
PRESIDENT'S MESSAGE

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By the time you are reading this another Perioperative Nurses Week (PNW) will have come and gone. I hope everyone had the opportunity to celebrate each other and the incredible work we do every day. I look forward to seeing the entries, for the ORNAC contest, showing what this year's PNW theme, Perioperative Nursing: Advocacy for Our Patients Through Best Practice Initiatives, means to you. And please share with on ORNAC social media, and with your work colleagues, all the fun and educational things you did to celebrate this week.

I had the honour and privilege of attending the Operating Room Nurses of Alberta Association's (ORNAA) 33rd conference in Red Deer, AB. The theme was "I'm an OR nurse. What's your super power?" What a challenge!! As I contemplated what I would say in my message to the delegates I felt energised by the theme. A hundred super powers came to mind and almost instantly I could relate what we do as perioperative nurses to all these super powers. Compassion, integrity, solid communication skills, empathy, flexibility, attention to detail, strength, problem-solving skills and surgical conscience... to name just a few. The gala night theme was dress as your favourite super hero. And dress they did... we were joined by everyone from Superman to the Incredibles to Super Nurses with 6 arms!! The creativity was awesome to see.

"As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel."

- Maya Angelou, author, poet and civil rights activist

Being the patients' advocate is one of the important super powers we have. So my question is are you fully using your superpowers? Just as Popeye eats spinach to enhance his powers you can enhance your super powers by obtaining CNA Certification, continually getting educated on new innovations, and always striving to be the best you can be.

By far the most exciting thing for me, at the Alberta conference, was seeing a big contingent of "the next generation" of perioperative nurses. They took the time to go to the conference and were committed to being engaged, learning, sharing, and having fun with their colleagues. Seeing this gave me so much hope for the future. Kenny Ausubel, Co-Founder and CEO of Bioneers, once said "Each of us has a spark of life inside us and our highest endeavour ought to be to set off that spark in one another." My wish is for these young people to put the spark in to perioperative nurses across the country and inspire all of our ORNAC members. What ORNAC

strives to do is much too important for us to let it die.

Other conferences have recently taken place in Quebec, Ontario, and the Atlantic region. Their various themes are all designed to make us reflect on our practice. Their education sessions equip us with tools to do, and be, better. I hope those who were fortunate enough to attend any one of the conferences returned to their work place and shared, with those who stayed back to hold down the fort, the knowledge they gained.

As the calendar year comes to an end, I would like to remind and urge you to renew your membership in ORNAC... and, even better, if you can get a friend or two to join. May the season's tidings bring hope, love, and peace to yours. 🍀

Barbara Mushayandebvu RN CPN(C)