

# NIPISSING UNIVERSITY

## SCHOLAR PRACTITIONER PROGRAM

SPRING-SUMMER 2023

NEWSLETTER

### What's Inside

- 2 - Welcome from the Program Manager
- 3 - Messages from the Student Council
- 6 - Best Practice Guidelines (BPG) Leads
- 8 - Social Justice Committee
- 9 - Semester Highlights
- 11 - RNFOO 2023 Awards and Gala
- 12 - SPP Year-End Celebration
- 14 - The Graduating Class of 2023
- 15 - Faculty Messages to the Graduates
- 16 - The Graduates
- 20 - New Graduate Guarantee
- 21 - Nursing Career Pathways
- 24 - Summer Break Plans
- 25 - Blood Donation
- 26 - Artefacts
- 33 - Newsletter Team

### Collaborations



**SickKids**<sup>®</sup>

THE HOSPITAL FOR  
SICK CHILDREN

### Newsletter Team

Riana Feliciano  
Amanda Boudreau  
Fritz Sarigumba

Jenny Jing  
Nada Fakir  
Dylan Caetano

# welcome

## Congratulations

on the completion of the spring-summer term and academic year! This is a time of great celebration. Celebration of your resilience, perseverance, and achievement of your academic and professional goals. For our 2022 cohort, you have reached a key midpoint milestone in your SPP journey. You are half way though your experiential becoming. The becoming of a professional that you aspire to be. For our 2023 cohort, you have reached the goal in becoming the professional that you embrace and love. As with love and self-fulfillment is a sense of your transition to the profession that we know you love and cherish. Discover all that is nursing and the love that lives within in. The love of caring and compassion. Of building and contributing to a larger realm of health care delivery.

In the words of Steve Jobs:

*"You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*

Congratulations on your successful learning journey in celebrating your learning goal achievements! Celebrate your moment and future contributions to the nursing profession. Wishing you continued care and compassion in the spirit of building strong and just communities. In the challenges as well as in the delights that you will inevitably face, may you continue to be generous, kind, open hearted, wise, passionate and just.

May you be a guide for others and may your actions be a model reflective of your spirit.

Best wishes in your continued success!

**Dr. Baiba Zarins, RN, PhD**

SPP Program Manager

LET'S  
CELEBRATE  
you

# Message from the Year 2 Co-Presidents

**Dearest SPP students, faculty, and soon to be alumni,**

What a ride it has been and what an honour to be here at this moment, writing to you as a soon to be graduate. I am so incredibly grateful for what this program has done for us and what it represents. Years ago, I was not quite sure what to expect from becoming a nurse. All I knew was that I wanted to help people.

A few years back, I heard some unfortunate news about my parents all within the same time. My mom was newly diagnosed with precancerous cells in her breast and my dad was told his heart had several blockages resulting in emergency angioplasty and what resulted in an open-heart surgery and CABG this year.

I was devastated when I first heard the news. I had no words to describe how I felt. I was in high school finishing up exams for a prestigious program, wondering what I would be doing in the future. I knew I wanted to advocate for their health journeys, but I did not know how I could even approach the matter when I could not cope with the news myself.

Now, years later, I have finally come to realize the true role of a nurse. It was the nurses who held us up when we could not carry the heaviness of recovery. It was the nurses who got to know our family, who shared laughter and tears with us admission after admission, and who we thank to this day for helping us get through our lowest of lows. It was the nurses who gave us hope for a brighter future.

My journey in SPP with fellow students and faculty is what represents everything those nurses did to keep my family afloat. Without their dedication to the craft, I would not be a nurse today.

Through our education and our early career as a nurse, we will go through many ups and downs. We will laugh, we will cry, we will have great days, and we will have terrible days. One thing however that continues to inspire me is that through our hard work and dedication to the craft and to ourselves, we can also work towards providing a brighter future for those around us. We can give others hope, we can give others strength through their lowest of lows.

To our future Year 2 learners, I wish you success and self-discovery in this program. I encourage you to trust the process.

To our new grads, I wish you resilience, confidence, and strength in your craft. You will do so well, and I am so proud of all we've accomplished together.

Lastly, to our faculty, Thank you for being our strength in this program. You have been there to see us grow, to push us, to guide us, and to inspire us to learn from others and most of all, to learn from ourselves. Thank you for your dedication. We will never be able to repay you for the amazing work you have done to touch our lives and the lives of others in this profession.

Farewell for now my friends!

Until we meet again,  
**Nicole Tagle**  
Year 2 Co-President



# Message from the Year 2 Co-Presidents

**Dear Graduates of the Class of 2023,**

Congratulations to everyone on this remarkable achievement! We can't help but feel so much pride and gratitude for each and every one of you. The SPP program has been challenging but so rewarding, and now as we prepare to graduate, we hope everyone can reflect on how far they have come.

Throughout the past two years, we've all bonded in both the classroom and clinical settings. We've supported each other during long nights of studying, celebrated victories together, and lifted each other up during moments of doubts (and many breakout group sessions). Witnessing everyone's dedication to learning, compassion, and creativity has been such a privilege!

It has been such a great experience to be a part of the student council over the past two years, and acting as co-president for one of those years. My favourite part of this experience was that it allowed me to connect with so many of you either in person or virtually and these opportunities taught me so much from each individual! Even from watching everyone present in the virtual classroom setting, it is safe to say SPP grads 2023 will be taking the nursing world by storm!

I wanted to give a special shoutout and big thank you to all my fellow members of stu-co (and extra shoutout to our newsletter lead Riana who put these beautiful newsletters together each semester!!). Also our incredible BPG leads Lucia and Megan who lead incredible informative and interactive sessions. And our amazing Social Justice Club Lead Bailey, who put together amazing opportunities to learn about and be involved in community health outreach and advocacy. To the year 1 student council, thank you so much for all your incredible contributions, it is so exciting to pass the baton to you all now as future year 2's, I know you will all do so amazing!

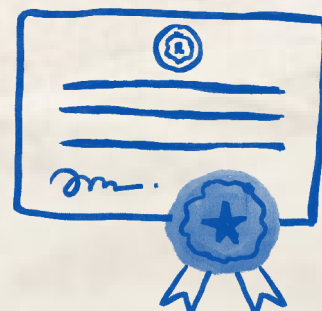
Finally, I wanted to say a big thank you to all our wonderful faculty members who supported and guided us throughout this journey.

We did it SPP grads! I hope everyone takes some time to celebrate this big achievement (and catch up on lots of sleep!) Wishing you all the best and good luck in everyone future career endeavours.

Thank you for an amazing two years :)

**Becca Brennan**

Year 2 Co-President



# Year 1 Student Council

Dear Year 1s,

Congratulations on finishing your first year of nursing school! It's incredible to think we're halfway through already!

It's been inspiring to watch us as a class grow through the past year. Each and every placement has taught us something new, and we are so proud of how far you all have come! Although there have undoubtedly been tough moments, you all have persevered, pushed through, and become stronger students and skilled student nurses.

As we think about the upcoming year, we are filled with excitement and hope at what is to come. Take this next month to recharge yourselves and enjoy your time off!

Looking forward to meeting with you all again in September!

Kind regards,

**Serena and Samantha**  
Year 1 Co-Presidents

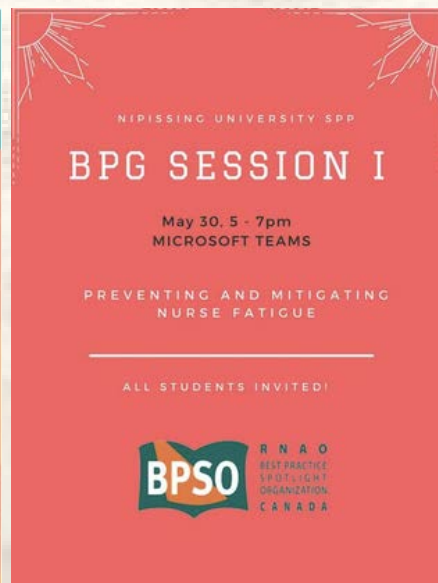
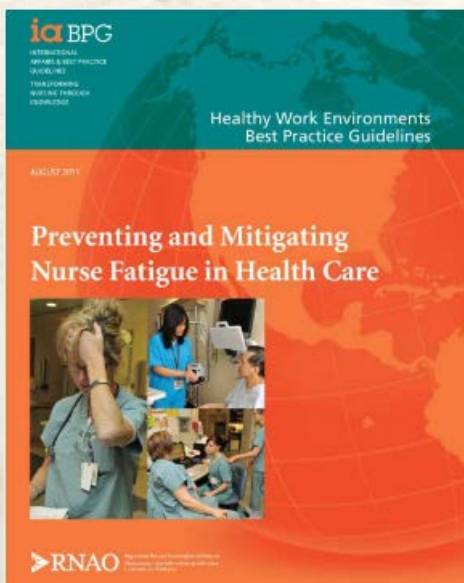


# Year 2 BPG Leads

Written by Megan Terriss and Lucia Gutierrez Lecuona

In light of our soon-to-be new grad statuses, we decided to leave the preventing and medicating nurse fatigue BPG till the end of our learning journey. Our goal was not only to facilitate the uptake and knowledge translation of this BPG, but also to encourage all our peers to reflect on their own possible burn out and provide resources in order to both prevent and medicate it. It was important for us to look at the BPG through a critical lens to understand that the causes of nurse fatigue are not individual, but systemic issues that must be addressed from government and organizational levels. We encourage everyone to look back at this session as RNs and advocate for the necessary changes within their organizations.

It has been a pleasure holding these sessions over the past year and a half. We hope everyone enjoyed them as much as we did. It is evident this entire cohort will succeed as nurses and continuously provide amazing patient care. We hope the BPG sessions will facilitate your clinical decision-making in the future, encourage you to question the system critically, and lastly, inspire you to advocate for vulnerable populations. Good luck with your future endeavours, we did it!



# Year 1 BPG Leads

Written by Amanda Boudreau and Taylor Stevens

This semester, we covered *Preventing Falls and Reducing Injuries from Falls* and *Assessment and Management of Pain*. We aim to enrich the material and make the material as engaging as possible to benefit the learning experience of our peers. We incorporated Kahoots and Mentis in our presentations to promote engagement and participation during our sessions.

In addition, we held many discussions within our seminars to allow our peers, and ourselves, share stories where we have seen the BPGs being implemented in their placement. This allowed all participants to hear the stories shared.

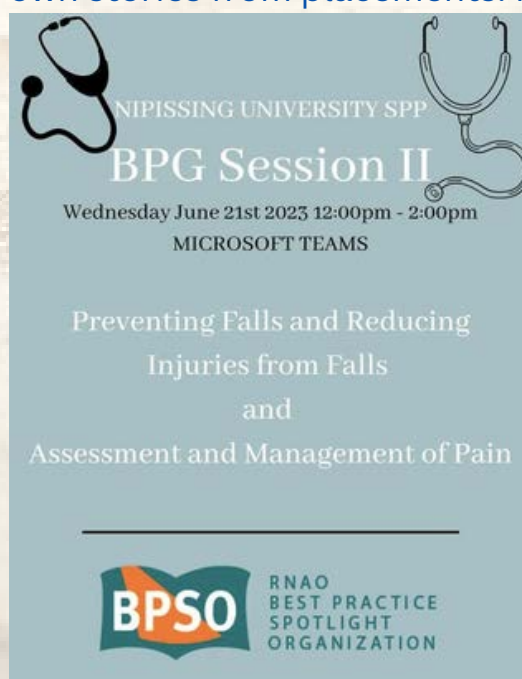
We enjoyed facilitating these sessions for our cohort and we appreciate all the feedback we received. Thank you to everyone who came to the sessions and participated. As well, thank you for everyone who listened to the recordings and submitted a makeup assignment! Next term, we will be covering *Preventing and Mitigating Nurse Fatigue!* We will look for volunteers who would like to lead discussions or share their own stories from placements. Please reach out to us if interested!



NIPISSING UNIVERSITY SPP  
**BPG Session I**  
Monday May 15th 2023 2:00pm - 4:00pm  
MICROSOFT TEAMS

Preventing Falls and Reducing  
Injuries from Falls  
and  
Assessment and Management of Pain

**BPSO** RNAO  
BEST PRACTICE  
SPOTLIGHT  
ORGANIZATION



NIPISSING UNIVERSITY SPP  
**BPG Session II**  
Wednesday June 21st 2023 12:00pm - 2:00pm  
MICROSOFT TEAMS

Preventing Falls and Reducing  
Injuries from Falls  
and  
Assessment and Management of Pain

**BPSO** RNAO  
BEST PRACTICE  
SPOTLIGHT  
ORGANIZATION



NIPISSING UNIVERSITY SPP  
**BPG Session III**  
Wednesday July 19th 2023 7 pm - 8:00pm  
MICROSOFT TEAMS

Preventing Falls and Reducing  
Injuries from Falls  
and  
Assessment and Management of Pain

**BPSO** RNAO  
BEST PRACTICE  
SPOTLIGHT  
ORGANIZATION

# Social Justice Committee

Written by Bailey Dean



Over the Winter and Spring/Summer terms, the Social Justice Committee has continued to collaborate and explore ways we can connect our nursing practice to social justice and health equity.

This semester, the Social Justice Committee was fortunate to host a webinar with guest speaker Jeanette Eby. Jeanette is a recent graduate from the SPP and continues to demonstrate commitment to building a better and more just world. After graduating in the spring of 2022, Jeanette started working with Hamilton Public Health on the harm

reduction team and works casually at a safe consumption site as a Registered Nurse. Jeanette was able to speak about her experiences over the past year to lead an insightful discussion on what harm reduction is and how we can use a harm reduction approach to guide our nursing practice.

During this webinar, the participants also received a comprehensive naloxone training from Jeanette. Naloxone training addresses prevention, recognition, and response to an opioid overdose, including administering the opioid antidote, naloxone. Naloxone kits are available at no cost at pharmacies and hospitals. Individuals who might encounter someone experiencing an opioid overdose are encouraged to have a naloxone kit on hand.

Thank you to everyone who participated and supported the Social Justice Committee this year! We hope the committee is able to have a strong 2023-2024 term as the program comes to a close.



# Semester Highlights



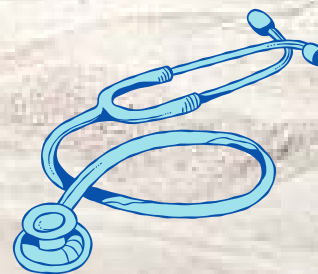
Year 2 Pediatric Cohort Students during Simulation Day at SickKids



Year 2 Students at North York General Hospital



Year 1 Pediatric Cohort Students during Portfolio Presentation Day at SickKids



# Semester Highlights

**Justin W.**

*Feeling: Proud!*

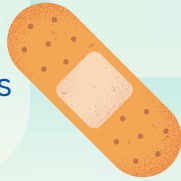
Highlight was putting in my first IV!



**Amanda B.**

*Feeling: Happy!!!*

Highlight of my semester for me was learning new nursing skills. For example, IV medications and NG tube feeding.



**Serena A.**

*Feeling: relieved!*

My highlight: I was really proud of myself for learning new skills, but the moments that I'll really remember going forward are the comments from my patients. Knowing that my care actually made a difference to them was priceless.



**Dylan C.**

*Feeling: relieved!*

Highlight was seeing a stroke patient regain their mobility and independence.

**Sam G.**

*Feeling: Excited!*

**Sandy N.**

*Feeling: Happy!*

My highlight was having the opportunity to watch a surgical procedure in my unit!



**Fritz S.**

*Feeling: Super Happy!*

My highlight was I got to observe a surgeon performing a lumbar puncture and got to observe chemotherapy administration intrathecally both on the same patient!

**Jenny J.**

*Feeling: Proud & Grateful*

My highlight was seeing a rehab patient go from bed-bound to wheelchair to walking with crutches!



**GOOD**

**JOB**

**Carly B.**

*Feeling: excited!*

highlight of this semester was being independent with four patients!



# RNFOO 2023 Awards and Gala



**Lindsay Coakley**  
Nipissing University  
Regina Borowska Scholarship



**Bailey Dean**  
Nipissing University  
RNFOO Tribute Award



**Riana Feliciano**  
Nipissing University  
RNFOO Undergraduate  
Scholarship 3-4



**Megan Terriss**  
Nipissing University  
RNFOO Undergraduate  
Scholarship 3-4



**Keisha Trelfall**  
Nipissing University  
Sonia Varaschin Memorial  
Scholarship

RNFOO Fundraising Gala - May 3, 2023

"Coming Together for Nursing" at Centennial College

<https://www.rnfoo.org/news/rnfoo-2023-gala/>





**RNFOO FUNDRAISING  
GALA:**  
The Hybrid Version  
Wednesday, May 3, 2023

**COMING TOGETHER  
FOR NURSING**



**Gala Nursing  
Leadership discussion:**



**Dr. Karima Veji**  
Ontario's Chief of Nursing  
and Professional Practice  
(CNPP) and Assistant  
Deputy Minister of Health



**Evelyn Kelly**  
Lieutenant Colonel (ret)  
Canadian Armed Forces



**Dr. Leigh Chapman**  
Chief Nursing Officer  
Canada

11

# SPP Year-End Celebration

July 28, 2023 at the Michener Institute of Education

Photos by Jenny Jing



# SPP Year-End Celebration



# The Graduating Class of 2023



*Congratulations!*



*Hannan Abdulkadir  
Sandra Al-Raias  
Meryl Fiona Ang  
Alona Avoulov  
Taiya Bedward  
Teresa Bell  
Becca Brennan  
Megan Caldwell  
Christina Chau Esposito  
Xares Jamine Cuevas Cuales  
Mitch Dairo-Singerr  
Margaret Darragh  
Ryan de Silva  
Bailey Dean  
Rosepuneet Dhak  
Josephine-May Diaz-Decena  
Matthew Eng  
Riana Marie Feliciano  
Lucia Gutierrez Lecuona  
Sara Hamilton*

*Olivia Knapton  
Kiranjot Lidder  
Leigh Irish Lim  
Drea Millar  
Ihab Nawfal  
Sarah Nwabuike  
Dasola Olufosoye  
Nana Yaa Opoku-Ware  
Jaclyn Passarelli  
Christian Rembala  
Philip Sikora  
Adetayo Sogbesan  
Nicole Tagle  
Megan Terriss  
Micaela Theofilopoulos  
Cindy Tran  
Keisha Trelfall  
Ankush Verma  
Kimberly Wong  
Irene Ye*

# Faculty Message to the Graduates

## Dear Class of 2023 – SPP BScN Graduates:

Congratulations on the successful completion of the Nipissing University Scholar Practitioner Program! You have demonstrated exponential growth from beginning the program during a challenging time in healthcare. Your dedication to lifelong learning, resilience in the face of challenges, and passion for the nursing profession will certainly result in high quality patient-centred care. I am honoured to be part of your SPP journey and am so proud of your success.

Congratulations once again on this remarkable achievement!

**Zaheera**

## Dear graduating learners,

I have no words to express how incredibly honoring it was to be part of your professional journey. It was such a pleasure to serve as one of your faculty mentors and to witness and be part of your daily discoveries and professional advancements. We had such a journey together. We progressed from learning how to place a BP cuff on someone's arm to reflections on the integration of global health nursing competencies and their incorporation into our daily practice. We learned how to decipher ECGs and blood gases but also developed an understanding of our roles as leaders. We did all of these with one outcome in our mind, to improve the illness experience and health-related quality of life of our clients, patients, and their families.

You all have developed into strong advocates over the two years and established excellent core values. The many hours of conversations during seminars and reflections and all the great questions and challenges you posed will stay with me forever. Looking at you and your great triumphs and achievements makes me incredibly proud. I know that the lives of the people you will serve will be in competent and caring hands.

Thank you for your perseverance, commitment, and willingness to trust our not-so-conventional nursing program, but most importantly, for trusting us faculty with your learning. I also have grown with you and because of you! It is always bittersweet to get to this point in the program when we say goodbye, but it is so exciting to celebrate with you. Please keep in touch! I will always be cheering you from the sidelines.

Congratulations on succeeding with the program; what an incredible achievement! I am looking forward to reading your e-mails in the fall about your successes with the NCLEX exam.

With love and care,

**Katalin**

# The Graduates



## Jaclyn Passarelli

I chose nursing because of my fascination with the human body and wanting to care for people. After graduating with my kinesiology degree, I knew I wanted to do more, and I knew I wanted to work in healthcare. I struggled to find a true passion until I landed on the idea of becoming a nurse. I grew up with my mom being an RN and have always admired her passion for being a nurse which inspired me to follow in her footsteps. As a new grad, I plan to write my NCLEX and then I hope to become a perioperative nurse in Toronto.

## Riana Feliciano

My interest in nursing stemmed from my volunteer work back home with the UP Red Cross Youth and the UP Mountaineers; we did trauma and disaster response, medical and dental missions in rural areas, and search and rescue operations. This interest continues as I am hoping to become a Registered Nurse in the Emergency Department. I am also looking at volunteering with international medical organizations as well as working up north.

I am excited for all the various opportunities nursing has to offer but first - a quick break after the NCLEX! Thank you SPP!



## Nicole Tagle

I chose nursing because of my passion for patient advocacy and dignity. Nurses in my eyes are the figures who speak with and on behalf of those who may not always be able to speak for themselves. For my loved ones who have been through the ebbs and flows of their own health journeys, they have always been so inspired by the nursing staff who have accompanied them along the way. As a new grad, I aspire to gain confidence and strength in my practice by entering a critical care setting in the GTA.



# The Graduates



## **Keisha Trelfall**

I chose nursing because it is a flexible career with endless learning and professional development opportunities. I also love learning new things and building therapeutic relationships with others! After graduation, I plan to write the NCLEX and start my career in paediatric critical care next year!

## **Sandra Al-Raias**

I chose nursing because I wanted a career that offered a wide array of opportunities in which I could find fulfilling and meaningful work, allowing me to make a profound difference in the lives of others.

As a new grad, I embrace the journey of continuous learning that nursing offers.

The evolving nature of this career path excites me, as it presents endless opportunities for personal and professional growth. With each day, I am eager for the chance to expand my knowledge, refine my skills, and provide a positive impact for those under my care.



## **Kimberly Wong**

After graduating from SPP, I look forward to taking August off to relax and let my brain rot. I plan to write the NCLEX in November, travel in December and start work in January of 2024 in the NICU. A big thank you for my peers who became my support system during the program

# The Graduates



## Josephine-May Diaz-Decena

In retrospect, I always chose nursing. I remember wanting to go into obstetrics and gynaecology from a young age, my Godmother who is an RN and midwife greatly influenced me to pursue a career in healthcare. However, I let anxiety and doubts get the better of me and chose to explore different industries before realizing that I was always meant to go into nursing. I am proud of myself for going back to school and pursuing this degree. I chose nursing because the profession's values align with my own. I am excited to start my career as a paediatric RN and will cherish my time in the SPP fondly.

## Lucia Gutierrez Lecuona

It took me 10 years after my undergrad to finally pursue a career I was passionate about. I chose nursing because I always knew I would end up in healthcare and the endless opportunities within nursing. My mom was a doctor back home in Mexico, so maybe healthcare is in my blood. There is nothing like the feeling of knowing you made someone's worst day a little better. I love caring for people, but I also nerd out on the science behind medicine.



## Teresa Bell

The desire to be a nurse has always been in me, and it took a while for me to find the courage to pursue my dream. I chose nursing because ultimately what people want is to be seen, and to be heard and as a nurse that is what I will strive to do everyday for my patients. I am excited for school to be over and to move forward with the new and exciting start of my career.

# The Graduates

## Xares Jamine Cuevas Cuales



I chose nursing as my profession because it allows me to embody the essence of compassion, particularly in the context of labor and delivery. As a future new graduate, I am deeply moved by the miracle of childbirth and the profound impact it has on individuals and families. I am drawn to the unique blend of scientific expertise and emotional support that is required in this field. The opportunity to witness the joy, vulnerability, and resilience of both parents and newborns fills my heart with immense gratitude. I am committed to providing gentle and empathetic care throughout the birthing process, ensuring that each person feels safe, supported, and empowered. Having the chance to be a future labor and delivery nurse is a privilege, as I have the honor of welcoming new life into the world and making a positive difference during this precious and transformative time.

## Becca Brennan

I chose nursing because I had a growing passion for the field of health sciences and I love working with people! I wanted a career where I could work with and help others, as well as a dynamic career where no two days looked the same - and I really feel like nursing is the perfect field for that. I am also very excited to be in a career where I can contribute to positive change in the community. This program has taught me a lot about healthcare advocacy and I hope to make that a main component of my career.

As a new grad I will be starting in September at SickKids in their Emergency Department. I am excited to embrace this new challenge and become more confident in emergency medicine. It will also be my first opportunity to insert IV's so I hope that goes well!!! I am so grateful that I got to be a part of this program. The people I met in SPP were the best part of this experience! I am so excited for all of us, and best of luck to everyone in their future careers!



# New Graduate Guarantee

The screenshot shows the homepage of the Nursing Graduate Guarantee Portal. At the top, it features the Ontario logo and the text 'MINISTRY OF HEALTH AND LONG-TERM CARE'. Below this, a welcome message reads: 'Welcome to the Nursing Graduate Guarantee Portal. The Nursing Graduate Guarantee Portal links eligible nurses with health care employers across the province interested in hiring through the Nursing Graduate Guarantee initiative. As part of the health human resources strategy of the Ministry of Health, this initiative provides eligible nurses with up to three (3) months in a comprehensive orientation and the opportunity to be bridged to full-time employment.' To the right of the welcome message is a login form with fields for 'Email' and 'Password', a 'Login' button, and a 'Forgot Password?' link. Below the login form are two main sections: 'Nursing Users' and 'Health Care Organizations and Employers'. The 'Nursing Users' section includes the text: 'Enter the Nursing Graduate Guarantee Portal here and start your career off on the right foot! Gain a valuable full-time employment opportunity and connect with health care organizations/employers across all sectors and areas of the province through the Nursing Graduate Guarantee initiative.' It also has a 'Not yet registered?' link and a 'Register Now!' button. The 'Health Care Organizations and Employers' section includes the text: 'Enter the Nursing Graduate Guarantee Portal here to connect with thousands of Ontario's newest health care professionals through the Nursing Graduate Guarantee initiative. Build a stronger workforce today! Not yet registered?' It has a 'Register as Employer' button and a 'MOHLTC Users' button. At the bottom of the page, there is a footer with links for 'CONTACT US', 'ACCESSIBILITY', 'PRIVACY', and 'IMPORTANT NOTICES', along with a copyright notice: '© QUEEN PRINTER FOR ONTARIO, 2009-2010 - LAST MODIFIED: AUG 28 2020 11:34AM VERSION: 2.0.1'.

The [Nursing Graduate Guarantee \(NGG\) program](#) is designed to support Registered Nurses and Registered Practical Nurses who are within 12 months of registering with the College of Nurses of Ontario (CNO) by providing them with a full-time employment opportunity.

The NGG program uses the [NGG online portal](#) to link new nurses and employers. Funding is provided to support transition into practice opportunities for new nurses that lead to full-time employment or the equivalent of full-time hours.

The ministry will provide 20 weeks of funding for each new nurse approved to participate in the NGG program. This will include 12 weeks of funding for the nurse's transition into practice period and 8 weeks of funding to reinvest in existing frontline nurses and their professional development.

# Nursing Career Pathways

by Fritz Sarigumba

The world of nursing is full of thrilling possibilities, offering a collection of career paths that are not only professionally satisfying but also filled with fun and excitement!

Becoming an RN is your entry ticket into this adventurous world, and it's just the beginning. From moulding young minds as a Nurse Educator to exploring new horizons as a Traveling Nurse, let's delve into some of the most exhilarating and rewarding nursing career pathways you can embark upon after earning your RN license.

## 1.) Master of Nursing Education --> Nurse Educator

Do you find joy in guiding others and sharing your knowledge? As a Nurse Educator, you can shape the minds and hearts of future nurses, influencing the next generation of healthcare heroes. This role blends in teaching with nursing, letting you share your expertise in a meaningful, impactful way. You will need a Master of Nursing Education degree, but the reward is a chance to leave a lasting legacy.

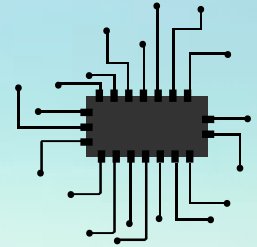
## 2.) Nurse Practitioner

Adventure awaits in the role of a Nurse Practitioner (NP). This path offers more autonomy, allowing you to diagnose and treat patients, prescribe medications, and manage overall care. You'll require a Master's or Doctoral degree in nursing and specialized NP certification, but in return, you get to play a pivotal role in patient care.

# Nursing Career Pathways

## 3.) Nurse Informatics

Tech-savvy nurses, here's your chance to shine! As a Nurse Informaticist, you'll combine nursing and information technology, driving advancements in healthcare. You'll help design, implement, and optimize healthcare IT systems, translating data into improved patient outcomes. This fascinating crossover role typically requires a Master's degree in Health Informatics or a related field.



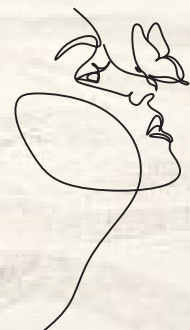
## 4.) Certified Registered Nurse Anesthetist (CRNA)

As a CRNA, you'll embark on a thrilling journey into the operating room. Your mission? To safely administer anesthesia and provide critical care before, during, and after surgical procedures. This high-stakes role is essential for successful surgeries and requires specialized graduate education and certification.



## 5.) Nurse Injector (Plastics and Aesthetics)

Blend art and science as a Nurse Injector in the aesthetic and plastic surgery field. You'll administer treatments like Botox and dermal fillers, help patients enhance their appearance, and boost their self-confidence. This unique career path typically requires specialized training and certification, letting you make your mark in the ever-evolving world of aesthetics.



# Nursing Career Pathways



## 6.) Global Health Nurse

As a Global Health Nurse, your nursing career becomes an around-the-world adventure. You'll work to improve healthcare outcomes on a global scale, often focusing on underserved populations or regions. This path requires a Master's degree and offers the opportunity to make a worldwide impact.



## 7.) Nurse Researcher

For the inquisitive and analytical minds, the path of a Nurse Researcher awaits. You'll delve deep into scientific research, investigating critical healthcare questions and contributing to the advancement of nursing science. Whether developing new treatments, improving healthcare protocols, or enhancing nursing practice, your discoveries will shape the future of healthcare. This intriguing pathway often requires a Doctoral degree.



## 8.) Travelling Nurse

Venture into the world of Traveling Nursing and make every new location your home. This unique pathway in nursing takes you on a journey across various healthcare settings, cities, states, or even countries, usually for a period of 12-16 weeks. You could find yourself caring for communities in rural areas, bustling cities, or even on a cruise ship! These assignments offer exposure to diverse patient populations, health systems, and medical practices, providing a dynamic and enriching professional experience.

For more information, check out: <https://rnao.ca/policy/library/nursing-career-pathways-2023>

# Summer Break Plans



Hiking



Biking



Reading



Picnic



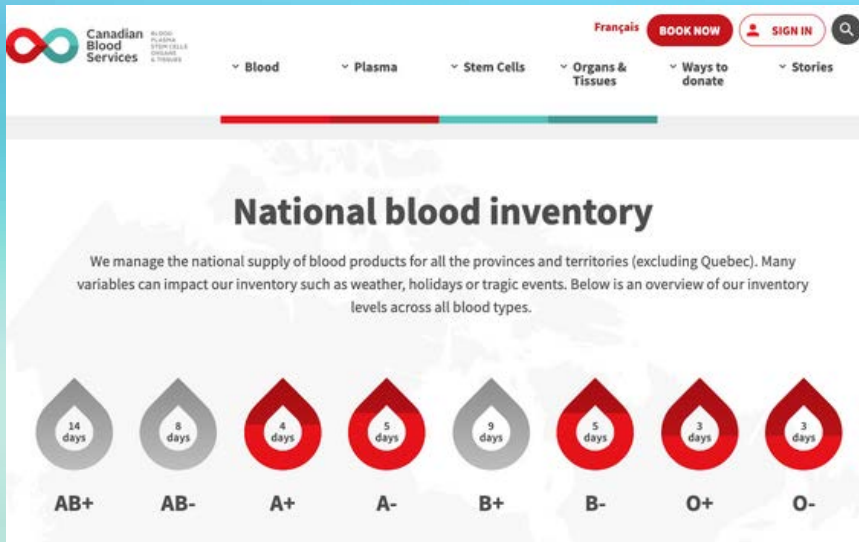
Kayaking



Relaxing and catching up on sleep



# Blood Donation



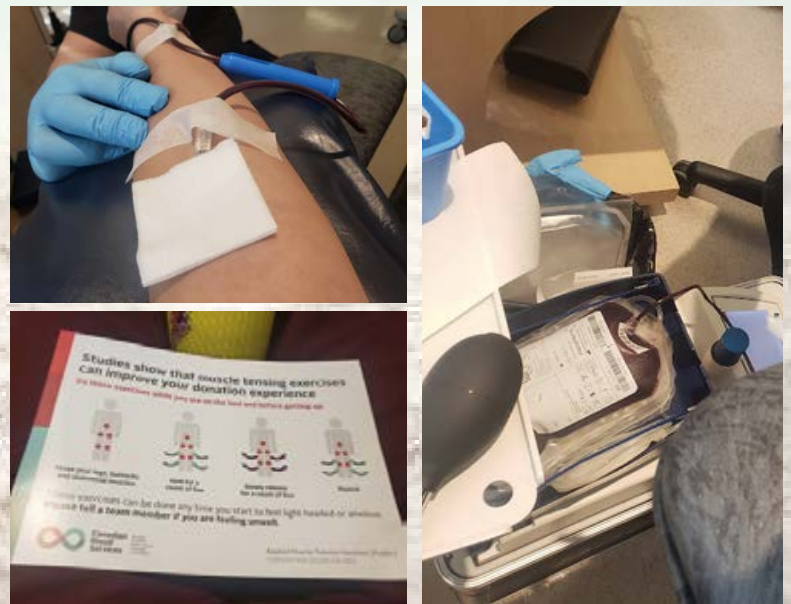
As of July 25, 2023

Blood and blood products are a critical part of everyday medical care including major surgeries, medical procedures, cancer treatments and managing diseases and disorders. As a blood donor you form a vital link in Canada's lifeline, helping many Canadians wake up healthy each day.

Find a [donor centre near you](#) to book an appointment



Photos from Jenny Jing




Photos from Riana Feliciano

# Artefacts

## SYSTEM OVERVIEW

- HeartMate 3 LVAD:** connected to the left side of the heart and moves oxygenated blood from the left ventricle to the rest of the body.
- System controller:** powers and controls the LVAD (can fit into your pocket).
- Batteries (17 hours)**
- Modular line:** facilitates simple replacement of externalized portion.
- Mobile Power Unit:** plugs into an electrical socket to provide power while indoors, at rest or asleep.



1 HeartMate 3 LVAD  
2 System Controller  
3 Batteries  
4 Modular Line  
5 Mobile Power Unit

## WHAT IS AN LVAD?

A left ventricular assist device (LVAD) is a pump that we use for patients who have reached end-stage heart failure.



The LVAD is surgically implanted. It is a battery operated, mechanical pump which helps the left ventricle pump blood to the rest of the body.

Job of the LVAD is to help your weakened left ventricle pump blood. Devices are now portable.

**Benefits: better quality of life**

## LIFESTYLE CHANGES

- Always wear equipment.
- Ensure adequate electrical supply.
- LVAD exit site requires daily dressing changes.
- Static may interfere with pump function.
- Restrictions:
  - No contact sports, jumping, MRI, smoking/drinking, swimming

Amanda Boudreau  
Year 1

## COMPLICATIONS

- Bleeding
- Stroke
- Infection
- Death
- Hypervolemia
- Clot
- Delirium
- Dysrhythmias
- Hemothorax
- Pneumothorax
- Decrease peristalsis

## DISCHARGE



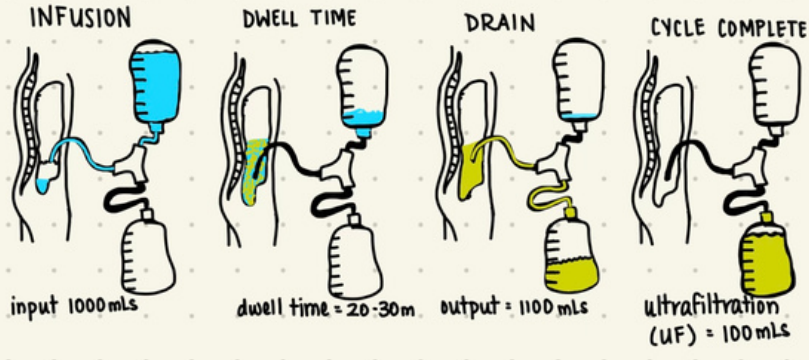
- As early as a week (weight dependent)
- Educated on device use
- Caregiver present for first 2 weeks

**Compliance is key** - device requires a commitment to living healthier and safely

- Take medications
- Monitor vital signs, weights and LVAD data
- Attend clinic visits
- Observe activity restrictions (can't lift > 1 lb)
- Eat healthy

## ANTICOAGULATION

- One of the medications you will be on is a blood thinning medication. This will decrease your chance of getting a blood clot (and requires frequent blood draws a week)
- You need to take precautions to ensure safety (protect yourself from bleeding)
- Do not take medications containing Ibuprofen

**INFUSION**  
input 1000 mLs

**DWELL TIME**  
dwell time = 20-30m

**DRAIN**  
output = 1100 mLs

**CYCLE COMPLETE**  
ultrafiltration (UF) = 100 mLs

**x4 Cycles**

Taylor Stevens  
Year 1

# Artefacts

## ARTIFACT 2.2.

Case Study: Documenting Interventions and Success of Interventions

### Patient Background

- 91 Female
- Critical Care
- Fall, ACL Injury
- Confusion
- Alert and Oriented x2, sometimes x3
- Atrial fibrillation, pacemaker on right side of the chest
- Saline Lock Left arm
- Incontinent x2
- 4-wheeled walker
- Assist x1

### Primary Assessment: Musculoskeletal

**May 27 Documentation**

**Patient reports:** Weakness and pain

**Observation:** UE and LE general weakness, bruising present on bilateral arms, skin tone normal for ethnicity. Weak grip.

**Gait:** Unsteady, shaky

**ADLs:** Incontinent briefs changed peri-care, skin care, BM x 2, unmeasured void x 3, ate 25% of breakfast, 75% of lunch, and 50% dinner. Requires set-up, feeds self. Assist to go to the bathroom to encouraged independence. Repositioned, supine, right side, left, side, head of bed elevated.

### High Falls risk Interventions

Rails x3, floor clear, non-slip socks, assistive device within reach, light is working and on as appropriate, pathway clear of any obstacles

### June 05 Documentation

**Patient reports:** Improved muscle strength and reduced pain.

**Observation:** UE and LE reduced weakness, bruising present on bilateral arms, skin tone normal for ethnicity. Increased grip strength.

**Gait:** Unsteady but improved.


**ADLs:** Feeds self, able to go to the bathroom with supervision, repositions self with some assistance, walking everyday with the physiotherapist using assistive device. Falls risk interventions applied.

### Interventions

Acetaminophen 650 mg x3 (0800, 1400, and 2200) for pain recovering from fall, ambulate in the hall with a physiotherapist, 2 pillows to elevate limbs, assisted with repositioning, encouraged repositioning. Active range of motion implemented at bedside. to encourage mobility.

## Success

(Astle & Duggleby, 2018)



Saira Raza  
Year 1

### Common Routes of Medication Administration at MacKenzie Health General Medicine Unit

These are not all routes of medicine administration, but the common routes used at my placement and examples of some medications used.

#### Enteral

- given orally and administered through nasogastric or gastrostomy tubes
- route of choice for patients with functioning GI
- if given through gastrostomy tubes, crush and mixed with water

Route	Usage	Examples at MacKenzie
Oral	<ul style="list-style-type: none"> <li>- Most common and convenient, least costly</li> <li>- Safest, as skin barrier is not compromised</li> <li>- In cases of error, can be retrieved</li> <li>- Absorbed in oral mucosa, stomach, small intestine</li> </ul>	<ul style="list-style-type: none"> <li>- Pregabalin, for seizures</li> <li>- Hydralazine, for high blood pressure</li> <li>- Metoprolol, for high blood pressure</li> <li>- Bisoprolol, for high blood pressure</li> <li>- Phenobarbital, for seizures</li> </ul>
Sublingual	<ul style="list-style-type: none"> <li>- Placed under the tongue to dissolve slowly</li> <li>- Has rapid onset of action due to blood supply in area</li> </ul>	<ul style="list-style-type: none"> <li>- Melatonin, for sleep</li> </ul>

#### Parenteral

- Medications other than oral or topical
- Delivering drugs using a needle into either the skin, subcutaneous tissue, muscles, or veins
- Much more invasive
- Potential to introduce microbes into blood and body, so aseptic techniques are used

Route	Use	Examples
Subcutaneous	<ul style="list-style-type: none"> <li>- Injection in the fatty tissue</li> <li>- Easily accessible</li> <li>- Back of arms above triceps, lower abdomen</li> <li>- Small doses</li> <li>- Injection sites are rotated for better absorption and to minimize tissue damage</li> </ul>	<ul style="list-style-type: none"> <li>- Insulin, for diabetes</li> <li>- Heparin, for blood clot prevention</li> <li>- Dalteparin, to thin blood</li> </ul>

	<ul style="list-style-type: none"> <li>- Alcohol preparation</li> <li>- Aspiration not needed</li> </ul>	
Intravenous	<ul style="list-style-type: none"> <li>- Directly into the bloodstream</li> <li>- Very rapid onset of action</li> <li>- Most dangerous</li> <li>- Must be closely monitored for adverse reactions</li> <li>- Bypass first pass effect of liver</li> <li>- Large volume infusion, for fluid maintenance, replacement</li> <li>- Intermittent infusion, for small amounts for piggyback, such as antibiotics and analgesics</li> <li>- IV bolus, for concentrations directly into circulation with a syringe</li> </ul>	<ul style="list-style-type: none"> <li>- Normal saline</li> <li>- Ringer's lactate</li> <li>- Ciprofloxacin, for bacterial infections</li> <li>- Ceftriaxone, for bacterial infections</li> <li>- Hydromorphone, for pain</li> </ul>

(Adams et al., 2008)

#### References

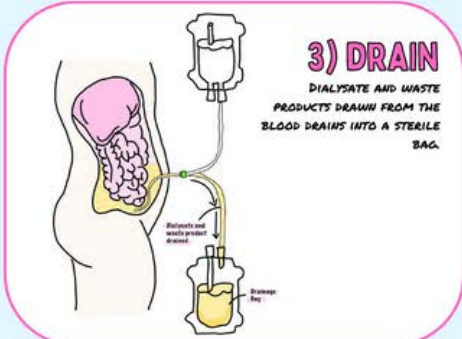
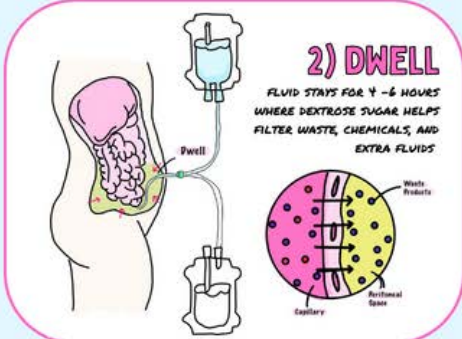
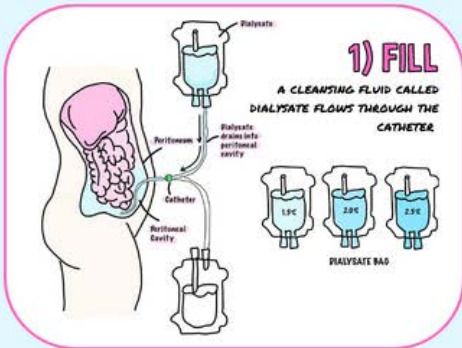
Adams, M., Holland, L. N., Jr., & Bostwick, P. M. (2008). *Pharmacology for nurses: a pathophysiologic approach*. 2nd ed. Upper Saddle River, N.J.: Pearson/Prentice Hall.

Gretchen Eng  
Year 1

# Artefacts

## PERITONEAL DIALYSIS

GURNIR SHERGILL

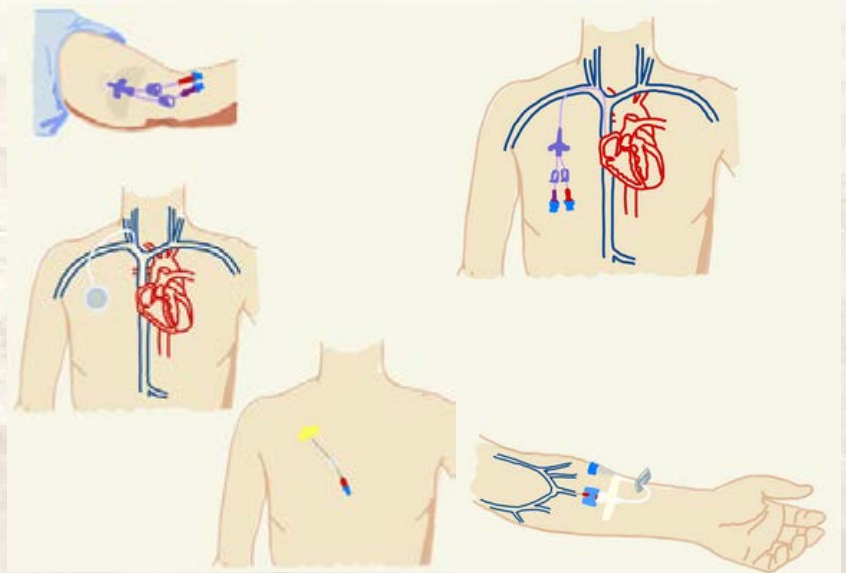


Reference: Pruthi, S. (2023, May 2). Peritoneal dialysis. Mayo Clinic. <https://www.mayoclinic.org/tests-procedures/peritoneal-dialysis/about/pai-20384725>

Gurnir Shergill  
Year 1



Avneet Randhawa  
Year 1



Carly Bradshaw  
Year 1

# Artefacts

## PROTECT YOUR IV

HELP KEEP YOUR IV SAFE

### Be a super helper

- Be careful when playing - you don't want to bump your IV
- Don't pull on IV lines
- Keep your IV dry  
If you are showering, make sure to not get your IV wet
- Stay hydrated

### TLC

**T**ouch  
The skin around your IV should be:  
• Soft  
• Warm  
• Dry  
• Pain-free

**L**ook  
Do you see puffiness, redness or leakage?

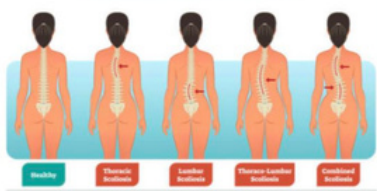
**C**ompare  
Does your hand look the same size as your opposite hand?

### Superheroes Speak Up!

Look for any clues that something might be wrong using the TLC tool. If you spot anything suspicious, report it to your trusty sidekick nurse right away!

Lindsay Coakley  
Year 1

## TYPES OF SCOLIOSIS

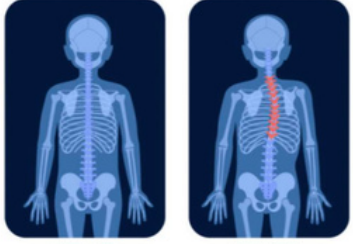


### Diagnosis

There are different tests to diagnose scoliosis such as physical exams, X-rays, CT scan and MRI. The curvature will be measured by degrees: small curve (20 degrees or less), medium (20 - 50 degrees), and large (greater than 50 degrees).

### Treatment

For small curves, they may only need to be observed over time. For medium curves, they might be observed and treated with a spinal brace (spinal orthosis). For large curves, they may require surgery (Posterior Fusion Surgery). Prior to PSF, patients are placed in a Halo Gravity Traction to gradually straighten the spine.





Normal spine      Thoracic Scoliosis

## SCOLIOSIS

### Background

Scoliosis is a sideways curvature in the spine. This can result in changes to the shoulders, ribcage, pelvis, waist, and overall shape of spine. There are three main types: idiopathic (of unknown cause), congenital (the bones were not formed properly from birth), and neuromuscular (the curve is caused by muscle or nerve disease or condition). The curvature can also occur at different points of the spine such as lumbar, thoracic, thoraco-lumbar, or combined. Most scoliosis occurs at the onset of puberty, around 10 - 16 years of age.

Matifadza Chinoda  
Year 1



Paige Hewitt  
Year 1

# Artefacts

## LUMBAR STENOSIS

A educational conversation between a patient named Brad and their Nurse Greg. Brad was recently diagnosed with Lumbar Stenosis and had a few concerns about pain management.



Hi Nurse Greg, I was recently diagnosed with lumbar spinal stenosis and have not idea on how to manage my back pain. I do not know where to begin. Please help me!



Thank you for sharing your concerns. I am here to answer all your questions and explain pain interventions for this diagnosis.

Jeremiah Mark Dias  
Year 1

My first question is if there are any medications that are effective in treating my pain?

That is an excellent question! Yes, there are several drugs that can be used to manage pain. One of them being non-steroidal anti-inflammatory medicines (NSAIDs) such as ibuprofen and naproxen can help reduce inflammation and relieve discomfort caused by lumbar spinal stenosis. These are available over the counter or through prescription.



My friend that has the same diagnosis told me to ask about cyclobenzaprine? What is that?

Yes, cyclobenzaprine is known as a type of muscle relaxer - another example of this is baclofen! They are used to treat muscle spasms that may be contributing to the discomfort. Another medication used in pain management are antidepressants such as amitriptyline or nortriptyline. They can be beneficial in controlling chronic pain by modifying the way the brain processes pain signals. A less common type of medication is known to help control nerve pain and neuropathy, anticonvulsants such as gabapentin and pregabalin are commonly prescribed!

Are there any other forms of pain management that does not involve taking medication?

Yes, physical exercises can be performed to alleviate discomfort. Lumbar flexion exercises, which include forward bending of the spine and can strain on the nerves, are one of these. Knie-toe stretches and seated or standing forward bends are examples! Another exercise involves arching the back to open up the spinal canal and reduce pressure! For example, the cobra stance in yoga.



This sounds overwhelming! I have never done yoga in my life!

The final pain management option is surgical intervention. This first is referred to as a laminectomy. The removal of a piece of the lamina (they would create more space for the spinal nerves and release pressure). It is one of the most frequently performed surgical procedures for lumbar stenosis.

Oh wow! What is the other option?

Every person has their own unique physical capacity, and a physical therapist can help you build an exercise regimen that is tailored to your specific needs and assist you in every step of the way. You are not alone, your healthcare team is here to help you.



The other option is a spine decompression. This is a broad phrase that refers to a variety of surgical methods aimed at alleviating pressure on the spinal cord or nerves. Spinal decompression procedures include laminectomy, hemilaminectomy (halfway nerve root removal), and laminotomy (removing a tiny portion of the lamina).

Thank you so much Nurse Greg for taking the time to explain all the common types of pain interventions, I feel more at ease knowing there are options!

Brad, of course! As previously mentioned, each person is unique and requires a particular treatment strategy. Challenging as it might be, your healthcare team will be able to provide you with what works best for you!

**References**

1. American Society of Spinal Radiology. (2019). Lumbar Spinal Stenosis. Retrieved from https://www.spinalradiology.org/clinical-practice/lumbar-spinal-stenosis/

2. National Institute of Neurological Disorders and Stroke. (2019). Lumbar Spinal Stenosis. Retrieved from https://www.ninds.nih.gov/health-information/disorders/lumbar-spinal-stenosis

3. Mayo Clinic. (2019). Lumbar spinal stenosis. Retrieved from https://www.mayoclinic.org/diseases-conditions/lumbar-spinal-stenosis/symptoms-causes/syc.2001

# Artefacts

Remember to always ask your healthcare provider if you have questions or concerns about your medication!



## Contact Us

1100 Queenway West  
Mississauga, ON  
L5B 1B8  
(905) 848-7100  
<https://www.thp.ca/patient-support>



## Dexamethasone

### Why am I taking this?

Dexamethasone is primarily used to reduce inflammation and immune responses in the body. It is often used to minimize the side effects of chemotherapy such as nausea and vomiting.

Dexamethasone is also used to treat cancers such as leukemia, lymphoma, multiple myeloma, and mycosis fungoides. When used alongside other drugs, it is also used to treat cerebral swelling, anemia, drug hypersensitivity,



### Mechanism of Action:

Dexamethasone is a corticosteroid that binds to a glucocorticoid receptor in order to regulate gene expression of certain bio-signal molecules. This is an important step in regulating tumour growth.

### Things to Know

#### Precautions:

Tell your doctor of previous health conditions, if you have a fungal infection, are allergic to aspirin, dexamethasone, or barbitone, if you are pregnant, plan to become pregnant, or are breastfeeding, and what medications you currently take, and if you

#### Side Effects

Upset stomach, vomiting, stomach irritation, headache, insomnia, dizziness, weakness, anxiety, depression, acne, easy bruising, increased hair growth, absent or irregular menstrual periods.

CALL YOUR DOCTOR if you experience a skin rash, vision problems, swollen face, lower legs, or ankles, muscle weakness, black or tarry stool, or a cold/infection that lasts.

#### Supports

If you are dealing with a cancer diagnosis, there are supports available to you. Please feel free to ask your healthcare team for more information on the following:

- Wellbeing Hub and programs
- Canadian Cancer Society
- Look Good Feel Better
- Spiritual and Supportive Care



Serena Aseerwatham  
Year 1

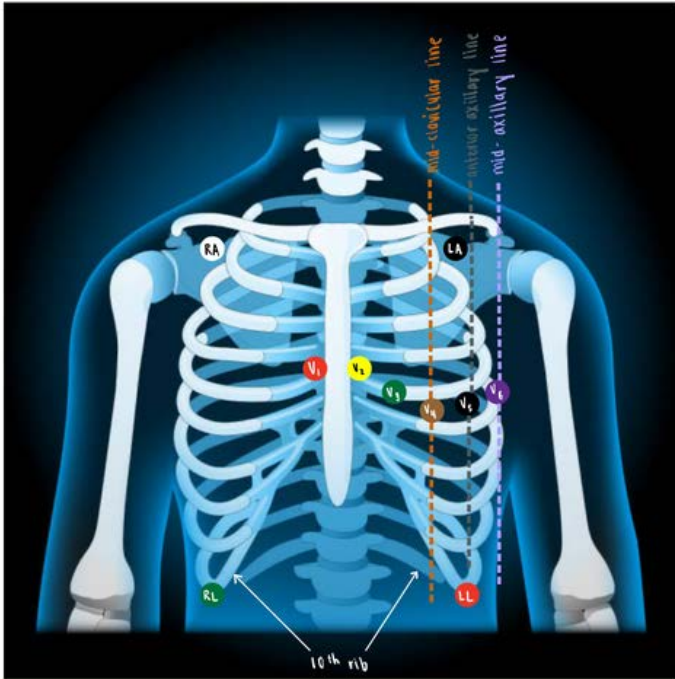
## Common Trajectories in Rehabilitation

While each child and family that comes to Holland Bloorview is unique in their medical histories and care, there are aspects of admissions that are common amongst clients based on our policies and client's goals.

	Pre-admission	Day 1	Day 2-5	Week 1-3	Week 4-5	Week 6-12
Orientation to the hospital		Admission	School	Reassessment of pain, care needs, wheelchair, and equipment	Reduce surgical restrictions: school + pool (if appropriate)	Remove surgical restrictions: family weekend pass
Intake questionnaire		School registration	Assessment and Planning	Ongoing Recreation	Reassessment of pain, care needs, wheelchair, and equipment.	Remove surgical restrictions, school transfer planning
Wheelchair assessment		Review surgical restrictions, medical and pain review	Family team goal plan	Therapy to get the patient started	Family team meeting	Reassessment with rehab team
Pre-admission call		Ongoing wheelchair evaluation	Pain Management	Family team meeting	Therapy to get the patient moving	Family team discharge meeting with therapy discharge plan
		Meet your rehab team	Assessment with rehab team & Recreation assessment	Update therapy program	Update therapy program, Orthotics Consultation	Therapy to get the patient home

Jenny Jing  
Year 1

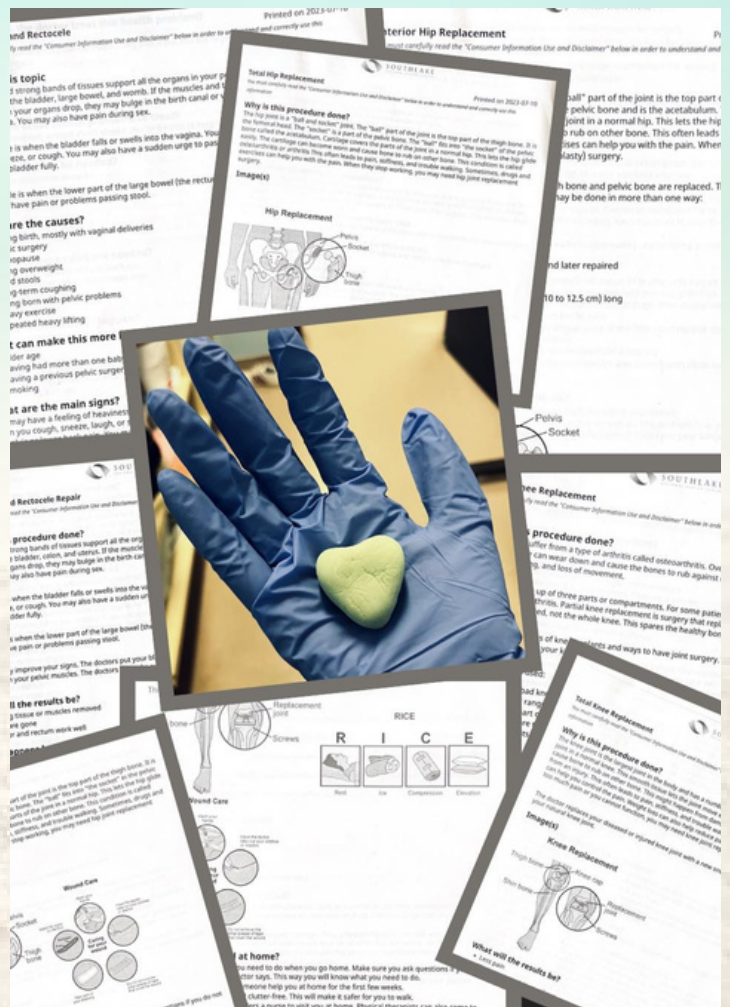
# Artefacts



## LEGEND

- V<sub>1</sub> - right sternal border of 4<sup>th</sup> intercostal space
- V<sub>2</sub> - left sternal border of 4<sup>th</sup> intercostal space
- V<sub>3</sub> - midway between V<sub>2</sub> and V<sub>4</sub>
- V<sub>4</sub> - 5<sup>th</sup> intercostal space at mid-clavicular line
- V<sub>5</sub> - level with V<sub>4</sub> at anterior axillary line
- V<sub>6</sub> - level with V<sub>5</sub> at mid-axillary line
- RA - right arm / infraclavicular fossa
- LA - left arm / infraclavicular fossa
- RL - right leg / below RA at 10<sup>th</sup> rib
- LL - left leg / below LL at 10<sup>th</sup> rib

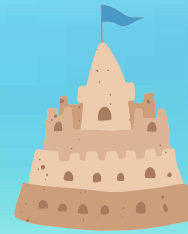
Justin Wu  
Year 1



Ishani Illamperuma  
Year 1



Happy  
summer!



## Newsletter Team



Jenny



Riana



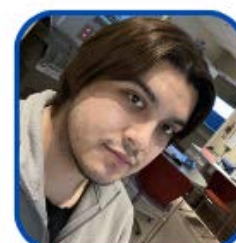
Amanda



Nada



Fritz



Dylan

**NIPISSING UNIVERSITY**  
**SCHOLAR PRACTITIONER PROGRAM**

MAY-JULY 2023 NEWSLETTER