

MANITOBA CHAPTER CACCN

SPRING 2008 NEWSLETTER

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President's Report
Lissa Currie

Greetings to all new and returning CACCN Manitoba Chapter members. I hope you have enjoyed the summer. With fall well on its way, your Chapter Executive have been busy setting goals and planning events for the upcoming year. We have a few educational events planned for the upcoming months. Once things are finalized we will be posting the information on the Manitoba Chapter of CACCN web site. So stay tuned and visit the web site for further details. Many of the Executive had the opportunity to attend Dynamics 2008 in Montreal along with a great showing from our Chapter members. I would like to congratulate the Dynamics Conference Planning Committee for an outstanding job. For more information on Dynamics and Chapter Connections Day, please see Trica Garrioch's report included in this newsletter.

On our local front, the Chapter Annual General Meeting and Edge of Excellence 2008 were held on May 12th at the Club Regent. We had a very successful day with positive feedback from those who attended. As co-chair, I would like to express my gratitude to the members of the Conference Planning Committee for all their hard work. Plans for Edge of Excellence 2009 are already under way. I would like to take this opportunity to invite interested members to join the Conference Planning Committee. It is a wonderful learning experience and a chance to liaison with fellow colleagues. I'm looking forward to another exciting and productive year on the Chapter Executive. Our goal is to advance critical care nursing in Manitoba by meeting the needs of our members. In order to do so we need to hear from you. Let us know what you think. Well that's all for now. lcurrie@sbgh.mb.ca

Vice President
Tannis Sidloski

I'm happy to be back on the CACCN Executive after my 1 year hiatus. Previously in a different role, I am excited to learn about the role of Vice President. I have worked in critical care for over 11 years and am presently an instructor in the Adult Winnipeg Critical Care Nursing Education Program. I hope everyone had a wonderful time at Dynamics and experienced all the conference and Montreal had to offer. I look forward to an exciting year with multiple

educational workshops/events. Hope to see you there! hopski@mts.net

Secretary
Rhonda Matheson

Welcome back CACCN members and executive! I hope everyone had a fantastic summer and are rejuvenated to start another year. The CACCN Executive met in September and already have some great ideas for the coming year. I will again be the CACCN Manitoba Chapter secretary for the year, so be sure to check the Manitoba Chapter website for the minutes of the meetings, and feel free to contact myself or the Committee with any questions, concerns, or input. Thank you to all members for taking the time to be an active CACCN member and I look forward to meeting many of you at CACCN events. ronnie_from_canada@yahoo.com

Treasurer
Sandra Christie

Spring 2008 proved to be a success for the financial endeavors of the Manitoba Chapter. The Edge of Excellence 2008 Conference Day was well attended and showed a modest profit of just over \$1100.00. Our bank balances continue to be healthy and planning is currently underway to optimize the use of the existing funds. Just to follow up on last years' discussions regarding audits..... CACCN National has advised the chapters that an audit is not financially feasible nor is it required. Current guidelines for review of quarterly statements by 2 people will be sent to us soon. Please contact me if you have any

questions. I wish you all the best for a safe, successful Fall.

sandra.christie@yahoo.ca

Membership/Contact Report Rosalie Grant

My name is Rosalie Grant and I am back for another year in the membership role!! I was pleased to have had the opportunity to meet many of our members and some non-members at the Edge Workshop as well as the educational days that we held last year. I enjoyed being on the CACCN Committee last year and am looking forward to another eventful year. We did not meet our goal of a 25% increase in membership however we did increase our base from last year. We had 97 members at this time last year and we presently have 110 members. We needed to have a total of 121 members to reach our target. We had a few members that did not renew their memberships but we also had a few new members register. We did receive some ideas from our members on ways to increase the membership numbers and will be discussing them at our next meeting. If any new or returning

members have any innovative ideas for increasing our membership we would love to hear from you. We will continue to send out information to our members by e-mail but if there are any members who have not supplied us with an e-mail address, they will receive information by mail. If there are any members who do not want to receive information by e-mail, please let us know. We are trying to reduce administrative costs and be a greener and more environmentally conscious Chapter. I can be reached at rggrant@mts.net.

Program Co-Chairs Chris Kuttinig & Sean Jardine

Fall is well underway and so are plans for programs and educational sessions for 2008-2009. Some of the goals we look towards this year are offering more than our traditional twice a year education sessions – perhaps even 4 sessions spread amongst the various sites.

We are aiming for an early November date for our first evening and possibly dinner education session – look to the website for information in the next few weeks. Also

there has been interest in some hands-on sessions, such as a heart sound clinic. If you have a particular interest you would like to present or would like to see offered, please do not hesitate to contact us.

ckuttinig@sbgh.mb.ca or jardinios@mac.com

Publicity Newsletter Chair Trica Garrioch

I hope all of the 46 delegates from Manitoba that attended Dynamics in Montreal learned as much and had as much fun as I did. Now for business, the challenge as the newsletter/editor is to have increased involvement from each site around the province. Let's showcase our ICU's. Send a photo of critical care nurses @ work, a quick note about your unit, anything new or interesting that you would like to share. Thank you to those of you who offered pictures, I will be in touch. For ideas, suggestions comments or concerns, contact Trica at pgarrioch@sbgh.mb.ca



Front row left to right: Rose, Chris, Rhonda, Sean, Sandra

Back row left to right: Trica, Lissa & Tannis

PHOTOS

Do you have a picture of Critical Care Nurses at work in your facility? Send it to lcurrie@sbgh.mb.ca for inclusion on our website. Consents of persons in the picture are required and available on the CACCN website.



Dynamics 2008

Attending Dynamics in Montreal, September 28, 2008 was an opportunity to celebrate 25 years of CACCN. 547 delegates attended from across Canada with delegates from as far away as Australia, New Zealand, United States and United Kingdom. Manitoba had delegates from Brandon, Crystal City, Health Sciences, Seven Oaks and St. Boniface (46 in total). Way to go Manitoba! Our own Asha Perreira from Health Sciences Center sparkled in her role as Chair of the Conference Planning Committee. Awesome job, thank you to you and your team. Other Manitobans showcased were speakers: Marie Edwards from University of Manitoba and Margaret Lukianchuk, Shelley Munro and Michael Rivet from St. Boniface Hospital. Great job. Then, there were the Manitobans who did poster presentations: Marie Edwards, Wendy Fallis from Victoria General Hospital, Susan McClement from Health Sciences Center, Diana

McMillan from University of Manitoba and Asha Perreira. Other stars were Rhonda Matheson from St. Boniface and Jo-Ann Sawatzky from University of Manitoba who received the Edwards Editorial Award for their article "Altered fever response in end stage renal disease: Implications for critical care nurses" (Winter 2007) Dynamics the Official Journal of Critical Care Nurses 18 (4), 14-18. We are very proud of our Manitoban group.

Dynamics Montreal was three jam packed days with sessions that were always interesting, educational and thought provoking. Speakers came from across North America as well as Australia, New Zealand and United Kingdom. Topics ranged from introducing new grads into ICU, end of life decisions in pediatric ICU's to Canadian Forces Critical Care nurses' experiences in an ICU in Afghanistan. All in all, Montreal was a wonderful

celebration of Critical Care Advocacy and a glittering success. CACCN Manitoba Chapter would like to extend an invitation to all of you to join us in Fredericton at

Dynamics 2009
Navigating the Future:
Sail the river of knowledge –
September 27-29, 2009.

Mark your calendars!

Chapters Connection Day September 27, 2008

This day was an opportunity for representatives from chapters across Canada to discuss present and future initiatives as well as networking and collaborating on ideas to maintain the vibrancy of our association. Goals and challenges of the upcoming year were discussed. These will be brought back to your Executive to incorporate in our strategic planning for this year.



Manitoba Chapter- Canadian Association of Critical Care Nurse Critical Care Nurse of the Year Award

Asha Perreira

Asha completed the Adult Intensive Care Nursing Program in 1991 and started her career in the Surgical Intensive Care Unit at St. Boniface General Hospital. Asha's performance in critical care nursing has been exemplary.

Asha has been actively involved in the Critical Care Nurses Association holding a number of positions over the past 17 years. She has been involved at the National level since 2003 holding various positions such as President as well as Dynamics Conference Chair being held in Montreal this year. Locally she has held various positions on the executive from 1991-1996. She has participated in the planning of Edge of Excellence from 1992-2000 holding the position of facilities chair and conference chair.

Asha has demonstrated her commitment to critical care nursing through her involvement as a committed member in a number of associations such as the Canadian Council for Donation and Transplant, Canadian Intensive Care Foundations and Co-founder of the Critical Care Journal Club to name a few.

Asha is quick to recognize the contributions of other nurses and has nominated many of her fellow colleagues for various awards and was instrumental in the development of the Brenda Morgan Leadership Award. She has shared her knowledge and expertise presenting on both a national and local level as well as publishing two articles for "Dynamics" the official Journal of Canadian Association of Critical Care.

Asha is deserving of this award as she is an inspiration, mentor and leader in critical care nursing. Please join me in recognizing Asha Perreira's achievements as Critical Care Nurse of the Year 2008.

Presented May 12, 2008



We want to know about YOU

Your unit, your challenges, your successes. Tell us your stories so we can highlight different ICU's around our province. This month is Brandon, would you like to be next? Let us know, send stories or contact us so we can assist you. pgarrioch@sbgh.mb.ca

Brandon ICU...

Brandon ICU is a nine bed multi-purpose ICU, although healthcare funding and staffing challenges do not necessarily enable admission to capacity! Our ICU serves as a regional referral centre, not only for its sister regions, but the rest of the province as well. Limitations for patient care include neurosurgery and cardiac interventional therapy/surgery so patients requiring these services must be transferred to Winnipeg. We have a closed admission process and admit approximately 350 patients per year. Patients are

cared for by four intensivists. Like other units across the country, we are seeing some of our senior staff move from ICU or retire, and we are welcoming young enthusiastic nurses embarking on their critical care career. Patients also benefit from a multidisciplinary care team that includes not only medical and nursing staff, but pharmacy, respiratory and dietary personnel. Just over half of our patients require mechanical ventilation. In 2001, we established a CRRT program. We are affiliated with Mount Royal College to train new critical care nurses and the clinical course is completed through a clinical

facilitator and preceptors in our own ICU. Staff are very progressive and meet new challenges with enthusiasm. Over the last year our ICU has been involved in prevention of *Ventilator Associated Pneumonia* through the *Safer Healthcare Now* initiative, and the *End of Life* improvement initiative through the *Canadian ICU collaborative*. For further information and details on the *End of Life* improvement initiative done by Brandon, go to caccn@caccn.ca and follow the link to Manitoba Chapter.

Ask the Expert

If you have a question, it is likely half of our readers have the same question. Send them to us at caccn@caccn.ca and follow the link to Manitoba Chapter.

Quite frequently we receive patients from the emergency or cath lab infusing vasopressors through peripheral I.V's. What is the concern and treatment if these drugs go interstitial? If your patient does develop an infiltration of a vasopressor at a peripheral site, what's going to happen to the tissue? Most vasopressors have alpha agonist properties and cause capillary

vasoconstriction. Infiltration of healthy tissue will cause the local capillary beds to constrict excessively and cause tissue necrosis. Phentolamine is the medication to treat this situation. Pharmacy supplies phentolamine in 5mg/ml vials which is kept as ward stock in many ICU's. The usual dose is up to 10mg (2 vials) diluted in 8mls of Normal Saline. This is administered

with a subcutaneous injection needle to infiltrate the tissue surrounding the IV site. Phentolamine is a non-selective alpha-adrenergic antagonist which when administered early enough may reverse the damaging effects of the vasopressor. The best success of this treatment will be if the phentolamine is administered within 12 hours of extravasation. Phentolamine must be administered by a physician.



We want to hear from YOU!

Do you have ideas, comments, suggestions or feedback to make this newsletter more interesting, to make it yours? Send them to pgarrioch@sbgh.mb.ca

Canadian Nurses Association Certification in Critical Care

Certification is an excellent way to show your commitment to a national standard of professional competence and demonstrates your broad understanding in your nursing specialty of Critical Care.

To read more about the benefits of certification, go to caccn@caccn.ca

Upcoming Date to Remember

Fall Education Session November 12, 2008

Dr. Adrian Robertson, presenting about an unusual viral case - topic name to be announced.

Registration: 7:00 - 7:30 p.m.

Presentation 7:30 - 9:00 p.m.

Pizza & beverages provided.

Members: \$10.00

Non Members: \$25.00

RSVP to Chris Kuttinig @ ckuttinig@sbgh.mb.ca or 258-1309 by **Friday, November 7, 2008.**

Posters and registration forms to be sent out within the week.

For further information go to caccn@caccn.ca

Please send notice of educational opportunities to pgarrioch@sbgh.mb.ca



Manitoba Chapter CACCN 11" W x 7.5" H insulated lunch bags are available for \$10.00. Please contact Lissa Currie at lcurrie@sbgh.mb.ca if you would like to purchase.