

**Retired Nurses Special Assembly Newsletter**  
**By and for AORN nurses**

**HAPPY HOLIDAYS**

**OPERATING ROOM NURSES!!**





**Did anyone else practice with the lap camera before a procedure?**



Please note our group name. We are made up of retired nurses, but also include those of you that are taking a break from work for various reasons. As older retired nurses, we offer ourselves as educators, sharers of our years of knowledge and experience. All we need is for someone to ASK, and you will be surprised at what you learn.

Florence, Mother of Modern Nursing. She was a statistician, infection control aficionado, Lady with the Lamp (as she made hospital rounds).

A Google search will reveal what she accomplished in her lifetime.

*Notes on Nursing* (1859) by Florence is a short journal I encourage everyone to read at some point in their career.



Per Cheryl, Greetings to everyone.

I was able to talk with Kerilyn Johnson regarding our RNSA being moved over to Nursing Network.

It sounds like it will be a good move.

WE Will keep the group updated as we learn and hear more.

**From:** Kerilyn Johnson <kjohnson@aorn.org>

**Sent:** Monday, December 23, 2024 at 06:34:07 PM EST

**Subject:** Specialty Assemblies

**Hello everyone and Happy Holidays! As you probably know, we are moving all groups and chapters over to Nursing Network on January 1.** Dan Cohen is setting up meetings with each group to go over the

functionality of your page. Please set up a meeting with his team on the link [below in his message](#). The Periop Corner groups will be removed as of January 1.

Thank you! Per Kerilyn

We are excited to share that your new AORN Chapter website is ready for review!

Our next step is to schedule an orientation via Zoom to review the new website with you and your team. We invite you to have as many fellow officers on the call as possible.

During the meeting we'll discuss the following items:

- website functionality, tools and resources
- assigning moderator/admin access to key board members
- communication and member engagement tools
- registration solutions for your meetings and events
- chapter goals and additional next steps

Please [click here](#) to schedule your orientation with our association team. Please plan on 30-45 minutes for the meeting. Please let me know if you have any questions prior to our meeting, and we look forward to meeting with you soon!

Thank you,

Dan

**Dan Cohen**

Nursing Network

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Please let me know if you have any questions.

Sincerely,

**KERILYN JOHNSON, MS**

**Sr. Manager, Chapter and State Relations**

# History of Operating Rooms

- *Romans*

In 65 AD, the Romans invented the operating tent, which is the basis for modern operating rooms.

- *Sushruta*

Considered the "founding father of surgery," Sushruta lived around 600 BCE and was an innovator of plastic surgery.

- *Hua Tuo*

In 190 BC, Chinese surgeon Hua Tuo introduced anesthesia for surgical procedures.

- *Abu Bakr Muhammad ibn Zakariya, "Rhazes"*

In 825–925 AD, Rhazes established surgical suites and developed treatments for a variety of conditions, including the first interventions for cancer.

- *Gustav Neuber*

In 1884, German surgeon Gustav Neuber designed and built the first aseptic operating theater. He implemented a comprehensive set of restrictions to ensure sterilization and aseptic operating conditions.

- *Philip Syng Physik*

Physician Philip Syng Physik established the first operating theater in the United States in Baltimore.

- *The Old Operating Theatre*

Dating back to 1822, The Old Operating Theatre is one of the oldest operating theaters on record.

## *Member Spotlight*

As I begin a new chapter in the newsletter for the AORN retired nurses, let me introduce myself (per Cheryl Sumner suggestion). I have been a nurse in various roles for the past 40 years and was medically retired in 2011. After I retired, I decided, once a few months had passed, renovations completed for my new house (first owned at an advanced age). I needed some structure to my days and didn't want my GI Bill \$\$\$ wasted, so I went back to school for my terminal degree in Health Administration and defended in January 2021. I have not let any dust gather under the diploma hanging on the wall.

Let's back up a bit. I graduated with my ADN in the early 1980s. I started my career as the proverbial GN, took boards as one of the absolute last testers using paper and pencil. Next cycle was computer-generated. My job was a med-surg nurse for the next two or so years. I bid on a critical care job in coronary care. Previously, I had floated (no one else wanted to) everywhere but OB (we didn't have one). This float nursing offered a ton of learning and further education. It also helped when our hospital was on strike, and I was a travel RN. Had the chance to take care of fresh hearts (fun times). Eventually there was an opening in the operating room, and I was selected (civilian). My boss 'stuck' me in totals for three months. Hips, knees, mostly. I finally asked him if he would let me do some other things. His response, 'I want you to become proficient in totals; that way I know you'll do well in other settings'.

Our suite had eight rooms, including the cysto room. Back then we had three uro docs and each one had their own set of instruments. If you didn't open the cookbook to determine what you needed to soak (yes, soak), you could be in trouble. What a relief when I was commissioned as an OR officer in the USAF. We had service nurses, and yep, you guessed it, I chose urology as a challenge (I hated uro as a civilian). Well guess what? We had ONE SET of instruments for the three uro docs and none of them complained. What a joy, plus I had great uro-surg techs who were awesome teachers. I was a CNOR for almost 20 years and had no knowledge of E status or trying for FAORN. I finished my career as an educator, something I had been doing for the tenure of my career in all my units and duty stations. I still educate. I also mentor doctoral students, AORN nurses, and ANA nurses. Some for a few months, and one for over 2 years as she works through her doctoral journey. Her goal is to defend and walk next summer. I look forward to getting to know folks as we share our stories. Maybe (if Cheryl says) I'll share some of my personal story.



## Food for thought

### Bob Evan's Crockpot Chicken and Noodle



Better than Bob Evans Chicken and Noodles.

4 boneless, skinless chicken breasts (I used frozen)  
2 cans cream of chicken soup  
1 stick of butter  
1-32 oz. Swanson chicken broth  
24 oz. Homestyle noodles

Directions: cook chicken, soup, butter, and broth in a crockpot on low for 6-7 hours. Take chicken out of the pot and shred. Put shredded chicken back in the pot; add noodles and cook on low for 2 hours. Stir a few times while cooking.

Thank you, Cheryl Sumner, for sharing this. For those of us familiar with Ohio and Bob Evans, they have good food, and I haven't had any Bob Evans since I left in 1996. Enjoy folks.

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**For those Washington state nurses, intel below. Thank you, Melanie Burton. If you have any questions, let Melanie know.**



**Washington Healthcare Access Alliance, Seattle, Washington**  
**We're Here to Support You**  
**Volunteer Opportunities and Upcoming Events**

## **Community Health Partners**

**The Volunteer and Retired Providers Program** continues to add new sites, and your malpractice insurance covers you for volunteer work at all of these VRP Program-approved sites. You can see the list on our website **here**.

**UWSOM's Latino Center for Health** is sponsoring health screening events around the state and is interested in partnering with interested providers and nearby clinics. For more information, please contact Aida Hidalgo **here**.

Yakima has a new free clinic! **Yakima Free Clinic** will be offering pop-up health events until a permanent site is found. To volunteer or donate supplies, **please email their team here**.



## **Free Clinic Items**

Seattle/King County Clinic has several (some just recently expired) medical supplies available for free. The items are stored at Seattle Center. For information, please contact them **here**.

Item Name	UOM	Units Available
Applicator Brush for 5% Fluoride Varnish (EXP 10/2024)	ea	21
Lab Coat/Jacket - X-Safe Teal L	ea	10
Mouthwash - Travel Size (EXP 03/2024)	ea	89
Toothbrushes – Battery Operated (damaged packaging, toothbrushes work)	ea	35
Aneroid Pro Sphygmomanometer (Blood Pressure Meter) - Adult	ea	25
Antifungal Powder (EXP 01/2024)	btl	1
Biofreeze - Small Trial Packets (EXP 06/2024)	ea	90
Massage Table Headrest Covers	ea	90
Hydrofiber Dressing 4" x 5" (EXP 05/2024)	ea	10
Resistance Exercise Band - 50 yards, Extra Heavy (latex)	roll	1
Resistance Exercise Band - 50 yards, Extra Light (latex)	roll	2
Resistance Exercise Band - 50 yards, Light (latex)	roll	1
Resistance Exercise Band - 50 yards, Med (latex)	roll	6
Syringe - 10ml (EXP 07/2019)	ea	10
Tape - AC Elastic Adhesive - 2"	roll	5
Vaginal Specula, Disposable - Large	ea	5
Vaginal Specula, Disposable - Medium	ea	109
Vaginal Specula, Disposable - Small	ea	18
Non-Medicated Lubricating Eye Drops - Single Use (EXP 02/2025)	ea	98
Baby Powder – Talcum 15oz	btl	2
Eye Wash Solution, 4oz. (EXP 08/2024)	ea	9
Masks - Surgical Mask w/ Horizontal Ties - ASTM Level 2	bx	5
Masks - Surgical Mask w/ Ties - ASTM Level 1	bx	4

## Updates and Housekeeping

### License Renewals

For those who only use your professional license for unpaid work, you can renew by the current month versus when originally submitted. Please contact us [here](#) with any questions.

### Online License Application (If you prefer to email)

### Malpractice Insurance

VRP Program malpractice insurance auto-renews each July. You may request a copy of your renewed certificate anytime [here](#). If you need to apply for malpractice insurance, the application links are below.

### Online Malpractice Application (if you prefer to email)



Free and low-cost continuing education opportunities  
can be found on our website.

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**Last thoughts:**

The RNSA newsletter is published quarterly at this time. Comments and/or RNSA Newsletter materials, suggestions, etc., are welcome and may be sent to:

Pamayla Darbyshire

[usafrnped@yahoo.com](mailto:usafrnped@yahoo.com)

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**Thank you to all contributors.**

**RNSA Council:**

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