

Letter from the Chair



Manda Dunne

BE A PART OF IT!

What a wonderful day we had at the BARNA Conference in Greenwich on the 5th of June. Whether it was the historical surroundings or the fact that Jack Black was filming opposite in the Naval College (where I am informed galloping horses were spotted) I just don't know, but the atmosphere was fantastic.

I was so enthused and uplifted to see so many delegates filling the venue and providing an exciting buzz. You cannot imagine how good that feels when you have spent almost the whole year organising and working on the conference to finally feel the ultimate experience; even though my stress levels were high, probably accompanying my blood pressure!

It was a pleasure to have Claire Rayner come and give the keynote speech. I appreciate that some of the younger delegates there may not have known her, although there was a fair-sized proportion of us who grew up with her as our regular 'Agony Aunt' columnist, helping us through our teenage years! It was great to hear her speak of how the operating theatre has changed since she was a young nurse. Although, I have to say some of it was very familiar to me! Listening to Claire's life experiences, particularly about several of her health issues, it made me think of how vulnerable we become and how dependent we are upon those who care for us in times of bad health, accident or crisis.

The enormities of the responsibilities in professional practice are huge and 'providing excellence in

perianaesthesia practice' is done through education, research and clinical practice. This underpins the balance that we need to be able to care for our patients in a way that raises our awareness of resources and learning responsibilities. So what I mean by 'be a part of it' is to join in with BARNA and tap into your natural abilities, both personal and professional. Explore a piece of research and present it at the poster competition next year. Prove to yourself that you can do it and uncover your professional potential. Come and share your experiences with your colleagues in Manchester next year at the BARNA Conference on 14th May 2010, where you can network and learn in a relaxed and creative atmosphere.

I always say that BARNA needs committed and motivated volunteers to help develop and expand our association. Motivation is, and always has been an integral daily component in the long-term success of any venture. Staying focused, committed and determined to be the absolute best are excellent attributes, yet none of these invaluable qualities can be indefinitely sustained without a steady diet of motivation. I feel motivated and optimistic when I see a room filled with faces eager to learn more and expand their knowledge of the perianaesthesia specialty. Believe me, there is nothing more rewarding.

I will leave you with this thought, in the words of Mark Twain 'Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did so. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore, dream, discover'.