

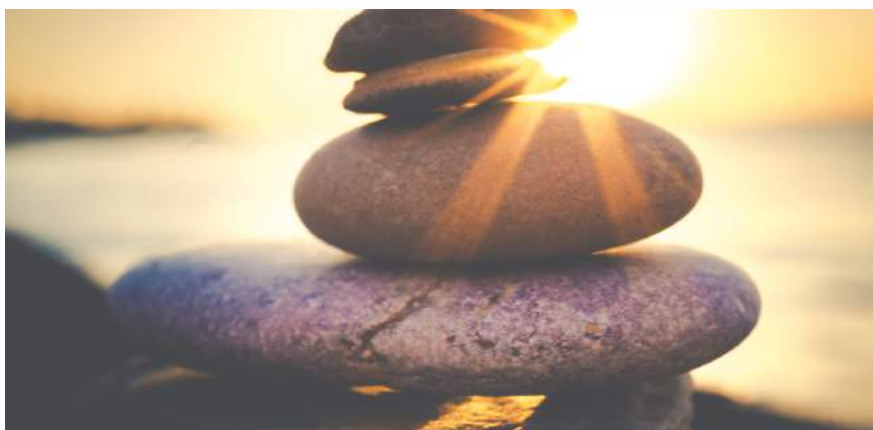
SCHOLAR PRACTITIONER PROGRAM

SPRING/SUMMER NEWSLETTER



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Collaborations



Welcome

Written by Dr. Baiba Zarins

The spring-summer phase of the program brings upon new beginning and new opportunities. Each learner and faculty has demonstrated great adaptability, resilience, and perseverance in reaching your personal, academic, and evolving professional goals over the past year. This is no easy feat within a year filled with unrest, uncertainty, worry, pain and hardship.

For our 2021 cohort, you have reached an important milestone at the midway point in your studies. Hope and Possibility may now look and feel as real as the opportunity to apply your knowledge and skills within a broader variety of agency based experiential practicums. Our graduating cohort has witnessed the realistic impact of “Challenging the System” on so many levels over the past two years of study. Your tenacity in navigating the ever-changing and challenging academic and health care landscape has understandably resulted a deeper understanding of both the strength and fragility of the profession that you are so boldly entering.

Embrace the next phase of opportunities, interests, and passion that motivated your lifelong learning journey. Embrace all that you have achieved in celebration of you! Continue in reaching towards your future goals and contributions within our future profession and within our health care system. Best wishes in your future success!



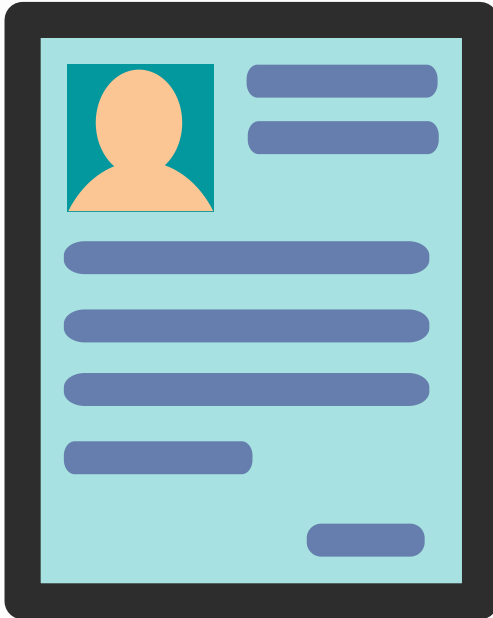
"Magic is believing in yourself, if you can do that, you can make anything happen."
– Johann Wolfgang von Goethe



Dr. Baiba Zarins, RN, PhD
SPP Program Manager

Program Announcements

Written by: Newsletter Committee



HSPnet Updates- CV's

SPP learners should be continuing to use HSPnet for accessing 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. As a reminder, please ensure you have an **updated** CV on file, which includes your SPP practicum (both agency and virtual) achievement details. In response to limitations in available practicums, more placement units are now requesting CV's in follow-up to HSPnet requests. CV's greatly assist unit management in both selection and facilitation of the best experiential practicum experience in anticipation of your placement. **Meagan King** (sppclinicalplacements@nipissingu.ca) is our program lead in the request, process, and confirmation of your experiential practicums, therefore appreciates your responsiveness and updated profile each semester.

Nipissing University Student Union (NUSU)

Email: info@nusu.com Telephone: (705) 474-3450 ext. 4801

Website: nusu.com Social Media: @NUSUtalks – Facebook, Instagram and Twitter



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

- Health and Dental Plan
- Community Involvement
- Food Bank
- Clubs
- Career Services
- Frosh Week & Shine Day

COVID Mindfulness Moment



Faculty Introduction



**Salwa Musa, RN,
BScN, MScN**

Duration as Faculty

I have worked with the SPP program since Spring/Summer 2019.

Before SPP

Prior to teaching my clinical practice focused primarily at the Hospital for Sick Children working as a Registered Nurse and as quality and safety lead within the PICU. I have since transitioned to a role within Public Health, working in Vaccine Preventable Diseases.

Favourite Part of SPP

The focus on clinical experiences shaping individuals' learning journey. The ability to identify your interests and be allowed the space to explore and pursue independent inquiry is truly unique. Lastly, the connection with students and faculty in small group sessions is supportive of optimizing each learners' experiences and learning outcomes.

Current Research Interests

My research interests are within the domain of migrant/immigrant health and the inequities that are experienced with access to resources related to vaccine preventable diseases and communicable diseases. Currently, I am completing a scoping review in partnership with the University of Alberta to investigate the unique impact of COVID-19 to African Americans throughout the pandemic and vaccine hesitancy.

New Pandemic Interests

Exploring the city: I started running (5-10k) as well and love to make running paths that include seeing some of the murals / laneway art of the city. Things that I may not have noticed prior to COVID-19.

Missing

What I miss most is the loss of the social connection. Being able to see friends, colleagues, and loved ones organically and not limited to IPAC policies. I am also a foody and miss exploring the city and trying new restaurants with friends and family. Lastly, I miss travelling. Prior to COVID-19, I volunteered with a non-profit organization to support international surgical procedures, an experience that was truly rewarding. I cannot wait to resume working with the organization when it is safe to do so.

Looking Forward To

Travelling!

Advice to 1st Year Students

Identify a group of learners or a peer to form peer support. There will be a lot of new experiences, sights, and sounds. Having an established support system with someone who is going through the same experiences, is supportive of learning and psycho-social support. I am still close to my peer group from my first year of nursing school to this day!

Advice to 2nd Year Students

Take all opportunities presented to you and be open to exploring new areas of nursing. Lastly, be kind to yourself, as this learning journey is concluding at the end of second year and the expectations to enter into practice as an independent practitioner have started. Listen to yourself, care for yourself and be present and enjoy the great experiences!

Student Awards



Renée Gagnon

RNFOO Undergraduate Scholarship Year 3-4

Renée Gagnon is a second year student in Nipissing University's accelerated Scholar Practitioner Program (SPP). Her nursing journey is rooted in her passion for Women's Health and the opportunities she has had guiding others to reach their own health goals. After obtaining a Kinesiology degree from the University of Toronto, she had a strong desire to work with individuals, inspiring them to achieve optimal health and wellness.

Through her athletic and coaching background in swimming, Renée developed a desire to pair teaching and health together, which led to her decision to pursue a nursing degree. After graduation, she hopes to work in reproductive health, either in Labour and Delivery or Public Health.



Jennifer Kelsall

RNAO Region 6 Undergrad Scholarship

Jennifer Kelsall is a second-year student in the accelerated BScN Scholar Practitioner Program at Nipissing University in Toronto, Ontario. During her undergraduate studies in Kinesiology at the University of Toronto, Jennifer began to uncover her passion for nursing. Upon graduation, she would like to hone her clinical skills in the acute care setting, before furthering her education at the graduate level.

Her areas of interest include social justice, harm reduction, evidence-based practice, and research. Jennifer strives to be a leader among her peers by advocating for social justice education and the use of evidence-based practice.



Kamika Sylvester

RNFOO Undergraduate Scholarship Year 3-4

Kamika Sylvester received her BSc in Life Sciences from McMaster University and is now in her final year of the accelerated BScN program at Nipissing University. Her decision to pursue a career in nursing largely came from her experiences as a patient, healthcare administrative professional, and volunteer work in community settings serving marginalized populations.

Kamika co-founded and is the co-President of her program's Student Council and is the Social Media Coordinator for the RNAO Nursing Research Interest Group. She plans to pursue a MSc in Nursing and eventually become a Primary Health Care NP with a focus in health equity.

Congratulations

SPP Student Council



**SCHOLAR PRACTITIONER PROGRAM
SCHOOL OF NURSING
STUDENT COUNCIL - YEAR 2**



				
Teagan Holiday, President	Kamika Sylvester, President	Noor Zaidi, VP Public Relations	Claudia Joseph, VP Student Engagement	
				
Chad Lugue, VP Communication	Arda Brahaj, General Member	Levine Alveza, General Member	Jeffrey Chow, General Member	Meisha Cole, General Member



**SCHOLAR PRACTITIONER PROGRAM
SCHOOL OF NURSING
STUDENT COUNCIL - YEAR 1**



			
Anna Healy, President	Verona Vumbaca, VP Public Relations	Chahat Sharma, VP Media & Marketing	
			
Judy Brewer, VP Communication	Amelia Wan, VP Student Engagement	Christy Gadsby, VP Outreach	Laura Sapiano, VP Advocacy & Awareness

Stay tuned for our upcoming events and ways to get involved and connected with one another.

Please do not hesitate to reach out to any of us if you have any questions.

splc@nipissingu.ca

Winter - Spring Semester Highlights



Written by SPP Student Council

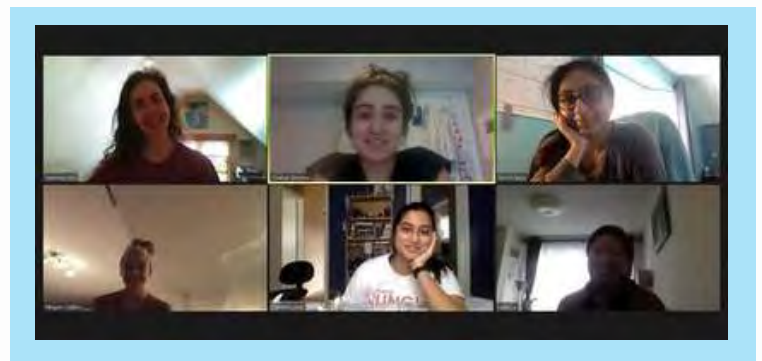
Mini Survival Guide for Clinical Placements



The first year student council created an anonymous dropbox for students to submit personal questions related to clinical must-haves; preceptorship expectations; and, COVID-19 related inquiries. Answers were provided by the second year student council presidents and shared with first year students.

Mindfulness Movement Class

First year students facilitated a movement class for the chance to move together, practice self-care, and help students ease stress and anxiety prior to starting their first in-person clinical placements.



Medication Calculation Review Session



The first year student council ran a virtual study session, which included practicing the use of formulas; completing practice questions; and, mock tests to help learners be successful in their evaluations.

Clinical Competency Test Prep Session

Student council created a document with their clinical skills knowledge and information shared by second years learners to help students prepare for their clinical competency test.

SPP Clothing Orders

First year and second year SPP students created and promoted the creation of SPP merchandise for both the first and second year cohorts.



Winter - Spring Semester Highlights

Written by SPP Student Council

The 9-Week Clinical Challenge

During the 9-week transformative practicum phase, each first year student council member created a weekly challenge to keep learners connected and provide an opportunity to get to know their fellow classmates . A weekly theme was posted along with a photo to prompt discussion between learners, as well as encourage students to post their own photos or comments in each thread.

Hey guys! For our week 1 challenge for our 9 weeks of practicum! We wanted to encourage you to share your favourite way to de-stress (and a photo if you're comfortable) in the comments of this post! So we can get to know each other better and maybe learn some new ways to de-stress! I'll start—my favourite way to de-stress is baking!!! I've been baking since I was a little girl. Here is a photo of me making apple pie (might have been during a lecture) as well as some treats I've made in 2020. How do you de-stress? Post a picture if you're comfortable!



Anna Healy, first year SPP student

Morning everyone! For week 4 of our SPP photo challenge we want to know what your favourite meal is!! It can be comfort food, what you eat when you want to treat yourself, a dish that's super close to you - whatever makes you happy 😊

For me it's pasta LOL idk about you guys but during my undergrad pasta was one of the most affordable things to make so that's what I would make like every night for dinner. Eventually I started playing around by mixing sauces and spices together and could make delicious variations of the same recipe. Now it's something that I don't have to think about too much but I will always love to make and eat pasta 😊 What about you?!



Chahat Sharma, first year SPP student

Hi everyone! For the fifth week of the SPP photo challenge we would like to know what is the first thing you will do when COVID is over?

I think this question has been on everyone's mind since the beginning of the pandemic. For me, I would like to take a family trip to Italy. I think that this would be good way to combine quality family time with an amazing trip back home. This picture was taken back in 2018 in the Amalfi Coast, which is where my mom's side of the family is from. The one lesson that I have learned from visiting Italy is to enjoy life. The pandemic has also made me recognize the importance of cherishing each moment with family and loved ones. Therefore, I cannot wait to go back and enjoy the beautiful weather, visit extended family, and eat delicious food! 😊

What about you?



Verona Vumbaca, first year SPP student

We made it to the end of our first clinical rotations, and the end of our first 9-week-challenge.

I am personally very proud of all of us, and cannot wait to see how we continue on in this program.

For this week, SPP Y1 student council wants to know "What's your favourite memory from clinical?"

Mine is helping a 4-year-old girl with short gut syndrome, and by the end of the day, I was feeling sick and overall just burnt out (and I bet you could all take a wild guess as to why 😊). So I left early, but when I got home I got a text message from my preceptor saying that this patient drew me this picture and I immediately burst into tears. The back of the page says "To Laura, Feel better soon" and the patient signed it. This made me realize why I'm here, and why I do what I do. Because of this moment, and this patient, I am still in this program.



Laura Sapiano, first year SPP student

Celebrating the Graduating Class of 2021

Submitted by Year 2 Learners

In celebration of the graduates this semester, some of them share the reasons why they chose nursing as well as some of their future endeavours and upcoming hopes and dreams.



"Our time is limited, don't waste it living someone else's life. Don't be trapped by dogma, which is living the result of other people's thinking. Don't let the noise of other's opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary."

~Steve Jobs

Chad Luge

After experiencing many different placements, I would say my interests in nursing gravitate toward paediatrics and emergency currently. I was never a fan of paediatrics prior to having my placement at SickKids. However, my perspective changed when I had my paediatrics placement. It made me realize the joy in helping children, as well as their parents. The Emergency Department is where I had my consolidation and I have learned so much from my placement so far. I learn and witness something new each day. The beauty of nursing is that it is so vast in terms of what you can do as well.

Personally, my future plans at the moment are to pass the NCLEX and work at SickKids.



Levine Alveza

I chose nursing because I enjoy taking care of people especially the elderly. My goal is to work in an ACE (Acute Care of the Elderly) inpatient unit and to eventually become a geriatric emergency management nurse.

Celebrating the Graduating Class of 2021



Simona Yip

I chose nursing as a career because when my grandpa was in the hospital, the nurses made all the difference for him and my family. I hope in my future as a paediatric nurse, I can emulate the same positivity and kindness to others.

Danielle Wark

Nursing is a fulfilling career with lots of variety and ways to challenge myself, while making a positive impact in people's lives!

After graduation and the NCLEX, I plan to pursue a nursing career in the emergency department.



Julianne Yu

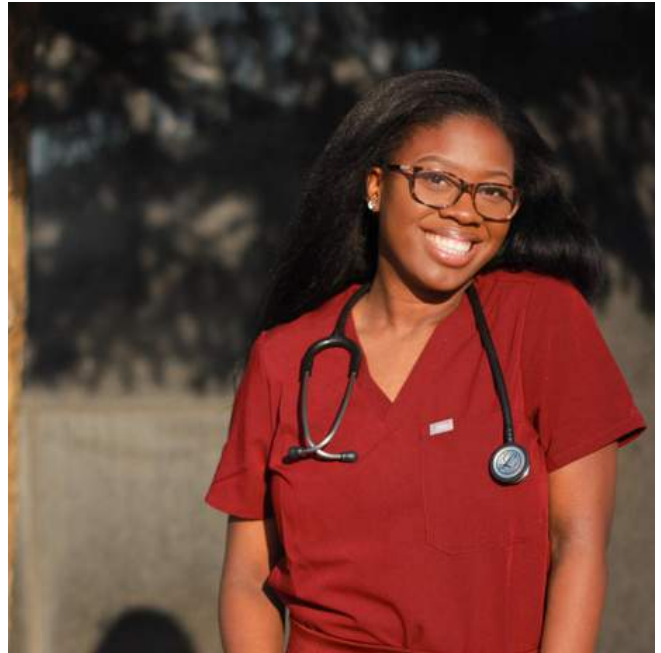
As my two-year journey in this program comes to a close, I will apply to multi-organ transplant or cardiovascular surgery units at Toronto General Hospital. I am still navigating my interests in specific specialties – but I have grown fond of the people and culture on those units.

Thank you to my family, friends, preceptors, and faculty who have supported me all the way through! I look forward to the start of a fulfilling and well-balanced career!

Celebrating the Graduating Class of 2021

Kamika Sylvester

As graduation from SPP approaches, I reflect on the friends and healthcare connections I've made over the past two years. I am grateful for every opportunity for growth academically, clinically, and personally. I plan to begin my nursing career in Emergency Medicine while also exploring opportunities for travel nursing.



Jennifer Kelsall

I can hardly believe how fast these last two years have flown by! I entered nursing because I felt it was a great combination of my passions, skills, and interests. My love of the human body, my desire to care for and interact with people, and my passion for advocacy and fighting for justice all seemed to align in the pursuit of nursing. After having gone through the past two years, I can confidently say that I have been able to grow in so many ways and deepen the passions that drew me to nursing in the first place. While I am sure that nursing will bring me to many different cities, institutions, and roles in the future, I am excited to start my nursing career at SickKids on 8A Oncology/Haematology in September.

Congrats to all my fellow classmates and I look forward to working with you all!

Celebrating the Graduating Class of 2021



Jeffery Chow

After graduation, I hope to pass the NCLEX and work as a registered nurse.

Renée Gagnon

After graduation, I would love to work in the area of women's health, whether that is a mother and baby unit or entering public health nursing and working in sexual health or fertility clinics. I have always been extremely passionate about the topic of women's health myself, as a young female athlete, starting at a young age exploring my own body and overcoming its' challenges over the years has been very interesting. After finishing the SPP, I plan to apply to labour and delivery units across Toronto. I chose the nursing career path after my Kinesiology degree because of the holistic care it provided for patients and their families. I also have a passion for coaching and teaching, and thought it would connect well with the nursing profession, as I think nurses play a special role in mentoring others.



Chloe Hill

I am planning to apply within the Kitchener and Guelph area. With an interest in cardiology, rehab, and palliative care.

I chose nursing because it is such a rewarding career where I can make a positive impact in the transition of patient's health and well-being.

Celebrating the Graduating Class of 2021



Teagan Holliday

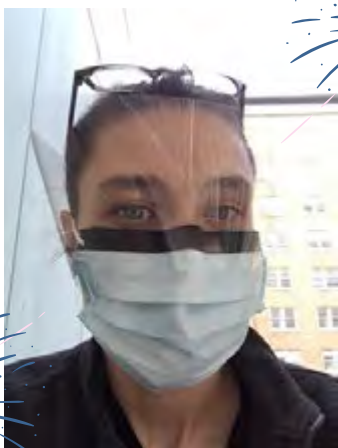
I chose nursing not just because I wanted to help others, but because I wanted to give back to the very same community that helped me through my own healthcare hardships. I am thankful to my preceptors and faculty members who have created a safe and open environment where I was able to thrive.

As a new graduate, I am planning on applying to medicine units as I endeavour to continue learning as much as I can.

Noor Zaidi

During the past two years, I learned and grown so much as a person as well as a student nurse. My time in the SPP program was wonderful. As a new mom at the start of the program, I can truly say that I couldn't have done this without the support of my fellow peers, faculty mentors, and partnered preceptors. This journey has shown me that nursing is truly my calling and I am proud to have made this choice.

I am excited to start my journey as a new graduate nurse. I plan on taking the next month to review content and study for my NCLEX exam. After licensure, I plan to continue working in the Emergency Department as a Registered Nurse.



Meisha Cole

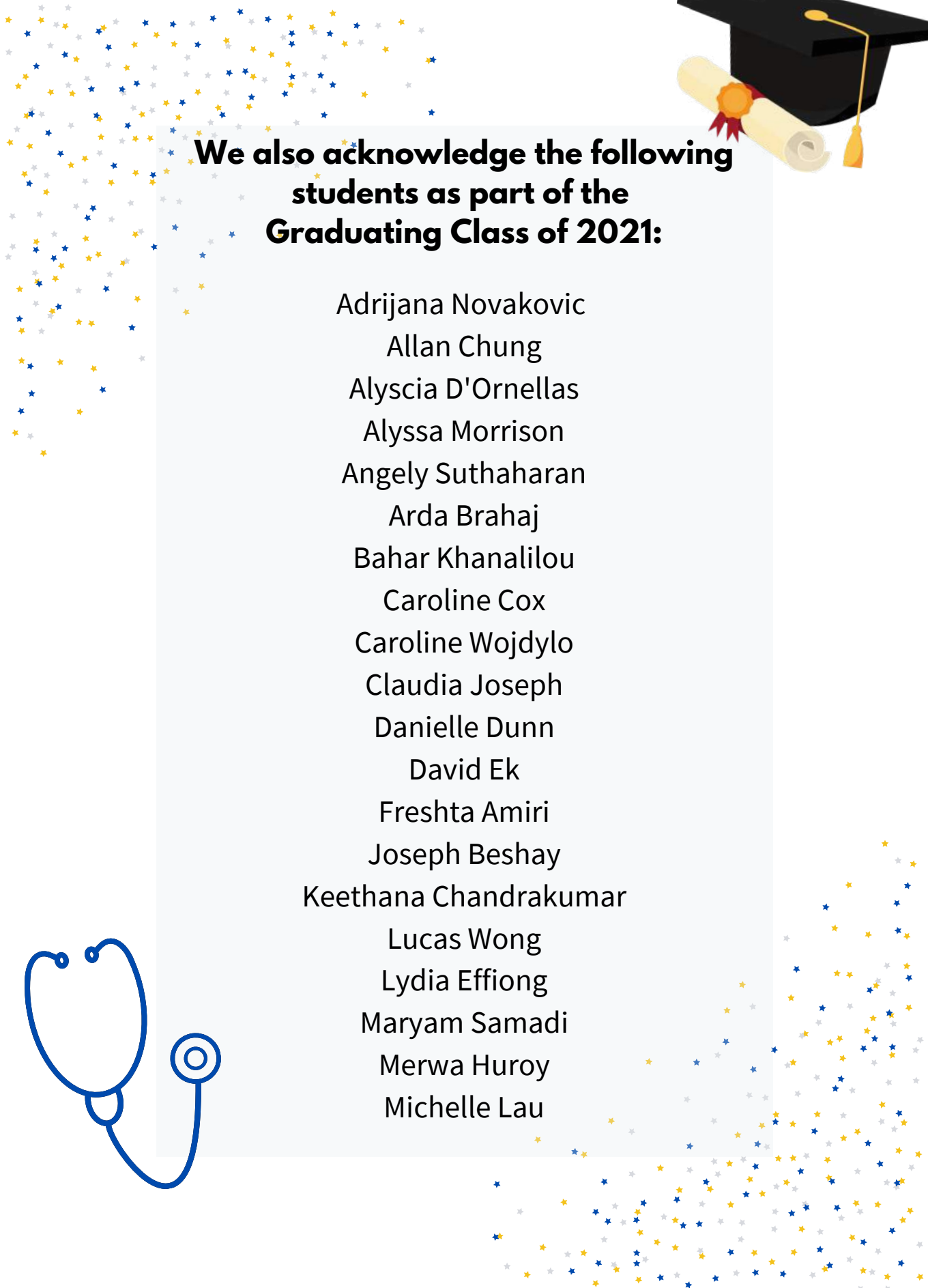
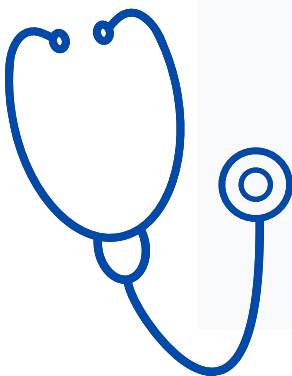
In the future, I'm hoping to pursue nursing in paediatric spaces and explore what nursing roles can look like around the world. I have learned so much over the last two years and am grateful to my peers, faculty, and preceptors for all of their support. I hope to write the NCLEX in September and carry forward all my amazing experiences as I transition to a new graduate nurse.

Celebrating the Graduating Class of 2021



We also acknowledge the following students as part of the Graduating Class of 2021:

Adrijana Novakovic
Allan Chung
Alyscia D'Ornellas
Alyssa Morrison
Angely Suthaharan
Arda Brahaj
Bahar Khanalilou
Caroline Cox
Caroline Wojdylo
Claudia Joseph
Danielle Dunn
David Ek
Freshta Amiri
Joseph Beshay
Keethana Chandrakumar
Lucas Wong
Lydia Effiong
Maryam Samadi
Merwa Huroy
Michelle Lau



Best Practice Spotlight Organization Student Engagement

Nipissing University BPSO Symposium



Our Educational Journey as SPP BPG Leaders

By Christine Gadsby and Jiaxuan Wan



BPG Participation and Engagement

After we were introduced to the BPGs and participated as BPG leads with the SPP Year 2 learners in our first semester, we have reflected and reframed our BPG study group and the method of conducting the knowledge transformation of BPG into practice. We decided to focus on one BPG per semester. We hosted three sessions consisting of one educational session to teach the participants about the BPG and the practice recommendations, one discussion session to allow participants to reflect on their use of the BPG in their clinical placement, and we collected feedback in the final session. By leading the BPG study group, we developed our leadership skills and gained a deeper understanding of how the guideline is utilized in practice. Implementing our ideas allowed us to raise awareness of the evidence-informed practices and bring BPG to life.

BPG Integration into Practice

In our experience as BPG leads, our goal was to teach participating students how to integrate our program's core BPG's into their practice. To do this, we hosted three interactive sessions to teach our participants about a specific core BPG. Throughout the sessions, the focus was on curating the content from the BPG that would be most actionable to our participants in their current practice. To facilitate this, we created materials to complement the BPG knowledge. We created a cheat sheet that outlined the key points from the practice recommendations that could be brought into clinical placement by participants. We also created a self-assessment sheet that prompted participants to reflect on their experiences using the BPG in practice. The creation of these materials also helped us deepen our own BPG knowledge and recognize where we can improve our BPG session development and implementation.

Suggestions

For future learners, we recommend the order sets to use while in clinical placement. The order sets provide practice recommendations listed in bullet-point style, so it is straightforward to use and check when you are in clinical practice. They organized these recommendations according to the nursing process, and it is also a great way to reflect your actions using the order sets.

It is okay to be intimidated by the sheer amount of information in the BPG's. We recommend at first focusing on the practice-level recommendations which will be the most applicable to the majority of students. When you gain confidence in these, you will find the education and organization-level recommendations more intuitive, and these can help you continue your journey as a BPG champion.



Cheat sheet we created for the Person and Family Centred Care BPG

Social Justice Committee Spring-Summer Recap

Written by Social Justice Committee

Throughout the winter and spring, we continued to offer social justice related learning opportunities for SPP learners to engage us more deeply in learning related to health equity and advocacy.



Harm Reduction Series

Our winter series focused on the theme of harm reduction, where we learned more about substance use disorders, the opioid crisis, harm reduction principles and interventions, and the interconnected struggle for safe and dignified housing for all. Our first webinar in this series was an introduction to community health and street nursing, featuring community nurses Aindrea and Rikki-Lee who work at the Sanctuary Community Clinic. They shared their passion for street nursing and shed light on health inequities in their community and how nurses can support people who are experiencing homelessness. Our second harm reduction webinar featured nurses Matt Johnson and Amy Noon from the Parkdale Queen West Community Health Centre. We learned about the history and principles of harm reduction, and about working with and building relationships with people who use drugs through a harm reduction based nursing practice. We also received naloxone administration training. Our third and final webinar in the harm reduction series focused on harm reduction on the front-lines of the COVID-19 pandemic. We heard from Kristien Wade who works in Vancouver, BC and was the clinical coordinator for the COVID-19 outreach team. She shared her experiences coordinating the isolation hotels on the east side of downtown Vancouver and the importance of harm reduction in this work. We also heard from Marcie McIlveen of Keeping Six and Claire Bodkin of HAMSMaRT, both based in Hamilton, whose work centers around the rights and dignity of people who use drugs in response to the opioid crisis and the related housing crisis. All of these webinars highlighted the links between COVID-19, the opioid crisis, harm reduction, homelessness, and health equity.

Spring-Summer Webinars

In the spring term, we hosted two webinars. The first was with nurse and social justice activist Cathy Crowe. She shared about her experience as a street nurse and discussed the link between nursing and political action, and told us about her own advocacy work related to housing and homelessness. Our second webinar was focused on gender-affirming healthcare. We heard from Kaiden, the project coordinator for the Hamilton Trans Health Coalition, and Autumn Getty, a trans female facilitator and educator. We learned about barriers to healthcare access for trans communities, the social determinants of trans people's health, and how healthcare needs to change and improve to be gender-affirming and equitable.

We are grateful to all of our speakers who gave us such rich and challenging learning experiences, and to all of you who attended and engaged with us. We will continue to offer webinars in the fall and promote the social justice work of nursing. Stay tuned and let us know if you would like to get involved!

Day in the Life of a Forensic Outpatient Nurse

Written by Levine Alveza

Main responsibilities of a forensic outpatient nurse is to make sure the patients are safe to themselves and to the community. This is done by conducting mental status exam and risk assessments. They also persuade patients to abstain from substances and to check if their urine is clean. Nurses work ten hour shifts, four days a week, with no weekends and holiday.

Schedule:

08:30-09:00: Check e-mail and appointments for the day

09:00-09:30: Appointment with a patient for check-up

09:30-10:00: Collect a urine sample and document

10:00-11:00: Appointment with a patient for check-up and monthly scheduled injection for paliperidone

11:00-12:00: Lunch break

13:00-15:00: Drive to housing centre to visit three different patients who live there and drive back to the hospital

15:00-17:00: Zoom meeting with the entire forensic outpatient clinic staff to discuss about current and future patients

17:00-17:30: Meeting with a patient with their psychiatrist about their upcoming trial

17:30-18:30: Finish all the documentation needed



WHISTLE

SWIPE CARD

KEY TO FIRE ALARM

PERSONAL SELF-ALARM
(used when staff feels unsafe)

After Graduation- Now What?

Written by SPP Student Council

College of Nurses of Ontario (CNO) Registration

- Create an account on the CNO website
- Submit application
 - Confirm personal details
 - Provide proof of Citizenship, Permanent Residency, or Authorization to Practice nursing
- Registration Examination (NCLEX-RN)
- Jurisprudence Examination
- Police Criminal Record Check (Sterling Backcheck)

Job Search

- Reach out to previous units where you had your practicum
- Create an account in the Nursing Graduate Guarantee Portal to view job postings
- Update your LinkedIn account
- Prepare a new graduate resume and cover letter template
- Practice answering interview questions and prepare relevant personal anecdotes
- Apply to a wide variety of job postings that interest you



Good Eats

One-Bowl Zucchini Bread Submitted by Jeanette Eby

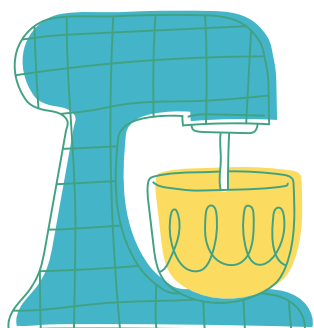
Ingredients:

- 2 tbsp ground flaxseed + 6 tbsp water (or 2 eggs if you don't need it to be vegan)
- 1 cup very overripe mashed banana (about 3 small bananas)
- ¼ cup coconut oil, melted (canola oil is also ok)
- ½ to ¾ cup cane sugar (I use ½ cup. You could also replace with maple syrup. I've also used brown sugar, depending what I have in the cupboard)
- 1 cup grated zucchini, packed (don't squeeze water out)
- 1 tsp vanilla
- 1 ¼ cups whole wheat pastry flour (other flour of choice is fine too)
- ⅓ cup cocoa powder
- ½ tsp cinnamon
- 1 tsp baking soda
- ½ tsp salt
- ½ cup chocolate chips

This recipe has been my go-to for baking during the pandemic. It is delicious, you can make it less sweet depending on your preferences, make it all in one bowl and simple ingredients. Eat it for a snack, breakfast, or dessert, whatever you wish. Hope you enjoy it as much as I do!

Directions:

- Preheat oven to 350F. Grease a 9x5in loaf pan with cooking spray. You can also use a square cake pan or make muffins instead!
- Stir together flax and water in a large mixing bowl and set aside to thicken for 5 minutes.
- To the same bowl, add banana, melted coconut oil, sugar, vanilla, and zucchini. Stir to combine.
- Add flour, cocoa powder, cinnamon, baking soda, and salt. Stir just until combined, being careful not to over-mix. Fold in chocolate chips.
- Pour batter into pan and top with additional chocolate chips if desired. Bake for 1 hour and 5 minutes or until a toothpick comes out clean. It will take less time if you use the square pan or make muffins.
- Store cooled bread in an air-tight container on the counter or tightly wrapped in plastic wrap.



Good Eats

Slow Cooker Quinoa Tortilla Soup

Submitted by Judy Brewer



SLOW COOKER QUINOA TORTILLA SOUP

A healthy meal that's packed with plant protein and delicious southwestern flavor.

INGREDIENTS

- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, minced
- 2 teaspoons ground cumin
- 2 teaspoons chilli powder
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- 1/2 cup uncooked quinoa
- 1 15-ounce can diced tomatoes
- 15 ounces tomato sauce
- 5 cups vegetable broth
- 1 15-ounce can black beans
- Optional toppings: tortilla strips, green onion, lime juice

PREP TIME

- Prep | 15 m
- Cook | 6hrs
- Servings | 4 bowls

INSTRUCTIONS

IN THE SLOW COOKER

- 01** Place all of the ingredients (minus the toppings) into slow cooker on the high setting. Stir together, cover and allow to cook for 6 hours. Keep warm until ready to serve.

ON THE STOVETOP

- 01** In a large pot, warm 2 tablespoons olive oil over medium heat. Add the onion, sprinkle with salt and cook for 3 minutes. Add the peppers, garlic, and seasonings then stir to combine and cook for a few more minutes.
- 02** Pour in the canned tomatoes with their juices, tomato sauce, vegetable broth and water. Bring to a low boil then add the quinoa and cook for about 20 minutes, until quinoa is tender. Add the black beans and cook until heated through. Serve warm with tortilla strips, lime juice, cilantro and/or avocado.

Get Moving!

Written by Renée Gagnon

Perform this workout outside if you can!

What you need:

- Your body-weight
- A band that can go over your knees (if available)

Perform each circuit 2-3 times and switch to the next one.

Circuit 1

Exercise 1: Plank on elbows

Exercise 2: Plank on your hands to downward dog and back down to plank

Exercise 3: Mountain climbers

Circuit 2

Exercise 1: Squats (with or without band)

Exercise 2: Squat jumps (can still use band)

Exercise 3: Run, jog, or walk with a high pace about 15 meters and back



**"Nurturing yourself is not selfish;
it's essential to your survival and your well-being."**

– Renee Peterson Trudeau

Advice for Incoming SPP Students

Written by Anna Healy and Verona Vumbaca

My first year clinical experience was at Toronto General Hospital in the Psychiatric Inpatient Unit. It opened my eyes to the rapid increasing need for mental health care and education—especially during the COVID-19 pandemic. Working alongside my preceptor was a great experience to kickstart the nursing learning process, absorb clinical techniques, and apply the skills to foster therapeutic patient-centred care in my unit.

Submitted by: Anna Healy, first year SPP student

Anna's advice: Be open to this new and exciting learning opportunity. Make sure to give yourself lots of grace and take time to take care of yourself. Be attentive and observant and ask as many questions as you can. Most importantly: have fun!!



My first clinical placement was at The Hospital of Sick Children (SickKids) in the General Paediatrics Unit. This experience allowed me to foster the therapeutic nurse-client relationship with my patients and their families. I also learned how to adapt and learn in a fast-paced environment. My preceptor helped teach me the nursing basics and advance my knowledge through allowing me to be a part of every patient interaction, complete clinical procedures, and assist with patient care.

Submitted by: Verona Vumbaca, first year SPP student



Verona's advice: Be a part of patient care as much as possible while in clinical; do not be afraid to ask questions or ask for more learning opportunities; trust the process as adjusting to shift work will take time; do not be hard on yourself when you do not know the answer; and, be your authentic self.

Mark Your Calendars for Upcoming Events!



Mentorship Program

The first student council will be relaunching the mentorship program with the incoming SPP cohort in September 2021. Stay tuned for details and updates!

BPG Learning Groups for Year 1 and 2 Cohorts

BPG (Best Practice Guidelines) learning groups will be continuing next semester for both year 1 and year 2 cohorts throughout the Transformative Practicum phase. These learning sessions are aimed to help increase student's understanding and application of the BPGs. Stay tuned during the Inquiry phase for sign-up details!

SPP Instagram Page

The first year student council are in the process of finalizing the SPP's first Instagram page! Stay tuned for information on how you can follow the page.



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