into account. If stage 1, then a surgical excision is performed. If stage 2, chemotherapy is the treatment.

Finally she went into the very scientific studies that are underway at the Colorectal Bio-Bank. Some of the research was way beyond my understanding.




What I took away from the presentation was that because of the unique situation with regards to the people of Newfoundland. They have a close genetic pool with regards to ancestry and due to the lack of migration from the area. They are a unique research group. And because of this it allows much research to be done on behalf of the rest of Canada in the area of Colorectal cancer.

Submitted by
Colleen Ungrin, Concordia

## MORNA Membership Information

1. **Active Membership is $45.00 as of June 1, 2010**
2. **Deadline for membership is Dec 1, 2010**
3. **Send completed application form and fees (cheques payable to MORNA) to:**

**MORNA Treasurer**
**Ms Gladys Zinnick**
**Seven Oaks Hospital**
**c/o OR**
**2300 McPhillips Ave**
**Winnipeg, MB R2V 3M3**



# Article on 21st National ORNAC Conference
# St. Johns' Newfoundland Labrador
# June, 2009

I would like to take a moment to publicly thank MORNA for allowing me the opportunity to attend the 21st National ORNAC Conference, through their membership funding. This event was hosted in beautiful and spectacular St. John's, Newfoundland; by the Newfoundland and Labrador Operating Room Nurses Association (N&LORNA).

It has been a privilege and experience to be part of a network, where perioperative nurses from coast to coast, share knowledge through educational sessions, view exhibits where a vast array of the latest innovative, cutting edge, surgical technology developed, is presented by various industrial Representatives.

Robotics in the OR- presented by guest speaker Dr. Mehran Anvari, a Professor of Surgery at McMaster University and Founding Director of the McMaster Institute for Surgical Intervention, Innovation, and Education. Dr. Anvari is the Founding Director of the Centre for Minimal Access Surgery (CMAS) affiliated with McMaster University-based at St. Joseph's Healthcare. CMAS is the first Canadian centre of its kind, dedicated to promotion of minimal access techniques in all surgical specialties, through training surgeons and implementing multicentre outcome studies. His own clinical research has been focused on laparoscopic techniques in the treatment of upper and lower GI tract disorders.

Surgical advances with technology during the last 10-15 years have focused on minimizing the invasiveness of surgical procedures, where surgeons no longer directly touch or see the structures which they operate on. With advanced video imaging, instrumentation and endoscopic technology, sciences has made it possible to convert a multiple of surgical procedures, from open to endoscopic surgeries. Advanced computer image guided surgical navigation, robotic surgery and telesurgery through voice control over a networked operating room and remotely controlled from a long distance away, will allow greater precision in surgical techniques. The ability to remotely operate laparoscopic instruments addresses limitations in laparoscopy, (i.e.) improvement in instrument dexterity, limiting natural hand tremors, camera stability, and three-dimensional visualization. Robotic surgery is accomplished by using a robot to move the cutting instrument under position control. The surgeon can observe the procedure on a visual camera and has the ability to stop the operation in an emergency- though he has little contact with the procedure. With minimally invasive procedures, surgeons have also had to address conventional perioperative parameters with regard to pain management, and the maximum previous level of surgical intervention that a patient could withstand. Research has shown that with minimal invasive surgery- the reduced size of instrumentation and smaller incisions achieving better cosmetic results, shorter hospital stay lengths occur along with reduced surgical trauma. Decreased pain and

earlier mobility of the patient occurs due to a decrease of surgical stress response during and after minimally invasive procedures, which all contribute to an earlier recovery period for the patient. These innovations will greatly improve patient outcomes and allow patients to return to full activities following major surgical procedures far sooner than open conventional procedures.

Dr. Anvari was Canada's 1st surgeon to use Robotics in surgery (1995) and he established the world's first telerobotic surgical service linking St. Joseph's Healthcare and a community hospital and has since performed 22 remote telerobotic surgeries.

Through the theme of this years 21st conference, "The Depth of Perioperative Nursing-What Lies Beneath", our perioperative leaders and educational presenters have shared knowledge on best practice and the vast advancements in surgical technology in perioperative nursing. Each nurse will be inspired to develop new resources, which will not only help foster and maintain their high standards of nursing care, but help keep each nurse current with the vast emerging trends in perioperative patient care and promote self-directed learning.



Submitted by,
Iris MacMillan
Seven Oaks
November, 2010

**TEN (!)** Awards are available to MORNA Members

Previous MORNA winners are

1. Joan Porteous, HSC – J&J Drake Thompson Writing Award for 2009 (this is Joan's most recent award);
2. Dawn Affleck, Brandon – ORNAC Writing Award for the 2009 ORNAC conference;
3. Ray Larkins, St Boniface – the Medline Mentorship Award for 2009.



go to www.ornac.ca or email awards@ornac.ca for more information

# WRHA News Alert !

**Did you know!**

1. Guidelines for management of Infectious Diseases in the OR
    - Enhanced Droplet/Contact Precautions Guidelines have been approved.
    - Guidelines for contact, droplet, and airborne precautions have been approved.
    - Check for the quick reference guidelines and posters in your OR.

2. Currently the OR educators are working on:
    - Brochure on how to wear OR attire. Brochure will be available for anyone coming to the OR.
    - Evidence Informed Practice Tool for Patient Positioning.
    - Regional Day Surgery Patient information brochure.

3. Future OR educators projects include:
    - Potential standardization of Perioperative documentation to facilitate move to electronic charting in the future.
    - Feasibility for standardization of Perioperative count sheet and process.

4. Medical Device Reprocessing (MDR) update:
    - The fourth annual MDR Workshop is being planned for 2011. Suggestion is to have a one day workshop vs ½ day workshops offered over 2 days.
    - Policies currently being worked on/reviewed include:
        - Recalls
        - Decontamination of Medical Devices;
        - Loaner Policy
        - Revisions to Endoscopy Policy (including non-channeled scopes)
        - Reprocessing of Probes (ultrasound, sentinel node, etc.)
        - Sterilizer Quality Assurance

5. Endoscopy
    - **Practice Change:** bedside cleaning of colonoscopes and gastroscopes can now be performed with only sterile water as per manufacturer recommendations and approval from Dr. M. Alfa. For further information contact your manager/CRN for endoscopy.
    - Regional endoscopy patient information, patient instruction and patient discharge pamphlets are being trialed at the majority of sites until January 2011.
    - A regional draft endoscopy Preprocedure Patient Questionnaire and draft intraprocedure documentation record has been developed. These documents will be trialed in the near future.
    - An Evidence Informed Practice Tool for guidance/application of Conscious Sedation to the endoscopy setting has been developed.

6. Perioperative Orientation sessions were held in March 2010,May 2010, September 2010 and Nov 2010. Another session is tentatively scheduled for January.
    - A recognition tea is tentatively scheduled for June 16, 2011 hosted by Children's Hospital.
    - Participants who have recently completed the Perioperative Orientation include: Linda Pokrant (MHC), Kevin Geary (CH), Lisa Keenan (BTHC), Jo-Ann Deneweth (VGH), Jonathon Britton (Portage), Jacqueline Mowat (SOGH), Ernesto Guevara (Carmen), Trina Dillon (Selkirk), Lynne Calder (SBGH), Christine Watsko (SBGH), and Fayrose Abas (VGH).
    - Nicole Kjartnson (Child Health) participated in the orientation for the twelve weeks of her Senior Practicum.
    - Participants currently in the clinical area include: Tammy Derocquiny (Carmen), Shirley Revereza (SOGH), Diana Bossman (Child Health), Annie Chang (Child Health), Julie Cotart (Portage), Carmen Gillis (Portage), Wendy Rodgers (Women's), Rachel Giesbrecht (Steinbach), Sherry Lezak (GGH), Leanna Zamonsky (Child Health), and Jaclyn Desautels (MHC)

7. Educational opportunities may be found at www.wrha.mb.ca/osd/index.html

Submitted by Carol Knudson Regional Perioperative and MDR Nurse Educator

MORNA is pleased and proud to have the recipient of the J&J Drake Thompson award among our membership. Joan Porteous was presented the award at our annual general meeting this past May.

Historically this award was known as the Surgikos Award and was first presented in 1984 as a $2500 cash award. The value increased in 1991 to $3000 and in 1992 the named changed to Drake Thompson after two J&J reps died tragically.

This award is presented to the author who has best original article published in CORNJ each calendar year and is designed to recognize Canadian perioperative nurses who contribute to the education of their colleagues through the publication of informative and relevant information.

Joan's article entitled "Code Blue: What to do" was published in the September 2009 CORNJ – Volume 27 No 3.

Congratulations Joan! Our MORNA membership is very fortunate to benefit from your expertise and teaching.

Leah Restall



# MORNA Meeting Dates 2010 – 2011*

| Date | Day of Week | Event | Host | Location |
|---|---|---|---|---|
| Sept 14, 2010 | Tuesday | Wine & Cheese Mixer | HSC Adult & Children's | St Boniface |
| Oct 18, 2010 | Monday | Business and Education Meeting | Concordia & Pan Am | CRNM Building |
| Nov 18, 2010 | Thursday | Business and Education Meeting | St Boniface | CRNM Building |
| Jan 19, 2011 | Wednesday | Business and Education Meeting | Seven Oaks & Selkirk | CRNM Building |
| Feb 22, 2011 | Tuesday | Business and Education Meeting | Women's & Grace | CRNM Building |
| March 12, 2011 | Saturday | Saturday Workshop | MORNA | Sam Cohen Auditorium |
| April 21, 2011 | Thursday | Business and Education Meeting | Victoria & Misericordia | CRNM Building |
| May 26, 2011 | Thursday | MORNA Annual Dinner | MORNA | Norwood Hotel |

*Check back for updates/changes for March workshop & meetings

## MORNA Membership

| Category | Fees | Send to |
|---|---|---|
| Active Member | $45 July 1, 2010; due by Dec 1<br>($50.00 July 1, 2011) | Gladys Zinnick<br>c/o OR<br>Seven Oaks General Hospital<br>2300 McPhillips St<br>Winnipeg, MB R2V 3M3 |
| Associate Member | $25.00 | |
| Affiliate Member | $25.00 | |
| Honorary | complimentary | |