

Scholar Practitioner Program Spring/Summer Newsletter

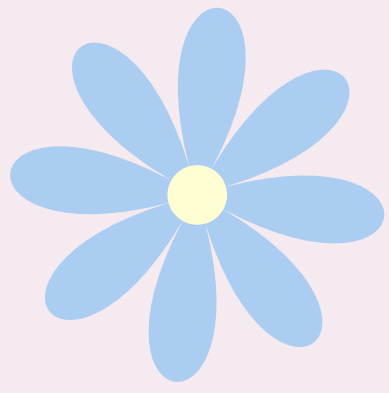
January - July 2022

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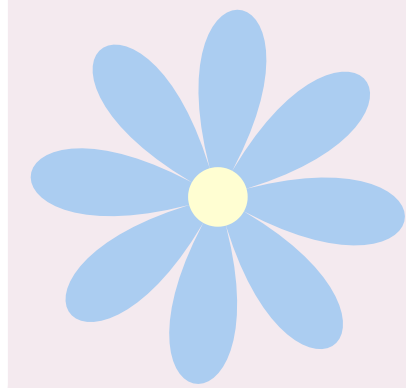
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Collaborations





Welcome



A moment in the sea of time...



As another semester of SPP studies concludes, we often feel the need to pause and reflect upon the journey itself within the tides of complexity that surround individual and collective travels to the destination. Where am I located right now? Where and how far is my destination? How can I navigate through the water and successfully arrive? As we celebrate the many successes attained, the journey itself has not been easy. As evolving nurses, you are navigating through unprecedented circumstance within health care as well within the broader global environment. Learning environments were challenged and remain continuously challenging within the context of the ongoing pandemic. As such, this challenge requires us to rethink previously held understandings and provides opportunity to shift within surrounding learning strategies, resources and contributions. Moments of resilience, accomplishment, and success can very easily become lost within the waves of stress, anxiety, and burnout. Celebrate each milestone but reflect and learn from each setback for each plays an equal role in shaping you. Know that your hard work is reaping rewards in navigating and at times, readjusting your compass to success. Believe in yourself and your ability to contribute to healthcare within your patient, client, family or community interactions as each interactive moment is meaningful to the recipient of your care. Keep striving to sustain your passion in nursing, in creating and seeing the destination of your future career.

*Embrace the sea and feel the sky
Let your passion and spirit fly!*

Congratulations on reaching your midpoint and final destinations within our program and wishing continued success in your journey!

Best regards,
Baiba



Dr. Baiba Zarins, RN, PhD
SPP Program Manager

Faculty Introduction



Angie Lim
RN, Adjunct Professor

Advice for second year students in becoming new graduates:

Continue to ask questions! The more you learn, the more you will realize that you do not know!

Advice for first year students:

Always ask questions – you will never be judged for admitting you do not know!

Duration as faculty?

I was so happy to join the SPP team in March 2022.

Work experiences before the SPP?

I began my nursing career at SickKids on the Transplant unit in 2005. Since that time, I continue to practice at SickKids while also completing my Masters in 2009 at Toronto Metropolitan University and working towards completion of my PhD in Nursing at University of Victoria. I began teaching in 2010 and have taught across many schools and programs, including George Brown College, Trent, York, and Ontario Tech University.

What are you looking forward to the most during your time as faculty in the SPP?

Learning together! I am so excited to engage with learners as they discover new information and apply that new knowledge to their practice and see the impacts that they can directly have on their patients and families. I love hearing about all of your experiences and look forward to continually expanding my knowledge and understanding together with you through this process.

Current research or work projects?

I have just wrapped up my participant interviews for my doctoral research and I am working my way through data analysis to come to an understanding of how transplant recipients manage the transition from pediatric to adult-focused healthcare. I hope to complete my dissertation within the next few months!

Favourite memory as a practicing nurse?

Mentoring students and new grads through preceptorship on the unit and witnessing their growth and development and having them become colleagues with whom I work with on my unit...and then asking them for help!

One fun-fact that you want to share about yourself with the SPP?

I used to be an avid runner - I ran the Boston Marathon three times with a PB time of 3:26:47.

What are you looking forward to doing this summer?

Spending time with my husband and kids while they are off school and getting out biking now that the little one is big enough to keep up!

Learner Achievements

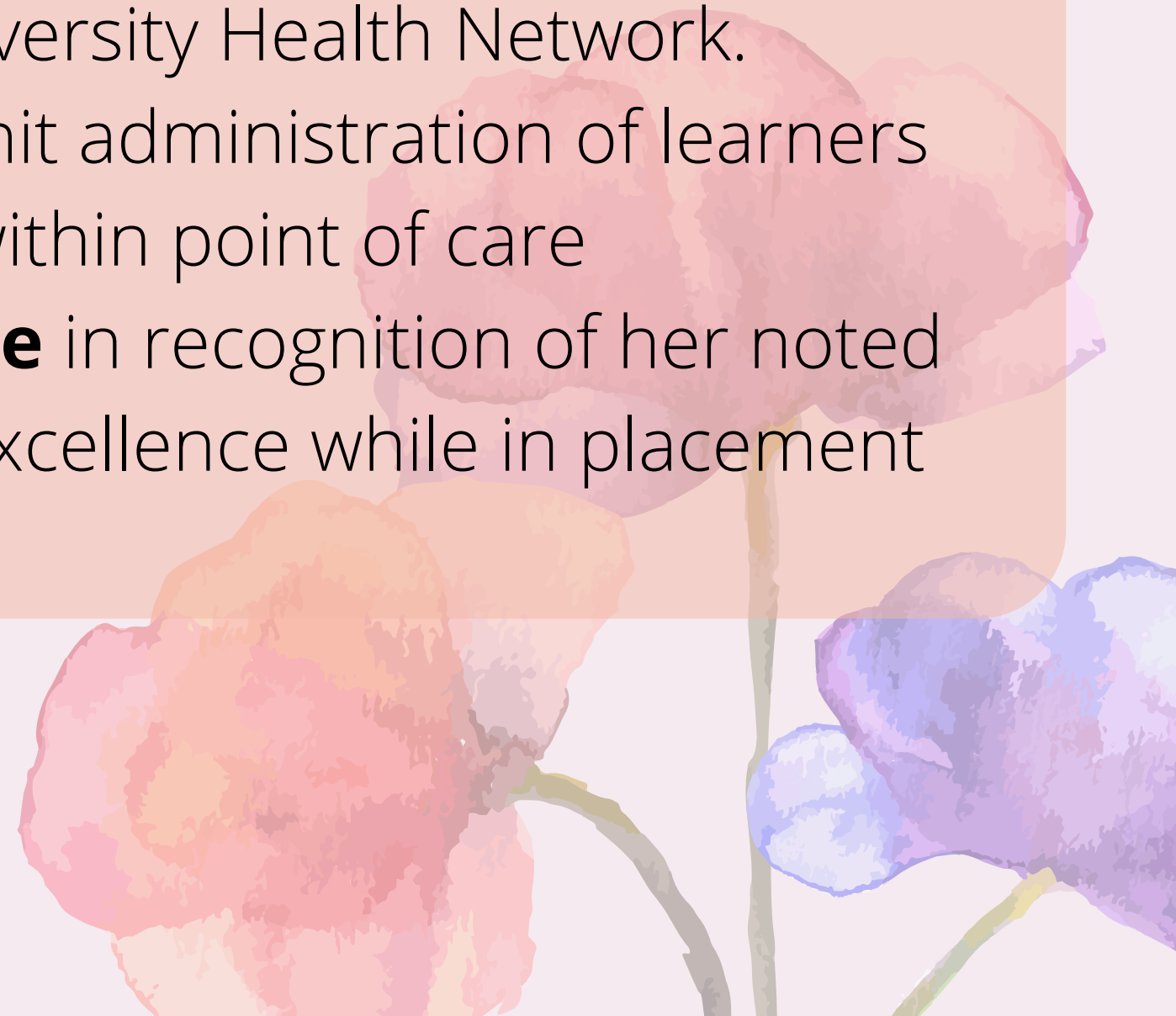


The Registered Nurses' Foundation of Ontario (RNFOO) recognized the academic and professional achievements of **Jeanette Eby, Anna Healy and Cindy Tran** in awarding each an undergraduate scholarship. Congratulations to the recognition within this highly competitive and prestigious provincial scholarship opportunity.

Jiaxuan (Amelia) Wan received the prestigious Dave Marshall Leadership Award in the Academic category. The Nipissing University awards committee of the senate selected award recipients amongst many nominations received for recognition. Congratulations on this accolade!

The Holland Bloorview Kids Rehabilitation Hospital has given **Riana Feliciano** a Spotlight Recognition Award for demonstrating the values of courage, resilience, excellence, and innovation. She took initiative and facilitated the first student-led coffee chat for nursing students as part of the Student Wellness program in the hospital in June 2022.

The Sopman Humanitarian Awards seeks to encourage characteristics of humanity, compassion, understanding, and the ability to communicate amongst nurses and doctors in training at University Health Network. Nominations originate from preceptors and unit administration of learners who demonstrate outstanding contributions within point of care environments. Congratulations to **Nicole Tagle** in recognition of her noted interpersonal skill, patient care, support and excellence while in placement at the Bickle centre.





Faculty Achievements

Salwa Musa will be commencing her doctorate program studies at the University of Alberta starting in the fall of 2022. Salwa first joined the SPP faculty team in 2019 as a valued clinician for her dynamic and broad clinical and academic experience. We wish Salwa the best of success in her continuing learning journey!

In recognition of her successful attainment of doctorate in October 2021, **Dr. Katalin Pere** has embraced a concurrent faculty role as SPP Curriculum Coordinator. This position acknowledges Katalin's ongoing contributions in support of the program curricula, innovative capacity building and quality assurance evaluative measures. Congratulations to Katalin!

Dr. Ping Zou received a promotion to professor status at Nipissing University as of January 2022 in recognition of her continued accomplishments in research, scholarship and teaching realms. Congratulations Ping!










Congratulations
to all learners and faculty!

SPP Student Council

Incoming

Scholar Practitioner Program Student Council - Year 2

 Chrissi Chau Vice President	 Nicole Tagle President	 Rebecca Brennan President
 Josephine-May Diaz-Decena VP Outreach & Engagement	 Ihab Nawfal VP Media & Marketing	 Riana Feliciano Vice President of News Operations



BScN SCHOLAR PRACTITIONER PROGRAM (SPP)
NEWSLETTER SUMMER 2022

*"We keep moving forward, opening new doors, because we're curious, and curiosity keeps leading us down new paths."
— Walt Disney*

THANK YOU!
It is with very full hearts that Edna and I are sharing wonderful and fulfilling news this summer! Edna and I will be moving forward, opening new doors, and starting unique pathways come the new fall start. We are so excited and thrilled to welcome two wonderful SPP learners to step forward and lead as Co-Presidents for the upcoming Fall 2022-Summer 2023 year!
Cheers,
Edna & Chrissi

NICOLE TAGLE, CO-PRESIDENT
**Actual footage of Nicole receiving her new Co-President role & crown
**Nicole far exceeded STUCO's expectations of scholarly distinction, uniqueness, nerve, and talent
***Disclaimer: This is a dramatic reenactment, faculty did not approve the budget for crowns*

BECCA BRENNAN CO-PRESIDENT
**Actual footage of Becca showing up to clinical placement well rested, prepared, and ready to slay!
gasp
How does she do it?!
**Disclaimer: This is a dramatic reenactment, wearing crowns to clinicals increases the risk of fomites*

WITH GRATITUDE,
From the bottom of our hearts, we thank you for the opportunity to be the 2021-2022 STUCO Co-Presidents. This experience will continue to shape our future as scholar practitioners in the health care community!
Hugs,
Edna & Chrissi

Thank You!!

*How lucky am I to have something that makes saying goodbye so hard.
— Winnie the Pooh*

Outgoing

Scholar Practitioner Program Student Council - Year 2

 Anna Healy President	 Chahat Sharma President	 Judy Brewer VP Communications	 Verona Vankava Newsletter Lead
 Laura Sapiano VP Outreach & Engagement	 Amelia Wan Communications Executive	 Christy Gadsby Communications Executive	 Jeanette Hiy Student Engagement Executive



 Follow us on Instagram **@sppnursing** to hear about upcoming events and ways to connect!

 If you have any questions, please do not hesitate to email us at **spplc@nipissingu.ca**

Semester Highlights

Year 1!



Productive Chill Session



Paediatric Cohort Winter Skills Day



Paediatric Cohort Spring/Summer Skills Day



Year 2!



Graduation Photos at Michener Institute

The Social Justice Committee Invites you to:

Through Crisis to Connection

BIO
Ash River Burch is a peer support worker and mental health advocate who presents workshops on her experience of psychiatric crisis and inpatient admissions in order to create greater empathy and understanding. Through vulnerability and courage, she helps others understand the complexities of mental illness (specifically Borderline Personality Disorder) and shares the coping skills that keep her grounded and alive. She loves poetry, lilac buds, sushi, and dogs.

FRIDAY FEB 4th 1330-1500

ONE SURVIVOR'S STORY OF MENTAL ILLNESS AND RECOVERY

To Register: Complete the google form linked in our Instagram (@nunursingsociety) bio by THURSDAY FEB 3rd at NOON

DESCRIPTION
Ash will share her story of mental illness and the specific roles nurses have played in her recovery. She will discuss her experiences of psychiatric emergency and inpatient admission, and will highlight ways nurses have both helped and hindered her healing. She will offer coping skills learned along the way, how to build empathy with patients, and the ways community support has filled in the gaps of our mental health system. The workshop will consist of sixty minutes of content and thirty minutes for questions and discussion.

SPP Social Justice Committee: Through Crisis to Connection Session

Nipissing Nursing Clothing Orders



Nursing Week 2022: We Answer The Call

by Ihab Nawfal



It all starts with nursing.

Whenever a person becomes significantly ill, they often decide to go to the hospital. When this happens, nurses are normally the first to see and care for the patient. The nurse assesses and provides any necessary interventions before the healthcare provider is notified of the situation. This means that nurses are the focal point of initial care, and without them, starting this chain of events would become very difficult. Furthermore, even after the point of initial care, nurses constantly monitor their patients and answer their calls at a moment's notice. Nurses not only answer these calls to meet their patients' physical needs, but their spiritual, emotional, social, and mental needs as well.

Personally, I believe that nurses are the backbone of the healthcare system as without them, it could very well fall apart. They are essentially the jacks of all trades – able to adapt and react to nearly any situation. As a nursing student, I have seen the depths of this as each nurse answers every one of their patients' calls even under immense pressure. It has even inspired me to try to do the same as them; my goal is to one day become a registered nurse capable enough to flawlessly answer each and every call.



HBKRH Coffee Chat Event for Nursing Students



by Riana Feliciano



I had an amazing experience at Holland Bloorview Kids Rehabilitation Hospital this semester and had a wonderful opportunity hosting a wellness event for my fellow nursing students in the hospital in June.

At the beginning of placement, probably even before meeting my preceptor, she talked to me about an event that the staff is organizing for the students and asked if I was interested in hosting it; I'm glad that I agreed to it! The staff wanted to check in with the nursing students how they are doing during their placement at the hospital. It was an informal event and a safe space for us to connect with each other, share our experiences, and discuss challenges and successes. It was great to hear from the students from other universities and was a nice break for the students to step away from the unit and mingle with their peers. We were treated to delicious snacks and coffee too!

For my contributions to this event, the hospital has given me a Spotlight Award. I am very grateful for this recognition and for the opportunity to host this event. I appreciate the hospital initiative in ensuring student wellness; I especially liked that they have events specifically for nursing students as it connected us and made us feel seen and heard.





Externship Experiences

Jaclyn Passarelli Mount Sinai Hospital

I had the opportunity to work as a clinical extern at Mount Sinai Hospital in downtown Toronto. I was placed on 11 south, orthopaedic sarcoma, where I worked predominantly with patients recovering from tumor resections and hip replacements. At the time, we were also amidst the 5th wave of COVID-19, so the unit was utilized as overflow as well. My duties as an extern were primarily to aid the nursing staff with patient activities of daily living such as bathing and changing. Externs also prepared patients for meals and assisted with mealtimes when necessary, stocked linen carts and aided in other activities to help ease the workload for the nurses scheduled each day.

I was fascinated by the patient population as I have an interest in both oncology and orthopedics. Unfortunately, due to COVID-19 we weren't seeing as many surgical patients as usual, so I did not receive the full experience of the orthopedic sarcoma patient population. I enjoyed the role as I was able to practice some of my nursing skills and get experience working with adults in a hospital setting. I was able to learn about vacuum dressings and was able to see one be placed. I was also involved in aiding the wound care nurse in various dressing changes. I was able to perform my first catheterization while working as an extern. I was also able to perform some subcutaneous injections and provide teaching behind subcutaneous injections, something I hadn't really gotten to do in my own placements. I also enjoyed being able to chat with the patients. I find that when we're working on inpatient units during clinical, it can be hard to talk to patients and get to develop meaningful connections. In my extern role, I was able to sit with patients and talk to them and get to know them better. Many of the patients I interacted with were admitted for longer periods of time, so I was able to really develop connections and have meaningful conversations. The position was also flexible with self-scheduling, so we were able to work as many or as little shifts as possible with a mix of days and nights.

Although I enjoyed my experience, there were some downfalls to my extern role. I didn't receive any formal training for the role and felt very uncomfortable starting. As I am a member of the paediatric cohort, I had little experience working with adults in a clinical setting. Paediatric care is different from adult care, so it was a big learning curve for me. Most of the nurses were very understanding but at times they asked a lot out of the externs to get their own tasks completed. There were many times when I was asked to perform baths and changes on my own for patients that required a 2- or 3-person assist. I also did not enjoy the amount of downtime involved in the role. Many days there were students on the unit so there wouldn't be any work to do but I was still required to stay for my shift. Externs would also be used in place of PSAs to watch patients at high risk of falling. I enjoy being active and busy, so I did not enjoy having to sit and watch patients for a 12-hour shift.

I am grateful that I was able to have this experience in adult care. I think it is important for me to see different areas of nursing especially since I am a part of paediatric cohort. I work with such specific populations in placement and as a paedics student we only receive one semester working in adult care. This role provided me the opportunity to learn some skills I hadn't been able to perform in clinical and taught me the similarities and differences between paediatric and adult care. Although I was only an extern for a short period of time, I would recommend other nursing students to try seeking out an extern job. Many extern roles allow nursing students to practice skills while working, which was cool. It is also great exposure for learning and understanding various populations and different hospital settings outside of what we are exposed to in clinical.

Cindy Tran Mount Sinai Hospital

I currently work as a clinical extern at Mount Sinai Hospital. I also worked as an extern at CAMH. I highly recommend working as an extern, 100%. It is a GREAT way to learn the flow of the units, to be comfortable with the basics, such as what supplies even exist, ADLs, patient interactions, and exposure to different clinical situations.

I love not having performance anxiety from having a preceptor looking at you all the time. You are never "in the way"; instead the nurses are so grateful for every little thing that you do. You get your foot in the door as well. I think it's really important to know what the vibe of a unit is. Your future self will thank you later ☺ The best part is that you are paid to learn!





Externship Experiences



Anna Healy St. Michael's Hospital

Since November 2021, I have been employed as a clinical extern on 9CC—The Trauma and Neurosurgery unit at St. Michael's Hospital. I contribute a major part of my growth as a nursing student to my learning experience as an extern here. This position has drastically launched my learning trajectory because of the opportunities to apply skills and knowledge to patients outside of a structured clinical placement. On 9CC, we are paired with a nurse for a day and we share the assignment load together for the full 12-hour shift, which is typical to the one-on-one preceptorship. Placement is only 9 weeks, whereas I have had my extern role for close to 10 months, so I have gotten to know the team very well and feel much more comfortable and confident in the unit. Over time, I have developed trust and rapport with the staff on the unit, and I perform many assessments and tasks independently. I work closely with the nurses and the interprofessional team in tending to patient's physical and emotional needs. Alongside nurses, I have performed specialized assessments on the unit such as head injury assessments and spinal cord testing and accurately interpreted these results. I have developed the skills to conduct a post-operative care routine and identify clinical indicators for post-op complications as well as assist with wound care and dressings changes.

I am also able to confidently navigate Sorian to implement any documentation and charting, accurately documenting any changes in patient status. I truly believe that this experience has significantly further equipped me with both the clinical and interpersonal skills to begin my nursing career in an acute care setting.

Riana Feliciano Centre for Addiction and Mental Health



I am a clinical extern in the Geriatrics Admissions Unit at CAMH. I started the onboarding process in February 2022 and it was busy balancing placement and classes with the orientation and training however, it was a great way to learn about mental health and the adult population as I am part of the paediatric cohort.

As I work in geriatrics, our days involved assisting with activities of daily living, performing vital signs, mental status exam, and falls and suicide risk assessments. I also do constant observations and assist nurses and other staff as needed.

I am very grateful for this wonderful opportunity to learn outside my nursing program!

Kimberly Wong Holland Bloorview Kids Rehabilitation Hospital



Which hospital and which unit?
Holland Bloorview, Complex Continuing Care Unit

What are the pros and cons of being an extern?
PROS

- Learning things from a setting that you want to work at, or want to get experience from
- Guaranteed hours as they are always short on staff. They are very flexible and you can work it out to your schedule.

CON

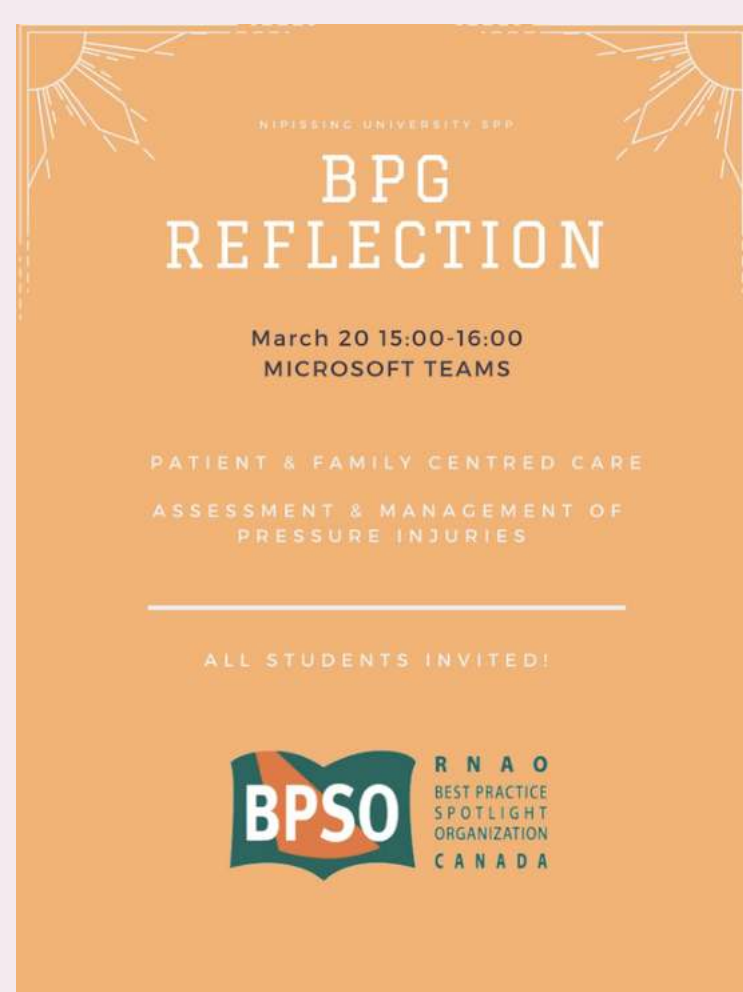
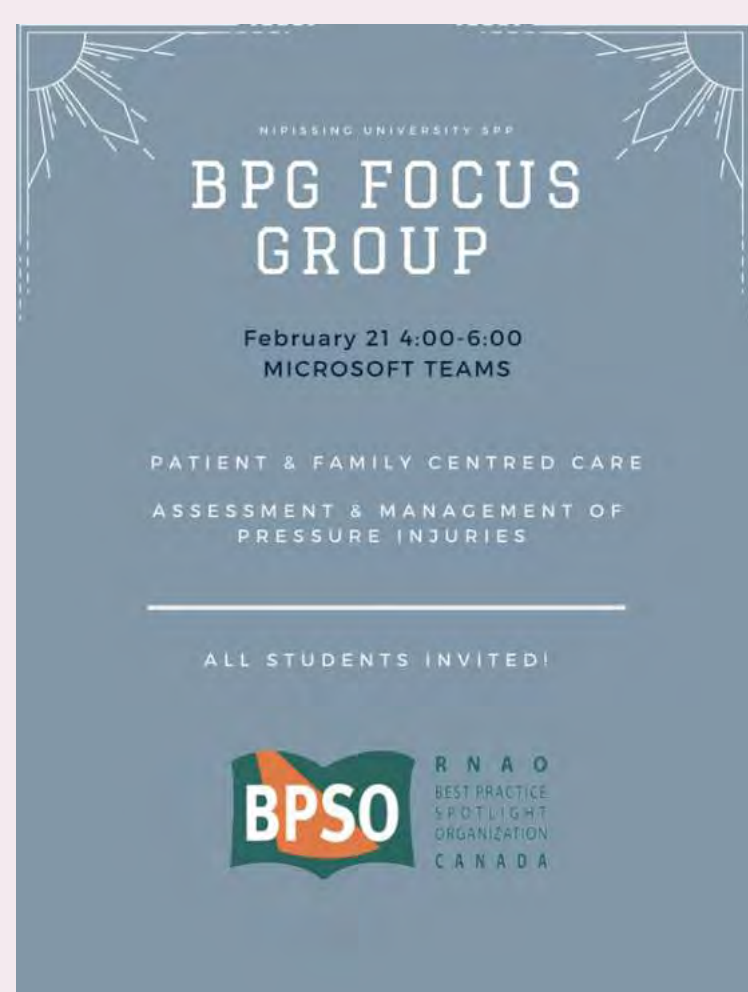
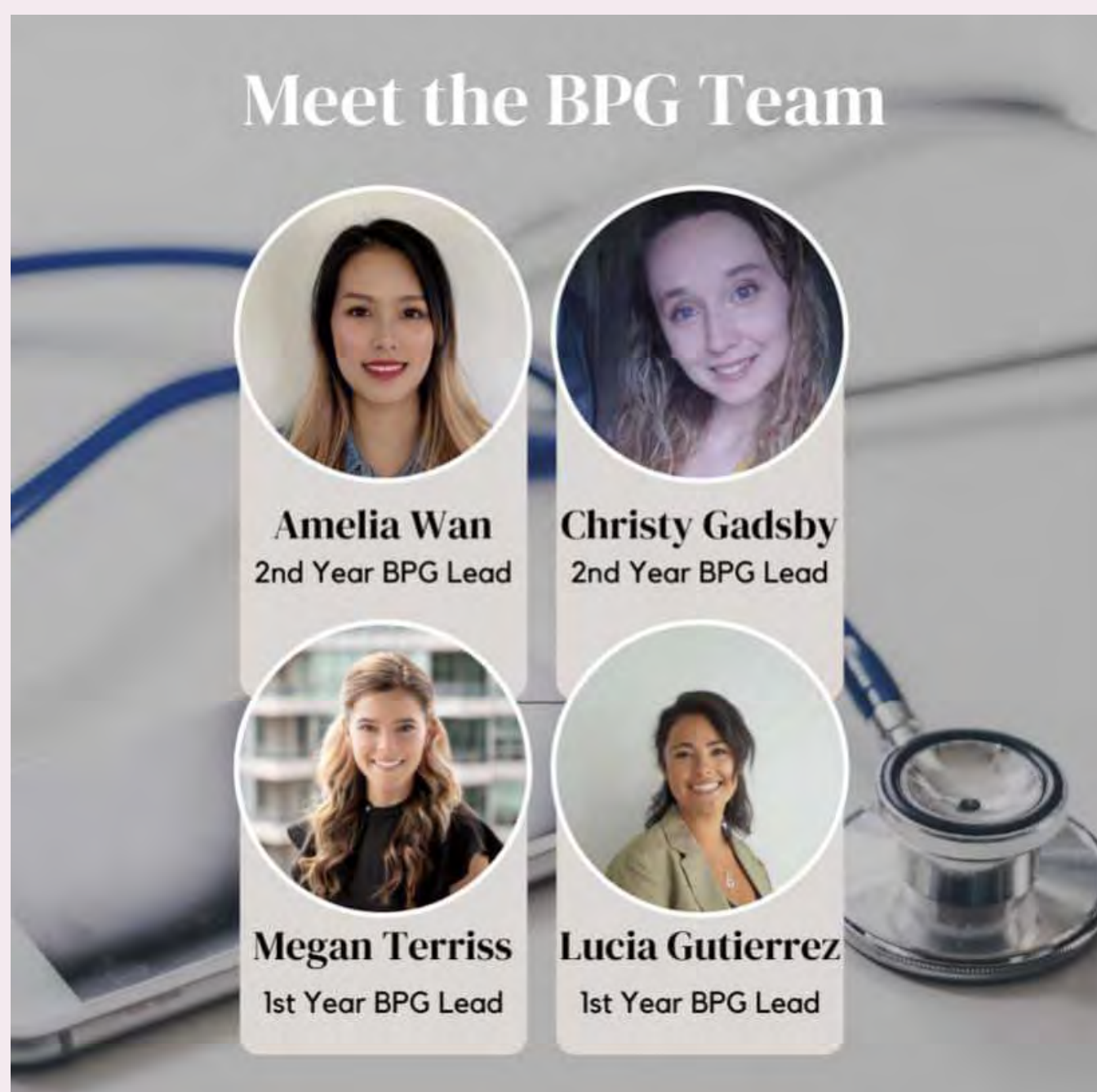
The long onboarding process, especially like if it's during the school semester, like I did in my case. Try to get it done during our semester breaks.

What's your biggest learning from that experience?
Hands-on learning skills that I haven't learned from placement or school such as catheterizations, trach care, and tube feedings.



Best Practice Spotlight

Organization Student Engagement



In the Winter semester, we discussed *Person- and Family-Centred Care*, while this Spring/Summer semester, we covered the *Prevention and Management of Falls* BPG. Our strategy for the cohort is to bridge the gap between theory and practice by incorporating discussion questions that encourage learners to reflect on their experiences in practicum.

For the incoming semester, we will be focusing on *Engaging Clients Who Use Substances*. Like others, this BPG is vital to all forms of nursing practice and we are excited to dive into the principles of harm reduction and trauma-informed care.

We are so thankful to Christy and Amelia who facilitated a smooth transition for us. We're looking forward to learning as a larger group this fall as we welcome the incoming Year 1 learners!

- Megan Terriss



Social Justice Committee

by Jeanette Eby

Over the Winter and Spring/Summer terms, the Social Justice Committee has continued to offer educational opportunities that connect our nursing practice to social justice and health equity and that open us up to perspectives that are often marginalized in health care.

In February, we hosted a webinar entitled "Through Crisis to Connection: One survivor's story of mental illness and recovery". We heard from Ash River Burch, a peer support worker and mental health advocate, who presented about her experience of psychiatric crisis and inpatient admissions in order to create greater empathy and understanding. Ash shared her story of mental illness and the specific roles nurses have played in her recovery, including how they have both helped and hindered her healing. She taught us how to build empathy with patients who suffer from stigma, and the ways community support has filled in the gaps of our mental health system.

In the winter term, we hosted a donation drive for Sanctuary in Toronto and Keeping Six in Hamilton. We provided both organizations with warm winter clothing and supplies for those sleeping outside in the winter. Sanctuary is a drop-in for homeless and street-involved folks in Toronto; they also host a clinic run by street nurses. Keeping Six (the Hamilton Harm Reduction Action League) is a community-based organization that defends the rights, dignity, and humanity of people who use drugs; it was formed in response to the opioid crisis. They are primarily led by people with lived experience of drug use, and supported by those who love and care for them. If you would like to learn more about the organizations, please visit: www.sanctuarytoronto.org and <https://keepingsix.org>.

The summer term has flown by and we were able to host two webinars in June: for our first webinar we were very fortunate to have a conversation with Dr. Naheed Dosani entitled "Sustaining our work towards health equity". Dr. Dosani is a palliative care physician and is passionate about advancing equitable access to health care for people experiencing structural vulnerabilities like poverty & homelessness. A tireless advocate, Dr. Dosani brings attention to the correlation between health and a wide range of social issues through social media, public speaking and national media. In this webinar, we asked Dr. Dosani about his journey as an advocate for health equity, both in his daily practice working with marginalized populations, and through his community work, education, and political activism. We had a rich, honest and insightful conversation and learned how we can be advocates in whatever role we find ourselves, and how important it is to be surrounded by a supportive community in order to sustain our work. Follow him on instagram: [@naheedd](https://www.instagram.com/naheedd).

Our second webinar was called "Harm Reduction from the Frontlines to Health Policy". We heard from Melissa Ricci, a registered nurse living in Hamilton with front-line nursing experience in a number of harm reduction settings. After completing her Masters in 2021 on the intersection of COVID-19 and the overdose crisis, she currently works in controlled substances policy. Melissa shared with us about her own nursing journey, and we learned more about what harm reduction looks like in practice and the limitations when it is only applied from a biomedical perspective. You can take a look at Melissa's MA thesis here: https://macsphere.mcmaster.ca/bitstream/11375/27016/2/Ricci_Melissa_M_202109_MA.pdf

Thanks to all who participated and supported our effort! The Social Justice Committee will be looking for new leadership and members for the Fall 2022 term and beyond! Stay tuned!

On behalf of the Social Justice Committee, I am thrilled to invite you to our first webinar for this term, "Sustaining our work towards health equity: A conversation with Dr. Naheed Dosani".

When: Wednesday June 22nd, 7pm-8pm



SPP SOCIAL JUSTICE COMMITTEE

CLOTHING DONATION DRIVE IN
SUPPORT OF SANCTUARY &
KEEPING SIX

Sanctuary

- Winter coats: Men's ONLY
- Winter boots: Men's and women
- Backpacks
- Tents
- Sleeping bags
- Winter gloves
- Men's pants (jeans and sweatpant)
- Belts (men's)



Monetary Donations:
<https://donate.sanctuarytoronto.ca>

Keeping Six

Donation Drop-off/Pick-up:

- TORONTO:** For those of you residing in Toronto and GTA, please contact Josephine Diaz via FB or email jdiazdecena943@my.nipissingu.ca to set-up a drop off time and date. Josephine is willing to pick-up donations if needed.
- HAMILTON:** For those of you residing in and around Hamilton, please contact Jeanette Anne via FB or email jeby867@my.nipissingu.ca to set-up a drop off time and date. Jeanette is willing to pick up items if needed.

- Coats
- Mittens
- Hats
- Sleeping Bags
- Blankets

Monetary Donations: <http://keepingsix.org/support/>
or E-transfer to giving@keepingsix.org

Thank you!

[SANCTUARY]

home about us what we do
blog get involved contact us



Donate Now!



At Sanctuary, we are becoming a healthy, welcoming community in which people who are poor and excluded are particularly valued. This is an expression of the good news embodied in Jesus Christ.

We acknowledge the history, spirituality, culture, and ancestral stewardship of the land on which we meet by the Haudenosaunee, and more recently the Mississaugas of the New Credit First Nation, who are Anishinaabe Ojibway people.

KEEPING
SIX
HAMILTON

ABOUT US_NALOXONE_ENCAMPMENTS_ZINE_DROP-IN_COMMS_VOLUNTEER_DONATE_MERCH_CONTACT.

Celebrating the Graduating Class of 2022



Year 2's End of Nursing School Celebration

Congratulations!

A Year 2 Tribute
written by Becca Brennan

Dear Year 2 Cohort,

As you approach graduation, we would just like to extend the biggest congratulations and (virtual) group hug! We are so grateful for all the support that was given to us during our rookie year of SPP. From the many zoom meetings at the beginning of the school year, to the wonderful one-on-one mentorships, your guidance was so vital in helping us navigate this program.

Thank you for helping us through learning health assessments, clinical skills, and pharmacology. Thank you for organizing wonderful social justice webinars. Thank you for all the words of wisdom shared during joint blackboard sessions. We are wishing you all the best of luck on your nursing journey, wherever it takes you! You will all be wonderful members of the healthcare team!

Sincerely,
The Year 1s!

The Graduating Class of 2022



Submitted by Year 2 Learners

In celebrating the 2022 graduating cohort, the following learners shared their reasons why they chose a career in nursing as well as their future endeavours.

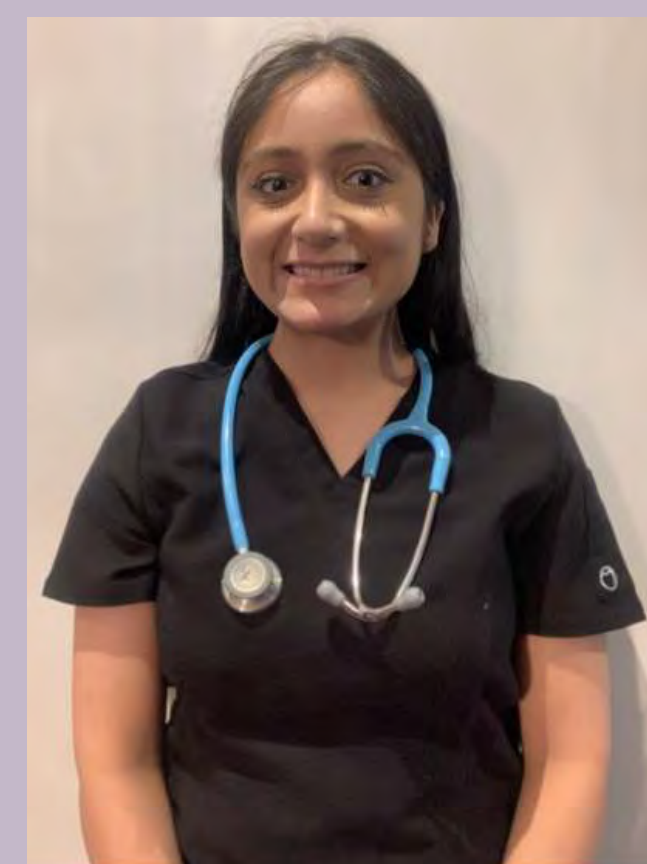


"I chose nursing for the multitude of opportunities - whether you're practicing in an agency-based setting, research or academics, the opportunities for growth, development and making a difference in the lives of patients are endless. After graduating SPP, I hope to pass the NCLEX examination and begin my practice in the London-Middlesex region in an acute care setting."

MEGAN COLLINS

"I chose nursing because of my love for healthcare as I have always enjoyed helping people. Witnessing the compassionate care my mom received while in the hospital solidified my decision to pursue nursing. After graduation, I am interested in women's health and paediatric nursing with the future goal of completing a nurse practitioner program."

SIMRIT BOLA



"I decided to go back to school for nursing after studying health geography and then working in community mental health in Hamilton. I love working with people from all different walks of life, and I saw a lot of gaps between the mental health system and other health and social care. It made me want to expand my options and become a nurse. I am not completely sure about what's on the horizon but in the future I'm very interested in harm reduction and street nursing. I hope to advocate for health equity wherever I find myself."

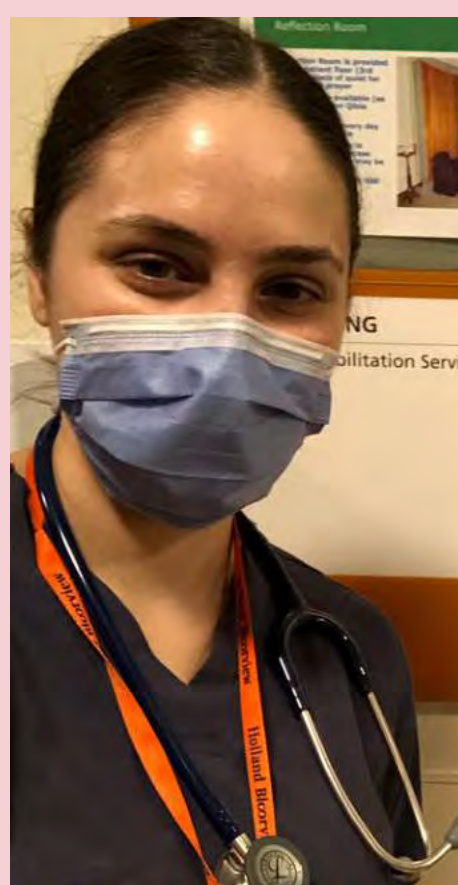
JEANETTE EBY

The Graduating Class of 2022



"I chose to pursue the field of nursing after my mother had a cancer scare a couple of years ago and underwent a high-risk surgery. I began volunteering on the chemotherapy floor at my local hospital's cancer centre and knew right away that nursing was for me. Shortly after, I opened a time capsule from kindergarten which stated I wanted to be a nurse when I grew up."

JUDY BREWER



"I chose to pursue nursing as I wanted a job that helped others at their most vulnerable times. I knew from a young age that I would work in healthcare and understood the importance and positive impact that nurses have on patients. I am grateful for the experiences that were provided to me throughout my time in the SPP. In the future, I hope to work in paediatrics and provide the best patient care to my patients and their families."

VERONA VUMBACA

"Let us never consider ourselves finished nurses...we must be learning all of our lives."

- Florence Nightingale



The Graduating Class of 2022



Acknowledging the remaining members of the Graduating Class of 2022



Gregory Baker
Jessica Dorcich
Christine Gadsby
Navia Kumar
Moesha Leonce
Farokh Maqsudi
Lauren O'Connor
Shara Smith
Laila Andreucci
Madeline Jonker
Sharjil Karnelia
Rayanne Rego
Sabrina Stuart Charles
Jiaxuan Wan
Anna Healy
Ilana Ivry
Madeleine Lao
Katherine McLeod
Drea Millar
Emily Pietrangelo
Nazia Saleem
Laura Sapiano
Chahat Sharma
Katherine Briggs
Alex Ciesielczuk
Tharini Gnaneswaran
Julie Lu
Natalie Masse
Jessica Muzzi
Kathy Procyk
Jessica Sto Domingo

A Letter

to the second year students and the incoming first year students starting in the fall

by Anna Healy

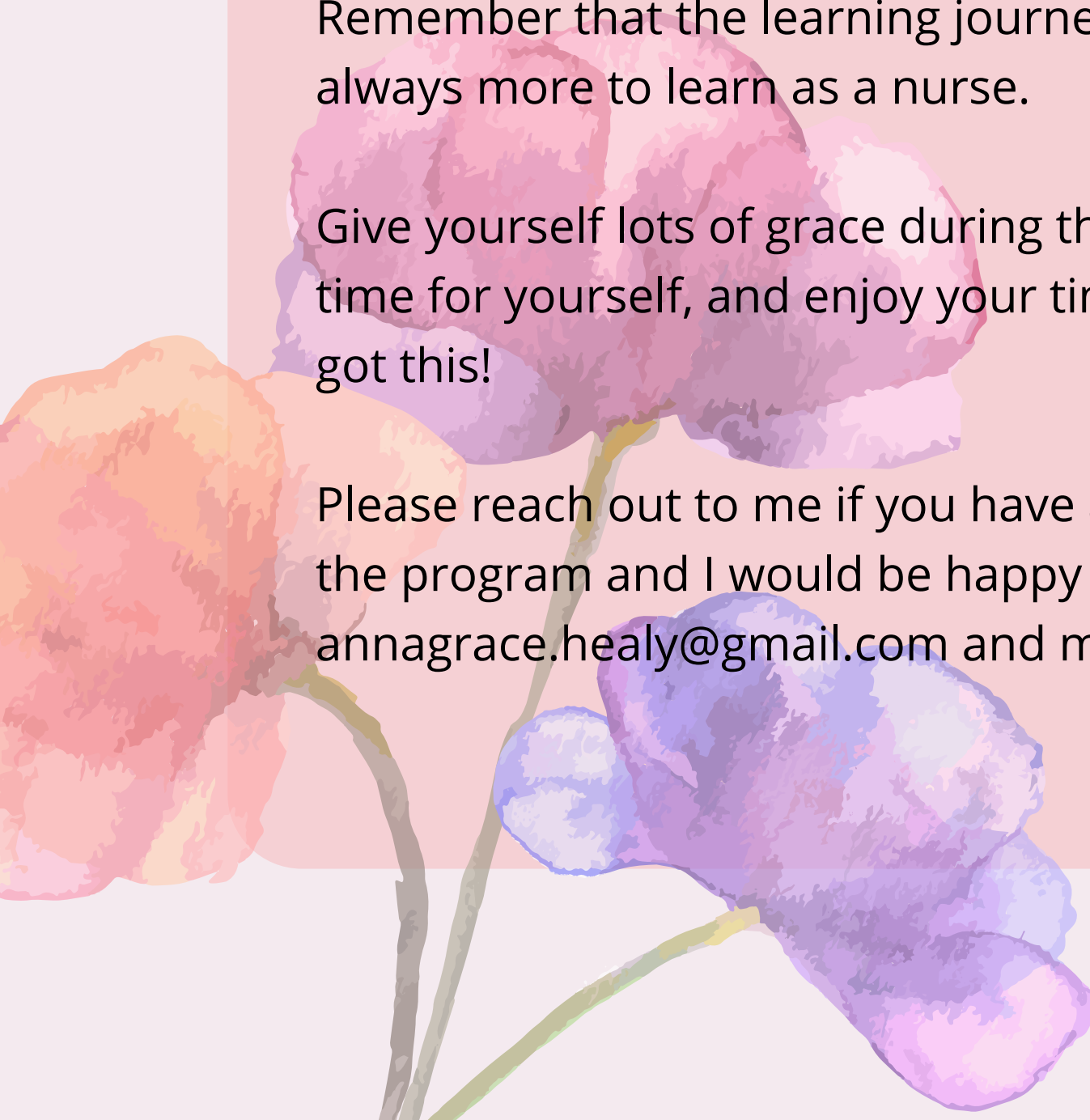
My biggest piece of advice for you as you begin (or continue) your journey as a nursing student is to know that you are not going to be an expert at anything right away. It takes time to build your skill set, learning how to create a therapeutic relationship with your patients, conducting specialized assessments, and developing your own routine as a nurse. Be open, ready, and willing to learn as much as you can from your professors, classmates, preceptors, and other member of the interprofessional team. Be hungry for knowledge and seek out additional opportunities to enhance your interpersonal skills as well as your clinical skills. One of the best ways of doing this is to seek out job opportunities such as working as a personal support worker or clinical extern in a hospital to solidify your comfortability in a consistent patient care setting. For me personally, my experiences in these positions exponentially sky rocketed my learning and my skill set. Not only was I getting experience in my placements, but I was putting my skills to use in my part time job as an extern. It really aided me in putting all of the pieces together and challenged me to apply concepts and skills in a new health care setting. I found it to be extremely vital in my nursing journey.

Another piece of advice is to get involved in our SPP community. There are many ways that you can get involved in our program. Join the Student Council, apply for a research position, become a BPG Lead, or become a member of the Social Justice Committee. These are the ways that I made friendships with my classmates and professors during my time in SPP. Get to know your faculty and don't be afraid to reach out to them if you have questions, feel overwhelmed, or are in need of support. They are here for you and want to see you succeed. They have been incredible during my past two years and I consider it a privilege to have worked with them and learned from them during my time here.

Remember that the learning journey is continuous and there is always more to learn as a nurse.

Give yourself lots of grace during this journey, prioritize taking time for yourself, and enjoy your time as a nursing student! You got this!

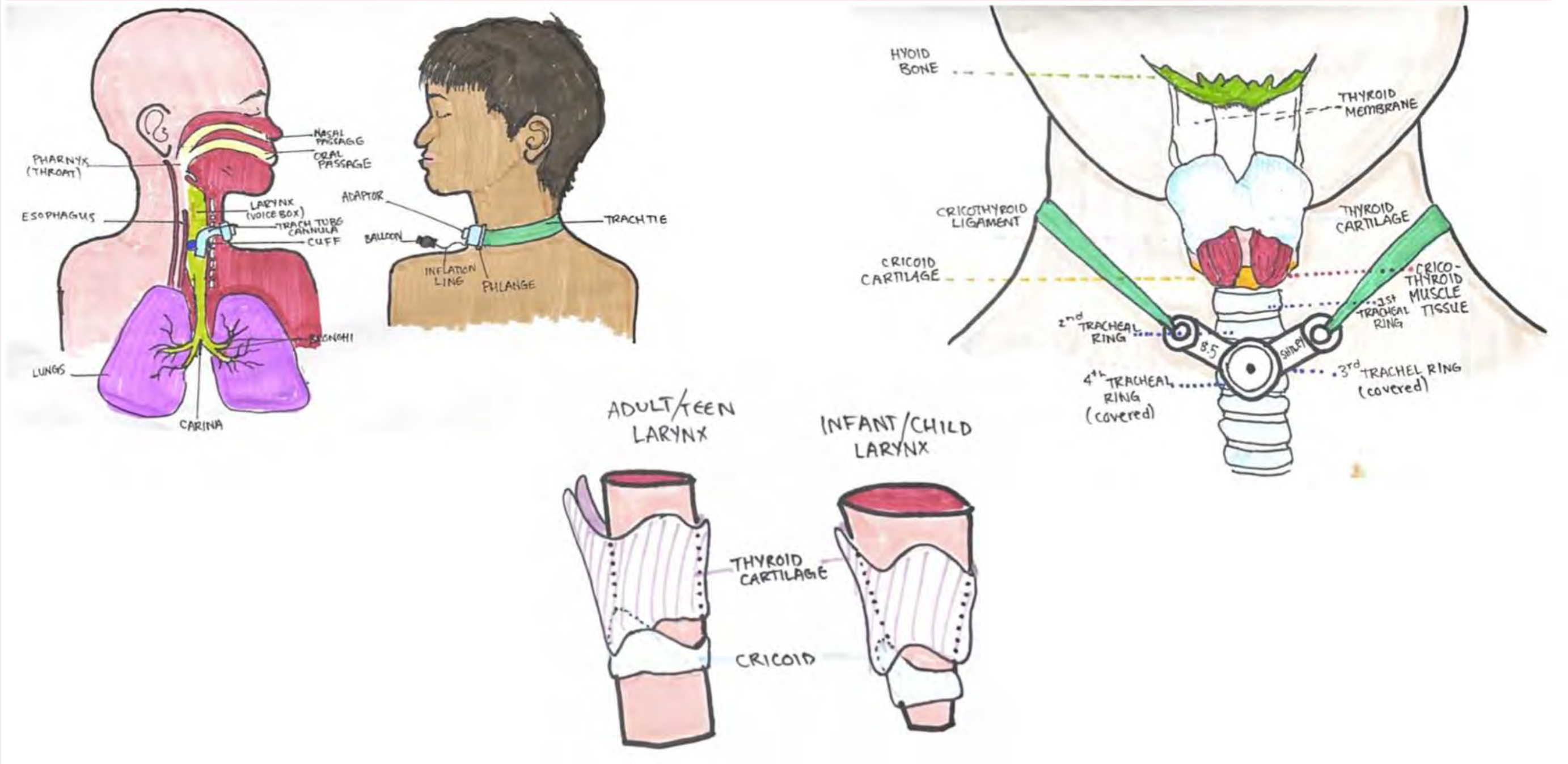
Please reach out to me if you have any further questions about the program and I would be happy to chat with you! My email is annagrace.healy@gmail.com and my LinkedIn is Anna Healy.



Student Artefacts

Each semester, students are assigned to create artefacts to display their learning over the course of clinical placements. The next four pages showcase students' hard work and demonstration of their learning journeys.

Tracheostomy Illustration by Philip Sikora



Nurse Fatigue Narratives by Riana Feliciano



Student Artefacts

Discharge Education Infographic by Keisha Trelfall

5 TIPS TO PROVIDE EFFECTIVE DISCHARGE EDUCATION ON THE MEDICAL SHORT STAY UNIT

1

STIMULATE THE PATIENT'S INTEREST



Create a safe and welcoming environment for the child to ask questions or address concerns about their care. Make care interactive and fun. Provide choices to the child to encourage autonomous decision-making

2

INCLUDE FAMILY IN CARE MANAGEMENT & PLANNING



Patient and family centred care encourages active participation, open communication, and shared decision-making. A patient's family is their primary source of support, comfort, and trust.

3

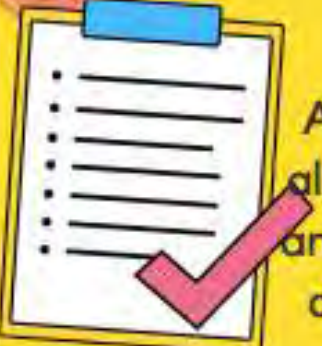
DISCUSS EXPECTED PROGRESSION AND RECOVERY



Inform the patient and family about the typical pattern of recovery post-procedure. Clarify how much is "normal" (ex. pain, wound discharge, nausea or vomiting, etc) and what to do if more than expected occurs.

4

PROVIDE AND EXPLAIN INSTRUCTIONS



A nurse should provide and thoroughly explain all care instructions or considerations to patients and/or their family. Consider utilizing an array of different communication and learning styles to ensure complete understanding.

5

IMPLEMENT THE TEACH-BACK METHOD



This method of teaching allows the patient or caregiver to demonstrate or explain their understanding of care. Questions, misunderstandings, or concerns can be addressed in real time with the nurse or provider.

Meal Support Information by Irene Ye

IMPORTANCE OF MEAL SUPPORT



WHY IS MEAL SUPPORT IMPORTANT?

Weight restoration and re-nourishment is the most important part of recovery for those with eating disorders. Mealtimes and snacks tend to be very stressful so it is important to maintain a safe environment. The eating disorder may come out under distress, causing the patient to hit, yell, or shut down. Learning meal support techniques will help to prevent conflict and tolerate distress. Use direct prompts to help the patient eat. Make sure to distract the patient between prompts by having a fun conversation. Be careful to avoid topics that may trigger the patient. Be kind, acknowledge your voice and body language. Be compassionate but persistent. Show that you are on their side, not against them.

Template for Mealtime Support

Step 1: Validation x3

Turn BUT into BECAUSE

Ex: "I can understand why you don't want to eat this because..." (choose 3 reasons)

- eating is really stressful for you
- you promised yourself you wouldn't eat these foods
- you are worried about stomach pain
- you feel like you ate enough
- not eating makes you feel better

Create an environment that reflects their internal experiences. The brain will reduce its anxiety.



Step 2: Emotional Support

Use emotional support sentences

- I believe in you
- I am here with you
- I am here to support you
- I promise this is temporary and it will eventually get easier



Step 3: Practical Support

Finally, offer practical support

- Let's start by picking up the fork
- Let's start with one bite
- We can have a video playing or music on



Upcoming Events

August 19 Learner Council Educational Sessions

- 09:00-10:00 AM: Legal Scope of Practice for New Grad Nurses
- 10:15-11:45 PM: Bill 124, Staffing Crisis, and Transitioning to Practice

September 2022 webinars for the incoming first year students (details TBA):

- Welcome to SPP - Join the Student Council!
- Q&A: Placement - Helpful Tips and Tricks
- Q&A: Learning Plans

Program Schedule

Course of Study The following dates outline the semesters of study (*subject to change*) for the BScN: SPP program

All transformative practicums require a minimum of 202.5 point of care contact hours; with exception of NURS 3695, which requires 303.75 hours.
Reading Week (RW) option is offered per NU Academic Calendar, as learners are permitted in transformative practicum with program faculty coverage.

Academic Year	Required Courses		Total Credits Offered	Semester Dates	Inquiry Phase	Transformative Practicum Phase	Reflective Phase
	Year One	Year Two					
2022	Fall Semester Generativity and Life Inquiry NURS 1176	Fall Semester Experiential Integration Inquiry NURS 2476	3	September 6 to December 6 2022	Sept 6-Sept 23	Sept 26-Nov 25 <i>Optional RW: Oct. 10-14</i>	Nov 28- Dec 2 (Dec 6 is a Tuesday)
	Transformative Practicum NURS 1195	Transformative Practicum NURS 2495	9				
	Reflection NURS 1187	Reflection NURS 2487	3				
Break: December 7, 2022 - January 8, 2023							
2023	Winter Semester Functionality of Mind, Body and Spirit Inquiry NURS 1276	Winter Semester Retooling and Redesign Inquiry NURS 3576	3	January 9 to April 11 2023	Jan 9 -Jan 27	Jan 30 -March 31 <i>Optional RW: Feb. 20-24</i>	April 3 -Apr 7 (April 11 is a Tuesday)
	Transformative Practicum NURS 1295	Transformative Practicum NURS 3595	9				
	Reflection NURS 1287	Reflection NURS 3587	3				
Break: April 8 -April 30, 2023							
	Spring/Summer Semester Hope & Possibility Inquiry NURS 2376	Spring/Summer Semester Challenging the System Inquiry NURS 3676	3	May 1 to July 28 2023	May 1-May 19	May 22-July 21 <i>Optional RW: June.12-16</i>	July 24- July 28
	Transformative Practicum NURS 2395	Transformative Practicum NURS 3695	9				
	Reflection NURS 2387	Reflection NURS 3687	3				
Break: July 29 -September 5, 2023							

Editorial Team

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