

UN HERITAGE D'EXCELLENCE EN SOINS PERIOPERATOIRES

PRESENTE A LA CONFERENCE
NATIONALE DE L'AISOC 2007,
COMMANDITE PAR TYCO
HEALTHCARE

Auteur : Mark Tewksbury est un nageur olympien canadien qui, au moment de sa retraite, avait gagné des médailles d'or, d'argent et de bronze. À l'extérieur de la piscine il est devenu un grand activiste pour les droits de la personne, était président des premiers Outgames et a animé des émissions de télévision telles How It's Made de Discovery Channel. Un conteur énergique et charmant, Mark se sert de ses expériences personnelles pour illustrer ses points lors de ses discours stimulants.

Le 27 avril 2007, Mark Tewksbury a présenté un discours liminaire aux délégués de la 20^e Conférence nationale de l'AISOC à Victoria en Colombie-Britannique. Ce résumé fait l'esquisse est points saillants du discours.

LEAVING A LEGACY OF PERIOPERATIVE EXCELLENCE

PRESENTED AT ORNAC NATIONAL
2007, SPONSORED BY TYCO
HEALTHCARE

Author: Mark Tewksbury is a Canadian Olympian swimmer who retired with gold, silver and bronze medals. Outside the pool he has become one of North America's great performers, was President of the 1st World Outgames, is a human rights advocate and spokesperson, and hosted TV shows including Discovery Channel's 'How It's Made'. An energetic and engaging storyteller, Mark's rousing presentations use personal anecdotes to illustrate lessons learned in his own life.

On April 27, 2007, Mark Tewksbury provided a keynote address to delegates at ORNAC's 20th National Conference in Victoria, BC. In an energetic, humorous and highly inspirational presentation, he connected his Olympic experience and personal values with the essence of perioperative nursing. This summary features takeaway points from this presentation.



National Speakers Bureau

Mark Tewksbury

Trait 1: Embody Values

Your values, and how you embody them, are the foundation of your legacy. ORNAC values knowledge (a commitment to education and research), collaboration (with nurses in specialty, organizational agencies and other disciplines that affect your practice), respect (recognizing the worth, quality, diversity and importance of each other and the patients you care for), professionalism (work together to promote and advance your specialty), and continuous learning (striving to achieve excellence in perioperative practice). Coming together in Victoria, and on other occasions, will reconnect many of you to these values. How can you bring these values to life in your daily practice?

Trait 2: Challenge Convention

It is important to understand the potentially limiting nature of the status quo. Collective group think doesn't necessarily make something right, or the truth – it simply makes it popular. Conventional wisdom might have said that health care is focused on just caring for the sick, but that has been challenged to include pre-emptive concern for the healthy as well.

Conventional wisdom might have members thinking that you have to be in management to be a 'leader' in operating room nursing and

perioperative care. "I haven't been doing it long enough." Challenging convention means that leadership starts at the bedside, at point of service. Patients and families look to you for that.

Trait 3: Influence Wisely

Just like we all leave a legacy, whether we realize it or not, we also all have a greater scale of influence than we may know. The challenge is to use it wisely for the benefit of others. Influencing doesn't have to be 'kumbaya'. It can sometimes take the form of tough love, especially peer to peer, as long as it creates a win/win situation. Imagine the three OR nurses, Isabelle Adams, Victoire Audit and Mary Taylor, organizing for the first time in 1958. In 1965 they met with representatives from Ontario, BC, Alberta, Manitoba, Quebec and New Brunswick. A group of all volunteers, it took patience, determination and years before ORNAC was formed, but these women came together and used their influence for the common good.

On a personal level, your impact ripples further than you can imagine. How many patients and health care professionals do you meet? What kind of influence are you having?

Trait 4: Have Purpose

When we have a compelling vision and understand our role in making it happen, we can lead ourselves and others to remarkable results. As OR nurses, purpose is primarily patient safety. It is the cornerstone of what you do – providing the highest standards of health care to the patient. You literally wrote the book on this – writing the standards for operating room nursing practice in Canada. Have a clear purpose and understand your role in making that come to life every day in the operating room.

Trait 5: Show Conviction

No matter how hard times get, it is the leader's ability to show conviction and to believe in both themselves and others that gets them through. Sister Carol Taylor opened the conference with the topic: *Rethinking what it means to be a good OR nurse, and why this matters.* So why does it matter to you?

What is it that fuels your belief in what you are doing? Why are you doing it? When you connect to that you connect to an unwavering resolve that will get you through those inevitable tough times.

Trait 6: Embrace Contradictions

Life is filled with paradoxes. Sometimes ideas that seem like extreme opposites work well together. Plan Meticulously/Go With the Flow; Use Logic/Follow your Gut; Work Hard/Have Fun are just three examples. The point is that life is not black or white; it is black and white – and everything in between. Use your experience, knowledge and skills to find what works. The OR environment is supposed to be organized and calm, but at times it is the exact opposite. Find what works best in any given situation, knowing the one thing that you never contradict is your values.

Trait 7: Continually Evolve

What happens if you don't? ORNAC promotes excellence in perioperative nursing through various educational opportunities. A huge part of evolution is about creating the environment for people to learn. This is where growth comes from. It helps keep us from getting complacent and ensures we are able to serve the mandate of excellence in patient safety. What have you learned recently that led to personal growth and progress? In what areas do you have room to improve?

Trait 8: Make It Possible

This was the whole point of the conference, as well as this presentation: to make it possible for you to lead yourself, your colleagues and your patients and to leave a lasting impact along the way. All of us are asked to do more with less. Our jobs ask us to be innovative and sometimes expand our perspective to remember how good we have it in Canada. A fundamental part of our system is that we make it possible for people to receive care regardless of their financial situation. I wish you success in applying the knowledge of the week, turning ideas into excellence that raises the standard for patients.

If you don't do it, who will? If not you, then who? 🍀