

# SPP NEWSLETTER

Summer 2017



# SUMMER 2017

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Greetings on the conclusion of the academic year 2017!

This semester bring with it so much to celebrate, for the 2017/18 academic year has concluded. The embodiment of Hope and Possibility for the 2016 cohort entering their second year of studies was witnessed within your practice narratives to acknowledge the art of the possible.

This scholarly thread was also seen within our graduating cohort, who have Challenged the System in their cumulating performances and are now ready to engage in the complex and challenging health care system within their future nursing careers..

Congratulations to our graduating cohort of 50 learners as we wish you all the best in your commitment to lifelong learning within the nursing profession.

Baiba Zarins - Program Manager

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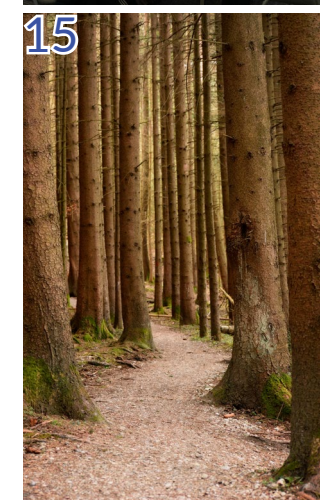
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# IN THE NEWS...

## ANNOUNCEMENTS

- James Barlen (Year II – Semester VI) learner was the successful recipient of the UHN 2017 Sopman Humanitarian Award. Archie Sopman, in recognition of the humanitarian care given to his wife by a student nurse, established this award, named after the late Belle Sopman. Velta Vikmanis, Program and Artistic Manger for the Dotsa Bitove Wellness Academy and Krysia Theriault, Adjunct Professor faculty, submitted nomination letters in support of James's accomplishments within his SPP experiential practicum journey. Thirteen nursing students from various academic institutions were nominated at UHN but James was the successful recipient!

- In celebration of nursing week in May of each year, the annual Toronto Star Nightingale Awards celebrate the accomplishments of nominated nurses within Ontario. These nominees are celebrated through acknowledgement by their patients, clients or colleagues. This year's celebrated honorees include Petrula van Roon, who works at Acclaim Health, who is an NU SPP graduate of the 2011 (inaugural) cohort! Further details of this award and other acknowledged nurses is located within the web link below:

<https://www.thestar.com/life/travel/2017/05/08/nightingale-award-attracts-156-nominees.html>  
Congratulations, Petrula!

- Congratulations to Allen Yu and Carolyn Wong, who submitted an abstract "Factors influencing patients with heart failure to participate in advance care planning" which has been accepted for poster presentation at the 6th International Conference on Advance Care Planning and End of Life Care taking place from September 6-9, 2017 in Banff, Alberta, Canada. Appreciation is extended to their faculty mentor, Katalin Pere, for her assistance and support of this initiative.

## REMINDERS TO RETURNING LEARNERS

- Please be sure you submit all of your required documentation for year two of studies directly to [nursing@nipissingu.ca](mailto:nursing@nipissingu.ca). Please visit the NU:SPP website for the annual renewal clearance forms package. Please keep all print originals, as NU aims to file documents in e-format only.

[http://www.nipissingu.ca/academics/faculties/applied-professional/school-of-nursing/Documents/SPP\\_Renewal\\_Package.pdf](http://www.nipissingu.ca/academics/faculties/applied-professional/school-of-nursing/Documents/SPP_Renewal_Package.pdf)

## HSP-NET UPDATES-REQUESTS FOR CV'S AND LEARNING OBJECTIVES

As a program we are still investigating the option of extending HSP-Net access to our learners in order to expedite placement detail tracking and most importantly, for you to obtain any additional information notifications (e.g.: requests for scheduling, orientation documents) directly from the system. Stay tuned for more details, should this option become a reality within the 2017/18 academic year.

## FACULTY ACHIEVEMENTS

- Krysia Theriault successfully participated and completed a UHN sponsored Emerging Leaders professional development course. The highly competitive program is designed for those who wish to enhance current performance and prepare for future leadership roles. The program includes three full day workshops, several learning labs, an action learning project, and opportunities to network with senior leadership.



Baiba Zarins and Krysia Theriault

- Louela Manankil-Rankin received a second AMS Fellowship focused on Relational Practice to continue in her interest in this meaningful field of research.

- Congratulations of Ping Zou, who recently received a Sigma Theta Tau International Research Grant in support of her ongoing research interests and accomplishments.

- Other research projects underway to assess components within the SPP with internal and external stakeholders include:

Collaboration amongst Faculty, Preceptor and Student in the teaching and learning of nursing: A Narrative Inquiry Study (Louela Manankil-Rankin, Stephanie Chu, Nicole LeBlanc, Neelam Walji) – Focused on HSC

Practice Readiness Concept Analysis – Collaboration amongst Nipissing University, Thomson River University, Brock University, and Conestoga College)

Stakeholder Analysis of Practice Readiness – Collaboration amongst UHN, Community partners, Nipissing University, Thomson River University, Brock University, Lakehead University, and Conestoga College)

Understanding Preceptor Experience at UHN (Katalin Pere – PI in collaboration with Krysia Theriault, Baiba Zarins, and Louela Manankil-Rankin)

Assessing Practice Readiness of School of Nursing Programs using Casey-Fink Readiness for Practice Survey (Louela Manankil-Rankin, Karey McCullough, Baiba Zarins, Wenda Caswell, and Vivian Papaiz)



CONGRATULATIONS GRADUATING CLASS OF 2017!



PRECEPTOR APPRECIATION POTLUCK



Learners of the scholar practitioner program





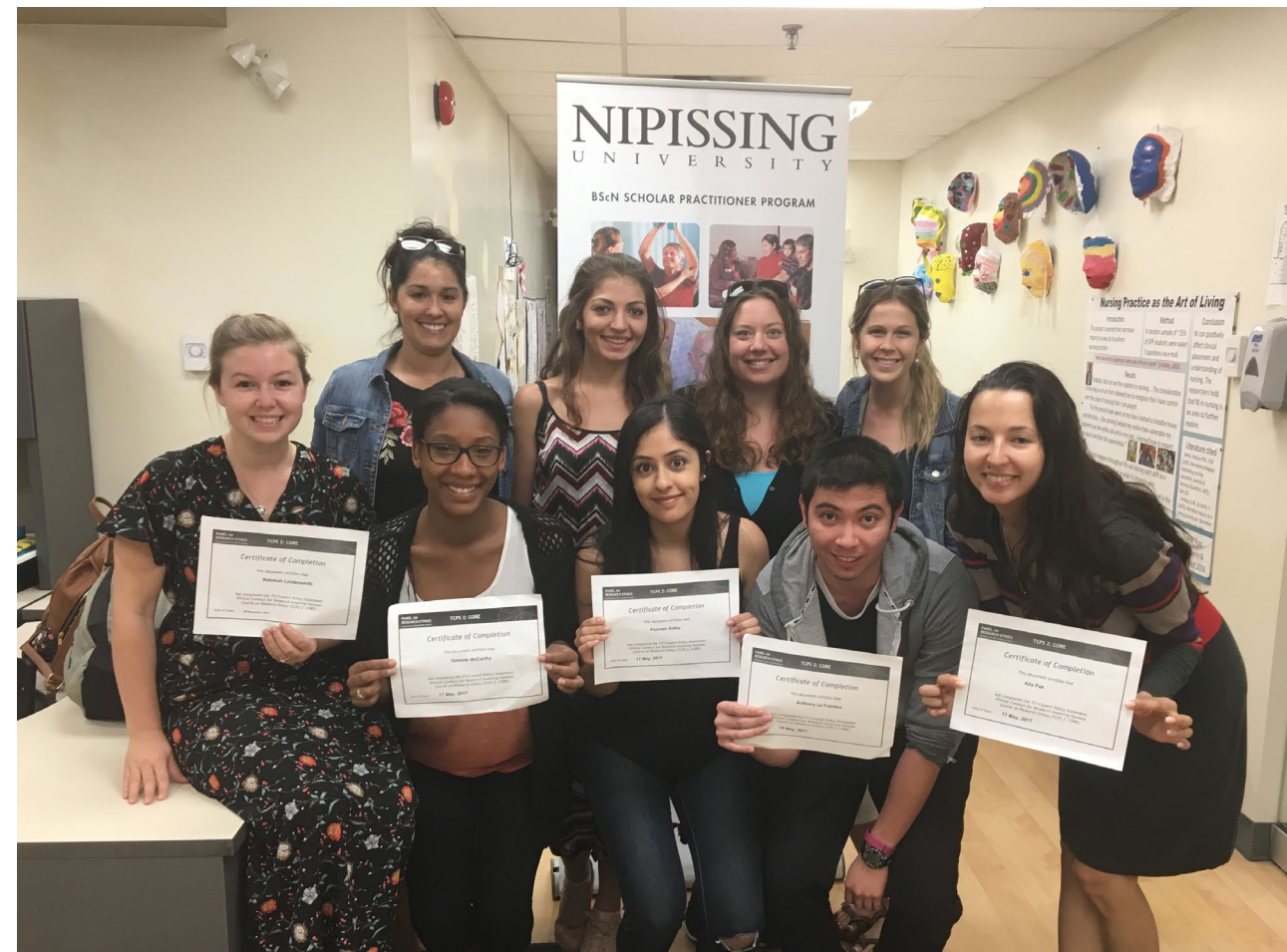
## RESEARCH AND NURSING THEORY (RANT) CLUB

Club Creator: Rebekah Lindensmith

Club Members: Simone McCarthy, Anthony Le Fuentes, Poonam Sidhu, Stephanie Kemke, Alla Pak, Victoria Maich, Rania Naser, Stefanie Ojeda, and Cathy Tran

Faculty Advisors: Ping Zou

The aim of the SPP Research and Nursing Theory (RANT) club is to discuss research and research ideas. The club will focus on how to better understand the research process, apply nursing theories to clinical practice and program outline, synthesize research papers, and hold a seminar on applying to graduate nursing programs. The goal of the club is to perform literature reviews and create material to present at workshops/conferences as well as during seminars for SPP co-learners. Every member of the club has obtained their TCPS 2 certificate. The TCPS2 "Life of the Researcher" certificate outlines what we can/cannot do as researchers. This is an exciting and innovative club and we are all excited to be apart of it.



The Research and Nursing Theory (RANT) Club will be hosting a seminar to present information regarding master degree programs during Inquiry of Semester Four. We will be focusing on nurse practitioner, thesis-based, and course-based program admissions. Program structure, grade requirements, SPP credits, and non-academic requirements will be explored. The date of the seminar will be announced during Inquiry.











# “SUMMER” BREAK READING LIST

BY CHRISTINE WHYTE

In the moments between catching up with friends, preparing for next semester and #selfcare, I hand selected some books that may interest the student nurse, faculty or healthcare professional. Enjoy!

1. *When the Body Says No: the Cost of Hidden Stress* (2003), Dr. Gabor Mate- I've talked about this book a few times and would highly recommend it. Dr. Mate is a compelling writer, who presents evidence-based arguments linking the mind-body connection to our health. Why it matters to a nurse: Dr. Mate gives us the tool of the “7 A's of Healing” that may help guide conversations in practice with clients. It also illustrates the importance of looking at the client as a whole, treating all elements of the person.
2. *Attached: The New Science of Adult Attachment and How it Can Help You Find- and Keep- Love* (2012), Amir Levine and Rachel Heller- This book offers a fun and easy to understand approach to looking at relationship patterns and dynamics. Separating people into one of three categories: Anxious, Avoidant or Secure, Heller and Levine provide a scientific reasoning for behaviour in relationships. Why it matters to a nurse: The theory presented is based on research first looking at dynamic between children and their parents. It may help a nurse in her personal relationships, in the pediatric environment or in conversations with clients.
3. *My Stroke of Insight* (2006), Jill Bolte Taylor- Written by a Harvard educated neuroanatomist, this book tells the narrative of Dr. Bolt Taylor's own experience of a stroke. She recognizes each stage of the event recounts it in detail for the reader. Why it matters to a nurse: Bolte Taylor recounts her experience, sometimes detailing what she desired from the medical staff opposing what she actually received. It will give the reader a new perspective to help treat clients.
4. *In Search of Memory: The Emergence of a New Science of Mind* (2006), Eric R. Kandel- Nobel Winner Eric R. Kandel's half autobiography, half history of the science of mind, is a powerful narrative of how he started his life in Nazi-occupied Austria to becoming a trailblazer in neuroscience, starting with experimenting on a giant sea snail. Why it matters to a nurse: A little science, a little narrative, a lot of inspiration.
5. *A Walk in the Woods* (2002), Bill Bryson- Bryson tells the story of his 2000 mile hike through the Appalachian Trail. Why it matters to a nurse: Bryson descriptions are hilarious and the details of his journey will make you laugh-out-loud. #Selfcare

## RECIPE FOR CHOCOLATE AVO PUDDING

### INGREDIENTS

- 2 large, ripe avocados, cubed
- 3 tablespoons dark chocolate cocoa powder
- ½ cup dark chocolate, melted
- ¼ cup almond milk
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Pinch of salt

### PREPARATION

1. Add the avocados to a blender or food processor, along with the cocoa powder, melted chocolate, almond milk, maple syrup, vanilla extract and salt.
2. Blend until smooth, scraping down sides as necessary.
3. Serve immediately, or chilled.
4. Enjoy!

\*Found on BuzzFeed





or study (education)  
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**DEFINITIONS**

BY KAIREEN MACKINNON

Home... a sunset sky melts into the blue lagoon of love and kindness. A community knit together, pulling together. A soft silence rests like a fog over the fields that grow our future. Much has changed over the past two years, your faces, your health, and my love for this place.

Perspective... The change of a view, a landscape coming alive like the fresh spring flowers. A bit of the old still shines through the prism of optimism and hope that a new mindset brings. I have not been unchanged, a process that takes longer here. Not yet caught up, slower to believe.

Advocacy... the struggle to move against a force that glues them to this place. My thoughts race about what should be done and what should be possible. I struggle to express my beliefs and my visions, knowing only that it will be different when it is me. The ever curious question rallies to awaken what keeps them sheltered away, what fixes them to their beliefs.

Teacher.... I have learned to educate, motivate and find the answer to your questions. The skills, the knowledge drives me to search for more ... to be more. Check-ins, new methods, knowledge to support clients, brings fresh eyes. I am an educator of a new way of thinking, a new way of being.

Support... A safety net is woven together with both the beautifully passionate and those comfortable in the rut of the status quo. As I am reaching out and shaking hands, a vision of the community develops. Every time I reach out it becomes deeper more complex, doused in many colours, perspectives. Two sides of the same problem, I see them both. The direction unclear, are they pulling together or pulling apart?

Hardship... the path in life determined by the great structures of society. Power and place, determined by money, education, and social status. The weight of the veil that keeps these secrets, only lifted by the things that keep it hidden.

Courage ... the ability to be present through all life's emotions. The force that keeps you living. Living for the moment to see your brothers face again, after 28 years. The ability to play a riff on your new guitar. To try something new, to welcome a new face.

Onward ... All that keeps me here moves me forward. I am ready to be all that you need. Ready to listen and learn from what you have to teach me.  
I am ready.



## TO NURSE

BY CATHY TRAN

To nurse  
is to awaken to dawn and dusk, quiet;  
To tame one's inner turmoil;  
remember and reflect,  
focus and foresee.

To nurse  
is to hear the bedside story;  
To plan one's priorities;  
list and prepare,  
judge and adjust.

To nurse  
is to hear the medical scramble;  
To relate each organ with another;  
assess and analyze,  
perceive and be present.

To nurse  
is to apply therapeutic solutions;  
To employ knowledge, skill, judgment;  
watch and study,  
read and perform.

To nurse  
is to protect the vulnerable;  
To use power for justice;  
promote and represent,  
respect and contend.

To nurse  
is to see the person fully;  
To connect mind, body, spirit;  
distresses and environment,  
delights and events.

To nurse  
is to engage the mind fully;  
To connect logic, systems and art;  
diseases and experiences,  
dosages and emotions.

To nurse  
is to feel one's emotions;  
To listen to one's narrative;  
connect and relate,  
empathize and understand.

To nurse  
is to see what is unseen;  
To look beyond the surface;  
seek and discover,  
hope and inspire.

To nurse  
is to partake in another's healing;  
To influence another's story;  
comfort and care,  
encourage and empower.