



***The National Association of PeriAnesthesia Nurses of Canada (NAPAN®)***

February 1, 2021

Fellow PeriAnesthesia Nurses and NAPANc Members,

Today marks the beginning of a week dedicated to you! This year, February 1-7, 2021 has been designated as PeriAnesthesia Nurses Week and I hope that you all take time to celebrate each other and your commitment you put forth to PeriAnesthesia Nursing. The theme for this year's PeriAnesthesia Nursing week is based on the fact that we are all highly skilled, adaptable and exceptionally valued members of a health care team. I can't think of a more appropriate time to showcase how important and relevant this is as a global pandemic sweeps our nation. Many of you have likely been reallocated where there is greater need for patient care, caring for overflow ICU patients in the recovery room, and working overtime shifts on a regular basis, all while maintaining your health and a stable home/work life balance. For this you should be proud! I feel that the majority of us started our nursing profession to care for others and we are doing just that and then some.

Florence Nightengale has said, "The amount of relief and comfort experienced by the sick after the skin has been carefully washed and dried, is one of the commonest observations made at a sick bed". As we are pressed to our limits and trudging through these changing times together, our most basic care that we can provide is something that will mean the most. Although we all provide critical care to patients who we come in contact with, continue to provide that warm blanket to your patient, a calm voice when they are waking from anesthetic, a gentle touch and a warm smile (although they are only able to see it in our eyes now). The majority of the critical care that we provide takes place while our patients are anesthetized and unaware of their surroundings. Although they won't know the efforts you have taken to recover them successfully, they will remember the simple things.

I urge you all to take time for you this week. We cannot take care of others if we don't take care of ourselves first. Get out and take part in an activity you enjoy, meet up with an old friend for coffee, or even take a quiet afternoon nap. I wish you all health and happiness this week, this month and of course, the coming year.

Sincerely,

Leigh-Anne Marshall

NAPANc President 2020-2022