

New Year Resolutions



Manda Dunne

BARNA Chair

I wonder how many of us actually stick to those all so demanding New Year resolutions that are a vital part to the start of the year. I know I would be very slim if I had! It is not always about what we can give up but what we can take on, or what changes we can make to our lifestyles in order to better ourselves.

Having read Jessica's editorial for this issue, I felt uplifted and enthusiastic all over again. I remember the first time I became involved with BARNA as a committee member. Filled with intrepidation I went along to my first meeting. I had lots of questions; what should I wear? Who will I meet? Will they like me? Can I be of any use and what have I let myself in for?

Well, all of those were unnecessary. What I have learned is how rewarding it can be to be part of an organisation such as BARNA. I have had the opportunity to meet some of the most interesting people and have passed through open doors that I did not even know existed.

I have met PACU nurses in America and Nurse Anaesthetists in Europe, shared many experiences, compared our educational issues and learnt that we all have many of the same problems to overcome. These

range from Governmental issues, local policies, nurse training, the age of the majority of nurses in this speciality, to simple issues like getting the patient back to the ward!

I realised that I had become quite insulated within my own department and was unaware of the different practices and attitudes of other operating departments. I have met some amazing people who have influenced my whole outlook on many issues that I was probably quite ignorant about. I have had my eyes opened and appreciate what an exciting and worthwhile role I am in, and most of all learnt about so many new issues and the effect they have on our patients.

I owe so much to becoming involved in BARNA. I could have continued with my selective blinkers on but I am so glad they are off! What I am trying to say here is that until you take a challenge, or step outside your comfort zone, you do not always know how rewarding something can be until you have tried it. Take a chance and be involved, come to the BARNA Conference in Greenwich on Friday 5th June 2009. You will find a friendly bunch who would be delighted to enlighten you on how you can become part of the BARNA committee. I can guarantee you won't regret it!



British Anaesthetic and Recovery Nurses Association
One day Annual Conference and AGM.

'Patient Safety'

Friday June 5th
2009
Devonport Hotel, Greenwich



Where?

Why not visit the lovely historical town of Greenwich whilst attending the BARNAs Conference this year. Greenwich has a rich mixture of architecture, galleries, museums and of course maritime history. The beautiful parks, markets and shops are worth exploring, not forgetting the Meridian Line. It is easy to get to being just 20 minutes from Central London via train, Docklands Light Railway (DLR), tube and even river boat. So, come and visit the home of Greenwich Mean Time and one of the host boroughs for the 2012 Olympics and Paralympics and join us for the 2009 Barna Conference.

Who will be there?

We are very fortunate this year to be able to welcome Mrs. Claire Rayner as our keynote speaker. As you may know, Mrs Rayner is the president of the Patients Association and a former nurse and midwife. She worked for the Sunday Mirror during the 1980s and was named medical journalist of the year

in 1987. She has written a string of novels and appeared on countless TV shows. We are very much looking forward to hearing her speak.



What can we expect from the programme?

We have a lively programme which has enabled us to welcome speakers from several organisations including the very topical National Patient Safety Agency (NPSA) and the Medicines and Healthcare products Regulatory Agency (MHRA). Other topics include Safe Intravenous Delivery, Pain Control in the Alcoholic or Drug Dependent Patient, as well as Paediatric sessions, Anatomy and physiology and Central Venous Pressure Monitoring

How can we make sure we get a place?

The cost will be £150 for members and £180 for non-members.

All enquiries to M&K Update

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We look forward to seeing you all.