

SCHOLAR PRACTITIONER

NURSING PROGRAM NEWSLETTER



Winter 2019 Edition

T H E M E D

Functionality of Mind, Body,
Spirit + Retooling/Redesign



Graphic Designer Lily S. M. Liu
Content Editors Natasha McCulloch,
Daniella DeBartolo

Program Manager Baiba Zarins
Faculty Krysia Thériault, Xavier Debrah-Grant,
Katalin Pere, Nicole McBarron, Ping Zou,
Valini Geer, Louela Manankil-Rankin





Table of Contents

Greetings	01
SPP Learner Announcements	02
Faculty Announcements	03
NU Undergrad Research Conference	04
HSP-Net Updates / SPP Lending Library	05
SAS Accommodation / NCLEX News	06
It's Time To End TB!	07
"Semester Reflection" (TWH CSU)	08
"Second Semester Reflection" (TWH GIM 8B Fell)	09
"Magistra" (TWH GIM)	10
RNAO BOD Meeting Reflection: "Speaking out for Nursing"	11
"Simplicity"	13
"Powerful Woman"	14
Recipe: Curried Lentil Dip	15
Recipe: Shake & Bake Chicken	16

Greetings,

... on the transition of seasons!

Congratulations on your transformation from the unusually abundance of inclement weather this season that the awakening of spring. For the first time in our program, the unanticipated weather conditions resulted in two occurrences of closure during winter semester, however the energy and determination of program learners in adapting is greatly acknowledged and is to be commended.

For the 2017 cohort, the anticipation of the final and consolidating semester is fast approaching! Congratulations to our 2018 cohort, as you are nearing the mid-point of your SPP journey. Take this time to reflect and acknowledge the growing depth and breadth of your educational journey thus far. Celebrate each accomplishment as you build upon your learning experiences.

As we look ahead to an active spring-summer semester, we also acknowledge the dedication of our SPP faculty in support of your accomplishments and learning experiences. Their tireless dedication, commitment and teamwork is reflected with individual and program level achievements.



Baiba Zarins, RN, PhD
SPP Program Manager

SPP Learner Announcements

The Registered Nurses Foundation of Ontario (RNFOO) recently announced the successful awarding of scholarships totalling \$82,200 among 63 nurses and nursing students!

Congratulations to **Erika Toth** in winning the TGH SoN Alumnae Association Scholarship and to the RNAO Region 6 Undergraduate Scholarship award winner, **Shen Mei (Lily) Liu**. Both are among six Nipissing University School of Nursing scholarship winners. What wonderful news to receive in acknowledgement of their academic achievements as both will be celebrating this success at the RNFOO gala on May 1st.

The RNAO Foundation is a charitable organization established in 1972 with a mandate to establish and administer an Award and Scholarship program for nursing.



Faculty Announcements

Congratulations to **Valini Geer**, who submitted a successful abstract "Preparing Practice Ready Public Health Nurses: Nipissing University's Scholar Practitioner Program at Toronto Public Health", was accepted for the Community Health Nursing Conference in New Brunswick.

Dr. Baiba Zarins was invited as a visiting academic guest lecturer for a period of two weeks, starting from June 3 to June 14, 2019 in the Department of Nursing and Midwifery of Rīga Stradiņš University, Latvia. Baiba will participate in study process for bachelor and master degree students, as well as will be invited to be a Chairman of the Commission for the evaluation of Master's theses in nursing science. During her stay in Rīga Stradiņš University Baiba will also participate as guest lecturer in PhD students and PhD candidates international summer school which will take place in Riga during June 12-14, 2019.

Request for CVs (or Learning Objectives)

As a reminder, please ensure you have an updated CV on file in HSP-Net the event of placement unit request each semester. We have noticed more units are requesting CV's with any semester placement request. CV's greatly assist unit management in facilitating the best experiential practicum experience in anticipation of your placement any semester during your two years of study and evolving point of care experience.

Nipissing University Undergraduate Research Conference 2019

The 12th annual Nipissing University Undergraduate Research Conference, held on March 22nd and 23rd at North Bay campus continues to be well represented by NU SPP learner abstract submissions! NU SPP learner poster session presenters included.

Daniella DeBartolo, Jennifer Dhawan, Yakira Hume, Karina MacIntyre, & Natasha McCulloch
"Engaging Our Peers to Integrate the BPG into Practice: A Year-One Champions Project"

Tetiana Domnich
"Design of a Standard Educational Pamphlet to Facilitate Patient Decision on Code Status"

Chante Ellis
"Understanding How I Experience Becoming Practice-Ready for Compassionate Care as a Graduating Nurse"

Kathren Krolak
"Examining the State of Readiness for Practice by Nipissing University's Nursing Students"

Ilham Elias participated in a panel discussion of her research *"Changing Nurses' Attitudes toward Post-Hysterectomy Depression"*.

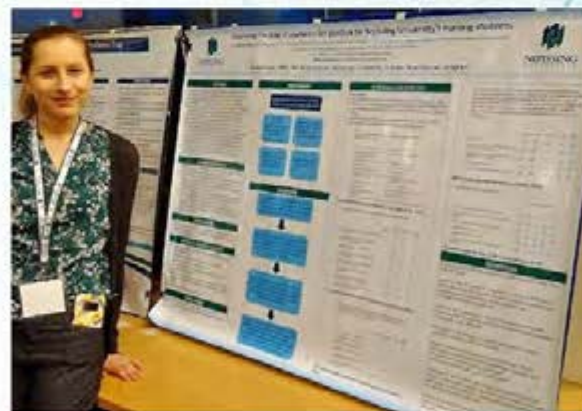
Other session panelists, **Sara Abernethy, Melissa Dash, Jelena Grabeljsek and Samantha Simone** presented *"Engaging Nursing Students With Integrating the Best Practice Guidelines (BPGs) into Their Practice: A Year-Two Champions Project"*.

Christina Critelli and Daniella DeBartolo shared their work *"Understanding How the Change Day Activity Implemented in the Scholar Practitioner Program Informed Nursing Students' Professional Identity Formation"* within the same concurrent session.

Congratulations to all NU Undergraduate Research Conference participants!

This conference is an excellent opportunity for undergraduate students to showcase their work in a professional setting before their peers, faculty, and the public. Great appreciation is extended to faculty mentors, **Dr. Louela Manakil-Rankin and Dr. Ping Zou** in support of this scholarly opportunity!

Nipissing University School of Nursing hosted an RNAO BPSO Open House on Friday, March 22nd. The NU SPP learners attending the NU Undergraduate Research Conference also had the opportunity to network with on-campus students earlier in the day in the knowledge exchange filled event.



The background features a light beige color with a pattern of stylized, dark brown birds in flight. On the left side, there are several open books, also in a dark brown outline style, stacked vertically. The overall aesthetic is clean and academic.

HSPnet updates: Learner Access

SPP learners be continuing to use HSPnet for accessing relevant placement information (i.e. your placement location, preceptor details, orientation, etc.) It is your responsibility to ensure you are checking HSPnet for placement information. Do note that placements are subject to change due to unanticipated circumstances of receiving units and preceptor availability. In the event of questions and follow-up, contact **Michelle Banks**, our clinical placement coordinator at SPP Clinical Placements > sppclinicalplacements@nipissingu.ca

NU SPP Med-West Lending Library

“Donate a book, loan a book!”

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.

Learners requiring Student Accessibility Services (SAS) Accommodation

A reminder on behalf of Kristin Greczko, our NU SPP SAS liaison:

Students are required to submit a returning student form at the beginning of each term. The form tells SAS that the student is enrolled in classes for the term and requires access to their academic accommodations. The returning student form also provides SAS consent to deliver their Letters of Accommodation to their new faculty mentor each semester. On our end, when we receive the returning student form, we confirm the student's documentation is still valid prior to sending out the letters. Students are reminded to complete the returning student form via monthly newsletters.

NCLEX News

NCLEX preparatory studies must be threaded throughout your learning journey. Please do not hesitate in planning your independent study approaches. It is wonderful to acknowledge and recognize the high success rate of SPP graduates with NCLEX testing, however, plan ahead and optimize your learning experiences to your study plans, goals and milestones. As mentioned previously, our graduates share that the best advice is to start your individual or group study plans early and utilize various learning strategies to achieve a well rounded approach to the exam content.

It's
TIME

For World TB Day 2019

#ItsTimetoEndTB

Toronto Public Health, community partners, and the Stop TB partnership raised awareness about tuberculosis on World TB Day, March 24, 2019. This year, the global theme "It's Time!" is focused is on increasing the urgency to reduce the incidence of TB and end the stigma associated with TB. For more information on tuberculosis visit:

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/tuberculosis-tb/>



L to R: Phyllis Chong, Lee Truong, Jennifer Cho, Marsha Casselman, and Esther Kothapally

Semester Reflection

By Kalyna McIntosh

This semester, many patients touched my heart and made me realize how much of an impact small gestures such as smiling when walking into their room or always trying to have a positive attitude had on their stay in the hospital. The comments above were provided by patients who went out of their way to show their appreciation for the care I provided them along with my preceptor Ken.

The past 9 weeks at Toronto Western Hospital Combined Surgical Unit have been nothing short of amazing. I was provided with so many opportunities to develop my clinical nursing skills, critical thinking and communication as well as was privileged to work as part of an amazing healthcare team where I felt appreciated from the moment I stepped onto the unit. My preceptor Ken is an amazing, hardworking nurse who was always enthusiastic about teaching me, was constantly challenging me to develop my knowledge, always seeking out learning opportunities and was integral in my development as I continue my journey to becoming an RN.

Ken, as well as the rest of the healthcare team gave me a deeper appreciation for nursing because of the positive environment they've created on the unit, I looked forward to going to clinical every week with the ending being bitter sweet. I am grateful to have had this experience and hope to one day be part of such an amazing team.

"My experience here has been all positive. The nursing staff is stellar. Kalyna is lovely, compassionate and always enters my room with a beautiful smile which is like sunshine to brighten my day."

- Patient at TWH

"TWH is my favourite hospital. All the staff are very experienced and caring, they always make me feel very safe and well loved. Student nurse Kalyna along with RN Ken has been providing me care for about 2 weeks and they have been excellent."

- Patient at TWH






Reflecting on my Second Semester in the Scholar Practitioner Program

By Anna Angelidis

For my second semester in the Scholar-Practitioner BScN program, I was fortunate enough to be placed on 8B Fell, a general internal medicine unit at Toronto Western Hospital. My experience here was full of new experiences, supportive nursing colleagues, and a myriad of diagnoses and conditions to learn about. I was able to pick up several new skills, including priming IV lines, performing and out catheterizations, bladder scanning, administering subcutaneous injections, and performing compressions during a code blue.

Overall my semester was full of valuable learning opportunities and my preceptor as well as the nursing team was eager to include me in various aspects of patient-centered care that I had not experienced before. I even met other recent graduates of the Scholar-Practitioner program who were working on the unit and had nothing but positive things to say, both about their preparedness and employability when entering the workforce after graduation, and about working independently as registered nurses. I had a great semester and would highly recommend this unit to other nursing students interested in an acute care setting.

Magistra



By Jugsir Grewal

This semester my clinical rotation was at the Toronto Western Hospital on the General Internal Medicine floor. Like most students before my rotation began I introduced myself to everyone that I would be working with including my preceptor. Everyone I met was very kind and receptive. I felt very confident going in and I felt this would be a great experience. And it was. My preceptor in many ways reminded me of some of the mentors I had in my life. She was very invested in my success and learning. An example is the numerous times she would coach me after our shift was done. This is very important because my preceptor is also a recent and young mother. Yet she would devote her personal time to teaching me and she did not have to. She went out of her way to get me resources and to ensure I had unique clinical experiences.

I did not just learn technical skills from preceptor. Through my observations I learned how to nurse. Her dedication to her clients and her process were insightful to me and improved my own processes. I feel leaving this clinical I have gained a valuable learning experience but I have also become a better nurse. For this I am very thankful, and grateful that I was able to have this learning experience with my preceptor.

In reflection class, my faculty was Louela. Reflection class was also very insightful, informative, and valuable. I feel I have learned much not only from Louela's guidance but also my co-learners experiences. I was able to experience through their experiences different clinical situations and different nursing process that they went through or their preceptors engaged in.

With my clinical experience I felt there was a resonance with what I experienced at clinical and with what I would experience in our reflection class. For instance, Louela's guidance regarding the nursing framework was very useful to me as I implemented it in my clinical rotation and it greatly helped. This is something my preceptor also stated was a very useful tool. Louela's insight and her experiences resonated with what I experienced in clinical. For instance, in one reflection class, Louela told us to be mindful of 'a sixth sense', to pay attention to this feeling and follow up on it. In clinical we had a patient, this patient was vitally stable and did not exhibit anything to indicate cause for concern. Despite, this my preceptor was not satisfied, something did not feel 'right'. We checked vitals again, and the doctor also assessed the patient. Again, the patient was vitally stable, and the doctor confirmed that there was no cause for concern based on their assessment. My preceptor was still not satisfied, something about this patient bothered her. A few days later this patient passed away. When me and my preceptor discussed this it reminded me of that reflection class. When I asked my preceptor what led her to believe something was wrong, her response was that it was instinct, and having a feel for the patient. Something that develops over time.

Louela's guidance in reflection has helped me become better in the practice of reflecting; improved my nursing practice at clinical; and also gave me confidence and strength. I remember some coaching I had received from Louela, where I had said I was nervous trying something without fully having that confidence, and Louela told me "Jugsir you need to push yourself. Just do it. Your preceptor is right there." In my evaluation my preceptor and Louela discussed this and at that time I finally started developing that confidence and it continues to grow today. This was a valuable moment for me as it taught me that for my confidence to grow, I need to experience uncomfortable things to eventually become comfortable with them. For this I am very thankful and grateful to my faculty Louela.

Speaking out for Nursing = Speaking out for Health

By Erika Toth

Along with seven other nursing students from across the province, I had the privilege of completing a student placement with the Registered Nurses' Association of Ontario's Board of Directors (RNAO BOD) between April 10th and 13th 2019. As the eight of us arrived at the RNAO office on the morning of April 10th, we were unfamiliar with each other and our surroundings, and unsure of what we would experience over the course of the next few days. We discovered quickly that it would be a busy four days ahead. Not only would we be forming unique bonds with one another as future nursing colleagues, but we would be learning about the professional body that represents us and advocates for our profession, our clients, as well as the policies that affect our practice.

My placement with the RNAO BOD could not have come at a more appropriate juncture, as I am realizing a passion to advocate for ethical education within nursing schools in Ontario. Over the course of the placement, I had the opportunity to see the RNAO BOD in action, giving me insight into how the leaders of our association make decisions and determine priorities. As well, our RNAO Orientation included topics such as Nursing & Health Policy, Communications, Information Management & Technology, the Legal Assistance Program, and International Affairs & Best Practice Guidelines. Within this last orientation session, I was particularly intrigued by the Practice Education in Nursing BPG, which was published in May, 2016. This BPG, which is so relevant to my newest passion, is one that I had never seen before. Looking through it for the first time while at the RNAO office gave me the opportunity to comment on potential gaps within the document, and for RNAO Staff to respond by informing me that my observations would be communicated with the team. This exchange was a pivotal one for me, as it demonstrated that even as a nursing student, my voice can be heard.

Perhaps the most exciting element of my student placement was that it coincided with RNAO's 94th Annual General Meeting (AGM), which began the very evening the 2019 Ontario Budget was unveiled at Queen's Park. Needless to say, there was palpable energy in the room when France Gélinas, NDP Health Critic, announced that the 35 public health units in Ontario would be cut down to 10, and that Ontario hospitals (already struggling with hallway healthcare) will only be receiving 60% of the finances they need to maintain their current care capacity. You could have heard a pin drop in a subsequent address from Honourable Christine Elliott, Deputy Premier of Ontario and Minister of Health and Long-Term Care, who laid out the government's vision for integrated health care teams as a new service delivery model in our province. What a fascinating but fitting introduction to three lively days in which RNAO members celebrated milestones in advocacy and improvements in client care, and voted on proposed resolutions for the year ahead.

Being present for the addresses, reports, award ceremony, consultation session, and each of the other AGM events was not only interesting to witness, but demonstrated to me that it is individual RNs, NPs, and nursing students who make up the 42,056-strong voice of the RNAO. This year's AGM was entitled Speaking out for Nursing = Speaking out for Health, and it made me think about what my responsibilities are to the nursing profession even in my current status as a nursing student. If I am to become a nurse who will speak out for health, I must begin as a nursing student who is willing to courageously speak out, despite the perceived powerlessness of my position. It is vital for nursing students to recognize that the RNAO did not start out as the strong and powerful voice that it is today. At the outset, the small number of nurses who saw the need to advocate for their profession and for their clients were not acknowledged. Today, however, when our CEO Doris Grinspun speaks, the heads of government officials turn. As nursing students, we too can rise above the barriers that are set before us to be heard throughout our province. Let's come together and create a strong voice that cannot be ignored as we advocate for what's important in our education and our future profession. Let's speak out, as it is the only way to pave the way for positive change.



**SPEAKING
OUT** =
for nursing.

**SPEAKING
OUT**
for health.

Annual General Meeting 2019

Simplicity

By Molly Raye Hansen

The humidity surrounds my body, my skin is covered in a layer of sweat and the curls hang down my back loosely as I try to catch a slight breeze from the screened-in porch where I stand.

I exchange the money in my hand for a homemade loaf of bread and delicate Chelsea buns. The lovely old couple in the blue house at the corner of the street placed their homemade baking sign at the end of the driveway every Friday.

A breeze finally sails through the porch and relieves the humidity. The sky becomes an awful grey tone and, all at once, the world becomes silent. It's as if the rotation pattern along the earth's axis stopped for a second and every human being took the deepest of breaths, filled every dip and groove of their lungs with air and let the silence of hesitation before the release of air expand over the horizon of the world. In this moment, there was peace.

If the silence lasted any longer, the world would have gone crazy – we aren't meant for that abundance of silence. That is why it is always followed by rain.

Crystal-clear droplets begin to fall from the sky, baptizing the dirt, rocks, and greens. The wall of water hits and the roar of sound is enhanced by the slow outburst of air coming from pursed lips all around the world. The soothing rhythm of the rain set the earth back on its course.

I realize that my car windows are open and the rain has pronounced itself over my path home. I say my thanks and goodbyes, wrap my fingers around the copper door handle, push it open, and run out into the rain.

I attempt to cover myself from the downpour but start to laugh at the ridiculousness of the situation. Here I am, running like a fool, trying to hide myself. The laugh grows until I can no longer keep myself composed and let go. There is no point, there is no use. I open up to the rain. I let everyone of the cool drops fall along my skin.

I run faster and faster with a wide smile and lungs that are gasping for air from the uncontrollable laughter. My skin feels refreshed, my hair is a mess, and I am drenched. Goosebumps trace over my body and a chill comes over me. I feel alive.

The sun begins to peak through the grey sky, each raindrop is illuminated and a spectrum of light beams through the sky. Everything is greener, brighter, revitalized. The sight is simply beautiful. The universe was made to be seen by our eyes. How rare and beautiful it is that we exist.



Powerful Woman

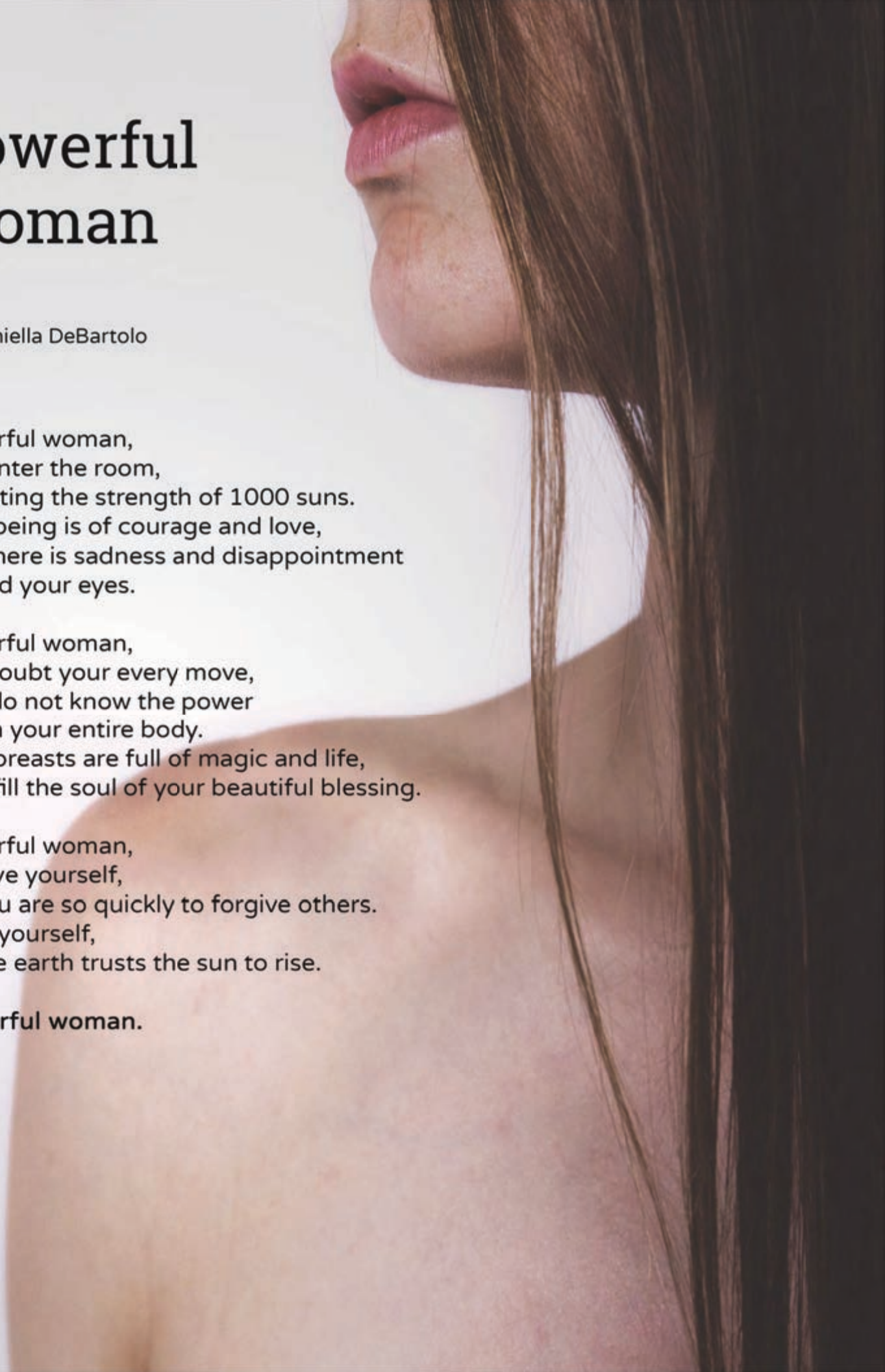
By Daniella DeBartolo

Powerful woman,
You enter the room,
Radiating the strength of 1000 suns.
Your being is of courage and love,
Yet, there is sadness and disappointment
behind your eyes.

Powerful woman,
You doubt your every move,
And do not know the power
within your entire body.
Your breasts are full of magic and life,
That fill the soul of your beautiful blessing.

Powerful woman,
Forgive yourself,
As you are so quickly to forgive others.
Trust yourself,
As the earth trusts the sun to rise.

Powerful woman.



Curried Lentil Dip

By Karina MacIntyre

Ingredients:

1 can of 19 oz lentils – rinsed and drained
½ cup of currants
3 green onions – chopped
1 red pepper chopped
Pinch of sugar (optional)

Dressing:

½ cup of avocado oil –
(can sub with veg, olive or grape seed oil)
¼ cup red wine vinegar
1 tsp cinnamon
½ tsp cumin
1 ¼ tsp curry powder
1 tsp lemon juice
Pinch of cloves
Salt & pepper to taste

Instructions:

1. Let sit overnight to allow the lentils to marinate
2. Recommend: serve with Mary's J alapeno Gluten Free crackers (optional – they have a bite to them)

Lentils are a great source of protein (9g per 100g) especially if you are a vegetarian.

This is a delicious little snack that can go on salads, crackers, rice or enjoyed on its own!





Shake & Bake Chicken

By Haley Jim

During my placement in Chronic Disease and Injury Prevention, I was able to participate in a weekly food skills initiative called *Stone Soup*. Students were introduced to basic nutrition, cooking skills and exposed to different types of cuisines during the sessions. This is a dish the students made in honor of **Black History Month**. It is simple, easy to prepare and delicious!

Ingredients:

Chicken legs
Chicken seasoning
Black pepper
Thyme
Oregano
Flour
Vinegar
(for cleaning chicken)
Cooking spray

Instructions:

1. Preheat oven to 400 degrees
2. Wash and clean chicken legs with vinegar
3. Rinse chicken well and set in colander to drain off excess water
4. Place chicken in a large bowl and add seasoning – Mix well
5. Take ½ cup of flour and sprinkle flour over chicken in the bowl ensuring each piece of chicken is evenly covered
6. Grease baking tray
7. Place chicken on tray spreading the pieces evenly apart
8. Place tray in preheated oven and bake for 45 mins