

PERIANESTHESIA NURSES ASSOCIATION
OF BRITISH COLUMBIA

PANBC 2022

ANNUAL EDUCATION DAY & AGM

April 30th, 2022 | 5.0 CE | 09:00 - 16:00
Holiday Inn & Suites Downtown Vancouver

RESILIENCE



WWW.PANBC.CA

PERIANESTHESIA NURSES ASSOCIATION OF BRITISH COLUMBIA

PANBC ANNUAL EDUCATION DAY & AGM 2022

HOLIDAY INN & SUITES VANCOUVER DOWNTOWN

APRIL 30TH 2022 | 5.0 CE | 09:00 - 16:00

KEYNOTE SPEAKERS

DR. ALANA FLEXMAN

Perioperative Brain Health in the Older Patient

VININDER BAINS

Redeployment and Team Nursing: How we Restructured Critical Care Services to Adapt to a Pandemic

CHANTAL NORMAND

Strategies and tools to deal with transformative change at a personal, team and patient level.

PJ MATRAS

Prevention of opioid related harm in adult surgical patients

DR. SIMON BURROWS

Lidocaine Infusions

FEES

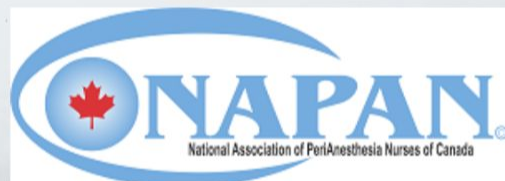
Conference Fee & Membership \$95.00

Conference Fee (For Members) \$70.00

INCLUDES COFFEE & LIGHT LUNCH

Please note: The fee is non-refundable

Bursaries available online



Membership with PANBC includes membership with the National Association of PeriAnesthesia Nurses of Canada - NAPAN(c)

www.napanbc.ca

REGISTRATION

Register ONLINE (via Eventbrite)

www.panbc.ca

"PANBC 2022 ANNUAL AGM & EDUCATION DAY"

CONFERENCE AGENDA

APRIL 30TH, 2022



| | | |
|------------|--|--|
| 0830-0900 | REGISTRATION | |
| 0900-0915 | OPENING REMARKS + Keynote Sponsor Introduction | |
| 0915-1015 | Dr. Alana Flexman | "Perioperative Brain Health in the Older Patient" |
| 1015-1045 | COFFEE BREAK | |
| 1045 -1145 | Dr. Simon Burrows | "Lidocaine Infusions" |
| 1145-1245 | PJ Matras | "Prevention of opioid related harm in adult surgical patients" |
| 1245-1345 | LUNCH | |
| 1345-1445 | Chantal Normand | "Strategies and tools to deal with transformative change at a personal, team and patient level" |
| 1445-1545 | Vininder Bains | "Redeployment and Team Nursing: How we Restructured Critical Care Services to Adapt to a Pandemic" |
| 1545-1600 | AGM | |
| 1600 | CLOSING REMARKS | |

KEYNOTE SPEAKERS

APRIL 30TH, 2022



PJ MATRAS RN BSN MN



"Prevention of opioid related harm in adult surgical patients"

PJ Matras, RN, BSN, MN is a Clinical Nurse Specialist in Pain Management at Providence Health Care (PHC), in Vancouver BC. She has been nursing since 1992, practicing in many areas including ICU, PACU and as an educator prior to joining PHC as a CNS.

PJ is committed to improving patient outcomes and experience. She is the lead for the newly named Pacific Pain Forum planning committee, an executive member of the CNSABC, a member of the education board at PainBC, and a Terina Werry Award Recipient from PHC in 2020. PJ has a passion for advanced nursing practice, pain education and awareness, and for improving care for those experiencing pain.

DR. SIMON BURROWS MD FRCPC



"Lidocaine Infusions"

Dr. Simon Burrows is a staff anesthesiologist at Lions Gate Hospital in North Vancouver. He completed his anesthesiology training in Christchurch, New Zealand and Sydney, Australia before moving to Canada in 2014. He worked at Abbotsford Regional Hospital prior to moving to Lions Gate in 2020.

He has an interest in the use of lidocaine and ketamine infusions for acute pain management and provides education on this for the hospital PACU and ward staff.

DR. ALANA FLEXMAN MD FRCPC (SHE/HER)



"Perioperative Brain Health in the Older Patient"

Dr. Alana Flexman is an anesthesiologist at St. Paul's Hospital/ Providence Health Care; a clinical associate professor in the UBC Department of Anesthesiology, Pharmacology and Therapeutics; and an affiliated scientist with the Centre for Health Evaluation and Outcome Sciences at St. Paul's Hospital. Dr. Flexman's research is focused on neuroanesthesia, including perioperative stroke and brain health.

After finishing anesthesia residency at UBC, she completed a fellowship in neuroanesthesia at the university of California San Francisco and specializes in the effects of anesthesia and surgery on the brain.

She is the president-elect for the Society for Neuroscience in Anesthesiology and Critical Care, and the past-chair of the Neuroanesthesia Section of the Canadian Anesthesiologists' Society. Dr. Flexman is currently supported by the Michael Smith Foundation Health Professional Investigator award.

KEYNOTE SPEAKERS

APRIL 30TH, 2022



VININDER K. BAINS RN MSN CNCC(C)



"Redeployment & Team Nursing: How we Restructured Critical Care Services to Adapt to a Pandemic"

Vini is a Clinical Nurse Specialist in Critical Care at Providence Healthcare in Vancouver BC. She has earned her Master's in Nursing Science from the University of British Columbia in 2016 and has maintained her CNA Certification in (Adult) Critical Care Nursing since 2012. Her career in critical care nursing includes, 17 years of direct care experience at Vancouver Hospital's Intensive Care Unit; 8 years of clinical teaching; and 5 years as a Clinical Nurse Specialist. Vini has also been an active member of the Canadian Association of Critical Care Nurses for many years as a chapter leader, and on the board of directors.

CHANTAL NORMAND MED CEC ACC



"Strategies and tools to deal with transformative change at a personal, team and patient level"

Chantal Normand is a Change Specialist and the Coaching Lead for Providence Health Care. She has been facilitating and coaching leaders to create sustainable, thriving, resilient workplaces and communities for over 2 decades.

She holds a Bachelor in Psychology, Masters in Adult Education with a specialization in Organizational Learning and Change; a Certified Executive Coach and an Associate Certified Coach (ACC) with the International Coaching Federation. She holds certifications in Theory U from MIT, Masters Certificate in Career Counseling, Myers Briggs, True Colors Personality Styles, Appreciative Inquiry, Coaching out of the Box, ADKAR and Landmark Education Introduction Leader.

Chantal is pragmatic in her coaching style and will enable you to see patterns and the root what is going on using her finely tuned intuitive skills. She holds a safe space and has the ability to see and acknowledge your unique attributes and strengths. She specializes in creating clarity through transformations. She nurtures meaningful conversations that lead to action. She has designed and facilitated processes for planning, teams, culture change, coaching and leadership with thousands of leaders in the health, community, government, non-sectors across Canada.

She founded a facilitation company in 2013 and has been a professor with Grant MacEwan University. She recently finished her first book called "Wisdom Leadership, Transforming the World". Chantal is a perpetual learner, a worldly adventurer and a creative. She served as the Canadian Ambassador for a Rotary Club exchange in Norway in 2007, and she has traveled extensively throughout both the Global South and the Global North.

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