

Why attend a conference? Insights from the ORNAC 2025 Conference Lead

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If you've recently attended an in-person conference, you likely already know the value it brings. For those who haven't had the opportunity yet, or if it's been a while since your last experience, let me share what I believe are some of the most important takeaways from attending in-person conferences:

1. Learning & Education. Conferences are a great way to learn about innovative changes that other hospitals have made, how they did it, and how it has impacted patient care. You don't know what you don't know until someone tells you! Education sessions typically offer one of two outcomes: personal development or practice changes. Some speaker sessions may help you to grow as a leader or educator and offer some new perspectives. Some will offer practice changes that you can bring back to your own workplace and help make positive change. As a profession built on evidence-based practices, I think nurses seek new information all of the time to ensure we're doing what's best for our patients. Conferences are a way to get a lot of information and answers you're seeking.

2. Inspiration/Motivation. Immersing yourself in cutting-edge ideas, industry leaders, and success stories is very impactful. Keynote speakers capture their life challenges and how they overcame adversity with tangible strategies. You sit in a room with hundreds of other perioperative nurses and healthcare providers who care as much as you do. All of these things happen at the conference and will help reinvigorate your passion as a nurse.

3. Validation. At the end of an education session, you'll often hear someone you've never met before describing an ongoing scenario that you've lived through too many times yourself. Knowing that other teams at other hospitals have similar struggles or issues can be very validating. We aren't alone in our struggles, and we can learn from others who have tried to break the cycle or fix the root causes. Jot down solutions or ask that person for their contact information to follow up later, so that you can help make your workplace better.

4. Industry Exposure & Networking. Conference exhibit halls are a 'one-stop shop' to learn about evolving technologies, trends in the industry, job opportunities and a chance to find solutions to issues you've had at work for forever. It's also a chance to network with industry partners and colleagues from across the country (and a few internationally).

5. Fun and Entertainment. Social activities, networking dinners, the gala and membership appreciation events are the cherry on top! After a full day of education sessions and information gathering at the exhibit hall, having a chance to unwind and maybe share a laugh with other like-minded people is a must. This is where we build our community and make some of our most cherished memories.

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A. Study performed ex vivo with 22cm system.
 B. Based on average max load at or prior to 3*1mm gap (N). Mean (N) for DERMABOND™ PRINEO™ Skin Closure System (22cm) was 166.53 vs 112.40 for skin staples.
 1. Kumar A. Study to compare the tissue holding strengths of DERMABOND™ PRINEO™ 22 cm Skin Closure System (DP22) to conventional wound closure techniques. AST2014-0246, September 25, 2014, Ethicon, Inc.
 2. Kumar A. Completion Report: Study to compare the tissue holding strength of PRINEO™ skin closure system with conventional wound closure techniques. AST 2012-0290, October 11, 2012, Ethicon, Inc.

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