

SPOTLIGHT ON ORNAC MEMBERS

AN INTERVIEW WITH ESTHER ENG RN, BN, CPN(C) & ANNE CHANG RN, BN, CPN(C) WINNERS OF THE ORNAC PERIOPERATIVE NURSES WEEK CAMPAIGN CONTEST.

Esther and Anne won for their video “Excellence, every patient... every time.” The video can be viewed online at www.ornac.ca or on ORNAC’s Facebook page.

Submitted by: Catherine Harley, RN, eMBA, ORNAC Executive Director.

Anne Chang graduated with a Bachelor’s of Nursing from the University of Calgary in 2004. She worked as a RN on a nephrology inpatient unit prior to being accepted in the Calgary Perioperative Nursing Program in 2005. She then spent the next 6 years working in the OR at the Peter Lougheed Centre in Calgary, AB, initially as a staff nurse and then as nurse clinician of General Surgery. In 2010 she received her CNA Certification in Perioperative Nursing. In 2011 she became the OR unit manager at Rockyview General Hospital (RGH) in Calgary, AB. In 2014 she made a career change and became a Clinical Safety Leader working with the Calgary Zone Patient Safety team within Alberta Health Services. Anne lives in Calgary with her husband and four children and during any spare time that remains she is committed to long-distance running.

Esther Eng graduated with a Bachelor’s of Nursing from the University of Calgary in 2004. After graduation she worked casual on a surgical unit focusing on colorectal/gynaecological surgeries. She then worked part-time on a medical unit with a sub-acute neurological focus as well as working in long term care. She was accepted into the Calgary Perioperative Nursing Program in 2006 and worked at the Peter Lougheed Centre (PLC) Operating Room as a staff member gaining experience in all services. She completed her CNA Certification in Perioperative Nursing and eventually became unit manager of the PLC Recovery Room and then the PLC Operating Room/Minor Surgery Clinic. In 2014 she moved to the South Health Campus and took on a staff role in the Minor Surgery Clinic. She has a passion for OR Nursing and is currently the President of the South Central Operating Room Nursing Association (SCORNA). She lives in Calgary with her husband in Calgary and enjoys traveling, quilting, and scrapbooking.



Esther Eng RN, BN, CPN(C) & Anne Chang RN, BN, CPN(C).

What inspired you to specialize in perioperative nursing?



Anne: I fell in love with perioperative nursing when I had the opportunity to visit the OR during my medical surgical rotation in nursing school. Two things that impressed me the most during this observation were the efficiency of the whole perioperative team and the high degree of patient advocacy. At that moment I knew the OR was where I wanted to work.

Esther: Actually, Anne encouraged me to come to the Operating Room! Once there I was impressed with the teamwork, fast-paced environment, the tangible patient outcomes, and the excellence in patient safety priorities. I think many nurses would benefit from an OR day in their nursing training especially if they want to focus in areas such as surgical nursing, ER, PACU, ICU, and L&D.

SPOTLIGHT ON ORNAC MEMBERS (cont.)

AN INTERVIEW WITH ESTHER ENG & ANNE CHANG

Thinking of a stranger
as your loved one
makes you want to
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- Esther Eng

What continuing education do you feel supports your specialization?

Anne: Being a member of ORNAC definitely helps with my continuing education. Our district council (SCORNA) always provides great speakers who present diverse topics throughout each year. We also look forward to upcoming perioperative nursing conferences. These conferences offer a great opportunity to learn about pertinent topics in perioperative nursing, catch up with past colleagues, and network with other perioperative nurses.

Esther: There are so many opportunities for continuing education once you have finished your formal training. As an Operating Room nurse I think it's really important to just be involved. In Calgary we are lucky to have weekly in-services provided by our OR educators. Certification such as CPN(C) and volunteering in local and provincial associations are also great ways to build your knowledge on the principals of our specialty, and create networks to learn, grow, and change. Attending conferences (provincial, national, European, American etc.), looking at learning modules from various medical companies, discussing procedures with resources (clinicians, medical reps, senior nurses, surgeons) are all ways that have helped me improve my practice.

Tell us about your first prize video for Perioperative Nurses Week.

Anne & Esther: The concept of the video came from the idea that you can do anything with love. We've all had days where we don't feel like working but knowing that someone depends on us to give our best changes everything. This is more significant if it is someone you know and even more meaningful if it is someone you love. Love drives us to do our best, uplifts us, and pushes us to do more and be more. When we love what

we do, love those we work with, and love those we help then perioperative excellence just comes naturally.

The music in this video is very impactful. What is the name of the song and why did you select it?

Anne & Esther: The name of the song is "Yellow Light from the album "My Head is an Animal" by Of Monsters and Men. We chose this song because we felt the music and lyrics fit so well with the imagery we wanted to use for the video.

Love is a main theme of your video. How has "love" impacted on your ability to administer safe patient care in the OR?

Anne: Love is at the heart of safe patient care. If the patient were someone you loved then you would do everything in your power to ensure they received the best and safest care. Although the patient before you may be a stranger they are loved by others. No matter how we feel that day, or whatever challenges we may be faced with, it is our responsibility to ensure every patient receives the safest care so that they can return to their loved ones.

Esther: Thinking of a stranger as your loved one makes you want to do your best. When you stop for a moment before getting your patient and think "what if this person was my grandmother, or mom, or dad, or brother, or best friend" you can make a connection, provide comfort, think of the small details that will make their experience safer and better.

Question: Did you have any challenges in putting this video together?

Anne: Our biggest challenge finding time to meet to discuss how to put the video together. Esther and I work at different sites, live on opposite ends of

SPOTLIGHT ON ORNAC MEMBERS (cont.)

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the city, and have busy home lives. In the end we didn't meet face-to-face at all during the project but communicated by email and through phone conversations.

Esther: We faced challenges working with software that we weren't familiar with (iMovie and Dropbox) and finding the right way to document our picture references.

Any words of advice for Perioperative RNs who want to tackle a creative project?

Anne: The most important thing would be to create a group that works well together. Have a vision and make a plan to focus each person's strength(s) on different aspects of the project in order to get it done.

Esther: Planning a timeline helps in keeping your project moving forward to meet a specific deadline.

Your video has been viewed 6,000 times on ORNAC's website and Facebook page. How does that make you feel?

Anne & Esther: Wow, that's great! The video was made to celebrate the wonderful work done by perioperative nurses each and every day in this country. We think perioperative nursing is an amazing profession and hope those who have viewed the video feel the same way.

Who do you consider to be a mentor and how have they impacted you in your career?

Anne: It's really true that it takes a village to raise a child. I've been extremely fortunate to have learned and come from some phenomenal 'villages'. Everyone I've worked with throughout my career has played a role in teaching me the

importance of patience, perseverance, and dedication. I also know that there is something to learn from every new person I meet. The great thing about perioperative nursing is that my 'village' of mentors is constantly growing.

Esther: It's as Anne said. There are so many people who have influenced my career. I have always felt so blessed to have mentors who share their experience, to work with colleagues I can bounce ideas off of, and to have met so many people with a passion for the OR. As perioperative nurses we meet and learn from so many people (from the biomedical engineers and the medical processors to the educators, clinicians, and surgeons). With so many mentors I could not name just a few.

What do you see in the future for Perioperative RNs?

Anne & Esther: We think there is a strong future for the Perioperative RN as this is an area where a high level of critical thinking is required. With continuous advancements in technology and a patient population with increasing multiple co-morbidities, we think perioperative RNs are best suited to holistically care for the surgical patient. As there are, however, more pressures in health care to be budget conscious, and many ORs experimenting with their staffing models, we think it is important for RNs to advocate for their profession.

First prize for the Perioperative Nurses Week contest was 3 registrations to the 2015 ORNAC National Conference in Edmonton. What happened to the third registration and will we be seeing you there?

Anne & Esther: Yes, we'll definitely be there and can't wait! Our district council, SCORNA, will be awarding the 3rd registration to another member through a raffle.