



President's Message

February 2020

Dear Colleagues

Hope you all had a great Xmas and New Year and had time to enjoy the festivities with your families and friends. Our hearts go out to those who have had little time to do this, still caught up in the devastation of the fires and storms.

Welcome to 2020 - The year of the Nurse and Midwife.

2020 was designated the year of the nurse by the World health organisation marking the 200th anniversary of the birth of Florence Nightingale and to recognise the amazing contributions that nurses make. So it's time to sit back and reflect on our achievements and our careers and be proud of who we are and celebrate the importance of our roles in achieving the best possible outcomes for our patients. Take time to remember where NSW OTA emerged from and those three amazing nurses back in 1957 setting up the "Theatre Supervisors group of NSW and in 1962 the now known NSW OTA. It amazing to see that back then there were only 3 members and today we are over 1400 members strong. What an achievement and a strong group of advocates for our profession and our community.

Well no rest for the Executive who have been busy organising our next education day. From the last newsletter you would be aware we would be providing education days this year in the four major points of the compass- North South East and West. Our first education day is scheduled for the South. With the devastation of

the fires in this area we explored the feasibility of this and we are pleased to be able to still go to Batemans Bay in March. So why not come along and support our colleagues and the businesses that are finding it tough down there. Maybe bring the family along and get the added benefits of some great speakers and a weekend of fun away.

Thank you to Lilian Blair who has been busily tidying our website up over the xmas period getting it ready for when we make the transition to our new platform. We would like to hear from anyone who has great ideas on what they would like to see there. We are trying to get a streamlined service that enables you to:

- do everything in the one place,
- accepts members straight away without delay,
- enables members to have access to the benefits immediately
- easy payments for membership conference and PEDs,
- prompt access to payment receipts.
- Ability to update the website easily so that information is timely
- Better access for the Zones and the committees and
- Easy database management.

Thank you again for your continued support and to my team of amazing executives for their passion and commitment.

Well that's all for now

Kind regards

Tracy Kerle

NSW OTA President
FACORN

The Year of the Nurse & Midwife

Florence Nightingale affectionately known as “The Lady with the Lamp” was born on 12th May 1820. This year, 2020, marks 200 years since the birth of Florence Nightingale and the World Health Organisation (WHO) has proclaimed this year as the ‘Year of the Nurse and Midwife’. This is the first worldwide celebration of nursing and midwifery, WHO will be releasing statistics in their first-ever State of the World’s Nursing report.

Florence Nightingale is believed to be the founder of modern nursing, opening the first scientifically based nursing school in London in 1860. She was the first woman to be awarded the Order of Merit in 1907.



2020 Year of the Nurse & Midwife

With the upcoming Professional Education Days (please see dates below) and the ACORN conference in Sydney this year we have many great opportunities to learn, network, and grow as nursing professionals.

Some suggestions to celebrate the Year of the Nurse at your workplace include:

Shout Outs – Place a poster and sticky notes in the tea room and ask people to write a positive comment about a colleague.

Mindful May – take a look at the The Mindful Nurse Australia website for resources, place RESET breath posters around your workplace to remind people to take a moment and practice self-care.

Perioperative nurses provide vital health care and support and to continue this we must also care for ourselves.

2020 Professional Education Days

For 3 Sydney PEDs we are heading to the rural areas

21st March in Batemans Bay

25th July in Dubbo

Early Sept in Sydney

14th Nov in Coffs Harbour

ZONE PEDs

Zone 1

4th April tba, 8th Aug, 20th Nov

Zone 2

7th March, Bathurst

Zone 3

29th Feb, Tamworth

Zone 4

2nd May Wagga Wagga

Zone 5

27th June Lismore or Macksville

Zone 6

tbc

Zone 7

9th May, Canberra

Help support the local community in Batemans Bay and join us for the upcoming PED.

Otherwise we hope that we will see you at one of the many PEDs in 2020. Please check the OTA website for further details as they become available.

Operation Wellbeing - Mindfulness Matters

Our country has been under enormous stress as we start 2020. Nurses are not immune to stressors. We can be affected personally, or we can be affected through caring for those who are affected.

Why practice self-care? Self-care and wellbeing strategies are essential for creating the resilience required to give optimum nursing care.

Individual stress levels are a combination of both intrinsic and extrinsic factors (The individual and the environment). Individual awareness or insight is impeded when the brain is in chronic stress mode or fight, flight, freeze response. Health and well-being of our perioperative nurses is imperative to provide optimal safe care for our patients. We need to value and prioritise our self-care.

We can keep our brains online simply by deep breathing or abdominal breathing. I call it the RESET breath. A moment of mindfulness. When we breathe deep into our abdomen we trigger the vagus nerve which activates the parasympathetic nervous system, otherwise known as rest and restore. It instantly calms us down and keeps our brains online and we can be the best version of ourselves.



You are breathing anyway; you may as well make it count!

Please remember that we can always call Nurse and Midwife Support about anything no matter how big or small.

Nurse & Midwife Support is the national support service for nurses, midwives and students. The service is anonymous, confidential and free and any stakeholder can contact the service about any concern regarding the welfare or wellbeing of a nurse or midwife that they require support for.

1800 667 877

Nmsupport.org.au



Ros Berryman from SPASM is asking
Can you help?

In May we are hosting a preconference tour of the SPASM Museum for Perioperative Nurses attending ACORN Conference.

We would like to organise a temporary display for the occasion - featuring the work of Perioperative Nurses.

We invite perioperative nurses to reflect on the changes in equipment they have used over time and submit a short story.

We would invite them to provide their photograph & their story and if we have the instrument or piece of equipment they are reflecting on at the museum, we would display their photo & story alongside those items.

If they would like to participate they would be welcome to visit the museum to see the sorts of instruments we have currently on display to maximise the chance of their story being selected.

We are open on 2nd Saturday and 4th Monday from February.

For example we have:
multiple older style diathermy machines with metal plates.
All sorts of Urology equipment with metal cans on stands.
Various skin stapling devices.
Water boiling "sterilisers"

Urine testing devices.

Bandage rollers

A plethora of anaesthetic equipment : ether, chloroform, red rubber tubes.

We would love to provide a background story to some of the items we have at the museum.

Would members of OTA like to assist? Good stories without the item may still be selected for display.

Please email me.

bilgola345@bigpond.com

Ros Berryman
Secretary Treasurer SPASM



Also you can join them on Saturday 14th March for a workshop by Meagan Hicks "Putting your best foot forward." They are going to use operating room artifacts and memorabilia to show how to develop historical displays.

Free to SPASM members.
Non- members \$20.
RSVP by 28/02/2020

<http://www.spasmmuseum.org.au/>

NSW OTA Conference Grant

Conference report from

Meredith Gimblett

Clinical Nurse Specialist/Surgical Clinical Reviewer, Dept. of Surgery & Perioperative Medicine, Prince of Wales Hospital

Conference attended

American College of Surgeons Quality and Safety Conference, July 19-22, 2019

Walter E. Washington Convention Center
Washington D.C, USA

Background

The National Surgical Quality Improvement Program (NSQIP) is a global quality improvement program developed and administered by the American College of Surgeons (ACS). The aim of program is to improve surgical outcomes for patients, thereby decreasing the cost of surgical complications to both patient and the healthcare facility. The program collects pre, intra and post-operative data for a random selection of patients, as well as following each patient for 30 days after their surgery in order to identify any surgical complications that may have occurred after discharge from hospital. In NSW, the program is partly funded by NSW Health's Agency for Clinical Innovation. Prince of Wales Hospital on-boarded the program as a Phase 2 pilot site in 2018. The Surgeon Champion (SC) and Surgical Clinical Reviewer (SCR) are the two core program roles at each participating site.

The strength of NSQIP lies in the reliability of the data. Every 3 months, each participating site receives risk-adjusted statistical results of the data that has been abstracted, collected and entered into the NSQIP Registry by the SCR. This analysis of data provides an overview of the quality of care provided by the surgical service at each participating site, as well as providing a benchmark with other hospitals of similar size and acuity around the world. Through detailed study of the reports provided by the ACS, the comparative outcome statistics guide each hospital to areas for quality and

process improvements. Ongoing data abstraction/collection by SCRs allows for monitoring the effectiveness of quality improvement measures. This continuous cycle of assessing, planning, implementing and evaluating enables hospitals to provide best practice surgical services as well as care that responds to and addresses needs identified by the data.

For the full report please [Click here](#)

Or go to the OTA website www.ota.org.au

NSW OTA Life member Honoured

Jeannie Ross Fraser was a nurse, philanthropist, historian, author, promoter of wool and committed to the Glen Innes community.

She was also patron and life member of the Glen Innes & District Historical Society and curator of the medical section at the museum – which will henceforth be known as "The Jeannie Ross Fraser Memorial Medical Wing" is part of the Land of the Beardies Museum and Research Centre in the former Glen Innes Hospital. This was formally opened by Graham Wilson OAM as part of their 50th anniversary on Australia Day.

Faye Lennon from Zone 3, and NSW OTA Life members Karin Croghan and Val Corcoran were able to attend.



Left to Right: Karin Croghan & Val Corcoran at the Entrance to the Jeannie Ross Fraser Memorial Medical Wing



Left to Right: Karin Croghan, Eve Chapell & Val Corcoran

Leadership Conference Report

I never really saw myself as a leader in our perioperative department until I commenced in the position of Nurse Manager. I was asked to join our management team after working many years following the education path. Last year I attended a session run by Dr Michael West who talked about reliable and self-care for leaders and about how important it was to be a compassionate leader. I realised that being a compassionate leader and one who listens to their staff is invaluable when leading a team and I became more interested in how leaders can make a difference to a workplace. By attending the ACORN Leadership Summit, I was able to have more of an understanding of leadership and the role it plays in a workplace environment. One of the main points I came away with from this 2-day conference was that not all leaders are managers and not all managers are leaders. Leadership can be learnt but it is also in the make-up of a person and often they don't realise they are a leader. The 2 ½ day conference at East Hotel in Canberra, commenced on the Thursday afternoon with a session on ACORN's vision for the future of the organisation run by ACORN President, Rebecca East and Randall Pearce who have been working together to look at ways to change the culture of the ACORN standards so that they are more recognised throughout Australia. With strategic planning there is a positive vibe with the ACORN committee and board to promote



the standards with hospital administrators and change the culture of perioperative nurses and even get to the level of having our standards embedded within the National Quality standards. A cocktail party followed where networking with other Perioperative leaders commenced and not knowing anyone, it was an opportunity for me to start making contact with other leaders from all over Australia.

The following day, Friday, we had presentations from some amazing Nurse leaders such as Deborah Picone, CEO, ACSQHC and Wendy Wood, Assessor ACSQHC who were entertaining and highlighted the importance of the Australian safety standards and the role they played in reducing incidents. They both spoke about leadership and how important valuable leaders throughout the healthcare system can be. A statement made by Wendy which I took away from this session is "Leaders are defined by their followers and there is no follow ship without trust" and she also talked about inspiring, motivating and mentoring without having to use your authority; this is a good leader. We all need more than one mentor which I found interesting and have taken this back to pass on to others. Debbie was very entertaining even though her presentation was displayed by a fire drill while live through a teleconference.

Amanda Adrian was another presenter on this day which was of great interest to me considering the recycling program we run at Concord Hospital for the past 10 years. Amanda talked about climate change and the correlation with healthcare and what it means to us. As Perioperative Nurses we need to take the lead on doing as much as we can to reduce our carbon emissions and waste generated. Amanda talked about many organisations throughout Australia and globally we can tap into to get information or advice.

Kylie Ward was a dynamic speaker as CEO of Australian College of Nurses who spoke on cultivating world class perioperative leaders and the projection of 2030 with a serious workforce shortage of Nurses. She spoke of the technical impact of the future and if we don't get enough nurses, we could be replaced with technicians and how we need to forward think of how we can avoid this

happening and make sure we let our leaders know what we need in theatres which are certainly not technicians. Kylie also talked about having a few mentors and that we all should have one under 30yrs old, a millennial, to advise us on the social media aspects of communicating with staff and using evolving technology in the future.

Darlene Cox and Karen Hay then spoke to us about mental health amongst our staff and how we can support them and how to identify the various levels and when to step in as a leader to help. Compassionate and empathetic leadership was discussed as well. The dinner was held in the East Hotel in the restaurant and the food was a delicious Italian banquet with many trade company reps joining each table to network.

The last day of the conference was fantastic and I felt privileged to be at this leadership conference as many of the perioperative leaders I had seen and followed over the years were all in the one room together. Paula Foran, Phyllis Davis, Ruth Melville and Jed Duff to name a few, spoke about their own journeys throughout their perioperative Nursing careers, they all inspired me towards being a better leader and I was in awe of all of them. The person in the highlight of the whole conference was Sally Sutherland Fraser who did an amazing job of facilitating every session. The facilitation method used for this summit was fantastic and Sally was the best person to have in this role. She is a mentor for me and has been for 10 years and always asks appropriate questions to get everyone involved and promote interesting discussions from the delegates.

I would like to thank NSW OTA for contributing towards my attendance at the ACORN leadership conference and I encourage others to go to the next one which is also biannual alternating with the ACORN conference. This was the inaugural leadership summit and it seemed from the delegates' enthusiasm that there will definitely be another one organised for 2021. I think it's an excellent idea for such a leadership conference and it was also great to see various types of nurses attend, not just managers.

Michelle Skrivanic Nurse Manager,
Concord Hospital Perioperative Department

**NSW OTA Zone 6 AGM
Saturday 21st March, 2020
Batemans Bay**

POSITIONS VACANT

The primary object for which the NSW Operating Theatre Association was established was to promote, and provide, perioperative nursing professional development opportunities, for the advancement of the health, and welfare, of the community.

It was understood that a city Executive could not fulfill this objective, either efficiently, or effectively, without the assistance of rural colleagues who understood what perioperative nurses required to ensure their communities were well cared for. With this in mind, the Executive divided the vast areas of NSW and the ACT into seven zones, each of which are as vastly different as this great country of ours, and each of which has its own amazing strengths and unique needs.

Zone 6 covers the large area of the Illawarra and South Coast of NSW. It includes Batemans Bay, Bega, Bowral, Bulli, Camden, Crookwell, Figtree, Milton, Moruya, Nowra, Pambula, Shellharbour, Shoalhaven, Southern Highlands, Ulladulla, and Wollongong.

Diane Keats, Zone 6 Treasurer, came to the State Conference at Terrigal in May last year and asked to have a meeting with myself and the President, Tracy Kerle, and requested assistance in getting this zone active again. This is a result of that request, but we cannot do it alone. We need your help.

Zone 6, your Zone, needs some eager and energetic perioperative nurses, who are members of the NSW OTA, to put their hands up as General Zone 6 Committee Members. Each area in your Zone, has its own unique needs which requires a voice through

representation on the local committee. The needs of a large city like Wollongong are completely different to those of, say Moruya.

Committee meetings are now teleconference meetings using the "GoToMeeting" app, which means that the committee can consist of members from any, and all, hospital in the zone, and the meeting can be joined from the comfort of your own home.

In my position as the Executive Zone Co-Ordinator, I promise to support the Zone Committee, and each one of you, in fulfilling the objects of the OTA in your zone of influence. I will be there to assist in:

- mentoring each member as required
- setting up and running GoToMeetings as needed
- organizing PEDs in relation to advertising, venues, speakers, medical company representation, etc.

The commitment of you, as perioperative nurses who know your community and its needs, will enable the resurgence of this zone to become a reality.

If you are interested please do not hesitate to contact me at marens Shaw.ota@gmail.com

Regards
Mary-Anne Renshaw
Executive Zone Co-Ordinator,
Treasurer,
NSW OTA



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