

Scholar Practitioner

Nursing Program Newsletter

Fall 2019



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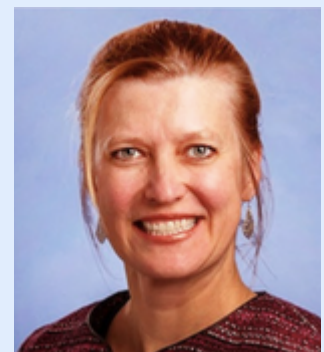
Greetings,

... on the commencement of the 2019-2020 academic year!

We welcome the 2019 cohort to our program, as you immerse and experience the first semester theme, Generativity and Life from many varied perspectives and spaces. This journey will be so very collective, yet individual in the generation of new knowledge and exploration of the health care field unfolds over the semester and future two years of studies.

The 2018 cohort has reached an important midpoint milestone of your program journey as you continue in expanding learning opportunities to deepen your knowledge, skill, judgement, ethic and learning goals. Program faculty are proud of your continued achievements and are honoured to bear witness to your evolving experiential learning within the health care field.

Wishing everyone a positive, engaging and exciting academic year ahead.



Baiba Zarins, RN, PhD
SPP Program Manager

Meet the SPP Student Council

The SPP Student Council (SC) provides a platform for strategic planning and collaborative partnership within the SPP. The SC recognizes that the unique structure and pedagogy of the SPP may call for learning needs that are just as unique. The SC represents all current cohorts and its primary goal is to enhance the learner experience within the SPP. The SC is also in charge of publishing the newsletter each semester.



Natasha McCulloch

Natasha (she/her) holds two previous degrees; a BFA in Theatre Production from Ryerson University and a BEd from the University of Toronto. She is a mother to a two-year-old son, named William and two cats, Oreo and Peanutbutter Cookie. Natasha is the president of the SPP Student Council and is also part of the RAO Best Practice Guideline (BPG) Champion Research Project. Natasha loves to read and works part time at Indigo Books. She is passionate about women's health and patient education and hopes to one day work in a community health care setting.



Karina MacIntyre

Karina (she/her) holds a Honours BSc from the University of Guelph and has worked for Canadian Tire in Enterprise Technology Procurement at their head office in Toronto. Her love of working with and helping people, drove Karina to pursue a career in nursing. She loves all things Cardiology and hopes to one day work in a paediatric cardiac ICU. She is an avid rock climber and loves the outdoors. She is always open to meeting new and likeminded individuals, and cannot wait for the amazing opportunities that the nursing profession will provide.



Daniella DeBartolo

Daniella (she/her) graduated from the University of Guelph with a BSc. Dee is the Vice President of the Student Council and is also part of the RNAO Best Practice Guideline (BPG) Champion Research Project. She is currently working alongside another co-learner and faculty on another research study. Dee aspires to become a Nurse Practitioner or Nurse Educator in the field of paediatrics or maternal-child health. After graduation, she hopes to partake in travel nursing somewhere in Europe. She loves reading and writing poetry, eating all and any type of food, and dancing whenever and wherever.



Kelly Livingston

Kelly (she/her) holds a BASc in Child Youth and Family from the University of Guelph. Kelly is passionate about nursing advocacy and leadership. Kelly joined the Student Council as a Newsletter Editor and in her free time, she plays hockey and tennis and would try any sport invented. Kelly loves to travel and has been to Cambodia, as a result - she is in love with elephants. Kelly aspires to be a labor and delivery nurse.



Michaela Dominik

Michaela (she/her) graduated from the University of Toronto with her Honours BSc in Global Health. She has worked at her local community hospice for four years. Through this work, she realized that she wanted to be a nurse so that she could form close, personal relationships with others. She is passionate about mental health, geriatrics, palliative care, and healthcare equity. In her spare time she enjoys sewing, crochet, reading, and binge watching romantic comedies.



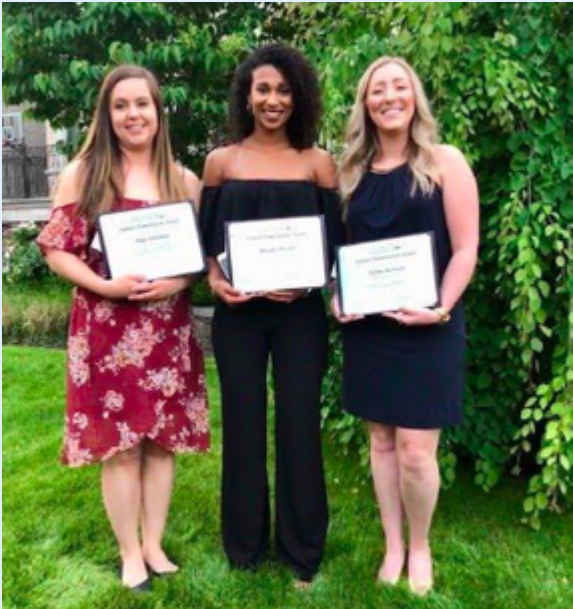
Faculty Announcements

Lifelong education and professional development is most valued not only within our learners, but also in program faculty.

Congratulations to **Krysia Thériault** for recently completing her Certificate in Parish Nursing.

Recent changes have resulted in a transition within human resources in providing a contact person on North Bay campus for transformative practicums. For all correspondence regarding placements, please be sure to continue using the SPP placements e-mail account, sppclinicalplacements@nipissingu.ca and CC Baiba baibaz@nipissingu.ca or baiba.zarins@uhn.ca on your message. Baiba will monitor HSP-Net activity to follow up with any outstanding needs related to transformative practicum placements until further notice.

Learner Announcements



Congratulations to our program graduates, Mercedes McLeod and Paige Whitehead, and current learner Kalyna McIntosh, on being awarded Sopman Humanitarian Awards for their exemplary caring within University Health Network this past academic year. This prestigious award seeks to encourage characteristics of humanity, compassion, understanding, and the ability to communicate amongst nurses and doctors in training at University Health Network. Key selection criteria includes demonstration of excellence in the art and skill of humanistic care, above-average interpersonal skills shown through interaction with patients and families, evidence of the characteristics of compassion and support, and clinical and academic excellence. Congratulations on this accolade and for spotlighting excellence within the SPP!

Molly Hansen has been recognized by Sick Kids for her tremendous contribution in August as a standardized patient in the PMAC-Partnering to Manage Agitation in Children workshop. Molly demonstrated her willingness to respond to this call for volunteers. Highlights for the experience commended her ability to pivot from her standardized patient role to then participate in the educational debrief, and contribute valuable feedback to enhance the attending learners' experience. Congratulations to demonstrating excellence in this opportunity!

Change Day

Change Day was started in 2013 by the National Health Service in England. It is a “grass root movement that is being adopted around the world to improve quality compassionate care” (Change Day, 2018). Change Day Ontario is sponsored by the Ministry of Health and Long Term Care to encourage participants to create a pledge that describes a commitment they would like to make in their daily routine that promotes quality compassion care. Initiated by Dr. Louela Manankil-Rankin within the Scholar Practitioner Program in the fall of 2018, students were asked to reflect on their personal experiences within the health-care system, analyze beliefs and values about care and develop a metaphor to showcase their small act of change that they would like to implement in their practice; these were all submitted to the Change day Ontario initiative (www.changedayontario.ca) and can be found on the second floor of the Med West building.

To take this initiative further, after divulging into the literature, Daniella DeBartolo and Christina Critelli created a research question – how did the Change Day Activity implemented in the SPP inform formation of professional identity as “becoming” nurses, amongst nursing students? They presented this proposal at the Nipissing University Undergraduate Research Conference in March of this year and will be striving to answer this question this semester by conducting a 60 to 90-minute focus group to determine how nursing students develop their professional identity and if the change day project was a catalyst to this process. The hope is their research will create future curriculum changes that promote the development of professional identity during nursing school, contribute to the existing gap in knowledge and impact future job satisfaction for “becoming” nurses and potentially decrease the rate of nurse “burn-out”.



SPP Best Practice Champions

Established in 2002, the Registered Nurses Association of Ontario (RNAO) created the Best Practice Champions Network, which currently consists of thousands of nurses, health professionals and students who are passionate about evidence-based practice and improving care across the province. By becoming a Best Practice Champion, one is committed to implementing the various Best Practice Guidelines (BPGs) throughout their practice as well as sharing this knowledge with other professionals in order to ensure safe and quality patient care.

At Nipissing University, within the Scholar Practitioner Program and with the guidance of our very own Dr. Louela Manankil-Rankin, we are fortunate enough to have created our very own network of students who have become Best Practice Champions. As a group, it has been our mission to not only learn and implement the BPGs throughout our practice, but also to promote RNAO BPG's and educate our peers about how they can implement the BPGs during their practicums in order to become a competent registered nurse. We developed of our very own research project called Engaging our peers to integrate the BPGs into practice: A year-one Champions project. In fact, last semester we had the opportunity to present our project at the Nipissing University 2019 Undergraduate Research Conference. We hope this project will contribute to Nipissing University's current process of becoming a Best Practice Spotlight Organization.



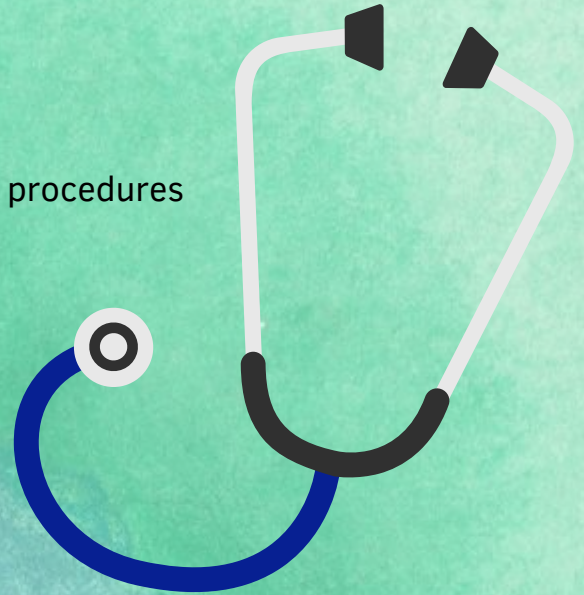
On September 13, 2019, another BPG Champions Workshop was held, where we saw first and second years attend! We hope that this network of Best Practice Champions within the SPP will continue to grow and become an integral part of the program and curriculum. We look forward to sharing our knowledge with the new learners and further developing our research project.



Tips for the First Day of Clinical

By Karina MacIntyre

- Arrive 15-30 minutes early. This will allow you time to orient yourself to your unit/office
- Eat breakfast and pack a good lunch
- Pack the essentials
 - Student I.D
 - Blue or black pen (Bring multiple!)
 - Memo pad
 - Stethoscope! (If applicable)
 - Lock for locker (If available)
- Familiarize yourself with the organization's policies and procedures
- Know your scope of practice
- Prepare ahead of time
- Ask questions, offer help
- You are there to learn!
- Seek out opportunities
- Remain positive
- Breathe and relax – you got this!



Important Things to Note

Registered Nurses of Ontario (RNAO)

Students get free membership to the RNAO. Will be available in October, be sure to sign up on their website and subscribe!

RNAO – Best Practice Guidelines App

- Have the knowledge of the RNAO's BPGs at your fingertips with their FREE app!
- iOS and android enabled

Nursing Students of Ontario

A student-led interest group of the RNAO that focuses on student's needs and concerns. They act as a resource and represent Ontario's nursing students. Join today!

Rubber Boots

By Molly Raye Hansen

We sit on the stairs and together put on our rubber boots. Right foot in one, left foot in the other.

“Why don’t we go to the park and find some big mud puddles?” I say to her as I help her get her heel in the back of her boot.

“Yes, please.” Grace responds with a gleaming smile on her face from ear to ear.

We head down the driveway. Her tiny fingers interlock with mine. Pink rubber boots on her feet and black on mine.

As we walk, Grace reveals all the little rocks she has been hoarding in her pocket. She hands one to me and tell me I can keep this very special one. To anybody else, the rock would seem to be an ordinary, dirt-stained rock from the ground – but I know Grace. There is something very special about this rock. It doesn’t matter if it looks ordinary or dirty, to Grace; there is a certain reason why she chose that rock. I can’t say I know what this certain reason is, but I do know that this special rock, which has been passed onto me, is a prized possession to receive.

As we intermingle through the trees, Grace tells me about her week at her daddy’s home and that she is excited to be at her mom’s home now – but it would be much easier if they still lived together in one home.

We splash in small puddles, but I can see in her eyes that’s she’s hoping for something much bigger. Auntie Molly never disappoints. As we walk over the crest of the hill, her eyes spot the ocean in front of us. Her eyes, gleaming with adventure, grow two sizes bigger than before. She reminds me of myself.

There I see a girl wearing a spring dress and rubber boots – dancing in the puddles. She is talking to herself. I try to listen closer and realize she is singing. No words can be made out, only the sweet melody of her voice. All of a sudden, she gets caught up in her feet and she tumbles down with a splash into the puddle. Wet and cold, she cries out. Out of the corner of my eye her father approaches, picks her up and walks her out of the puddle. With a chuckle, he sets her down and cleans out her boots as she balances on his sturdy arms. He sets her up on his shoulders and together they walk off into the distance....

“Moll! Let’s go!” Grace yells as she tugs on my arm. Together, we run towards the puddle and stop at the edge. She giggles with excitement as we both take our first steps into the cold water. Soon enough, we are both at the water limit of our boots. We push the limit with each step we take. Before we know it, water is rushing into our boots and we both give a deep stomach laugh – the best kind of laugh there is. I pick Grace up to save her from the depths and soon enough, our giggles cannot be contained. I yell and joke and keep her in my arms as I venture deeper and deeper. With each step her laugh gets louder and greater until we both cannot take the pain in our stomach and need a break to breathe.

We sit on the swings together. I look over at her sweet smiling face and yell, “I love Grace!” What a surprise, another set of giggles. Grace puts her face up to the sky, closes her eyes, and takes a deep breath and yells as loud as she can, “I love Molly, I love my family, I love my own self, and I love the strangers in the world!”

I’m overcome with emotion and a tear rolls down my cheek. There are no words to describe this feeling but I simply must say, there is no better feeling than being loved by a little one and loving a little one back. In these moments of love, I am the luckiest person alive.

Grace begins to shiver from her cold wet legs. With a chuckle, I set her down and clean out her boots as she balances on my sturdy arms. I set her up on my shoulders and together we walk off into the distance – heading home.

Second Year Perspective

Written By Kelly Livingston & Natasha McCulloch

The arrival of fourth semester brings about excitement as we draw closer to graduation, looking forward to becoming Registered Nurses and pursuing our future. School is a time where we each have our own struggles, fears, insecurities and different learning opportunities and experiences. This is a time where we can forge our own path to become the nurse we want to be. An aspect of first year that changes with the arrival of second year is the initial overwhelming fear of the unknown. The notion of not being good enough and the feeling of inadequacy diminishes after every shift in placement. Instead replaced with a newfound confidence and the ability to look at oneself in a positive, motivated light. With the beginning of each new placement that familiar feeling of entering the unknown still exists, though as our confidence grows, the process becomes far less intimidating. The nursing competencies and skills that we gain each placement helps with this process.

Each semester in the SPP program teaches us different areas of the College of Nurses of Ontario (CNO) Professional Standards. Becoming leaders and advocating for ourselves and our patients is something that is both taught and encouraged in the SPP program. In first year, there were many times when one might have felt insecure and did not want to step on anyone's toes. We are now confident in our abilities and have acknowledged our gaps in knowledge which will guide our future interactions with the interprofessional healthcare team and our clients.

We have learnt how to trust the process of the program and by doing so, we have been successful in three placements. We are looking forward to continuing our journey to becoming caring RNs and are excited to work hard and dedicate ourselves to the profession. We are extremely motivated to accomplish what we thought we never could in first year and look forward to reflect on our process as nursing students when in the profession.

“Great things are not accomplished by those who yield to trends, fads and popular opinion”

Jack Kerouac



NCLEX News

It is wonderful to receive news that our past SPP graduates are writing and passing NCLEX! The recently graduating cohort are busy in preparation for their scheduled exam date. Our program's overall success is a testament to the unique learning strategies and attentiveness to individual success in obtaining licensure. Our graduates share that the best advice is to start your individual or group study plans early and utilize various learning strategies and resources to achieve a well rounded approach to the exam content. Please be sure to review the recently released (April 2019) Blueprint for the NCLEX exam as the most current resource for information.

HSP-net Request for CVs

As a reminder, please ensure you have an updated CV on file in the event of placement unit requests to review it. We have noticed more units are requesting CV's with any placement request. CV's greatly assist unit management in facilitating the best experiential practicum experience in anticipation of your placement. Jesse Arnett is our program lead in the request, process and confirmation of your experiential practicums, therefore she appreciates your responsiveness and profile upkeep in this request.

Lending Library

Your continued contributions of books and learning materials are graciously appreciated in sustaining our on-site community of learning resource centre. Please do return books once you are finished using them to ensure others can also utilize them. We also lend out BP cuffs and NU issued Mac book laptops, as available. Please see Baiba to sign these items out for your learning needs. Of note, NU library services www.eclibrary.ca is accessible for your program resource needs. In addition, a new edition (7th) of the APA Manual will be published in October and will be integrated into our program over this year.

Caring Safely

With the focus on Caring Safely strategies within our health care organizations, the enhanced awareness to safety behaviours is an organizational campaign committed to zero serious safety events of workers, staff, visitors and patients. As learners within each organization, your awareness and commitment to safety is also paramount in contributing to safety behaviours. We are all partners in accountability for, and to speaking up for safety within all aspects of our environment. This includes, but is not limited to:

- point of care patient/client/family/populations
- staff/learner/student/employee/preceptor/program faculty
- visitor/observer/contractor
- environmental/physical
- psycho-social



We are all part of the safety journey and sharing our stories is the first step in speaking up for safety and learning from each other. You may already observe and partake in Caring Safely implementation strategies within previous experiential practicums, but know that focused education of specific communication tools extended to all learners within respective health care agency orientation requirements in support of Caring Safely!

Nipissing University Students' Union

The Nipissing University Student Union (NUSU) is a body comprised of all Nipissing University students, representing approximately 5000 members on campus in North Bay and long-distance students. Collectively, students have a much stronger voice, and NUSU is the embodiment of this voice. The organization strives to represent students democratically, provide a communication framework, and lobby for legislative change on issues that affect students. As an elected board, NUSU Executives and Directors provide a full range of services (financial and academic), activities, events, and political advocacy to improve the student experience including: the Health and Dental Plan, Community Involvement, Food Bank, Clubs, Career Services, Frosh Week & Shine Day.

Email: info@nusu.com | Phone: (705) 474-3450 ext. 4801 | Website: nusu.com

Social Media: @NUSUtalks – Facebook, Instagram and Twitter

Student Learning and Transitions

In acknowledgment and support of all aspects of the learner experience, the Nipissing University Student Transitions and Learning provides valuable resources in many areas of support. As noted on their website, Student Learning and Transitions (SLT) is a group of services and programs aimed at helping students engage in their academic studies and student life at Nipissing University. We teach essential academic skills and study techniques that help students more effectively express their intelligence, apply their knowledge and communicate their ideas. We facilitate activities and programs to build a peer support network, an engaged Laker community, and support students throughout their multiple transitions in, through, and out of their academic careers. For more information as of specific services provided, please visit:

<https://www.nipissingu.ca/departments/student-development-and-services/slt>

Student Accessibility Services (SAS)

Student Accessibility Services (SAS) supports students with permanent and temporary disabilities and strives to provide an accessible, barrier-free learning environment. Our staff will be pleased to discuss academic accommodations and support services available to support your academic and personal success.

Learners are reminded that they are required to submit a returning student form at the beginning of each term. The forms tell SAS that the student is enrolled in classes for the term and requires access to their academic accommodations. The returning letter also gives permission to the SAS to deliver the Letters of Accommodation to their faculty members each semester.

Phone: (705) 474-3450 ext 4362 | Website: <https://www.nipissingu.ca/departments/student-development-and-services/accessibility-services>



Call for Student Council

Hello SPP learners!

A warm welcome to our first year learners and our returning second years as well. We hope you all had a wonderful summer and are looking forward to the new school year.

With the start of the 2019/2020 year comes the return of your SPP Student Council and this time, we want YOU!

We are doing an open call for anyone interested in participating in the SPP Student Council. The student council is an excellent way to get involved, make new friends and more importantly, advocate for yourself and your fellow learners. We will meet once a month to plan upcoming events, discuss important updates in the nursing world and create new learning opportunities for both cohorts.

If you are interested in getting involved please send an email to spplc@nipissingu.ca with your name, year and a brief explanation of why you would like to join.

We look forward to hearing from you!
Your Student Council

Social Justice Group

The Social Justice group is welcoming new recruits! Our ongoing goal is to build social justice capacity within nursing students. Our previous works include organizing workshops for harm reduction and 2SLGBTQ+, and advocating for Indigenous health to be added to our syllabus. This year we hope to continue this good work and bring in more workshops and speakers to the program.

Please contact
Lee at etruong439@community.nipissingu.ca or
Tiffany at ttimmers943@community.nipissingu.ca

SPP On-the-go Overnight Oats

Submitted by Daniella DeBartolo

Nursing school can be tough..But what is even harder is waking up early in the morning to make yourself a yummy breakfast. So, we've come up with a quick and easy solution that lets you get those extra minutes of sleep in AND still have a delicious, energizing breakfast ready for you in the morning!

You will need

- ½- 1 cup of oats (old-fashioned rolled oats are preferred but whatever is available works)
- 1- 1 ½ cup of milk (almond or soy preferred)
- 1 tablespoon of chia seeds
- 1 tablespoon of honey
- ¼ teaspoon of cinnamon
- ¾ cup of your favourite fruit: strawberries, blueberries & bananas taste great with this recipe
- 1 cute mason jar to put it all together

*Measurements of the oats, milk & fruit vary depending on your levels of hangry in the morning!

Directions

1. The night before, place the oats, milk, and chia seeds in a mason jar and stir together. Make sure the oats and chia seeds are fully submerged in the milk.
2. Put on the lid, place in the fridge and allow the mixture to soak overnight.
3. In the morning, take the mixture out of the fridge and add in the honey, cinnamon, and fruit.
4. Mix together and if you'd like, place mixture in the microwave and heat up for 45 seconds.

VOILA! Breakfast is served! Take the jar on the go and enjoy!

Butternut Squash Mac & Cheese

Submitted by Anna Angelidis

You will need

- 2 cups uncooked elbow macaroni
- 1 medium white onion (optional)
- 1 tablespoon butter
- 5 cups butternut squash (cubed)
- 5 cups broth of choice (or water)
- 3/4 cups milk of choice
- 1 cup shredded cheese of choice (I like sharp cheddar or gruyere)
- salt and pepper to taste
- roasted garlic (optional)



Directions

1. Cook macaroni - drain and set aside
2. Heat butter in skillet - add thinly sliced onion and cook over low heat until caramelized (about 15-20 minutes)
3. Bring broth to boil in large pot and add squash. Cook until tender (about 7 minutes).
4. Drain squash, and reserve 1/2 cup broth
5. Transfer squash, broth, onion, roasted garlic, milk, salt and pepper to blender and blend until smooth
6. Mix together noodles, sauce, and cheese until combined well and cheese is melted
7. Optional Step: Reserve 1/4 cup cheese to sprinkle on top of noodle mixture. Broil until cheese is bubbly (about 3-5 minutes)

Quick and Easy Workout

Submitted by Renée Gagnon

Renée works as a personal trainer part time and was a competitive swimmer for 12 years. This 30 minute workout can be performed at the gym or at home.

You will need

Your own body weight!

One dumbbell of your choice of weight

Perform each exercise as fast you can for 40 seconds, then rest for 20 seconds. Repeat for each exercise in the circuit. Repeat each circuit three times.

Exercise #1: Mountain climbers

Exercise #2: Bicep curls

Exercise #3: High Knees

Exercise #1: Box Jumps

Exercise #2: Squats (optional with or without weight)

Exercise #3: Sit Ups

Exercise #1: Jump Lunges

Exercise #2: Knee push ups

Exercise #3: Shoulder press with dumbbell or light weight





The next federal election will take place on Monday, October 21, 2019. Elections matter, especially when it comes to health and healthcare. Nurses have a powerful voice, let it be heard and vote!

For more information, and to check to see if you are registered to vote, visit elections.ca