

SAPNA **SAPNA** *Connect* SOUTH AUSTRALIAN PERIOPERATIVE NURSI ASSOCIATION

SUMMER 2021

*MERRY CHRISTMAS TO ALL OUR
MEMBERS!*

As we draw to the end of another challenging year, we would like to thank all our members for their continued support. This year saw the face to face return of our popular Saturday education sessions. It is always so much nicer to be able to meet in person and network in the way we do. In September we were so grateful to have been able to hold our SAPNA conference 'Great Expectations – the power of connections' at the Adelaide Oval. We had fantastic numbers and valued speakers that made the event a success.

We welcomed new members onto our committee as well as farewelling committee members Andrew Soones and Sharon Mewett (Sharon will stay on as ACORN Director for SAPNA until May 2022). Both Andrew and Sharon have contributed greatly to SAPNA over the years, and we thank them for their contributions.

Our association runs on volunteers who do their best to bring value to your membership. We love input and ideas from our members and in 2022 would love to see some of your ideas for us come to fruition. Who knows what 2022 will bring – I think we have all learnt we can't predict anything these days!!

From the committee we wish you love, peace, happiness and health during this festive season. We look forward to sharing 2022 with you.



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INTRODUCING: BETH ASTON – SAPNA SECRETARY!

In the 80s I took up my placement at Flinders University to do my Bachelor of Applied Science – Nursing, an interesting experience as a “college nurse” “disliked and ridiculed by the “other nurses” in hospital training-based programs especially for someone who had spent a year as an EN to ensure nursing was really what I wanted to do! Following completion of the Degree, I was employed by the Royal Adelaide Hospital as a Registered Nurse where I undertook the Advanced Nursing course for Graduate nurses. After completion I was employed as a Registered Nurse in the emergency department of the RAH until I transferred to The Queen Elizabeth Hospital. I began work as a registered nurse in the emergency department. After experiencing 3 years of emergency nursing, I decided (rightly) I needed to know more so I transferred to the ICU to undertake the 12-month intensive care nursing course. On completion I elected to begin a permanent position in the coronary care unit of The QEH, where I remained for 5 years, until transferring to Western Community Hospital in the 90s. I began working as a recovery RN using my ICU airway management skills (or I thought I would) as after all “airway management is airway management” isn’t it ??, well no..! doing jaw support, managing laryngeal spasms and obstructed airways with guedells and jaw thrust was very different to an ETT and ventilator (but don’t dare tell an ICU nurse that hahaha) I loved Western Hospital as it was then, I was able to maintain my advanced life support skills, ventured into anaesthetics and was responsible for the assessment and co-ordination of both basic and advanced life support programs. I continued my professional development by attending updates and seminars on recovery/anaesthetics and day surgery nursing where I became acquainted with and then became a part of SAPNA and ACORN. It was at this point I decided it was time to have a few babies and really challenge myself. I became very involved in SAPNA and ACORN from the early 2000s becoming a committee member, an ACORN state representative and then an ACORN Director all whilst trying to ensure SA perioperative nurses had a voice at national level and were able to practise safe and focused care with the assistance of ACORN standards and lobbying with the chief nurse and national health bodies to achieve some firm guidelines for this. Along with Lyell Brougham we did a big review of the PACU ACORN standards aiming to ensure provision of safe and patient focused care for

recovery patients- it was a massive job. We also provided text for a perioperative publication, a book on perioperative nursing, the chapter on recovery is pretty good lol. I have continued to be on the ACORN standards review team hence working with some very esteemed perioperative nurses over the journey it's been a pleasure. Following my time at Western Hospital I was employed at Flinders Private in recovery and then Ashford Hospital where I held numerous roles including clinical manager of recovery and day ward, clinical manager of recovery, anaesthetics and day ward, relieving ADON and DON on numerous occasions. I also held the role of quality manager for a 12-month period, which I loved and found my real passion. Ashford was a great experience for me I learnt lots and had lots of good times with some fabulous perioperative nurses. My most recent permanent role was that of Director of Nursing/ Clinical Manager at Glenelg Day Surgery during which time we achieved a new build of a purpose-built day surgery and achieved a 3-year accreditation with ACHS. I can only look back on this time and laugh despite the achievements. Currently I am a casual RN in recovery at Tennyson Day Hospital and a casual quality projects coordinator at Parkview Day Surgery. I love my current work life - who knew semi-retirement was going to be sooo good! I have 2 adult sons and a step-son. Son number one now living in the UK (the rocket scientist), he has been in Europe for 3 years now I miss him – dam COVID! and son number two who is apparently the best barman and bistro manager in the western suburbs (just ask me ☺) I swim lots between Grange and Henley jetties most of the summer, run a little and have recently been converted to reformer Pilates. My passion remains quality and safety in the perioperative nursing environment and giving patient centred care to all patients at all times. I remain on SAPNA as a committee member (even though I'm old now) to ensure our perioperative professional body keeps going and perioperative nurses are supported to feel safe in the workplace and be able to provide safe care. The more we can promote and adhere to professional bodies standards of care the better (for our patients and us legally).





2022 Education sessions:

12th February – **Superannuation – Your questions answered by HESTA and our annual Quiz.** Venue: Repatriation General Hospital - SPF Hall Oxford Circus -enter via Goodwood Road Daw Park SA 5042. Flyer to follow.

9th April - TBA

18th June - TBA

26th August- TBA

October – Country Study Weekend date to be confirmed!

3rd December – TBA



The 2022 ACORN International Conference will now be virtual and run over five days throughout next year.

The proposed dates for the single-day conference events are:

26 February – Perioperative fundamentals

21 May – Quality and safety

23 July – Advanced practice nursing

24 September – Leadership and mentoring

26 November – Health and wellbeing.

Stay tuned for further details ahead.....



ARTICLES OF INTEREST:

Anxiety among Australian nurses during COVID. Ritin Fernandez^{ab}
Heidi Lord^{ab} Lorna Moxham^a Rebekkah Middleton^a Elizabeth Halcomb^{ac}

<https://reader.elsevier.com/reader/sd/pii/S1322769621000706?token=D0C19D78E3921BFA718FAB A8CDC69381DF1B0DCDDA18DDD80B856ED65D7886BF942BF30928AB5FC906E45B2939237A13&originRegion=us-east-1&originCreation=20211026095202>

**What does surgical conscience mean to perioperative nurses:
An interpretive description.**

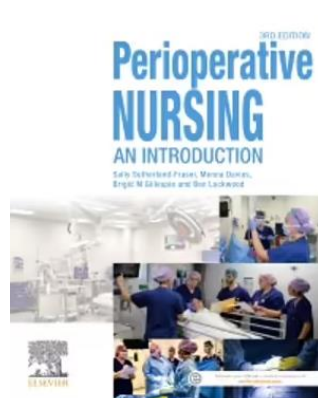
Jed Duff^a Lynette Bowen^b Oya Gumuskaya^b

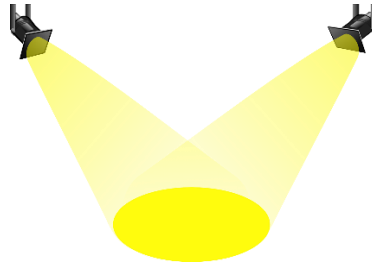
<https://www.sciencedirect.com/science/article/abs/pii/S1322769621000937>

SAPNA CHAMPION ROADSHOW!!!

In the new year members of our committee will be attending local hospitals to promote SAPNA and encourage people to be champions for the association. Look out for them – they are coming to a hospital near you!!!!!!!!!!!!!!!!!!!! 😊

During 2022 members will have the opportunity to be in the running to win a copy of the new Australian Textbook:





MEMBER SPOTLIGHT

GETTING TO KNOW OUR MEMBERS AND YOUR NETWORK OF COLLEAGUES!

NAME: SAM ROWE

ROLE: GNP
COORDINATOR/ANAES

WORKPLACE: CNAH

BEST THING ABOUT PERIOPERATIVE NURSING:

THE TEAM!

NAME: ABBIE

ROLE: NURSE

WORKPLACE: CNAH

BEST THING ABOUT PERIOPERATIVE NURSING:

TEAMWORK!

NAME: HANNAH

ROLE: NURSE/RN

WORKPLACE: CAH

BEST THING ABOUT PERIOPERATIVE NURSING:

BEING PART OF A TEAM THAT IS ALSO A FAMILY!

NAME: NATASHA HODSON

ROLE: CLINICAL NURSE
/EDUCATOR

WORKPLACE: RAH

BEST THING ABOUT PERIOPERATIVE NURSING:

WORKING WITH LIKE MINDED COLLEAGUES WHO GIVE THEIR BEST EVERY DAY.

NAME: ANNA MAYCOCK

ROLE:
SCRUB/SCOUT/CLINICAL
NURSE

WORKPLACE: ST ANDREWS

BEST THING ABOUT PERIOPERATIVE
NURSING:

PEOPLE

NAME: KYLIE COOPER

ROLE:
SCRUB/SCOUT

WORKPLACE: RAH

BEST THING ABOUT PERIOPERATIVE
NURSING:

MY WORK MATES - WORKING
WITH THE TEAM.

NAME: BRIONY MITCHELL

ROLE: CLINICAL NURSE

WORKPLACE: RAH/ASEPS

BEST THING ABOUT PERIOPERATIVE
NURSING:

VARIETY, OPPORTUNITIES
TO LEARN NEW SKILLS
AND INCREASE
KNOWLEDGE

NAME: ANNE GRAY

ROLE: CLINICAL NURSE /
SCRUB SCOUT

WORKPLACE: RAH

BEST THING ABOUT PERIOPERATIVE
NURSING:

THE TEAM I WORK WITH!

NAME: LISA PEARSON

ROLE: CLINICAL EDUCATOR

WORKPLACE: NECH

BEST THING ABOUT PERIOPERATIVE
NURSING:

SCRUBBING, ASSISTING THE
SURGEON.

NAME: JOSEPHINE DELUMEN

ROLE: SCRUB/SCOUT

WORKPLACE: WCH

BEST THING ABOUT PERIOPERATIVE
NURSING:

INTERESTING AND CHALLENGING

NAME: DELIA HUTCHINSON

ROLE: RN SCRUB/SCOUT

WORKPLACE: WCH

BEST THING ABOUT PERIOPERATIVE NURSING:

DIVERSITY OF SPECIALTIES - I NEVER GET BORED - I AM ALWAYS LEARNING!

NAME: ANITA DAVIS

ROLE: THEATRE MANAGER

WORKPLACE: HAMILTON HOUSE DAY SURGERY

BEST THING ABOUT PERIOPERATIVE NURSING:

THE CHALLENGES IT PROVIDES

NAME: STEPHENIE RAMSEY

ROLE: RN/RM RECOVERY/ANAESTHETICS

WORKPLACE: WCH

BEST THING ABOUT PERIOPERATIVE NURSING:

BEING ABLE TO WALK WITH PATENTS AND THEIR FAMILIES THROUGH THEIR SURGICAL JOURNEY.

NAME: KATHRYN CLARK

ROLE: CN

WORKPLACE: ASHFORD

BEST THING ABOUT PERIOPERATIVE NURSING:

THE PEOPLE I WORK WITH

NAME: SARAH RANSOME

ROLE: RN

WORKPLACE: CALHN

BEST THING ABOUT PERIOPERATIVE NURSING:

BEING PART OF THE PATIENT JOURNEY AT ONE OF THEIR MOST ANXIOUS AND VULNERABLE TIMES AND BEING A COMFORT TO THEM AND THEIR ADVOCATE.

NAME: BERNIE MORGAN

ROLE: SCRUB/SCOUT

WORKPLACE: LMH

BEST THING ABOUT PERIOPERATIVE NURSING:

BELONGING TO A GREAT TEAM TO PROVIDE SAFE CARE TO PATIENTS AS WELL AS EXCELLENT OUTCOMES.

Useful Websites

[ACORN](#) is our national body and provides great resources and education opportunities for perioperative nurses.

[Ausmed](#) offers a free online CPD service (courses and documentation) and this can be expanded to unlimited access with a subscription that is tax deductible. A great way to keep all of your documented CPD in one place in case you get audited.

[Ansell](#) has 10 courses accredited by ACORN, available online.

[Medline University](#) has unlimited access to over 200 free continuing education courses for healthcare professionals.

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