

Nipissing University Scholar Practitioner Program Fall 2022 Newsletter

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Collaborations



Newsletter Team

Riana Feliciano
Amanda Boudreau
Fritz Sarigumba
Jenny Jing
Nada Fakir

welcome

By Dr. Baiba Zarins

Greetings on the commencement of the academic year 2022-2023!

Congratulations on the completion of the very active fall semester to commemorate our 11th anniversary of the SPP.

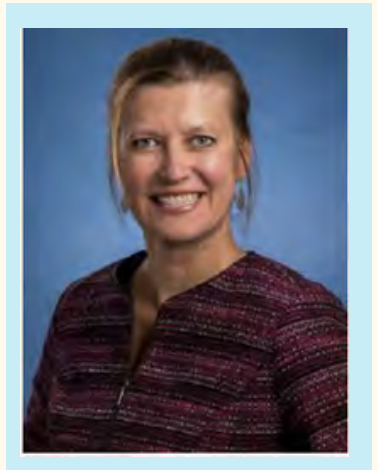
As the 2022 cohort immerses within the steep learning curve of our unique nursing program, you are indeed embodying the semester one theme of Generativity and Life on so many levels. The generation of new knowledge and exploration of the health care field is unfolding with each curricular interaction. Engaging within multimodal learning opportunities truly exemplifies the boundless learning contexts within your academic pathway in formative role identity, assessments, and contributions to health care virtually and within agency-based environments. We hope you have celebrated your success thus far and are excited for the upcoming semester learning opportunities. Our 2021 cohort have passed the midpoint of their program journey as you near and envision the last two semesters of study. The excitement towards the consolidating semester in the spring/summer term is palpable. Continue to shine in your passion and motivation in nearing your academic and professional goals!

The complexities of life, academics, work and health, on occasion, affected one's sense of being and wellness on an individual level this semester. Reaching out to one another in caring and compassionate support is a special gift of kindness beautifully recognized as one of many unique attributes within our SPP community.

As 2022 draws to a close, we also acknowledge the dedication of our program faculty in support of your learning experiences. Despite the many challenges within our learning environment this year, faculty remain dedicated in their commitment to the success of each learner and the broader program. Although the road may be challenging at times, we celebrate your perseverance and focus to successful outcomes. As a learning community, we look forward to a positive, exciting, and evolving experiential learning filled year ahead!

Wishing you and your families a joyous, safe, and healthy holiday season!

Baiba



Dr. Baiba Zarins, RN, PhD
SPP Program Manager

Faculty Re-Introduction

Dr. Ping Zou



Duration as faculty:

I joined Nipissing University and worked in the SPP since July 2015.

Work experiences before SPP:

I was:

- An economics professor at a university in China before I migrated to Canada;
- A Chinese teacher at a public school in Toronto after I migrated to Canada;
- A staff nurse in a nursing home in Toronto after I had a nursing license;
- A teaching assistant at the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto when I pursued my Master's and Ph.D. degrees;
- A nurse researcher at a healthcare research center at the University of Toronto when I pursued my Master's and Ph.D. degrees;
- A visiting professor and a master's degree graduate student supervisor in an international medical school in Asia.

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

As faculty in the SPP, I am looking forward to attending your graduation ceremony. I will be extremely excited to see that you have strong wings to fly.

One fun fact about yourself you want to share:

In my family, we have a dog and two cats. They eat well, sleep well, work hard (especially on making lots of furs, scratching surfaces, and breaking down furniture), play hard, and live happily with us. They bring us not only happiness but also creativity. In her physics class, my daughter used one of our cats as a model to describe how the cat would experience a radiated world.

What are you looking forward to doing this Winter Break?

Travel if possible. If not, I will visit libraries in Toronto, as many as I can. We have around 100 libraries in Toronto, and I have not visited all of them.

Favourite memory as a practicing nurse:

I never forgot my first nursing job, which was a staff nurse position in a nursing home. On my floor, I worked with 55 residents/clients, whose average age was above 85 years old. When I walked into the hallway, I felt like I was in a gallery. Beside each resident's door, there was a glass show box presenting an important artifact of their life experiences, such as a picture, a dress, or a hat. I enjoyed walking in the hallway, exploring those show boxes, and reading their life stories. Through these artifacts, I appreciated the wonderful people I worked for.

- They were a person who raised 5 children and 11 grandchildren.
- They were a worker who built 100 houses.
- They were a high school teacher who taught hundreds of students.
- Although they might be bedridden, they were a dancing queen when they were young.
- They were a nurse who took care of many patients. I continued with their profession and passion to take care of other people.

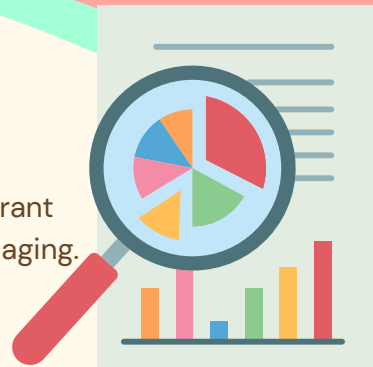
Nursing is a profession, in which we have the privilege to touch on people's lives at some moments; nursing is a also profession, in which our lives are touched by our clients/patients in many unforgettable and meaningful ways.

Current research or work projects:

One of my current research projects is Getting Older in A New Country (GOLDEN).

In the GOLDEN project, I strive to uncover the menopausal/midlife experiences of immigrant women in Canada and explore appropriate interventions to promote healthy and happy aging.

See my publications in Researchgate: <https://www.researchgate.net/profile/Ping-Zou-7>



Recent publications related to the GOLDEN project include:

- Zou, P., D'Souza, D., Luo, Y., Sun, W., Zhang, H., & Yang, Y. (2022). Potential effects of virtual interventions for menopause management: a systematic review. *Menopause, the Journal of the North American Menopause Society*, 29(9), 1101-1117. doi: 10.1097/GME.0000000000002020. Epub 2022 Aug 9. PMID: 35944249.
- Zou, P., Luo, Y., Wyslobicky, M., Shaikh, H., Alam, A., Wang, W., & Zhang, H. (2022). Menopausal experiences of south Asian immigrant women: a scoping review. *Menopause, the Journal of the North American Menopause Society*, 29(3), 360-371. DOI: 10.1097/GME.0000000000001919.
- Zou, P., Kadri, Z., Shao, J., Wang, X., Luo, Y., Zhang, H., & Banerjee, A. (2021). Factors influencing physical activity participation among midlife immigrant women: a systematic review. *Int. J. Environ. Res. Public Health*, 18, 5590. <https://doi.org/10.3390/ijerph18115590>
- Zou, P., Waliwitiya, T., Luo, Y., Sun, W., Shao, J., Zhang, H., & Huang, Y. (2021). Factors influencing healthy menopause among immigrant women: a scoping review. *BMC Women's Health*, 21, 189. <https://doi.org/10.1186/s12905-021-01327-z>
- Zou, P., Shao, J., Luo, Y., Thayaparan, A., Zhang, H., Alam, A., Liu, L., & Sidani, S. (2021). Facilitators and barriers to healthy menopausal transition among south Asian immigrant women in Canada: a qualitative exploration. *Healthcare*, 9 (2), 182. <https://doi.org/10.3390/healthcare9020182>
- Zou, P., Shao, J., Luo, Y., Huang, Y. & Zhang, H., & Sidani, S. (2020). Menopausal transition experiences and management strategies of Chinese immigrant women: a scoping review. *Menopause, the Journal of the North American Menopause Society*, 27(12), 1434-1443. DOI: 10.1097/GME.0000000000001623.

Advice for first year students:

First of all, work hard and take care of yourself. The best way to start your learning journey at the SPP is to love nursing. Nursing is the best profession in the world and you will fall in love with nursing sooner or later. While you learn nursing with us, think of what kind of nurse you want to be. Have a dream and work hard for it.

Advice for second year students:

Trust that you will be a great nurse soon. Plan ahead. Understand what you want to do in the first year, the second year, the fifth year, and even the tenth year after your graduation. Buy a nursing watch for yourself and get ready to work at the bedside. Sharpen your research skills and prepare for evidence-based practice and post-graduate studies in the near future. Work hard and take care of yourself too.

Faculty Re-Introduction

Dr. Louela Manankil-Rankin

Duration as faculty:

I have been a faculty with Nipissing University's Scholar Practitioner Program since July 2015.

Work experiences before SPP:

My journey in nursing began in 1986 when I graduated from a four year undergraduate nursing program. After graduation, I joined a community hospital's mental health unit but my love was maternal child and it did not take long for me to join a maternal child program in a community hospital. I grew in this hospital fulfilling many different roles as a postpartum nurse, special care nursery nurse, labour and delivery nurse, and finally a family birthplace nurse. In the family birthplace program at the time, my role was to support a family from prenatal, labour and birth, postpartum, and home. It was wonderful to be part of this exciting program that unfortunately due to lack of funding was removed from the care offerings of a community hospital. My last hospital position was a nurse educator in maternal child.

In the early 2000, I joined the faculty of a research intensive university. I stayed there until 2015 when I left to join the SPP faculty. I loved being in a program that uses Narrative Inquiry as a pedagogy. Narrative Inquiry was the methodology I used in my PhD dissertation. I was so excited when I learned that the SPP was going to be my new home.

Current research or work projects:

Currently, I am working on a microcredential on Indigenous Health. This is a project in collaboration with the Nipissing First Nation. My team is putting together modules that will assist students and professionals in understanding Indigenous Health from the perspective of the Nipissing First Nation.

My other projects, involve the topics of practice readiness, compassion/compassionate leadership, and the best practice spotlight organization initiative. I have supported fellows in their advanced clinical fellowships through the Registered Nurses Association of Ontario. I have been involved in graduate thesis committee work



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

The beginning of the semester is always a time of hope, curiosity, and exploration. I love engaging with the students and helping them discover more about themselves as people and professionals. The greatest gift in my role is to watch the growth of my students. Many of my former students still contact me and I love hearing about their new experiences in nursing and how much they have grown in the profession.

Favourite memory as a practicing nurse

My favourite memory is always about supporting Mom and Dad through their labour and birth experience. It is not easy to give birth. It is hard work for both Mom and Dad. From my experience, a caring, competent, and compassionate nurse makes the difference in how Mom and Dad experience the journey of birthing their child. It is a beautiful part of life. I was so fortunate to be part of the life experiences of many families I served.

One fun fact about yourself you want to share

I am not sure whether this is a fun fact but it is something I can share. I am a musician and singer. I play the guitar and sing.

What are you looking forward to doing this Winter Break?

I am looking forward to some peace and silence this winter break. I enjoy spending quality time with my family. I want to read a non-nursing book this holiday.

Advice for second year students:















Enjoy every minute of your experience. It doesn't matter whether they are good or challenging experiences. They are opportunities to help you grow as a person and nurse. You just need to be open to what life brings you. I have always believed that the experiences that come our way are meant for us to discover more about who we are as people. It is this discovery that brings joy and hope in our lives.

Advice for first year students:

I also offer the same advice to Year One students as the Year Twos. However, if I was to specifically say something to the Year Ones, it would be to maintain an open mind about learning. As the Year Ones have already discovered, reflecting in-and on-action are familiar modes of learning in the SPP. You will get better at these two ways of approaching experience over time. You will find that time will go very quickly and soon, you will be writing your NCLEX and will be hired as a Registered Nurse. Time is a gift. Savour your experiences. Life has given you something to treasure.

SPP 2022-2023 Student Council

Year 1

 Lindsay Cookley Vice President	 Serena Aseerwatham Co-President	 Samantha Gillen Co-President	 Amanda Boudreau Vice President of News Operations	 Jeremiah Diaz Vice President of Communications
 VP Media and Marketing Gretchen Eng	 Fritz Sangumba News Operations Executive	 Gurnir Shergill Media & Marketing Executive	 Natasha Antonoff Communication Executive	 Nada Fakir News Operations Executive
 Justin Wu VP Student Engagement/Outreach	 Jenny Jing News Operations Executive	 Desiree Anand Student Outreach Executive	 Saira Raza Student Outreach Executive	

Year 2

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



Message from the Year 1 Co-Presidents

Hello everyone!

We want to say congratulations on making it through your first semester of nursing school! You should all be very proud of yourselves and what you've accomplished. This past semester, we have taken on our new roles as nursing students and made the first step on the journey towards becoming Registered Nurses.

For those of you in vSIM this semester, we know your placement was not what you envisioned. But, you took it in stride and excelled in your virtual placements! Your hard work and dedication to learning will pay off in your in-person placements next semester.

All of us have reflected enough for one year and this winter break is well-needed. Treat yourselves during your time off. You deserve time to relax, rest, and indulge in your favourite activities. Next semester will come sooner than you think, so use this time to recharge with family and friends.

Have a great holiday season and Happy New Year! See you in 2023!

Cheers,

Serena and Samantha

trust the process





Message from the Year 2 Co-Presidents



Mentorship Program

This fall, the Student Council brought back the mentorship program that we were lucky to be a part of when we were in Year 1. As first years, the program provided an excellent resource for someone to reach out to who had already gone through the process. So as Year 2's, we were excited to have our turn to pass on our knowledge and experience to the incoming Year 1's.

Speaking to my personal experience, being a mentor this semester has been amazing. First of all, it allows me to step back and reflect on all that I have learned so far. Whenever my mentee reaches out with a question or concern, I often find myself saying something like "That is exactly how I felt in my first semester, but now it has improved." It is really rewarding when you feel like you can support someone else through this program, and it shows how far we have come in only a year. Also working with my mentees has been a pleasure, simply for the opportunity to connect with people. I have become good friends with my mentees; it feels like more of a partnership where they can ask me advice, but I can also ask for their feedback with my own matters too.

This program definitely highlights how important mentorship is in nursing, and those relationships will be helpful to develop when we start our first job.

Productive Chill Session with Expert Speaker Ping Zou!

In order to better prepare for the Year 2 research paper assignment this semester, the Student Council hosted a *Productive Chill Session* on Blackboard. The Y2 cohort was lucky to have Ping Zou in this session. For many of us, this was our first experience writing a research paper. Ping supported us by answering our questions, and offering advice on how to approach this task. This session was helpful in reassuring and preparing students in writing the assignment. Research is an important element of nursing and this semester was a great introduction into this. Sessions and assignments such as these help inspire students to possibly pursue nursing research in the future. Thank you, Dr. Ping Zou!

Impromptu Study Soiree

Throughout the semester, Chrissi and Nicole organized several *Impromptu Study Soirees*. These were an open invitation to all students to join a Microsoft Teams *Productive Chill Session* to study as a group and bounce ideas off of each other. These sessions are always an excellent opportunity to have support from fellow learners as you work on assignments. Group study sessions can also help with motivation to get work done, when you know others around you are doing the same. If you could not attend this semester, do not worry, look for more impromptu study soirees in future semesters!

- Becca, Nicole, and Chrissi

Drop-in Hang-out Q&A Part-ay

During Inquiry Week, the Student Council hosted a Q&A session with the Year 1 cohort. In this session, they were encouraged to ask any questions or voice any concerns they had about starting a new program and going into placement for the first time. It was a great opportunity to connect with the new cohort, and support them through the first few weeks of their semester.

Overall, it was a great event with an excellent turn out. And even for those that could not make it, Vice President Ihab did an amazing job at composing a google document with notes from the meeting as a reference sheet. The Student Council is looking forward to hosting more similar events like this in future semesters!

Spotlight Award VP Outreach & Engagement: Joe Diaz

This semester the Year 2 Student Council would like to spotlight our Vice-President for Outreach and Engagement, Joe Diaz! Joe is a wonderful soul, who puts a lot of time and effort in checking in on her fellow learners. From creating the Facebook groups to bring together Year 1's, to sharing helpful resources and videos - Joe is always looking out for others in this program. SPP and the Year 2 Student Council is lucky to have her on the team!

Q&A with the Year 2 Student Council

Drop-in, Hang-out Q&A Part-ay!

Friday September 16, 2022

4:30 - 5:30 PM



Year 2 Student Council will be hosting a virtual drop-in session this Friday September 16th between 4:30 and 5:30 PM. If you have any questions regarding the program, we encourage you to drop-in and chat with us.

Bring your questions! bring your conversation topics!
We're happy to chat with you!

How do you study and prepare for your placements?

Ask your unit educator and preceptor how to prepare for the placement. Ask what are the common conditions, medications, and procedures done in the unit. Ask Y2 learners; they can provide valuable information.

How do you deal with all the stress (No placements yet, and assignments coming up)?

Try to focus on what you can control; be hopeful, optimistic, and realistic. You might be provided with virtual simulations which will give you theoretical experience. It gives you a lot of time to explore what you're passionate about and you can explore many different patient populations.

What is the first placement going to be like?

It's going to be straightforward for your first placement; bring a small notebook, pens, and your stethoscope. Pack your lunch and snacks because you may not have time to buy food. Our program is always a 1:1 preceptorship, so the staff might think that you are consolidating (final semester of the nursing program), so be sure to explain to the preceptor that this is your first placement. Because of this arrangement, SPP students are able to gain a lot of experience, so take advantage of it! When the day is a little slow, talk to other nurses and look for opportunities to learn. Ask if you can observe them. Make sure to know what is expected of you. Review the SPP handbook and hospital nursing student handbook. Shadowing for your first shift is totally normal; don't be afraid to ask questions.

How does shift scheduling work?

We follow the preceptor's schedule. When you connect with them, you can choose the shifts you will be attending based on their schedule.

How fast does your preceptor expect you to start doing things? Will they expect you to know these things? Will they show you how to do them?

Right off the bat, prioritize patient safety at all times. Your preceptor should not expect you to take over a patient when it is unsafe. It should be a smooth transition, first you shadow the nurse. Then when the preceptor starts to trust you, they will ask you to get them supplies. Then you will slowly start doing interventions and tasks alongside them. Eventually you will start having more autonomy and your preceptor will shadow you. All of this will happen as you display your skills and knowledge, so the more you study and practice, the faster this process will happen. This also varies from person to person, everyone should move at their own pace. Some preceptors may throw you in because they believe it's the best way to learn, but make sure to prioritize patient safety. Speak up if you don't feel comfortable. Seek support as needed.

Fall Semester Highlights



Year 2 Paediatric Cohort
SickKids Orientation



Year 2 Paediatric Cohort Cookies
by Kimberly Wong



Lake view from the 18B staff lounge
Princess Margaret Hospital (PMH)



Year 1 Paediatric Cohort
Skills Lab Day



Canada's
Wonderland
view from the
Orthopaedic
Surgical Unit at
the Cortelucci
Vaughan
Hospital



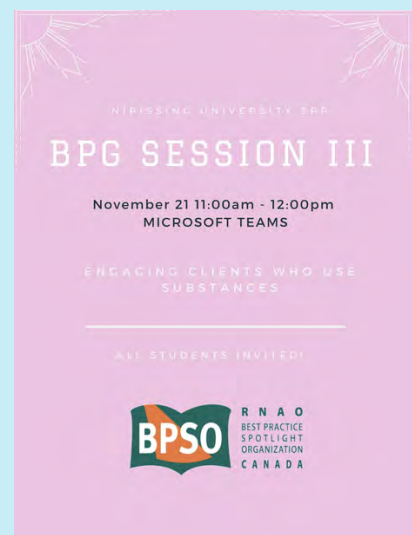
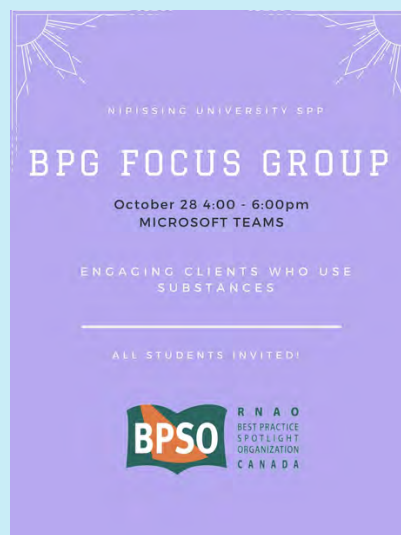
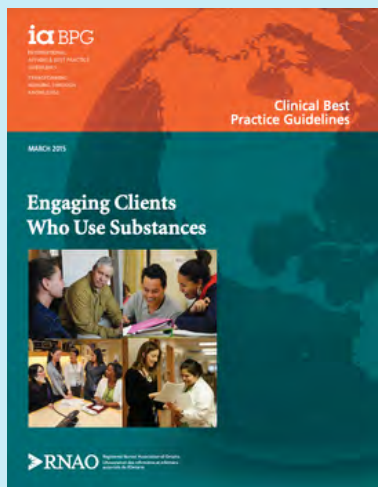
PMH 16A Jack-O'-Lantern
with Milk Tea IV (minus the pearls!)

Best Practice Spotlight Organization Student Engagement

by Megan Terriss and Lucia Gutierrez Lecuona



This year we covered *Engaging Clients Who Use Substances*. We had a special interest in this subject and really wanted to go above and beyond the scope of the BPG. This semester, our goal was to encourage students to engage in critical self-reflection as well as a critical analysis of the BPG. What was missing? What could be improved and why? *Engaging Clients Who Use Substances* was a uniquely complex BPG. In order to create content that would resonate more with our peers, we focused not just on the steps of the BPG but rather the core principles that make the BPG possible. Those principles were harm reduction, trauma-informed care, and lifelong learning. We shared a multitude of videos and resources including free training and academic studies to incorporate both experts and the voices of lived experience to cultivate a richer learning environment that engaged in multiple perspectives. More than anything, we hoped to inspire at least a few learners to dig deeper into the concepts we introduced and above all else, we hope to have communicated our underlying message when engaging clients who use substances: always lead with empathy.



Social Justice Committee

by Bailey Dean

In early October, the Social Justice Committee hosted a webinar titled **"The Importance of Initiating and Building Relationships"** with Dorothy Larkman. Dorothy Larkman is the Interim Director for the School of Social Work at Nipissing University and is a PhD Candidate; her research interest involves the indigenous ethic of non-interference in relationship building. With over 24 years of experience in the field, Dorothy Larkman was able to inform us on topics such as history, structural conditions, current political context, needs and goals of population groups to bridge the understanding between indigenous and non-indigenous peoples.

During the webinar, Dorothy Larkman partook in smudging, which is an indigenous tradition used to purify. Lighting the smoke and sage allows the smoke to create the connection of understanding and then the smoke can be used to cleanse the body.

We are very grateful to Dorothy Larkman not only for sharing about herself and teaching us, but also for having us learners reflect on our own biases and denial in a safe space to develop cultural sensitivity and safety. As nursing students and future nurses, it is important to have an understanding of the community your patients come from.

Student's Testimonials

"I felt like this event allowed me to gain more insight into not only the Indigenous community but how to be an advocate for them as a nursing student. This session gave me the awareness of many crucial concepts such as smudging practices along with the history of experimentation within the community. Looking forward, I think being aware of this background and the psychological impact of historical events has made me personally want to be more of an advocate for the indigenous community. Within healthcare, although there are many rules and regulations to ensure patient safety, they do not take into account the many cultural and religious practices that could be held on behalf of the patient. Keeping this in mind, as an advocate, I would strive to be receptive and proactive when requests are made for indigenous practice, while maintaining patient safety. This could involve spreading awareness to other healthcare staff and implementing a specific area for safe smudging practice. Also keeping aware of boundaries that could exist by actively communicating assessments and treatment plans, and making sure to ask for consent before each procedure."

- Ishani Illamperuma

Online Event

Topic:

INDIGENOUS STUDIES

Speaker:

Dorothy Larkman

PhD Candidate, Interim Director
for the School of Social Work at
Nipissing University



04 Oct, 2022

2pm-3:30pm

Free

SPP Social Justice Committee

Stay tuned for future webinars
hosted by the
SPP Social Justice Committee!

"Attending this session was truly an eye-opening experience. I had never attended an information session on caring for marginalized people in general, and this experience encouraged me to look further into this topic. Because of this webinar, I chose to focus the majority of my work this semester on the experience of marginalized demographics. I truly learned a lot, and was very grateful for this initial experience. The healthcare field certainly needs more people speaking out about these topics. As a future nurse, I hope to learn more about their lived experiences so that I can advocate for care that will be truly helpful for them."

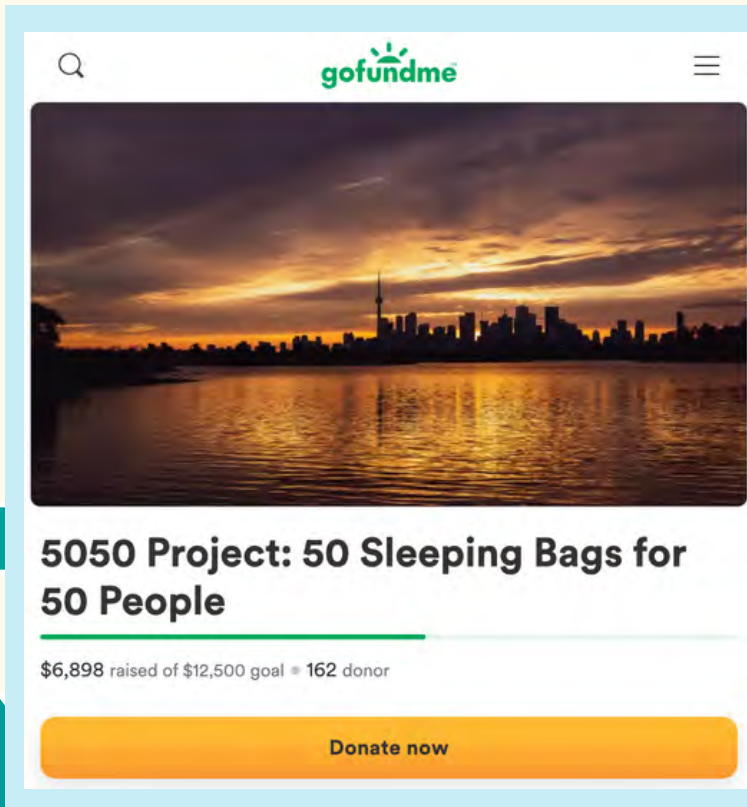
- Serena Aseerwatham

The 50/50 Project

by Megan Terriss

The **5050 Project** is an initiative created in response to Toronto's housing crisis. With winter at our doorstep, we know that our already crowded shelters will be further overwhelmed – particularly with the closure of emergency pop up shelters like Novotel.

The name reflects our goal, which is to purchase 50 sleeping bags for 50 people. Our aim is to purchase those that are rated for extreme cold weather. We also are using this as an opportunity to raise awareness about Toronto's housing crisis and evidence-based solutions like Housing First.



I first became aware of sleeping bags as a need for frontline outreach organizations last year through Unity Kitchen. I pooled finances with one friend and we were able to purchase 3 sleeping bags with a -5°C weather rating.

This year, with the support of the SPP Social Justice Committee, we have raised **\$6,898 with 162 donors**. Mountain Equipment Company has generously offered their support via a discount which has made it possible to purchase nearly 14 sleeping bags to date with a -18°C weather rating!

All funds go directly to purchasing sleeping bags and the products will go to Unity Kitchen who has agreed to distribute the materials to those who have need.

We plan to continue raising funds through December and January. Please share:
<https://gofund.me/Odb113fb>

Donate now



Megan Terriss is organizing this fundraiser.

****All we ask is 5\$****

We are a group of dedicated nursing students from Toronto looking for donations to purchase 50 high-quality sleeping bags for our fellow Torontonians who are unhoused.

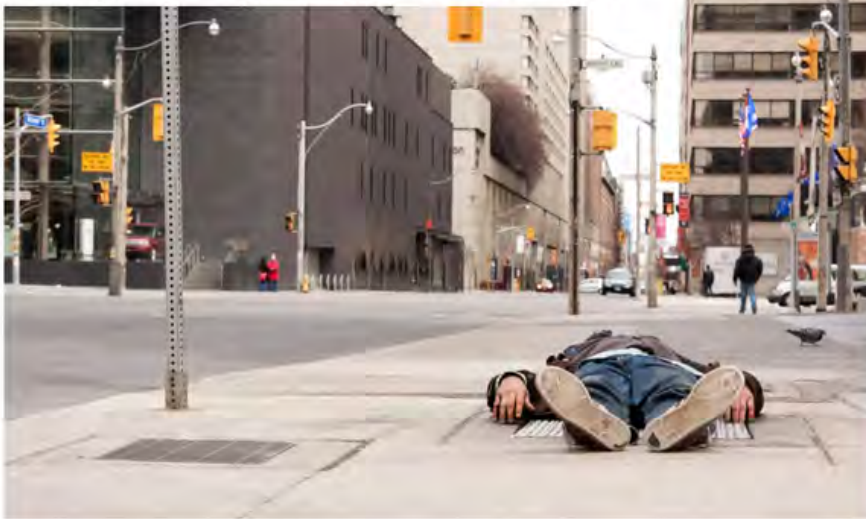
blogTO

City Kimia Afshar Mehrabi Posted 3 days ago



Report Inaccuracy

Group of students in Toronto are trying to collect sleeping bags for people in need



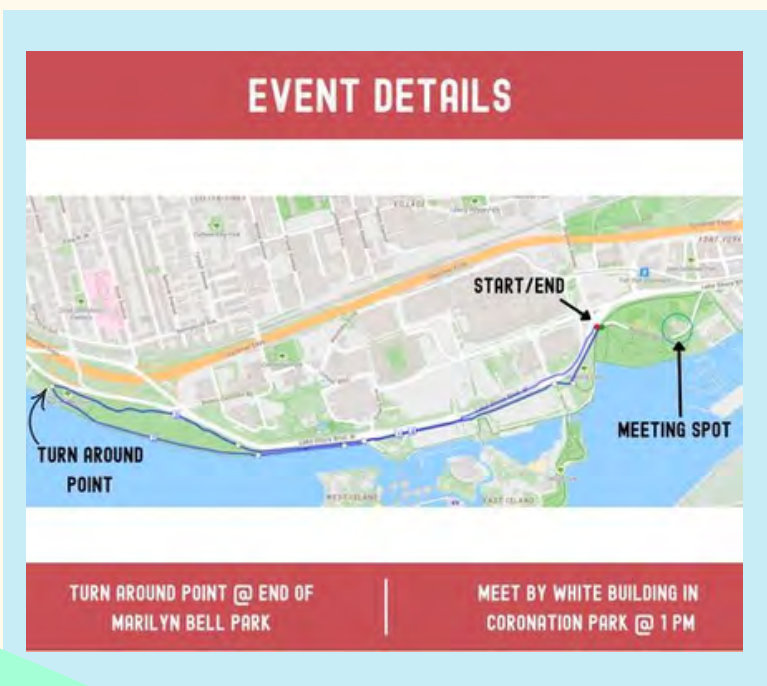
The 5050 Project has recently gained some support in the media through a [blogTO article](#) written by the wonderful Kimia Afshar Mehrabi. Given the amount of attention the fundraiser has garnered, we hope to use our little platform to help educate people on front line organizations that are already supporting this community as well as evidence-based solutions to the issue of chronic homelessness. We are hopeful to be featured in more stories in the coming weeks. Stay tuned!

The 5k Run/Walk Project

By Justin Wu

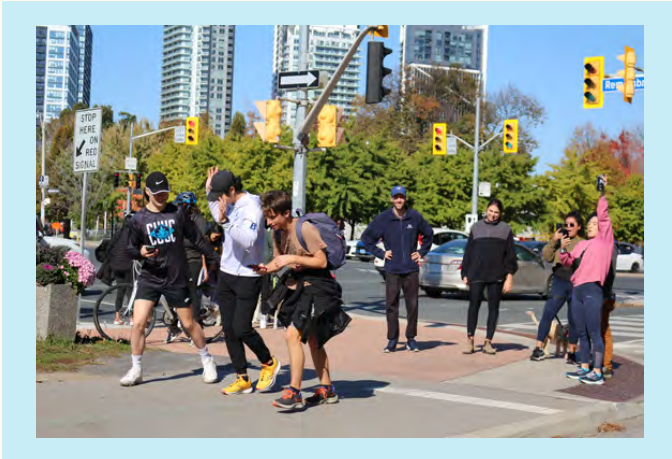


The 50/50 Run/Walk was part of a fundraising event organized by the SPP Social Justice Committee to purchase high-quality sleeping bags for unhoused Torontonians.



On October 22nd, Year 1 and Year 2 learners gathered downtown at Toronto's Coronation Park to take part in the 5 KM 50/50 Run/Walk. The route took participants out along the lakeshore and around Marilyn Bell Park before finally finishing back at Coronation. All in all, the event was a wonderful opportunity for us to finally meet each other in person, fit a quick workout in, and, most importantly, raise money for a great cause.

The SK Run/Walk Project Highlights



Attendee's Testimonials

"I chose to attend this event because it was so amazing to watch members of the SPP Social Justice Committee come together to plan for this event, so I wanted to support those efforts. Through all the work everyone has done for the 5050 Project, the planning, sharing on social media, and planning awareness events like this run, we have been able to raise a lot more than expected and it is so awesome to see! I also wanted to attend this event because I love the opportunity to meet other students in this program in person!"
- Becca Brennan

"Attending the SPP Run/Walk was important to me because I wanted to show my support for the fundraiser the Social Justice Committee was organizing. I also felt it was a great opportunity to finally meet some of my classmates in person."
- Justin Wu

Halloween Pet Costumes



Riana's Lyla



Lucia's Cami



Emma's Ollie



Amanda's
Cinnamon and Jasper



Holiday Traditions



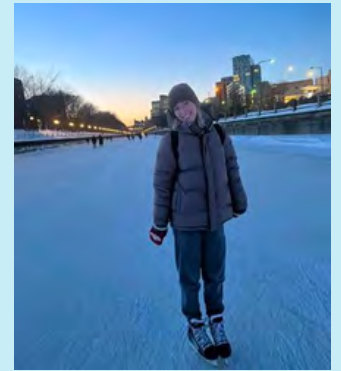
Kite Skiing
- Emma O.



Cooking with Family
"The Tamale Factory"
- Lucia G.



Christmas Lights
Adventures
- Serena A.



Skating on frozen Rideau Canal
- Carly B.



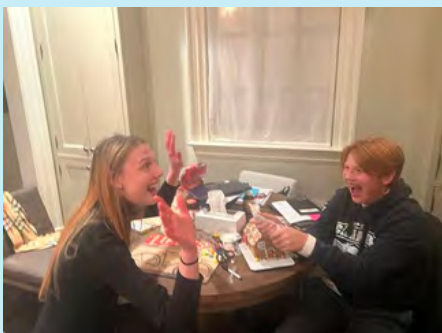
Skating on frozen Lake Ontario
- Riana F.



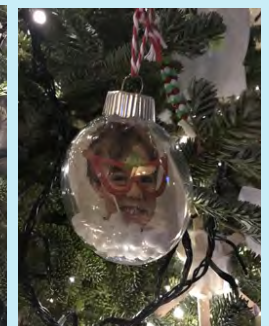
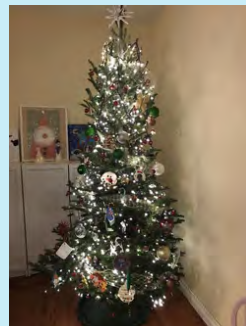
Winter Tubing with friends
- Kathleen T.S.



Baking with my daughter
- Olivia K.



Making Gingerbread House
- Samantha G.



Cutting our Christmas tree with the family and
keeping the ornaments my kids make
- Teresa B.

Hello from Placement!



Evan Carr was in the Outpatient Clinic at St. Joseph's Healthcare Hamilton



Carly Bradshaw was in the Cardiovascular Surgery Unit at Toronto General Hospital



Jenny Jing was in the Multi-Organ Transplant, Endocrinology, Gastroenterology, Nephrology, and Chest Unit at SickKids Hospital



Riana Feliciano was in the Cancer Clinical Trials Unit at the Princess Margaret Hospital



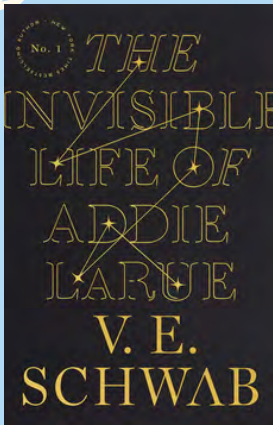
Xares Cuales was in the Childbirth Unit at the Grand River Hospital



Chrissi Chau was in the Orthopaedic Surgical Unit at the Cortelucci Vaughan Hospital



Holiday Break Book Suggestions



by Emma Okumura



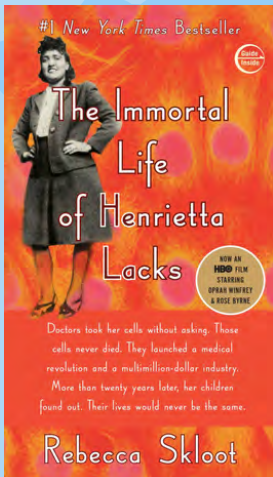
by Rawan Abuhamad



by Danielle Stevens



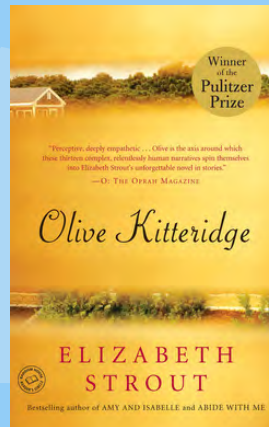
by Micaela Theofilopoulos



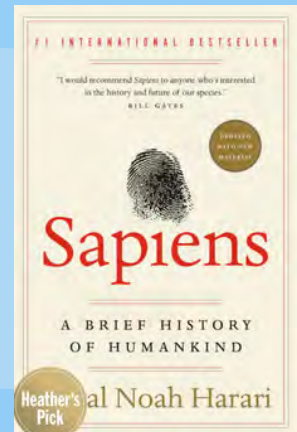
by Fritz Sarigumba



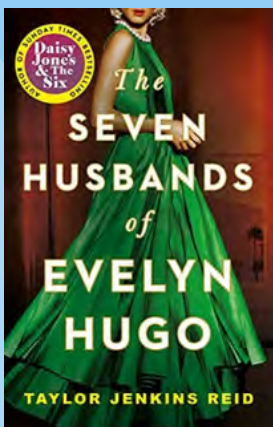
by Serena Aseerwatham



by Teresa Frances



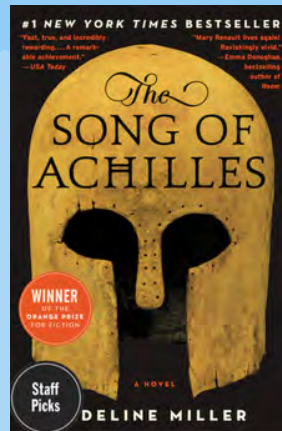
by Jenny Jing



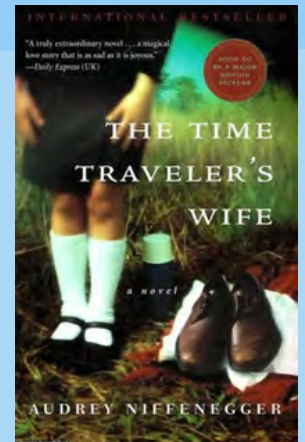
by Amanda Boudreau



by Saira Raza



by Jenny Jing



by Teresa Frances

Holiday APLE

By Jenny Jing

Name: Cindy Lou Who	Sex: Female
DOB: December 25, 2016 (6 years old)	Room: 6A-32
Allergies: Grapefruit/Pomelo/Tangelo	
Wt: 20.41 kg	Ht: 114.3 cm
Dosing Wt: none	Code: Full Code
Admitting Dx: Diabetic Ketoacidosis	
Hospital Problem: Diabetes Mellitus Type 1, Stage IV Liver Failure, Failure to Thrive.	
Isolation: None	



Assessment:

Received patient from ER at approx. 1430h, Mom (Martha May Who) at the bedside ++active in care. Hx of deceased donor liver Tx. in 2018, allergies due to food-med interactions. VSS, assessments as per flowsheets, afebrile throughout shift. No complaints of pain thus far.

NEURO:

- GCS 15, lethargic and Oriented x4, will continue to monitor neuro status.

GI/GU:

- Bowel sounds present in all 4 quadrants, needing ++encouragement to eat and drink. Patient voiding and stooling well, 1x emesis on admission, PRN Ondansetron administered at this time, MD Seuss aware.
- TFI goal is 1.5L. TFI at 1900h is 1.3L.

RESP:

- Patient tachypneic, appears to have Kussmaul breathing. RR ranges 35-40, work of breathing is improving.

ACCESS:

- Right hand PIV in situ, site appears clean, dry, and intact, flushing well, infusing D5 0.9NS IV fluids as per orders. Replace as per orders.
- Left Hand PIV in situ, site appears clean, dry, and intact, accessed intermittently for meds, currently saline-locked.

Plan:

- Continue to monitor VS, FB, and pain.
- Endo consult in AM
- q1h neuro assessment
- Repeat BW q2h as per orders
- POCT glucose testing q2h as per orders
- Continue to support patient and family in plan of care.
- Diabetes Management Teaching for parents at 1400 tomorrow.

Intervention:

- PRN ondansetron administered for nausea
- Meds as per orders (Tacrolimus at 0800/2000, BID).
- Insulin given as per orders
- Urinalysis collected (Ketones present)

Evaluation:

- Call bell within reach, no concerns at this time.
- Will continue to support patient and family in plan of care.

-The Grinch (Nursing Student)
Cosigned by Preceptor



Fall Semester Artefacts



The Hospital for Sick Children

PATIENT ROOM SAFETY CHECK

ON SHIFT CHANGE

isolation precautions

Ensure correct signage outside the patient's room and protocol is followed accordingly. Perform hand hygiene before entering the patient's room.

patient identification

Confirm with 2 positive identifiers. Check that the correct arm band/allergy band is on the patient.

falls risks, patient spot, bedrails

Evaluate fall risks, if patient is in the correct spot, and put the bedrails up if needed. Apply all fall prevention interventions as necessary.

IV infusion and site check

If needed, check that we are infusing the correct medication, the rate of infusion is safe, and that the IV site is not swollen, bruising, or sore. Make sure the lines are labelled correctly.

resuscitation sheets and masks

Check that the resuscitation sheets are for the correct patient, correct weight, and created within 3 days. One copy outside of the room, and only at the end of the bed. Remove if needed. Check that all types of resuscitation masks are available in the room.

monitor check

Check that the monitor is set for the appropriate age group, the parameters set are appropriate for the patient, and that the patient is properly connected to continuous monitoring if needed. Make sure you are logged into the XAM monitor on the staff phone.

suction, medical air, oxygen

check that all suction, medical air, and oxygen nozzles work and have the appropriate equipment needed (tubes, nozzles, etc.).

safety kits

Make sure there is a safety kit for appropriate lines, tubes, and drains (CVL, PP, etc.). Make new kits if needed.

Document the safety check in EPIC

The Hospital for Sick Children (SickKids). (2021). Patient Identification. Document.
The Hospital for Sick Children (SickKids). (2021). Prevention of Pediatric Falls, Entanglement, Strangulation, Entrapment (PESSE). Document.
The Hospital for Sick Children (SickKids). (2023). Hand Hygiene and Hand Care. Document.

Therapeutic Nurse-Client Relationships

Time
Intimacy
Medicine

Tim Hortons

Honesty
Open
Respect
Trust
Optimal
Needs
Safety

By Evan Carr, Year 1

By Jenny Jing, Year 1



Fall Semester Artefacts



TYPES OF VALVE REGURGITATION "LEAKING VALVES"

AORTIC VALVE REGURGITATION

Normally, blood flows from the left ventricle through the aortic valve into the aorta and then throughout the body. **BUT** during aortic valve regurgitation **blood flows back through the aortic valve into the left ventricle**

For more information check out <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-aortic-valve-regurgitation>

MITRAL VALVE REGURGITATION

When the mitral valve is working correctly blood flows from the left atrium (upper chamber) through the mitral valve into the left ventricle (lower chamber). However, when mitral valve regurgitation is present, **blood leaks back through the mitral valve into the left atrium every time the left ventricle contracts**

For more information check out <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-mitral-valve-regurgitation>

PULMONARY VALVE REGURGITATION

The pulmonary valve is the gateway to the lungs, so normally it allows deoxygenated blood to flow into the lungs and become oxygenated. In the case of pulmonary valve regurgitation, some **deoxygenated blood flows back through the pulmonary valve into the right ventricle**

For more information check out <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-pulmonary-valve-regurgitation>

TRICUSPID VALVE REGURGITATION

When the tricuspid valve is working as it should blood flows from the right atrium, through the mitral valve into the right ventricle. **BUT** when tricuspid valve regurgitation is present **blood flows back through the tricuspid valve into the right atrium**

For more information check out <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-tricuspid-valve-regurgitation>

REFERENCES

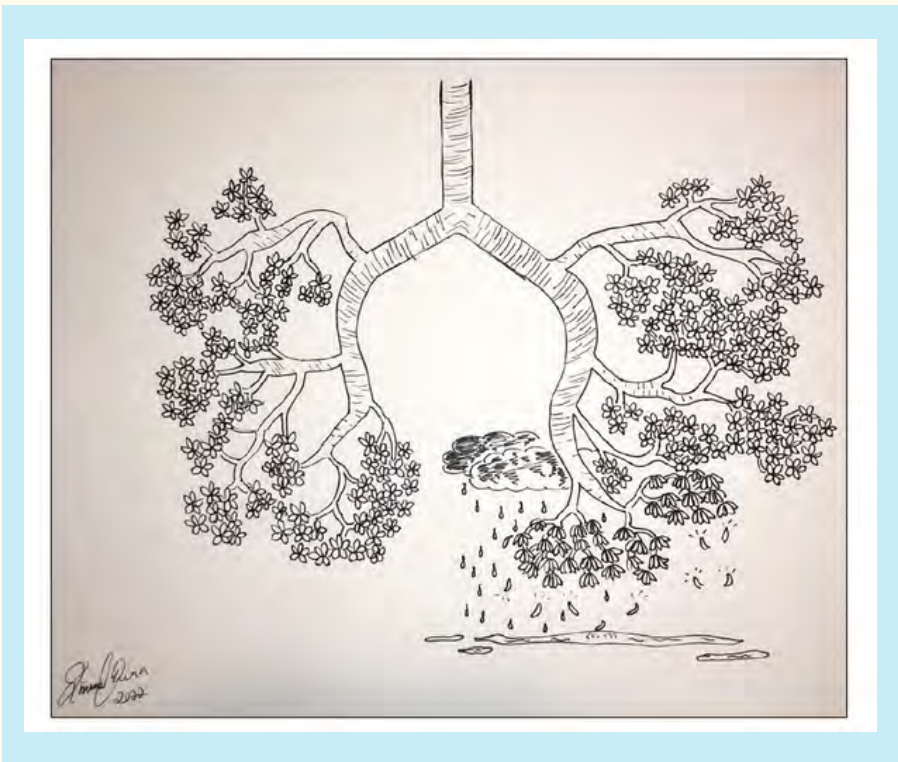
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American Heart Association. (2021). Problem: Mitral valve regurgitation. [www.heart.org. https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-mitral-valve-regurgitation](https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-mitral-valve-regurgitation)

American Heart Association. (2021). Problem: Aortic valve regurgitation. [www.heart.org. https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-aortic-valve-regurgitation](https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-aortic-valve-regurgitation)

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American Heart Association. (2021). Problem: Tricuspid valve regurgitation. [www.heart.org. https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-tricuspid-valve-regurgitation](https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-tricuspid-valve-regurgitation)



By Emma Okumura, Year 1

By Carly Bradshaw, Year 1



Fall Semester Artefacts



Mindfulness for Nurses

Mindfulness is a type of meditation. It is the practice of an intense, moment-by-moment awareness.

Be kind to yourself.

You can start by changing your self talk. Chose kind words, do not speak to yourself in any way you would not use to speak to someone else.

Pay attention

Take a minute to experience your environment. What do you hear, smell, feel?

Breathe

Focus on your breathing, take 30 seconds to pay attention to your breath. Control it.

Negativity

If you are experiencing a negative thought or feeling:

Allow the feeling or thought to exist for a moment. Do not suppress it. Acknowledge the thought, do not judge it, change it, or try to suppress it. Try to allow the thought to pass on its own.

Take 1 minute to engage in a brief guided meditation or use a structured mindfulness exercise like body scanning, walking meditation, or sitting meditation.

Meditation does not need to be time consuming or complicated. Consider trying an app to help guide you.

Apps for guided meditation: 10 Percent Happier, Oak-Meditation & Breathing (specialized for on the go & quick), Simple Habit Sleep - Meditation

By Megan Terriss, Year 2

TRANSFUSION REACTIONS

KNOW THE SIGNS

ACUTE HEMOLYTIC TRANSFUSION REACTION



Usually caused by blood group incompatibility. This will result in hemolysis of transfused red blood cells (RBC) or own RBCs.

- Fever, shaking chills or rigors
- Hemolysis, and urine
- Dyspnea
- Pain at IV site and lumbar pain
- Hypotension
- Nausea & vomiting

ANAPHYLAXIS

Potentially life-threatening allergic reaction caused by allergen that patient is sensitized to.

- Dyspnea
- Hypotension
- Nausea & Vomiting
- Urticaria & other allergic symptoms



BACTERIAL CONTAMINATION



Potentially fatal reaction caused by bacterial entering the blood product or originating from the donor. Most common in platelets due to room temperature storage.

- Fever, shaking chills or rigors
- Dyspnea
- Hypotension

FEBRILE NON-HEMOLYTIC TRANSFUSION REACTION

Mild usually self-limiting reaction associated with white blood cells (WBC) or cytokines found in donor's blood

- Fever, shaking chills or rigors
- Nausea & Vomiting



TRANSFUSION ASSOCIATED CIRCULATORY OVERLOAD

Due to rapid transfusions and/or patients at risk for overload (young, elderly, chronic anemia, impaired cardiac function). Slow transfusion and pre diuretics for at risk patients.

- Chest pain
- Dyspnea
- Hypertension

TRANSFUSION RELATED ACUTE LUNG INJURY (TRALI)

Acute hypoxemia with bilateral lung infiltrates on X-Ray. Often requiring ventilation. There is no etiology, usually occurs starting or within 6 hours of transfusion.

- Fever, shaking chills or rigors
- Dyspnea
- Hypotension



MINOR AND SEVERE ALLERGIC REACTION

Other acute reactions

- Hives or rash, itchiness
- Red urine, diffuse bleeding or oozing
- Fever, shaking chills or rigors with or without fever
- Lumbar pain, anxiety, pain at IV site
- Dyspnea, SOB, or wheezing
- Nausea, vomiting, and headache
- Hypo/hypertension

WHAT TO DO?

1. Stop the transfusion, keep IV on and do not flush
2. Take vital signs
3. Verify patient ID and blood product
4. Contact physician while remaining with patient
5. Treat symptoms as ordered by physician



By Irene Ye, Year 2




Fall Semester Artefacts



Medication Administration for Pediatric Tracheostomy Clients



Three common methods of administration:

Metered-dose inhaler 

Nebulizer 

G-tube 

Assessment:

- It is important to confirm the order of administration with the MAR.
- Assess the child's respiratory status before and after each dose to evaluate effectiveness of the medication
- Remove the child's HME, cap or speaking valve before medication administration
- Evaluate the need for tracheostomy tube suctioning before or after treatment
- Ensure comfort of the child (appropriate positioning techniques)



Medication administered via the tracheostomy tube using an MDI and spacer device

Recommendations:

1. Metered-Dose Inhaler:

- Can be administered through a child's trach tube using a "spacer" device called a "Aerochamber."
- Or can be placed in line with ventilator circuit
- In order to administer via ventilator circuit, MDI is connected to adaptor placed along ventilator tubing (looks like a cap)
- Make sure to clean spacer before use



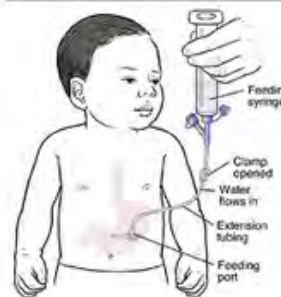
Nebulizer cup



Tracheostomy mask attached to nebulizer cup

2. Nebulizer:

- Medication can be administered directly through the child's tracheostomy mask attached to a nebulizer a
- Dose of medication is placed into nebulizer cup and cup is connected to compressor using O2 tubing
- To administer medication, trach mask is attached on top of nebulizer cap and placed over trach tube

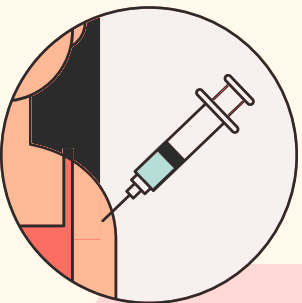
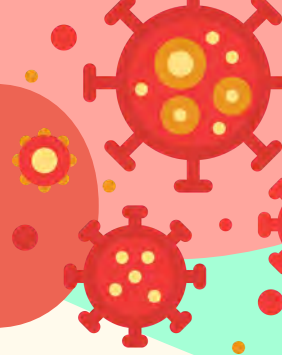


3. Gastrostomy Tube (G-tube)

- A G-tube is used to send liquid food directly to child's stomach
- In order to administer medication via G-tube, it is important to crush medications in a feeding syringe and flush is with water
- Sometimes pre/post-medication flushes are administered
- Make sure you unclamp the extension and clamp once done administering medications

by Kiran Lidder,
Year 2

Are you Ready for Flu Season?



Due to the potential for the co-circulation of COVID-19, vaccination against influenza is extremely important!

By getting the influenza shot you will:

- **Protect** your individual health.
- **Protect** the health of families and communities.
- **Protect** and mitigate impacts of our health care system.



The influenza vaccine is free of charge to all Individuals 6 months of age and older who live, work, or go to school in Ontario.



Don't forget to provide your proof of vaccination to the **School of Nursing Office** by sending an email to clinicalclearance@nipissingu.ca

For more Information:

<https://www.health.gov.on.ca/en/pro/programs/publichealth/flu/uiip/>



RNFOO Scholarship

Greetings to all learners,

Sharing this wonderful opportunity to apply for financial awards through the Registered Nurses Foundation of Ontario. In past years, NU SPP learners have successfully garnered financial awards in recognition of academic, point of care, and social learning environment achievements!

– Dr. Baiba Zarins



I am excited to share good news with you! We are now accepting applications for the 2023 RNFOO Awards and Scholarships. We have another 4 new awards added to our portfolio of scholarships, broadening the opportunities for nurses and nursing students to be supported in their education. The brochure describing this year's scholarships has been posted to our website. I hope that you can help students by spreading awareness about the support made available by our generous donors.

The on-line portion of the application is due by **Monday, January 23, 2023 @4:00pm EST**, with supplementary documents due by **Monday, February 6, 2023 @ 4pm EST**. Information about the awards process can be found on our recently updated website. There are awards available for students enrolled in PN programs, baccalaureate nursing studies (post-diploma (including IENs), RPN bridging, 4 year, and 2nd level entry), Graduate studies (Masters and PhD), and for RNs undertaking continuing education or special projects. We will host a webinar for applicants on **Monday, December 19th at 4:00 pm**.

– RNFOO

Happy Hanukkah,
Merry Christmas,
Happy Winter Solstice,
Joyous Kwanzaa,
and a Happy New Year!



Meet the 2022-2023
SPP Newsletter Team!



Jenny



Riana



Amanda



Nada



Fritz

Nipissing University
Scholar Practitioner Program
September - December 2022
Newsletter