



Connections

RNANT/NU Newsletter

Fall 2012

In This Issue

Board of Directors.....	2	Student Nurses in the News.....	7
Presidents Message.....	3	Nurses Bucket List	7
Executive Director's Message.....	4	Northwest Territories and Nunavut Public Health Association.....	8
Meet the Board.....	5	Long Time Northern Nurses.....	9
PCR Report.....	5	Education Corner.....	10
Vacant Board Positions.....	5	Upcoming Conferences.....	10
Aurora research Institute.....	6	YK Nursing Chapter News.....	11
Canadian Association of Rural and Remote Nurses.....	6	Bits and Pieces.....	12
		Notices	12



Photo by Pat Nymark



RNANT/NU

The Registered Nurses Association of the Northwest Territories and Nunavut is the Professional regulatory body and professional association of Registered Nurses..

As a self-regulating body we have a mandate to protect the public. As an Association, we have a responsibility to represent, support and advocate for nurses.

Mission

To promote and ensure competent nursing practice for people of the Northwest Territories and Nunavut

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Monday—Friday (except Statutory holidays)

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RNANT/NU

Board of Directors

President	Rob Nevin
President Elect	Vacant
NT Vice President	Jan Inman
NU Vice President	Fred Monpetit
Secretary	Jo-Anne Hubert
Treasurer	Vacant
NT North Representative	Deborah Colquhoun
NT South Representative	Linda Simpson
NU West Representative	Vacant
NU East Representative	Vacant
NT Public Representative	Jeanette Hall
NU Public Representative	John Maurice

Staff

Acting Executive Director	Sheila Humphrey
Director of Regulatory Services and Policy	Sheila Humphrey
Director of Professional Conduct Review	Paul McCaskill
Regulation Co-ordinator	Laurie Richardson
Executive Assistant	Barb Kardash

Office Location

The RNANT/NU office is located in the Monkey Tree Mall, beside Diamonte's Restaurant.

#3 483 Range Lake Road
Yellowknife, NT

President's Message

Hello to members of the RNANT/NU. My name is Rob Nevin. I became president-elect of our Association this past spring. I believe in the importance of supporting and participating in the governance of the Association. I strongly believe that having a board and being a board member allows us to describe ourselves as a nursing professional.



I had barely been elected vice-president when I was asked if I could take on the role of 'acting-president' and attend the CNA biennium at the end of June. Our then president, Angela Luciani, was moving to Thailand to pursue a degree and our Executive Director, Steven Leck, was leaving for a new job as deputy registrar in Alberta. My plans to take a measured and slow approach to being a board member by observing, learning, and participating quickly transitioned to jumping in feet first. I had to start actively working as the newly confirmed President of the RNANT/NU. The Association's ED position is yet to be filled. Our RNANT/NU staff have demonstrated true leadership. They are doing more with less and they are keeping the Association running smoothly and efficiently. The staff is ready and prepared as they enter into the busy registration season. They continue to support the work of the board as we search for a full time ED. I would like to recognize the leadership of Sheila Humphrey, RN and the staff who are keeping the Association's 'nose into the wind and steady as she goes'.

I am from Kirkland Lake in northern Ontario and I grew up in the town of Cornwall. I started my nursing career after I graduated from community college in 1982. My first job was in Halifax as a registered nurse working in the field of psychiatry. After four years in psychiatry, I veered right and took on my first 'Outpost' nursing job in Fort Albany, Ontario. I worked in a small cottage hospital and outpost run by nurses on a first nation's reserve. I moved to the community of Pangnirtung in 1988. I have worked in full-time, casual and contract (agency nurse) positions and have had the privilege of working in 16 of Nunavut's 24 communities.

Most of my 25 year nursing career has been spent in rural & remote nursing. When I try to describe what nurses do in northern health centres, I use the term 'outpost nurse'. I believe it more accurately describes the challenges and role differences that practicing nurses experience during the day to day living and working in remote arctic communities. I completed my BScN at the **University of Ottawa** and I received my NP certification via the prior learning assessment review process in Ontario. For the past seven years I have been living and working in Iqaluit as a Nurse Practitioner and the Manager of the Family Practice Clinic. I am a father of five, a family man, and a homeowner,

What has become clear to me as an RN, as a member on numerous boards and now as the president of the RNANT/NU, is that we as nurses are connected. We are connected through our Associations and partnerships and through participation in community life. We are connected through collaboration with other professional colleagues to provide a full range of services to even the most remote northern communities. We are connected with each other by the title we have earned and hold as registered nurses. We are connected through our various Nursing Associations. The RNANT/NU has a voice within our territories; nurses have a voice to guide the Association via the board and we as an Association have a voice and a vote at the national table of the Canadian Nurses Association and at the Canadian Nurses Protective Society. Even at the newest table, that of the Canadian Council of Registered Nurse Regulators, we have a voice and a vote. It is our role and indeed, our duty, to be informed and to participate in these associations.

Our Association is going through a transition. My goals during these early days of my presidency are: to work with our board to assure continued good governance of our Association, to hire and orient a new Executive Director and to move forward as we maintain and build on what is already a solid organization. I invite all members of the RNANT/NU to correspond with me via the office of the president, or other members of the board of directors of the Association. Write us, call us, get connected and stay connected with the RNANT/NU. I want to hear your views, your visions for our Association, and any concerns you may have about our profession in our jurisdiction.

Thank you. Rob Nevin RN-NP

Executive Director's Message

Over the past few months, the office has been working at a very steady pace. We have been busy with our three mandated responsibilities.

Lori Oake was hired casual in August 2012 as Registration Assistant to assist with the registration of RNANT/NU members. As of November 5, 2012, we have a total of 1318 members (1179 RNs, 64 Associate members and 62 NPs). The 2013 Annual Registration Renewal is upon us and we have already registered approximately 125 for the 2013 calendar year. Remember to get your 2013 Annual Renewal Form and payment to the office prior to the Administrative Deadline of December 1, 2012 to avoid the late submission fee of \$100.00.

Professional Conduct remains a busy department. There is carry over work from the increase number of complaints from 2011 as well as numerous new complaints in 2012.

The Aurora College Masters NP Program has just gone through a complete program review. A site visit took place October 23-24, 2012. The RNANT/NU Education Advisory Committee will meet to review the site visitor report and make a recommendation to the Board of Directors for approval of the program.

I have had the opportunity to work with nurses from across the country to create a new "Standards of Practice for Registered Nurses". Our previous document required a face lift and the opportunity arose for our jurisdiction to join forces with the Yukon, Newfoundland, PEI and New Brunswick to produce this document. We are all very proud of the collaborative work we have done. The document has already been approved by the Nursing Association of New Brunswick (NANB) and once final consultation is complete, I will present the document to our Board of Directors for approval sometime in 2013.

I have been fortunate to be part of the national jurisdictional review of the Entry Level Competencies for Registered Nurses. We are very close to completing this document. We have been having teleconferences every two weeks for the past few months as we close in on our deadline of December 2012. We feel this document will reflect a national collaborative perspective on competencies required for entry level nurses.

The plans continue to move forward with the new RN Entry to Practice Exam which will be available commencing 2015. As more information comes to the Association, we will ensure the membership is kept aware by placing any news on our website. Please check the website (www.rnantnu.ca) on a regular basis for updates.

I would like to take this opportunity to thank the President, Rob Nevin and the entire RNANT/NU Board of Directors for their support during this transition time. I would also like to acknowledge the rest of the RNANT/NU staff, Laurie Richardson, Barb Kardash, Lori Oake and Paul McCaskill who have also been incredibly supportive as I juggle daily the work of the Association.



Respectfully Submitted, Sheila Humphrey, Acting Executive Director

RNANT/NU BOARD of DIRECTORS Vacant Positions

The following Positions on the Board of Directors are currently vacant. If you are interested in serving your professional Association consider becoming a member of the Board of Directors.

Treasurer — two year term

The Treasurer ensures an accurate record is kept of all monies received and spent by the Association; present an audited financial statement at the GM; submit a monthly financial report to the Executive Committee.

See RNANT/NU bylaws for the region boundaries.

Nomination forms are available from the association office.

Meet the Board Members

Jan Inman graduated from a hospital based nursing diploma program in Winnipeg, Manitoba in 1970. She received her BScN degree from the University of Victoria in 1990 and her diploma in Adult Education from Aurora College. In the past Jan has lived and worked as a registered nurse in the Yukon, Newfoundland, Labrador and the eastern arctic, now Nunavut. She moved to Yellowknife in 1985 and has worked in a variety of nursing roles, primarily in Nursing Education and in other Health Programs at Aurora College. Jan is currently teaching Health Sciences in the BScN Program at Aurora College in Yellowknife.

She is married to George, has two sons, two lovely daughters in law and 4 gorgeous grandchildren. Jan is looking forward to participating as the NT Vice President and taking part in the work of the RNANT/NU Board of Directors.



Jan Inman
NT Vice President

PCR Report

As of November 1, 2012, there are 33 active cases and 6 in the monitoring phase. One case has been referred to a Panel and the decision is pending.

One case the chairs have recommended to be referred to a Board of Inquiry which will be upcoming in early 2013.

One case has been dismissed for being frivolous or vexatious at a preliminary investigation stage.

Professional Conduct Committee

We are currently seeking a member to sit as the Nunavut public representative. We also have room for another public rep from the Northwest Territories. If you know anyone interested in either position, call the office and speak with the Executive Director.

Aurora Research Institute

Did you know that we have a research office in Yellowknife? It is called North Slave Research Centre and is one of three sites of Aurora Research Institute (ARI). As Manager, Health Research Programs, I have been working at this office for close to two years. In this brief, I have been asked to outline the history of ARI and its mandate. ARI was formerly called the Science Institute of the Northwest Territories. It is well established in the North since 1964. In 1995, ARI merged with Aurora College. ARI is legislated by the Science Act and is mandated to license all researchers undertaking research in the Northwest Territories. ARI compiles summaries each year of the research activity in the NWT for that year in a compendium. ARI also supports researchers through research fellowships, research assistant bursaries, internet access, library services, and laboratory facilities and at some sites, accommodations and travel equipment for land work (toboggans, snowmobiles, boats, etc.). You can learn more about ARI and the research centres in the NT by visiting the web-site: www.auroraresearchinstitute.ca.

Pertice Moffitt PhD RN

Manager/Instructor, Health Research Programs

Aurora Research Institute/Aurora College

Canadian Association for Rural and Remote Nursing

In December, 2012, I will be completing my two year term as President of CARRN. This is a good time to reflect on the work and future possibilities of this organization. CARRN is relatively young as an interest and affiliate group of C.N.A. In 2002, a group of like-minded rural and remote nurses from across Canada brokered the idea for the group with the Canadian Nurses Association. In 2004, it became official as a member with over one hundred and twenty-five nurse members. The purpose of CARRN is to serve as a voice for rural and remote nurses in Canada and to represent rural and remote nurses in national forums. In addition, the aim of the Association is to advance the unique specialty of rural and remote nursing practice through recognition, research and education, and thereby influence rural and remote health policy.

This is a tall order and there is much to be done. I encourage you to visit our web-page at www.carrn.com and to become a member. Why you may be thinking? We do have a listserv that connects all of the members. This is a place where we can share ideas, consider the benefits, challenges, and unique needs of our practice in rural and remote regions of Canada to formulate and instigate plans to profile the work we do. We also engage with researchers in studies that influence nursing and health care in rural and remote Canada. As a member group of the specialities network belonging to C.N.A., we are a part of a larger forum of nurses and have rapid and reliable communication with our professional body.

Pertice Moffitt PhD RN

Manager/Instructor, Health Research Programs

Aurora Research Institute/Aurora College

Student Nurses in the News

Keeping Abreast with Health Research at the ICCH15

As a nursing student research assistant of Dr. Pertice Moffitt of the Aurora Research Institute, I had the privilege to attend the 15th International Congress on Circumpolar Health. The conference was held at the University of Fairbanks in Alaska last August 5-11, 2012. Researchers, health care professionals and indigenous representatives from the Arctic Circumpolar Region gathered in this conference, which is considered the world's foremost multidisciplinary forum on Arctic health. I had the honour of presenting the preliminary findings of our research entitled "Rural and Northern Community Response to Intimate Partner Violence". Attending this conference allowed me to learn about the many opportunities in health research and keep abreast with the most relevant health and social issues in the Arctic Circumpolar community. It was a great opportunity for a nursing student like me to discover the latest information on programs and research from the circumpolar experts themselves, as well as gain a deeper understanding of how research can influence my future nursing practice. From this experience, I can truly say that nurses and nursing students, in their own way, should be involved in health or clinical research in order to advance the nursing profession and celebrate nursing as "knowledge-work".

– Marshirette Mauricio, 4th year Nursing Student (Aurora College School of Nursing in partnership with University of Victoria) and Student Research Assistant.



Dr. Pertice Moffitt and Marshi Mauricio at the conference in Alaska in August this year.

Nurses "Bucket List"



Guess who has already started checking off their list?

Send us a picture your "bucket list" activities !

Getting to Know Our Long Time Northern Nurses

Meet Lynda Koe RN

Care Supervisor at Aven Manor Long Term Care Facility in Yellowknife.

Q: *How long have you worked as a nurse in the north, and where did you work?*

A: I came to the north, Inuvik, in 1970 and worked there for four years on two different occasions. Pediatrics was my first job then I was the Head Nurse on the Long Term Care Unit. I have been working in Yellowknife since 1989, as the Care Supervisor at Aven Manor, a long term care facility.

Q: *What drew you to northern nursing and what has kept you here?*

A: A sense of adventure attracted me to the north, an opportunity to explore a different part of the country. The lifestyle, people I have met and my family has kept me here.

Q: *How do you stay motivated, and keep yourself healthy in mind, body, and spirit?*

A: The work is what I enjoy, it keeps me coming back ,and it keeps me healthy, I am happy with my work and the northern lifestyle. I attend relevant conferences to stay fresh in the field I work in. I learn so much from the residents and staff of Avens.

Q: *How have your family, community and employer been factors in staying in the north?*

A: If I have family around me and enjoy my work, there is no need to relocate. The community has provided good schools and social and sports opportunities for us as a family. I respect my employer and as I have said, I enjoy my work.

Q: *What characteristics do you think a northern Nurse should embody and what advice would you give to nurses just starting out?*

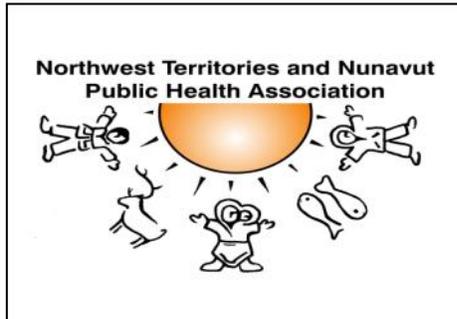
A: A new nurse to the north needs to be happy with the lifestyle, and like living in a small community. A willingness to learn about and from the people and be able to go with the flow are good attributes to possess along with respect for the people you work with. Don't try to change things too before you understand the people of the north & their way of life.

Q: *What does the future hold for you?*

A: I will keep working for now and retire in Yellowknife when the time comes. Where else would I go?

This interview was conducted and written by Heather Leslie

Northwest Territories and Nunavut Public Health Association



Northwest Territories and Nunavut Public Health Association (NTNUPHA) is a voluntary, not-for-profit Association with a community health perspective. NTNUPHA is affiliated with the Canadian Public Health Association (CPHA).

NTNUPHA represents leaders in public health interested in the strengthening and shaping of public health practices and policies in the North and in Canada: *educators, health and social workers, interested community members, policy and decision makers, public health safety workers, researchers.*

NTNUPHA mission: to advocate for the improvement of personal and community health in accordance with the public health principles of disease and injury prevention, health protection and promotion, and health public policy.

NTNUPHA achieves this mission by:

- Advocating for policy change on issues that affect health.
- Liaising with non-government organizations, volunteer agencies and government departments.
- Monitoring social, economic, political, and environmental developments that may influence public health.
- Partnering with organizations, volunteer agencies, and government departments on projects that improve personal and community health.
- Providing liaison and partnership with the CPHA and the other provincial public health associations/branches.
- Providing an opportunity to speak on broader public health issues outside of discipline boundaries.
- Raising public and professional awareness on health issues.
- Supporting educational opportunities in public health.

NTNUPHA priorities:

- capacity building of the public health workforce in the North.
- the use of evidence-based public health and knowledge translation through the sharing of information and resources.
- knowledge translation, advocacy, and action regarding social determinants of health and health equity in the North.

For more information, contact us at:

NTNUPHA
PO Box 1709
Yellowknife, NT X1A 2P3
or
E-mail: ntnupha@northwestel.net

Board of Directors:

President: Faye Stark
Past President: Dr. Isaac Sobol
Secretary: Maria Santos
Treasurer: Marnie Bell
Director: Jill Christensen
Director: Cheryl Case
Director: Frances Aylward
Director: Markus Wilcke

Watch for the announcement of the NTNUPHA AGM in November 2013! All are welcome to attend the Education Session and the AGM.

Submitted by Faye Stark RN BScN

Education Corner



Four Nurses at Stanton Territorial Health Authority have received their CNA certifications:

Christina Jenkins RN in Nephrology

Dale Sacrey RN in Nephrology

Karen Brown RN in Medical-Surgical

Stephanie Lewis RN in Gastroenterology. Stephanie also completed the Oncology Distance Education Course from the Cross Cancer Institute in Edmonton.

Congratulations to all of you for a job well done!

Nursing Conferences - 2012 and 2013

- | | |
|---|---------------------|
| * Canadian Immunization Conference, Vancouver, BC
www.phac-aspc.ca | December 3-5 2012 |
| * Canadian Association of Neonatal Nurses, Montreal, PQ
www.neonatalcann.ca | February 10-12 2013 |
| * Education for Leadership: Imagining the Possibilities, Edmonton
www.nursing.ualberta.ca | February 21-23 2013 |
| * 48th Annual Post Graduate Review in Family Medicine, Vancouver
http://www.ncme.ca/calendar/events/index.php?com=detail&elD=2212 | Feb 27- Mar 1, 2013 |
| * Canadian Respiratory Conference, Quebec City, PQ
www.lung.ca | April 11-13 2013, |
| * Operating Room Nurses Association of Canada
www.ornac.ca | April 21-25 2013 |
| * National Conference for Nurse Practitioners, Nashville, Tennessee
http://www.conferences.com/event.aspx?eid=11 | May 1-4, 2013 |
| * Canadian Association of Rehabilitation Nurses, Vancouver, BC
www.carn.ca | May 29-31 2013 |
| * North American Refugee Health Conference, Toronto, ON | June 6-8 2013 |
| * Canadian Public Health Association Conference, Ottawa, ON
www.cpha.ca.northamericanrefugeehealth.com | June 9-12 2013 |
| * Community Health Nurses, Kelowna, BC
www.chnc.ca | June 17-19 2013, |
| * International Family Nursing Conference, Minneapolis, Minn
www.internationalfamilynursing.org | June 19-22 2013 |
| * American Academy of Nurse Practitioners 28th National Conference
Las Vegas, Nevada
www.aanp.org/conferences/national-conference | June 19-23, 2013 |

Yellowknife Nursing Chapter

Submitted by Heather Leslie

The YK Nursing Chapter held their annual general meeting Sept 17th, 2012 to plan the coming year's activities and to elect officers for the New Year. Here are the highlights from the meeting:

New executive is as follows: **Chair** - Vee Faria

Vice Chair - Heather Leslie

Secretary - Pat Nymark

Treasurer - Denise Bowen

Activities:

- ◆ **Christmas Craft Sale** 2nd floor at Aurora College Nov 10th – Donations are requested. Please contact Pat Nymark @ pnymark@auroracollege.nt.ca,
- ◆ **Sock Drive** from Oct 15-Nov 9th – Please be a champion in your place of work and have a box for collection and notify a Chapter member for delivery of items.
- ◆ **Collection of Personal Care Items** to donate to Yellowknife Non-Government Organizations will be announced in the New Year.

Meetings:

- ◆ Nov 19th - Place and time TBA
- ◆ Dec 8th at 10 am there will be a potluck brunch at 5211 – 52nd Street, Yellowknife.

Other:

- ◆ **Nursing North of 60 Logo T-shirts** are still available for sale, contact Vee Faria at 920 3492.



Here is a sample of our T-shirts being modeled by Aurora College, Fall 2012, IAP (Introduction to Advanced Practice) students.

Emma Strobell, Alex Blight, Kaebri Ziolkowski, Heather Leslie, Bridget Zohner, Lesley Brooks, and Lianne Mantla.

Bits and Pieces

Websites

Canadian Nurses Association

www.cna-aiic.ca

Canadian Nurses Protective Society

www.cnps.ca

NurseOne

www.nurseone.ca

Canadian Association for Rural and Remote Nurses

www.carrn.com

Notices

Old Stanton Hospital Reunion

Attention all Stanton Hospital Employees who worked in the old hospital prior to 1988. Believe it or not, it will be 25 years in 2013 since the old hospital closed its doors. We, the Stanton Reunion Committee, thought it would be fitting to have a reunion.

stantonyk25.com is the place to register for all the fun planned for June 28-29th 2013.

Thanks, Heather Leslie
Stanton Reunion Committee

Reminder

2013 Registration Packages are available on the RNANT/NU website at:

<http://www.rnantnu.ca/Registration/tabid/58/Default.aspx>

Connections

Keeping nurses in the North linked to each other.

Let us know who you are, where you are and what you do.

Send submissions to ea@rnanntnu

Newsletter Committee

Elizabeth Cook Karen Graham

Brenda Kolasa Heather Leslie

Pat Nymark

Next Issue

February 2013

Moving?

WE NEED TO KNOW

Please provide your new address, Phone and e-mail address to:

RNANT/NU at admin@rnanntnu.ca or

Call the office (867) 873-2745