



This is latest edition of the newsletter and will be the last newsletter before conference, as such it will be packed full of all the essential, last minute conference information you may need to ensure you have an excellent day with us. For those of you who are regular readers/recipients of the newsletter, I hope you have noticed the change of format that commenced last month. We hope you like it. If you have something you would like to contribute to the newsletter, please email the [editor](#).

BARNA Branded merchandise is available to purchase on the BARNA website, there will also be badges, lanyards and cups available to purchase at BARNA conference.

BARNA Conference is rapidly approaching. June 5<sup>th</sup> 2009. Conference will be a one day event as last year, but it is packed with a whole raft of interesting and educational topics. Don't delay; book your place for [conference](#) as soon as possible. The conference venue is the beautiful Devonport House in Greenwich. A short walk from Greenwich train station, near the Cutty Sark, Greenwich Park and the Greenwich Markets. Why not take the opportunity to book a night or 2 in a local hotel and see some of Greenwich and London whilst in town. We look forward to welcoming you all to conference. It is going to be an amazing day, in a beautiful location. There will be opportunities to meet up with old friends; and new people to meet. Conference is always a great social event as well as educational. There is also the opportunity to network with some of our international delegates, discuss issues that arise in practice. Further information with regard to transport, hotels etc, can be found on pages

#### *Online membership/conference payments*

*There have been a couple of incidents recently where people have used the online membership or conference booking facility and have not processed payment through paypal. If you do use the online system, please ensure you complete the payment page and process the transaction. Membership or conference places will be confirmed on receipt of payment confirmation which is automatically generated by paypal on receipt of payment. IF you experience difficulties using this system, please email [info@barna.co.uk](mailto:info@barna.co.uk) and we will endeavour to fix the issues.*



**Annual General Meeting:**

BARNA Conference is also the setting for the BARNA Annual General Meeting.

The purpose of this meeting is for the membership to have a say about how the organisation is run, to vote new volunteers on to the management committee. To understand what BARNA has been involved in over the last 12 months since conference 2008.

We invite all BARNA members who are present at conference to attend this important meeting. It is essential that the membership have an active role in how the organisation is run. This is your organisation.

The AGM this year will also see a change in the President of the Association. Mark Radford has done a fantastic job, working alongside the committee to develop and promote the goals and aspirations of the association. Mark steps down this year and our new President will take office. Why not Attend the AGM and meet our new President.

**AGM Agenda: Standing Items**

- Chairs' Report
- Treasurers Report
- Journal Editors Report
- Membership Report
- Any other Business

If you are a BARNA member and unable to attend conference and the AGM, please email [info@barna.co.uk](mailto:info@barna.co.uk) if there is something you would like to be discussed at this meeting. Please include your Name and membership number.

The AGM will be held on 5<sup>th</sup> June 2009, at 13:30 in the Drake Room. Feel free to bring your lunch.

We look forward to meeting you and hearing your opinions about your organisation.



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

'Patient Safety'

Friday June 5th 2009

Devonport Hotel  
King William Walk, Greenwich,  
LONDON, SE10 9JW Tel: 0844 980 2304

[www.deverevenues.co.uk/find-venue/devonport-house.html](http://www.deverevenues.co.uk/find-venue/devonport-house.html)

**REGISTRATION: 08:00 - 09:00 am** conference starts 09:00am



**Accommodation in the local area:**

**De Vere Devoport House** as above Tel: 0844 980 2304

**Hotel Ibis London Greenwich** Tel:020 8305 1177 Located in the centre of Greenwich, close to the Royal Greenwich Park and the Maritime Museum and Observatory.

**Hotel Novotel London Greenwich** Tel: 020 8312 6800 A 4 star hotel in the heart of Greenwich, Southeast London. 5 minute walk from the National Maritime Museum and Royal Observatory, situated in Royal Greenwich Park.



**The Clarendon Hotel** Tel: 020 8318 4321 Situated on Blackheath common, a short walk from Royal Greenwich Park. A walk through the park will bring you to the venue.

**Express by Holiday Inn London Greenwich** Tel: 020 8269 5000

**Transport information:**

**Sat Nav:** Lat: 51.479927 Long: -0.007076

Situated on the World Heritage Site in Greenwich and steeped in naval history, Devonport House offers you the perfect way to enjoy London buzz. Ideally located in Greenwich, within London's travel zone 2, Devonport House offers free parking and is outside the congestion charge zone. It is next to the Maritime Museum and Royal Greenwich Park

**BY CAR:**

Exit the M25 at Junction 2, on to the A2 towards London. Follow the A2 for about 11.5 miles, passing through the Kidbrooke Interchange and the Sun-in-the-Sands Interchange. Take the slip road, signed A206 for Woolwich and Greenwich. Turn left at the bottom. Follow this road for about 1.2 miles (signposted for Rotherhithe and Greenwich). Go through 4 sets of lights, passing The Arches swimming pool on the left. You are now in Greenwich. Go past the Maritime Museum and see Devonport House set back from the road with a lawn to the front. Go past it and keep in the left hand lane. (Nat West Bank on left) Turn left at the pedestrian crossing into Stockwell Street. Take the next left turn into Nevada Street (theatre on the corner). Turn left at the junction into King William Walk, Devonport House entrance is opposite you.

**BY TRAIN:**

To Greenwich Mainline Station, exit the station and turn left. Walk down the High Road (past the Cafe Rouge on the right) and bear right at the lights onto Nelson Road. (Nat West and Mexican Restaurant on the right) Take the first right up King William Walk and the main entrance to Devonport House is 100m on the left.

**BY DLR (Docklands Light Railway):**

The nearest DLR station is Cutty Sark for Maritime Greenwich. Turn left out of the station and proceed down the small arcade. Cross the road and head down College Approach towards the Old Royal Naval College. At the end of College Approach (in front of the West Gates) turn right onto King William Walk. Cross Romney Road (pedestrian crossing on left hand side). carry on up King William Walk towards Greenwich Park/Royal Park. Devonport House is on the left.



**BY RIVER:**

It's easy and simple to reach us by river boat. For information and timetables for river journeys please visit the website: [www.thamesclippers.com](http://www.thamesclippers.com)

**BY AIR:**

**Heathrow**

Take the Piccadilly Line to Green Park and then change to the Jubilee Line. Change at Canary Wharf onto the DLR to Cutty Sark - see above.

**Gatwick**

Take the Thameslink rail service to London Bridge. Change onto the London Underground, Jubilee Line to Canary Wharf. Change at Canary Wharf onto the DLR to Cutty Sark - see above.

**Stansted**

Take the Stansted Express train link to Liverpool Street, change onto London Underground. Take the Central Line to Bank then DLR to Cutty Sark - see above.

**London City Airport**

Take the DLR to Cutty Sark

BARNA are pleased to welcome the following exhibitors to conference.

Our main conference sponsor this year is HCL International Recruitment Agency, they will have an office on the first floor for the purposes of recruitment.

Intersurgical, Vygon, Anetic Aid, Fisher & Paykel, Dräger, Flexicare and Central Medical Supplies. Please ensure you visit our exhibitors, you never know you might find that idea or piece of equipment you have been looking for.



Let me entertain you! - By Markku Viherlaiho

So you maybe bought your picnic lunch from the famous Rhodes bakers close to the entrance to the Palace grounds. On your left the current University Library building used to be the NHS Seamens' hospital before it closed in early 1980's. Before Greenwich University took over the buildings it used to be the old Naval College and before this a Hospital for Seamen, but of course it started life as a Royal Palace.

You will be pleasantly surprised when you enter the magnificent Painted Hall, do not miss it (free entrance). Nelson was laid to rest here before his burial. Next door is the pretty Chapel that looks like a Wedgwood blue and white jasper creation.

Once you step out of the Chapel or the Painted Hall and you look away from the river you can see across Romney Road, the magnificent Inigo Jones Palladio style Queen's House, and to the right of it the Maritime Museum, also worth a visit.

Choose a place to rest and soak up the historic atmosphere. If you are lucky you might hear some beautiful music from Trinity School of Music. Enough of that, now I take you to the other side of Greenwich and to a few more important pubs.

Leave the Palace from the opposite entrance, but just before you step through the gates look to your left where the prettier car park is and look at the side wall of the building. Now you must use your imagination and think Tudor and the old wooden Palace that stood here. This is now very close to the old Royal Palace Chapel where Queen Elizabeth the First was christened. When they excavated the area, before the car park surface was put down, they found beautiful tiled floors, alas it is not for us to see.

Don't be disappointed as you are close to the most famous pub in Greenwich the Trafalgar Tavern. This is where the members of parliament used to come for lunch, as the Tavern was famous for its Whitebait. Pop in and lunch here if you decided not to have a picnic or enjoy a drink, and think of those poor pirates that were caged here and left to drown when the tide came in. Entertainment was then so much more diverse.



If the Trafalgar Tavern is not for you, walk down the side alley and you come to the Yacht pub, this pub as the previous one has a nice view of the river. If you decide to walk even further, follow the alley way and you soon reach the Greenwich Rowing Club. Then soon you come to the old 1616 hospital building next to the ugly imposing power station. The white hospital building is very pretty, if the doors are open to the court yard you might be lucky to see the fountain and the huge Wisteria that grows all along the inner court yard walls. Opposite the hospital building on the brick wall you can see the plaques commemorating different high tides.

Walk under the power station's gantry and you sometimes see fishing Cormorants diving from the pillars into the Thames. You are now coming to the end of your walk and guess what there is in front of you, another famous pub. The Cutty Sark pub is from the Georgian era and well worth a visit. Some weekends they might have a jazz trio playing. There are also very good river views from the tables outside the pub or from the first floor windows. The pub serves a reasonable meal.

No more pubs, or maybe one or two later on, so trace your steps back to Greenwich town centre, but this time use the river walk that continues from Trafalgar Tavern towards the historic ship Cutty Sark. You must agree that the views are great, to your right the modern Canary Warf with its high rise buildings and towering cranes and to your left the magnificent view right up to the Observatory Hill. If you look at the Observatory building and at the red ball on the top of the tower, just before one o'clock you will see the red ball rising to the top, and at exactly one o'clock it will drop down. This was important information to shipping, before they could carry time pieces.

At the end of the river path you pass Greenwich Pier, which is still operational, but under major construction. I fully recommend a boat trip to Charing Cross. Eventually you arrive at the Cutty Sark, alas now under some major reconstruction. You may have read about the fire that ravaged through the construction site. After the restorative work has finished come and visit Greenwich again to see this truly beautiful ship in its full glory.

I know I have introduced you to pub after pub, but Greenwich is so much more than just that. Do not neglect shopping, you either love it or hate it, but do pop into some of the shops, you find them all around the market and the surrounding streets. Few second hand shops are interesting e.g. Bull Frogs Clothing Co. in Greenwich Church St. and The Emporium but if you are into snowboarding visit Revolutionz in King William Walk. Since the University moved in to the old Naval College the shops cater for younger clientele.



If you pop into The Emporium shop do look down Creek Road towards Deptford. On your left you can see a bigger house that has seen better days standing on its own. This is our comedy Theatre “Up The Creek Comedy Empire”. This is another good entertainment venue and some of the known comedy acts do visit, or go and spot any new up and coming talent.

I would like to take you towards the De Vere Centre, you have now an opportunity to leave you shopping in your room, if you decided to stay there during the BARNA conference. Rest a little, but if you are still looking for something to do you are close to three of my favourite places.

In the first story “Come and Tumble in Greenwich”, I asked you to walk the past Greenwich Theatre, now I am suggesting you check the theatre programme and buy some tickets to the evening performance. Greenwich Theatre was a famous Crowder’s Music Hall and very much the centre of the “Funfair in Greenwich”. This theatre is very much to my liking, as there is not a bad seat in the house and it is very reasonably priced. In the same building is the Rose and Crown pub, which the last remaining Gay pub in Greenwich. If you decide to see a performance in the theatre at the interval pop and have your drink here, as it can take some time to get one at the theatre bar.

If you are unable to stay for a theatre evening, but you fancy going somewhere, please visit the Fan museum, you might think that is really boring and not for you. If you are brave enough to step in you see a well appointed small museum where the exhibits are well presented. In the garden you will find a conservatory with beautiful murals depicting garden scenes. Children and adults alike enjoy spotting the numerous insects that are hidden in the murals. They serve teas in the conservatory; however it is not always open.

We are coming to the end of our journeys, and I know you had a lot of fun attending the BARNA conference and walking around Greenwich. I have left so many places out of my stories, but I hope you seek them out on your next visit to Greenwich.



## ***BARNA Goes to Washington***

BARNA Chair Manda Dunne, and incoming BARNA President Pat Smedley, represented our organization at the April 2009 American Society of PeriAnesthesia Nurses (ASPAN) National Conference held in Washinton, D.C. The trip included participation in an exploratory meeting, hosted by ASPAN, to discuss the possibility of establishing a multi-national nursing organization perianaesthesia nursing conference. More information will be shared on this project as it develops.

In addition to attending clinical lecture presentations, there was some valuable networking and social time. BARNA will welcome ASPAN Immediate Past President Lois Schick to our Annual Conference in June.



Manda Dunne (far right) visits with other international attendees at the ASPAN President's Reception



*Pat Smedley showed British pride, while even Florence Nightingale showed up for the ASPAN Component Night "Parade of Legends" contest*



BARNA's Pat Smedly (left) together with IARNA Chair Grainne McPolin



## **BJARN**

### **Information for Potential Authors**

The British Journal of Anaesthetic and Recovery Nursing publish the following types of articles, but welcome any submission of relevance:



- Editorials
- Original articles
- Original research
- Study day and conference reports
- Correspondence
- Case reports
- Notices
- Review articles
- News articles
- Audit reports
- Unit Interviews 'Introduce Your Unit'

### **Submitted Material**

Authors are requested to submit a copy of their typescript as a 'word' document, preferably by email as the Editor cannot accept responsibility for damage to/or loss of material discs. When a paper is accepted for publication, it is done so on the understanding that it is not being submitted simultaneously to any other journal in the English language. The Editor will make editorial and literary corrections as she sees fit. Any opinions expressed or policies advocated do not necessarily reflect the opinions or policies of the Editor or the British Anaesthetic Recovery Nurses Association. Any article submitted should contain:

- Title of the article
- Initial and name of each author
- Relevant qualifications
- Name and address of the department or institution to which the work should be attributed
- Name, address, telephone number and e-mail address for the author responsible for correspondence
- Abstract or summary and section headings if suitable

### **Diagrams, Illustrations and Photographs**



All diagrams, pictures or illustrations should have a short description or caption sent with them. Titles should appear above each table or figure. They should also be referred to in the text. Photos should be sent as an attachment and as a jpeg file, along with where you wish them to be placed.



### **Harvard Referencing**

References should be presented in the Harvard style. The accuracy of the reference you provide is your responsibility. In the text your reference should state the author's surname and the year of publication e.g. [Smith, 2002] unless the reference is at the beginning of the sentence when only the date is put in brackets e.g. Smith [2002] states ... If there are two authors, you should give both surnames [Smith and Black, 2001]. When a source has more than two authors, give the name of the first named author followed by 'et al', however do not use *et al* in the reference list, credit must be given to all authors. Where a quotation is used within your paper; the author, date and page number should be given, e.g.

*'For many years the recovery unit has been viewed as the "Cinderella" of the operating department. Indeed twenty-five years ago many hospitals did not have recovery units and post surgical patients were recovered on the surgical wards directly from theatres.'* (Oakley and Spiers, 2004 P 137)

A list of all the references in your manuscript should be typed in alphabetical order, on a separate sheet entitled 'References' at the end of the paper. Each reference to a paper needs to include authors' surnames and initials, year of publication, full title of paper, full name of journal, volume number, and first and last page numbers. References should conform to the Harvard style. Here is an example:

*Wilson S, Forrester A (2002) The way forward for anaesthetic and recovery nursing. Accident and Emergency Nursing 13(1), 1-8.*

References to books should be given in a slightly different form, as in this example:

*Radford M, County B, and Oakley M (2004) Advancing Perioperative Practice. Cheltenham: Nelson Thornes.*

When using an edited book, the author of the chapter will be used in the text and in the reference list it will be referred to in the following way:

*Oakley M and Spiers C (2004) Chapter 6 Principles of Recovery Practice. IN Radford M, County B and Oakley M (2004) Advancing Perioperative Practice. Cheltenham: Nelson Thornes.*

Secondary references can be used, but overall these should be avoided. With the advent of the internet there are very few primary sources that will be unavailable to authors. The rationale for using a secondary reference is that the author is unable to find the primary source and must therefore use the secondary reference. If a secondary reference has to be used, the text should



read; Smith [1978] cited by Brown [2004]. In the reference list it is Brown that is listed as the reference, because if the Smith reference had been used it would be the primary reference.

### **Letters to the Editor**

Readers are welcome and encouraged to write about any topic that relates to the practice of anaesthetic and recovery practice or relevant to contents of the journal. Such letters will be published under 'short communication' and can be in relation to something you have read in the journal, or an item of news, etc.



### **We are waiting for your emails and phone calls**



The Editor in Chief and relevant members of the committee would be pleased to hear from any potential authors. Please do not hesitate to contact us. If having your work published sounds like a scary prospect, drop us an email and we will offer advice and support and start you on the road to being in print. Publishing in the British Journal of Anaesthetic and Recovery Nursing is an excellent opportunity for professional and personal enhancement. So come on, Your journal is growing: Be part of it.

### **Submissions and ideas to:**

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