



OF THE SAN FRANCISCO BAY AREA

## The Bridge Newsletter

December 2023





# CHAPTER MEMBER SPOTLIGHT

Cassandra A. Munro, PhD, BS, RN,  
RNFA, CNOR, FAORN, FAAN





# CHAPTER MEMBER SPOTLIGHT

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FAORN, FAAN



Last month, AORN announced the recognition of distinguished individuals as Fellows of AORN. The AORN Fellowship acknowledges sustained and significant contributions to the perioperative profession. Among them was our chapter member, Cassandra A. Munro, Ph.D., BS, RN, RNFA, CNOR, FAORN, FAAN, who is best known as the creator of the Munro Pressure Ulcer Risk Assessment Scale for Perioperative Patients (**Munro Scale**).

It has been a year of accolades for Cassandra as she received the 2023 AORN Excellence in Perioperative Nursing Award and was recently inducted as a fellow into the American Academy of Nursing, nursing's highest academic and leadership honor.

Let's introduce Cassandra to you more personally in our chapter member spotlight...

## **Name and credentials?**

Cassandra A. Munro, PhD, BS, RN, RNFA, CNOR, FAAN, FAORN

## **Place of employment?**

Stanford Health Care, Office of Research Patient Care Services, AND self-employed Munro Consulting.

## **How long have you been an OR nurse/nurse scientist?**

I started in the OR in 1996 (27 yrs) and a Nurse Scientist for 15 years.

## **How long have you been in your current position?**

just over 1.5 yrs.

## **What inspired you to become an OR nurse/nurse scientist?**

Nursing was a suggestion since I did not really know what I wanted to be when I grew up. I waited 5 years after high school before starting my first nursing degree. In the master's program, I conducted my first study, which began the journey of instrument development and validation studies.

## **What do you enjoy about being an OR nurse/nurse scientist?**

The role I miss the most is being an RNFA, as there is no greater privilege than actively participating in the surgical procedure. As a Nurse Scientist, I most enjoy being a consultant to nurses who have an idea (i.e. "there must be a better way to do this"). We generate new knowledge (evidence) to support their idea. Witnessing the transformation from fear of research to enjoying it is quite rewarding. Research can be fun, especially when you're passionate about making a difference!

## **What do you do to relax or have fun outside of work?**

My husband Greg and I enjoy traveling and wine tasting. In October, we were in Barcelona and visited a winery that has been producing delicious wine since the 1500s. We also enjoy riding bicycles and Harley-Davidson motorcycles. So, when we travel, we sometimes rent and ride.

## **What career would you have chosen if you hadn't become a nurse?**

I wanted to be a flight attendant to travel for free (well, free airfare!).

## **Outside of your professional accomplishments, what is one achievement of which you are most proud?**

In 2010, I trained to ride the Tour de France segments with Trek Tours. I was at peak performance and could ride any HC mountain, just not the distance! It's a great way to see France's remarkable scenery, indulge in fine wines, and devour astounding cuisine. The highlight was watching the Tour roadside while ringing a cow bell shouting, "ALLEZ, ALLEZ, ALLEZ,"!

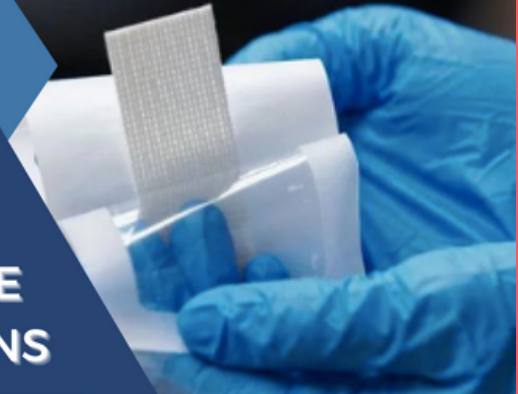
Dr. Munro was Interviewed  
by:

Joy Chau, BSN, RN PHN  
SFBA Chapter 0512  
Board Member



# Upcoming Educational Event

## SCIP-SSIs-MARSI: WHAT IS MISSING? HOW SURGICAL DRESSINGS CAN REDUCE THE INCIDENCE OF SURGICAL SITE INFECTIONS



**Saturday, January 20, 2024  
10am**

### Objectives:

After this educational presentation, the participants will be able to:

- Describe and classify surgical site infections (SSIs)
- Describe the Surgical Care Improvement Project (SCIP), its deficiencies, and potential refinements
- Differentiate the various types of wound dressings available
- Describe and classify medical adhesive-related skin injuries (MARSI)
- Recognize the importance of proper wound care for preventing infection
- Discuss standards of care and recommended practices regarding wound care and maintenance
- Differentiate medical adhesive dressing alternatives
- Administer proper dressing application and removal techniques to reduce the risk of MARSI

### Accreditation Information:

California Board of Registered Nursing  
AORN of The San Francisco Bay Area is provider-approved by the California Board of Registered Nursing, CEP #2414 for **1.0 contact hour**

**REGISTER BY JANUARY 11TH**



[aornsfbayarea.nursingnetwork.com](http://aornsfbayarea.nursingnetwork.com)

### Jack's Restaurant & Bar

60 Crescent Drive, Suite A  
Pleasant Hill, CA

Complimentary brunch provided

### Presented by:



**M. Mark Modif, M.D. FACS**

Plastic, Reconstructive, Aesthetic Surgery  
Founder, Sylke Adhesive Wound Closure







**Chapter Officer's Dinner**  
**November 10, 2023**  
**Maggiano's Restuarant**  
**Santana Row**







**Chapter Officers & Members**  
**@ Guidelines Workshop**  
**San Jose, CA**  
**Saturday, November 11, 2023**





# Yoga Session for periOperative Nurses Week

Held on November 15, 2023

Basket Drawing Winner  
Angela







# Food Rescue Volunteer Event

## White Pony Express

### Pleasant Hill, CA

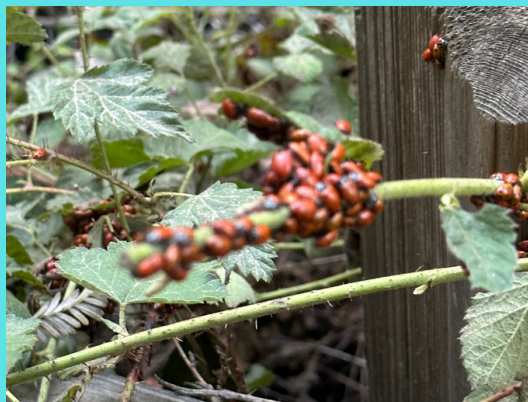
## November 18, 2023





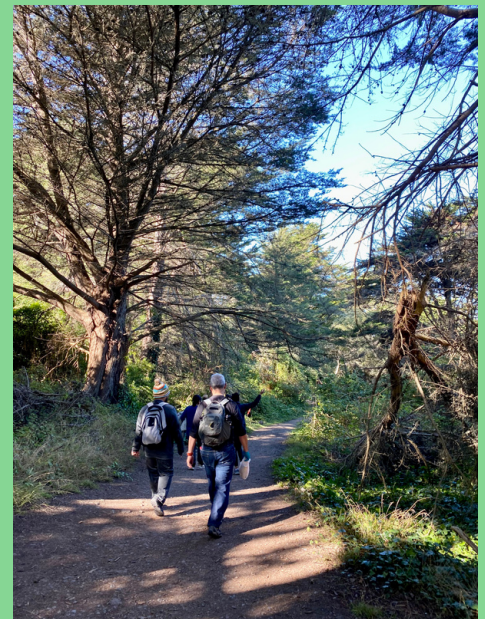


MONTHLY GROUP  
HIKE  
NOVEMBER 25,  
2023  
Reinhardt  
Redwood Regional  
Park





Monthly Group Hike  
October 28, 2023  
Lands End Lookout  
San Francisco, CA





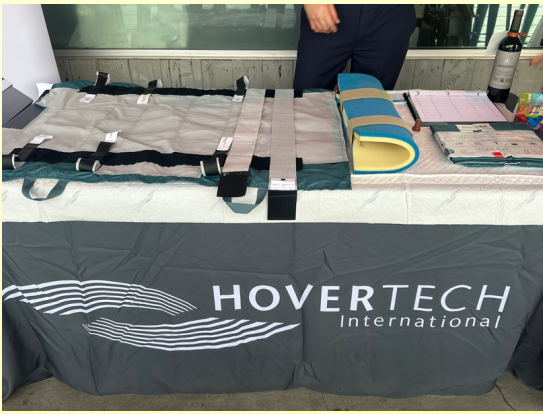
# Quote Corner

The secret of change is to focus  
all your energy not on fighting  
the old but on building the new

Socrates







Fall Workshop Vendors  
Saturday, October 14,  
2023  
Mission Rock  
Restaurant  
San Francisco, CA



The Event  
**SOLD OUT!**





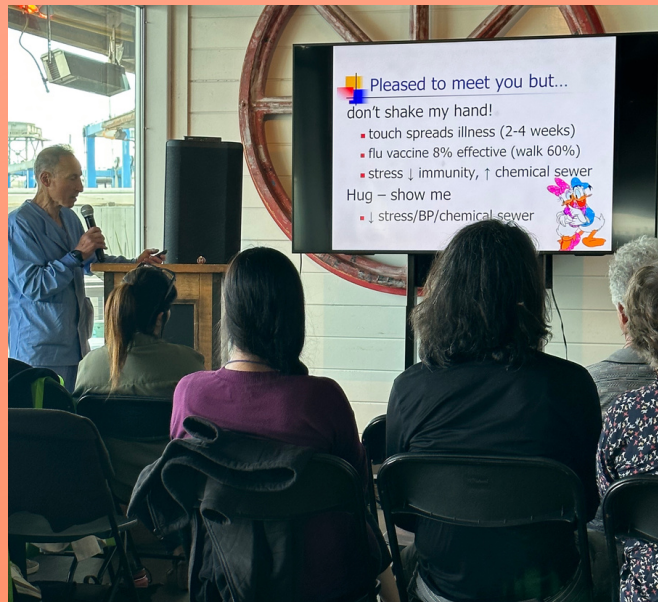
# Fall Workshop Vendors, cont'd



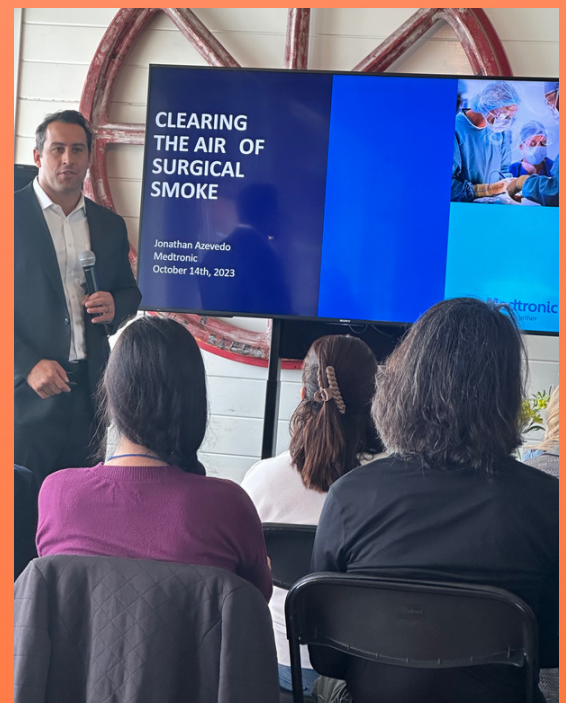




# Fall Workshop Speakers



page 3  
of 5





# Fall Workshop Attendees

page 4  
of 5





**FALL  
WORKSHOP  
WINNERS:**

Basket-drawing  
Winner



Cash Winner  
for a  
percentage  
of  
workshop  
earnings



Winner of Raffle drawing



# Before We Go...



**If you know of a registered nurse who should be featured in our newsletter, please submit their name & and contact information to:**

**Wanda Harkless-Johnson at [wtheblessed@aol.com](mailto:wtheblessed@aol.com)**

**\*\*\*\*\***

**Please consider joining our monthly group hikes. They are great ways to reduce stress while networking with other healthcare professionals. Joy Chau plans our hikes, which occur once monthly. Forward hiking suggestions to :**

**Joy Chau at [jbchaur@gmail.com](mailto:jbchaur@gmail.com)**

**\*\*\*\*\***

**If you know of any AORN members who are not enjoying their membership benefits, encourage them to become active. Also, encourage non-members to become members.**

**\*\*\*\*\***

**All nursing students, new graduate nurses, and Periop 101 students are encouraged to participate in the chapter's events. If anyone has a Periop 101 student or new nurse graduate, please forward their picture, name, & and name of the facility to:**

**Wanda Harkless-Johnson@ [wtheblessed@aol.com](mailto:wtheblessed@aol.com)**