



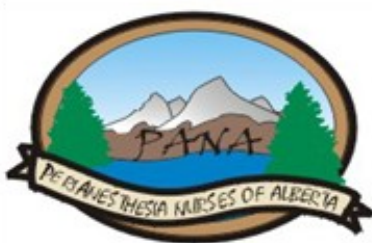
**The National Association of PeriAnesthesia Nurses of Canada
(NAPANc) in cooperation with the
PeriAnesthesia Nurses of Alberta, Southern Alberta Chapter
(PANAsac) proudly present:**

**“2010: LIVING THE LIFE WE
HAVE IMAGINED”**



**May 28—30, 2010
Sheraton Suites Eau Claire
Calgary, Alberta**

9th Annual National Conference



On behalf of the planning committee for the 9th Annual NAPANc conference we welcome you to the beautiful city of Calgary.

The purpose of this conference is to learn about and celebrate the unique specialty of perianesthesia nursing. We hope to provide opportunities to share knowledge, expertise and practice wisdom as we endeavor to care for the perianesthesia patient based on the highest standards.

It is our hope that by the end of this exciting weekend, you will be refreshed in your personal and professional vision of how to live life to the highest level of success and fulfillment that you have always imagined.

Friday, May 28, 2010

1700h Registration Desk opens Conference Centre Level 2

1900—2200h Welcome Reception & Vendor Showcase Event Wild Rose South
Join your colleagues in an evening of friendship, fun, food and networking. In a relaxed, yet informative atmosphere, meet with our Showcase Sponsors and learn how their products and services enable perianesthesia nurses to provide the highest quality of care.

Saturday, May 29, 2010

0700h Registration Desk opens Conference Centre Level 2

0730 Stampede Breakfast Wild Rose Room
Dust off your favourite cowgirl or cowboy attire and mosey on in fer some good 'ole Stampede grub and get ready to live yer life "Calgary style"!

0900h Welcome

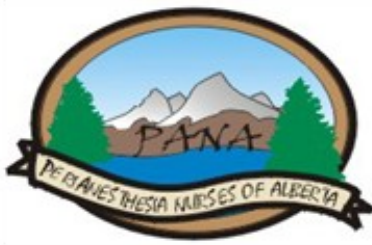
0910h—1025h **Keynote address: Inspirationship™:** Ken Larson



Are you growing tired of motivating yourself and those around you on a daily basis? Here's the rub – Motivation is DEAD folks! You either have it or you do not. And nothing another person or a "motivational speaker" can tell you (or do to you) will give you motivation – not long term. Join Ken Larson in this high energy session guaranteed to break the motivation paradigm and replace it with the NEW "inspiration paradigm". People want more than motivation. Well, here it is. Learn how to self-inspire. And more importantly, learn how to become a virus of inspiration to the people around you. And do this daily. Never run dry of motivation again. BE THERE!

1025—1040h Nutrition Break

****Don't forget to check out the Exhibitor and Poster Presentations!**



1045–1145h Breast Reconstruction post-Mastectomy: Dr. Vim deHaas



Countless women are thankful that Dr. deHaas passed on a career of professional waterskiing and instead chose a medical career in Plastics and Reconstructive Surgery. In this informative session, he will discuss the surgical options and advancements available to women as they contemplate reconstructive breast surgery following mastectomy.

1145-1215h Clinical Snapshot #1: Venous Thromboembolism Prevention—Covidien

1215–1315h Lunch ****Check out the Exhibitor and Poster Presentations!****

1315–1415h The “A-B-Cs” of those “X-Y and Zers!” - Understanding our Generational Workforce:
Shawna Myerson & Anne Fraser



The many myths and realities of the multiple generations working together in our diverse workplaces will be explored in this timely topic.

1420–1455h Clinical Snapshot #2: Capnography—Vitaid and Oridion

1455–1510h Nutrition Break

1510–1630h The “Other” Bedside: Helping Busy Nurses Have Fun, Fresh, and Meaningful Sex:
Dr. Trina Read



There is a logical reason why a couple’s sex life over the long term goes from amazing, to great, to just okay, to blah: their life has fundamentally changed in every way and yet they keep having the same sex! Yawn. Dr. Trina will tell you how to turn your sexual experience around so you can once again have sex as a fun, fresh and meaningful part of your relationship.

Please enjoy your evening in Calgary by taking in the many restaurants, shops, nightlife and attractions located within the vicinity.





Sunday, May 30, 2010

0730—0900h Continental Breakfast and Annual General Meeting

0910—1025h Mental Toughness: Debra deWaal



Engage with this former Calgary police officer as she helps us to achieve new, superior performance levels both at home and at work. Get inspired and motivated in this dynamic session to learn how to perform at the upper limits of your talent while under pressure!

1025—1040h Message from the Canadian Nurses Association

Conference 2011

1040—1055h Nutrition Break

1100—1200 h A Healthy Pelvis is a Happy Pelvis: Yolanda Loo



Enhance your understanding of pelvic health issues for both males and females as you hear one of Calgary's leading pelvic floor physiotherapists discuss issues many consider "taboo" such as pelvic pain syndromes, erectile dysfunction and incontinence. Understand the impact of the "nurse's bladder" (no bladder emptying until end of shift) and the consequences of this well known practice as we age.

1200—1255h Lunch/door prize draws

1300—1345h The Road to Certification : Kim Kraft , ASPAN President

1350—1500h Keep it Real: Helen Vanderberg



We know we need to take care of our health but with our ever-demanding lives it isn't always easy to do. We vow to change our habits, lose weight, take care of ourselves, exercise more and live a healthy lifestyle. Find out how you can direct your energy to fit fitness into your life so you are strong enough to take on daily challenges and find vitality through mental and physical fitness. As a mother of two young children and an entrepreneur owning three companies, Helen will share her insight in this humorous and energetic session on "keeping it real" when it comes to achieving your health and fitness goals.

1500h Closing remarks



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Registration Includes:

Welcome reception on Friday evening, breakfast, lunch and nutrition breaks on Saturday/Sunday, conference syllabus and handouts.

- Member*/Early bird (by March 31, 2010) \$375*
- Non-member/Early bird (by March 31, 2010) \$425*
- April 1–April 20, 2010 \$450*
- After April 20, 2010 \$500*

**members of all provincial associations are automatically members of NAPANc*

Cancellation Policy: *refund will be issued if requested for in writing on or before May 10, 2010. A \$35.00 administration fee will be levied. No refunds after May 10, 2010*

Registration Options:

Register on-line at www.napanc.org

If paying by cheque or, if your preference is to mail in credit card information:

Print 2 copies of your on-line registration receipt, retain one for your records and mail one copy with your cheque or credit card information to:

NAPANc Conference Business Centre

232 Douglas Woods Court SE

Calgary, AB T2Z 1L9

*Please make all cheques payable to **PANAsac***

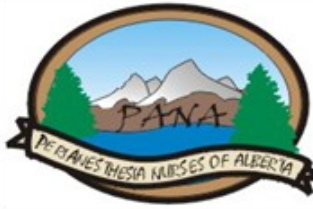
Upon receipt of your payment, an email indicating confirmed registration will be sent

For all conference and registration inquiries, please contact the Registrar:

Tracy Boivin-Oldale

troldale@telusplanet.net

403.202.1851



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May 28–30, 2010
Sheraton Suites Eau Claire**



Hotel Information:

Sheraton Suites Calgary Eau Claire
255 Barclay Parade SW · Calgary, Alberta T2P 5C2
Phone: (403) 266-7200
www.sheratonsuites.com



Experiences are invited at the Sheraton Suites Calgary Eau Claire, located in the heart of downtown Calgary in the midst of the city's most exciting shopping and recreation area. This award-winning, 4-diamond, all-suite hotel's neighboring attractions include the Eau Claire Market, Y.M.C.A. and Prince's Island Park - an extensive parkland which plays host to a multitude of Calgary festivals.

Settle into the inviting comfort of one of the smoke-free, 323 spacious suites, each with floor-to-ceiling windows offering breathtaking views of the city, Bow River and Prince's Island Park. These suites are perfect for sharing or for families wishing to visit the city and surrounding areas.

Although there is no hotel airport shuttle, taxi service from the Calgary International Airport is available at an approximate cost of \$27 - 30 one way. Valet parking is available at the hotel for \$35/day (Sun - Thurs) and \$24/day (Fri/Sat). Self parking lots and meters are available around hotel.

*Conference Room rates are guaranteed at **\$189** CDN per night (2 queen or 1 king) plus taxes for single/double occupancy. Triple occupancy rate \$219, quad occupancy rate \$249 plus taxes.*

Reserve your room now by calling: 1-888-784-8370 (North America) 403.517.6600 (direct)

Email: reservations@sheratonsuites.com

***Please ensure you request the conference rate for NAPANc 2010**



We are pleased to announce that Westjet Airlines is a conference supporter and will provide a 10% discount on best available regular fares for flights booked for three days prior to and three days after the conference

*dates. **Preferred method for booking:** Contact the convention line at **1.877.952.4696** (Mon–Fri 0800–1630h **or** select the “help” line after hours). Enter the conference code **QC6281**. Alternatively, an online form is available at <http://c3dsp.westjet.com/guest/conventionBookingForm.shtml>. This takes approximately 48 h to process and receive confirmation.*