

# SAPNA *Connect*

SOUTH AUSTRALIAN  
PERIOPERATIVE NURSI  
ASSOCIATION

**Autumn 2023**

How did it get to March 2023 already?? We hope all our members are well and managing to devote some time to your wellbeing.

The end of 2022 saw us meet for the Country Study Weekend which I think we can safely say was a fantastic weekend of networking and finding out what some of our colleagues have been doing behind the scenes.

2023 brings some exciting times at SAPNA, our Saturday Education sessions have recommenced, and we have dates for our SAPNA Conference

**“Building on the Best”** to be held at the Adelaide Entertainment Centre **22/23<sup>rd</sup> September 2023.**

Make sure you follow SAPNA on social media!!



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**SAPNA** SOUTH AUSTRALIAN PERIOPERATIVE NURSES ASSOCIATION



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**COUNTRY STUDY WEEKEND**  
Barossa Weintal Hotel  
Tanunda, 7-8 October 2022

Our Country Study Weekend went ahead in October 2022 coinciding with Perioperative Nurse's Week. Speakers from many different areas spoke with our delegates about topics related to our field. We also had some interactive workshops in our breakout sessions that were well attended. Our speakers were impressive, and we thank them for devoting their time to us. We also had Derrick McMannus back to workshop through resilience and growth which we hope was a reminder during these challenging times that it is ok to be overwhelmed but we do have the capacity to draw on our past experiences to help us move forward, he is always an inspirational speaker.

We were so pleased to welcome members from our regional areas and delegates from our Queensland Perioperative Association – thank you for making the time to come it was wonderful to have you there. Dinner on Friday night was outstanding!

We welcomed new members to our committee: Javadi Nikou, Jane English, and Kristin Cheeseman – It is fantastic to have you on board. We also sadly saw our Secretary Beth Aston step down from the committee to concentrate on slowing down and enjoying life. We thank her for her many contributions to SAPNA over the years and acknowledge the support and education she has given to the perioperative world. Thank you also to Sharon Mewett who stepped down from being our ACORN (Australian College of Perioperative Nurses) liaison in May 2022.



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### **FOCUS ON TRADES**

**Our conferences only go ahead due to the hard work of the SAPNA committee and of course our trade partners who sponsor us. We thank them for their time and commitment to providing us with up-to-date information. A huge thank you to Suzy Gepp from INTERSURGICAL who provided our delegates with a cake (2 actually!) to mark Perioperative Nurse's week. Thank you it was very much appreciated by us all.**







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**Thank you to all our Trades!**

Every year SAPNA acknowledges our member milestones:

**The following current members are recognised for their continuous (Unbroken) membership to SAPNA.**

**5 Yrs**

Anne Gray	Tony Sawyer
Tracey Dolphin	Alicia Cheah
Melanie Mackie	Taylor Rochester
Margie Stegmeyer	Kamila Jankowska
Alana Damin	Angela Tolstoshev
Kate Hanly	Kathryn Evers
Andrea Hogan	Nicole Kerkemeyer
Nathan Saunders - Francis	Penny Aitchison
Rosalia Heinrich	Tanya Hanlon
Leisa Chappell	Amber Heitmam
Deborah Brooks	Rosemary Semmler
Lucia Barbaro	Helen Kriby
Judith Kennewell	Kathleen Williams
Claudine Greaves	Susan McDougall
Susanne Wilson	Nicola Butler
Sharon Till	Hannah Blackwell
Lisa Oliver	Gaye Telford

**10 Yrs**

Lucy Fahey	Alexandra Gixti
Joanne Rose	Catherine Murphy
Hollie Fyffe	Jane English
Kate Trench	Sheri Cornish
Alex Trowbridge	Enid Hillard
Sharleen Lange	Jacqueline Gray

**15 yrs**

Anca Stanley	Mary Pirintzis
Kathryn Clark	Sharon Otterspoon
Emma Hiscock	Adele Coles
Colin Steven	Kirsty Jenke
Sarah English	Cathy Ebel
Jane Bailey	



20 yrs

Christine Becker	Christine Hartnett
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25yrs

Julia Castro	Sue Cobb
Tracey Nicholls	

30 yrs

Andrew Dawe	
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**Nikki Rowlands (SAPNA committee member) had the pleasure of presenting Andrew Dawe with his 30 year award at Noarlunga Hospital in December 2022!**



**SAPNA likes to ensure our records are correct and that members are recognised on their membership milestones. If members wish to check their SAPNA membership data, please contact [secretariat@sapna.org.au](mailto:secretariat@sapna.org.au) Please note that our current expanded membership recognition program began in 2015 and was not retrospective.**





**Judith Berry Perioperative Nurse Excellence Award Recipient:**

**Nikou Javadi**

**INTRODUCTION:**

Nikou is the Clinical Nurse for Anaesthetics at Burnside War Memorial Hospital. She commenced as a Graduate Nurse in 2019 and in her years at Burnside she has proven herself to be an outstanding nurse with amazing commitment to her own professional development, the development of perioperative nursing through her PhD studies, and to the Perioperative Department through her commitment to continuous quality improvement and education.

**CARE:**

Nikou demonstrates her care for patients through striving for the best possible safety in clinical care. As an example, she has updated many emergency procedures and ensured that all emergency equipment is available, quality assured and that the anaesthetic staff are trained and competent in its use. For instance, she undertook a large project in updating the Malignant Hyperthermia kit and



procedure. She wrote and presented a lecture on Malignant Hyperthermia with one of our anaesthetists for a staff education day, and together we coordinated a simulation training exercise for Malignant Hyperthermia. Nikou presents in an engaging manner and displays her passion and enthusiasm for the topic in her delivery of information, demonstrating the ways in which the theoretical understanding of the topic can be implemented in practice. The feedback from the staff was excellent and I do believe that it has increased the confidence of the staff to act in such an emergency.

### **VISION**

Nikou demonstrates a passion for learning and education. Upon completion of her Transition to Professional Practice, she enrolled in a Post-Graduate Diploma in Nursing (Anaesthetics and Recovery), which she completed while also commencing a PhD, investigating interdisciplinary design and healthcare collaborations to improve research outcomes and impact. Her commitment to furthering the role of the Perioperative Nurse through education and research is outstanding. Nikou seeks to blend her background in architecture and design with her Perioperative Nurse role. She has recently returned from Spain where she presented at the Design Research Society conference on her research topic: The potential benefits of designing immersive technologies to reduce anxiety in the perioperative patient journey. Her paper on this topic was published in the Design Research Society DRS Digital Library. Nikou has expressed that she would love to present this topic for a SAPNA meeting also!

### **EXCELLENCE**

Nikou demonstrates excellence as both a clinician and a team leader for the Anaesthetic department. Her clinical practice is always safe, collaborative, and patient centred. She takes on many hours of overtime and participates heavily in the on-call roster, ensuring that the clinical needs of the department are covered. She collaborates with the Anaesthetists, ensuring that the Anaesthetic Nurses are providing the highest quality of assistance to them. She collaborates with all related departments and suppliers, such as pharmacy and product representatives, to ensure that Burnside War Memorial Hospital is up to date with our knowledge and use of medications and equipment. As Clinical Nurse she leads the anaesthetic department with professionalism, positivity, kindness, care, and collaboration. She is a wonderful team leader and advocate for the Anaesthetic department. She has passion for this role and is always excited to present new ideas and opportunities to the team.

A big thank you to last year's Judith Berry Award Recipient Kasey Irwin who spoke at our Country Study Weekend about how she utilised the award.



**SAPNA is excited to announce that applications are now open for the SAPNA Member Coaching and Mentoring Program!**

Applications are now open for interested SAPNA members. Forms can be found in our SAPNA website and must be received by the SAPNA secretary by 6th April 2023. Terms and conditions apply

As the professional body for perioperative nurses in South Australia, SAPNA is committed to the ongoing development of our profession, and the future recruitment, retention, and professional development of skilled and enthusiastic nurses.

The mentoring relationship is a key area which can help address this goal.

By mentoring new nurses, experienced perioperative nurses can help retain them in the profession, reducing the high turnover rates often seen in nursing, by demonstrating that they will have support and guidance as they begin their careers.

Mentors can help ease the transition from university to clinical practice. Mentors can provide guidance on clinical skills, help with decision-making, and provide emotional support during the stressful and challenging early years of nursing practice.

For experienced nurses, mentoring can offer opportunities for professional growth and development, as well as a chance to give back to the nursing community.

SAPNA invites you to apply to attend a series of workshops, based on SAPNA's values of Care, Vision, and Excellence. With facilitation by a reputable professional development and training consultant, participants will have the opportunity to build their skills as a mentor. With the support of your employer, you will have the opportunity to bring this knowledge into your workplace and may also be offered the opportunity to deliver a presentation at a SAPNA education meeting or conference.

Please go to [www.sapna.org.au](http://www.sapna.org.au) to apply.

Don't forget to take a look on our website for information on Grants to assist with the cost.

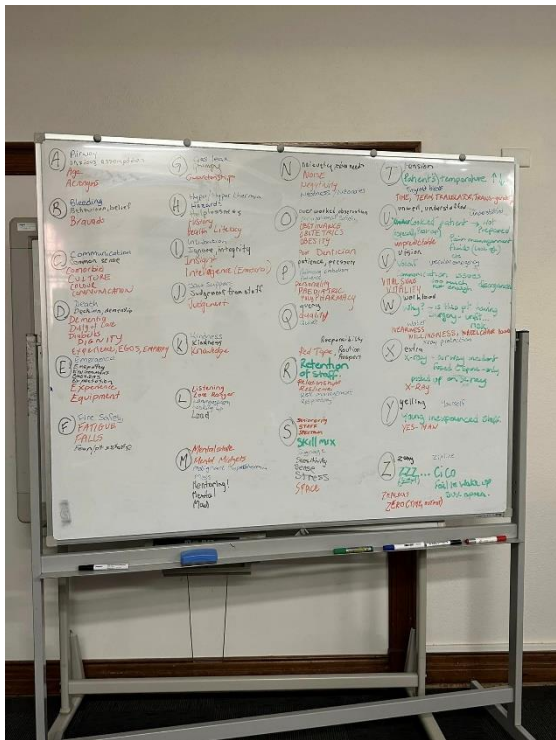


**SAPNA Education Session 11th March 2023**

**"Emergency V's Risk - Different or the Same?" Building an Emergency Alphabet**

SAPNA's first education session was held recently at Calvary North Adelaide Hospital with a focus on communication and managing risk in the perioperative environment. It was great to see so much discussion and interaction surrounding all aspects of communication, risk management and emergencies.

Special thanks to Dr Alex Bull for her talk on Communication in the Operating Theatre and trade rep Julie from Clean Life



## Struggling to work out what to put in your lunchbox each day? Here is a list of ideas to make it easier!

### FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Mandarin</li> <li>• Orange quarters</li> <li>• Passionfruit halves (with spoon)</li> <li>• Watermelon, honeydew, rockmelon chunks</li> <li>• Pineapple chunks</li> <li>• Grapes</li> <li>• Plums</li> <li>• Nectarines, peaches, Apricots</li> <li>• Strawberries</li> <li>• Cherries</li> <li>• Kiwifruit halves (with spoon)</li> <li>• Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>• In natural juice (not syrup)</li> </ul>	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"> <li>• Corn cobs</li> <li>• Carrot sticks</li> <li>• Capsicum sticks</li> <li>• Green beans</li> <li>• Cucumber sticks</li> <li>• Celery sticks</li> <li>• Snow peas</li> <li>• Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>• Mushroom pieces</li> </ul> <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Tomato salsa</li> <li>• Tatziki</li> <li>• Beetroot dip</li> <li>• Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>• Coleslaw and potato salad (reduced fat dressing)</li> <li>• Mexican bean, tomato, lettuce and cheese salad</li> <li>• Pesto pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Grilled or roasted vegetables</li> <li>• Wholemeal vegetable muffins or scones</li> <li>• Vegetable slice (with grated zucchini and carrot)</li> <li>• Popcorn</li> </ul> <p><b>SOUP</b> (in small thermos)</p> <ul style="list-style-type: none"> <li>• Pumpkin soup</li> <li>• Potato and leak soup</li> <li>• Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Calcium-enriched soy and other plant-based milks</li> <li>• Yoghurt (frozen overnight)</li> <li>• Custard</li> </ul> <p><i>Tip:</i></p> <ul style="list-style-type: none"> <li>• Freeze the night before to keep cool during the day</li> </ul> <ul style="list-style-type: none"> <li>• Cheese cubes, sticks or slices</li> <li>• Cottage or ricotta cheese</li> <li>• Cream cheese</li> <li>• Tatziki dip</li> </ul> <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Wholegrain cereal, low in sugar</li> <li>• Vegetable sticks</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Tinned tuna or salmon in springwater</li> <li>• Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>• Falafel balls</li> <li>• Lean meat or chicken patties</li> <li>• Tinned tuna or salmon patties</li> <li>• Lentil patties</li> <li>• Lean deli meats (e.g. ham, slices, chicken)</li> <li>• Boiled eggs</li> <li>• Baked beans (canned)</li> <li>• Tofu cubes</li> <li>• Hummus dip</li> <li>• Lean meat or chicken kebab sticks</li> <li>• Peanut butter*</li> </ul> <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> <li>• Wholegrain sandwich roll, pita or wrap bread with salad</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> <li>• Side salad</li> <li>• Vegetable frittata</li> <li>• Skinless chicken drumsticks</li> <li>• Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>• Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> <li>• Side salad</li> <li>• Steamed or roasted vegetables</li> </ul>	<p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>• Wraps</li> <li>• Sandwiches</li> <li>• Rolls</li> <li>• Toasted sandwiches</li> </ul> <p><i>Tip:</i> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> <li>• Pasta dishes</li> <li>• Roa, quinoa or cous cous dishes</li> <li>• Noodle dishes</li> <li>• Sushi</li> </ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>- Homemade pizzas</li> <li>- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>- Vegetable based muffins</li> <li>- Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Fruit loaf</li> <li>• Wholemeal fruit based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>• High fibre, low sugar cereal (e.g. muesli)</li> <li>• English muffins</li> <li>• Crackers</li> <li>• Crispreads</li> <li>• Rice cakes</li> <li>• Corn thins</li> <li>• Wholemeal scones</li> <li>• Pikelets</li> <li>• Crumpets</li> <li>• Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>• Take a water bottle (for refilling throughout the day)</li> </ul> <p><i>Tip:</i></p> <ul style="list-style-type: none"> <li>• Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>



For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

\*Check your school's policy regarding the use of nuts and products containing nuts.



## Focus on..... *ASA classifications.*

ASA classification is something we come across every day in our practice whether we are anaesthetic nurses of theatre/recovery staff. Here is a reminder of just what the classification numbers mean.

ASA Classification	Definition	Examples
<b>ASA I</b>	A normal healthy patient	Healthy, non-smoking, no or minimal alcohol use
<b>ASA II</b>	A patient with mild systemic disease	Mild diseases only without substantive functional limitations. Current smoker, social alcohol drinker, pregnancy, obesity (30<BMI<40), well-controlled DM/HTN, mild lung disease
<b>ASA III</b>	A patient with severe systemic disease	Substantive functional limitations; One or more moderate to severe diseases. Poorly controlled DM or HTN, COPD, morbid obesity (BMI ≥40), active hepatitis, alcohol dependence or abuse, implanted pacemaker, moderate reduction of ejection fraction, ESRD undergoing regularly scheduled dialysis, history (>3 months) of MI, CVA, TIA, or CAD/stents.
<b>ASA IV</b>	A patient with severe systemic disease that is a constant threat to life	Recent (<3 months) MI, CVA, TIA or CAD/stents, ongoing cardiac ischemia or severe valve dysfunction, severe reduction of ejection fraction, shock, sepsis, DIC, ARD or ESRD not undergoing regularly scheduled dialysis
<b>ASA V</b>	A moribund patient who is not expected to survive without the operation	Ruptured abdominal/thoracic aneurysm, massive trauma, intracranial bleed with mass effect, ischemic bowel in the face of significant cardiac pathology or multiple organ/system dysfunction
<b>ASA VI</b>	A declared brain-dead patient whose organs are being removed for donor purposes	

(American Society of Anesthesiologists 2021)



## Useful Websites

[ACORN](#) is our national body and provides great resources and education opportunities for perioperative nurses.

[Ausmed](#) offers a free online CPD (Continuing Professional Development) service (courses and documentation) and this can be expanded to unlimited access with a subscription that is tax deductible. A great way to keep all your documented CPD in one place in case you get audited.

[Ansell](#) has 10 courses accredited by ACORN, available online.

[Medline University](#) has unlimited access to over 200 free continuing education courses for healthcare professionals.

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