



COMMUNICATION

Outgoing President's Report – Cindy Barker-Barill, RN

The Community Health Nurses' Initiatives Group (CHNIG) continues to be a strong and vibrant organization – an organization celebrating 35 years of advocacy and leadership for community health nursing in Ontario. As I finish my term as President of CHNIG I am astounded at how fast the last three years have flown by. I look forward to continuing to work with the CHNIG Board as Past President: a dedicated, energetic and enthusiastic group of community health nurses, to address issues affecting the community sector. It is hard to keep up with all of the impending changes in community health, from home health to public health to primary care and education! Now more than ever CHNIG must ensure it is positioned to consult with membership and political leaders to be the strong VOICE for community health nurses in Ontario.

"The secret of change is to focus all of your energy, not on fighting the old, but building the new." - Socrates

With these wise words in mind, the Board has again been very busy in 2016; particularly in consultations related to scope of practice, palliative care, community health curriculum in schools of nursing, end of life care discussions and revamping our website to cut costs and improve service to membership.

The Board of Directors has worked diligently to meet the CHNIG goals and objectives and they are reported in conjunction with RNAO Ends within this report. The Board represents a cross-section of community health nurses from across Ontario, representing home health, public health, and primary care, education, research, management and nursing leadership. Each Director's unique focus and expertise contributes to the strength of our organization.

There are several CHNIG subcommittees supporting the achievement of our goals: professional practice team, the political action team, the communications team, School Health Team, professional development team and the newly emerging student affiliate team.

The CHNIG Board continues to be committed to supporting its national organizations; CNA and CHNC. Members are encouraged to continue to maintain membership to both organizations to ensure a strong national voice for community health nurses. Moving into 2016, CHNIG members are required to join both CNA and CHNC of their own accord. CHNIG has worked with

CHNC to promote membership with our online communication tools. If you haven't joined please go online and do so today.

The Board is actively involved in dialogue and consultation with the RNAO and participated in Assembly Meetings, Queens Park Day and Queens Park on the Road.

My sincere thanks go out to each Director and all of the CHNIG volunteers whose determination, patience and persistence influence decisions effecting community health nursing.

I want to enthusiastically welcome Joanne Crawford to her new role as President; she will be a truly outstanding leader with commitment and knowledge of community health nursing from education to practice.

~ Cindy

Former CHNIG Board Member, New Vice-President of OPHA

Nursing Leadership in Public Health



Karen Ellis-Scharfenberg, RN, MBA

CHNIG is pleased to announce that a former CHNIG Board Member, Karen Ellis-Scharfenberg has been elected as the Vice-President of the Ontario Public Health Association (OPHA). Karen will progress to the OPHA President Elect position January 2017 and become president of OPHA January 2018. Karen is very excited for this opportunity knowing that OPHA's mission and objectives align with the objectives of CHNIG and RNAO. OPHA is a membership-based association with participants from several organizations including the Association of Health Centres (AOHC), public health professionals and individuals interested in advocacy on public health. OPHA has focused on several issues including the preservation of the environment, prevention of chronic disease, narrowing of health disparities and reduction of poverty. OPHA was one of the first organizations to support the Basic Income Guarantee approach which was a resolution passed at the May RNAO Annual General Meeting and introduced in the provincial government's budget as a pilot. As OPHA Vice-President, Karen is the Chair of the OPHA Advocacy Committee. On behalf of CHNIG we congratulate Karen on this exciting opportunity!

Welcome to our two new Board Members!

New board members of the Community Health Nurses Initiatives' Group (CHNIG) were announced at our AGM this past June. It is our pleasure to introduce them now and to give them an official welcome!

Pat has extensive experience working in public health as a Public Health Nurse, as a Supervisor and as a Nursing Practice Advisor. She is an Assistant Clinical Professor at the McMaster Faculty of Nursing and Health Sciences and currently working on her PhD in Nursing Leadership at Western University. Her area of focus and interest lies in Authentic Leadership Theory in the context of nursing, with Dr. Carol Wong as her advisor. Pat holds a Bachelor of Science in Psychology, a Bachelor of Science in Nursing and a Master of Nursing from the University of Toronto. As a new board member, Pat also holds the portfolio as the OPHA (Ontario Public Health Association) liaison for CHNIG.



Patricia Donnelly, RN, MN



Angela Gallant, RN, BScN

Angela graduated with a Bachelor of Science in Nursing degree in 2013 from the York University Collaborative Program with Georgian College. Prior to nursing, Angela spent over 20 years as a pharmacy technician and pursued nursing as she felt limited with her scope of practice and wanted to advocate for the vulnerable population and be actively involved in current issues.

Angela currently works full time with North Simcoe Muskoka CCAC as a rapid response nurse with their Telehomecare Team which supports patients with COPD or CHF through health coaching and remote monitoring. She continues to pursue education and professional development opportunities and is currently working towards her certification as a respiratory, diabetes and tobacco educator. This is her first year on the Board of Directors for CHNIG and she is looking forward to working with and learning from such a dedicated team using evidence-informed practice and guidelines to promote community health nursing. In addition to her responsibilities as a Director on our board, Angela's portfolio includes Research, Education & Professional Development.



HIGHLIGHTS

RNAO/CHNIG Annual General Meetings

Summary of Experience from the 2016 RNAO and CHNIG AGM - Dawn Cole, RN

This year I had the pleasure of attending the 2016 RNAO and CHNIG Annual General Meetings on May 6th and 7th, thanks to the generous support of CHNIG in the form of a Professional Development Bursary. It was an amazing experience and I left feeling reinvigorated as an RN, and as a Community Health Nurse. Here is a summary of my lessons learned from each of the events:

Friday May 6: RNAO AGM

The morning of the AGM was spent hearing about all of the work that RNAO has done over the past year, and some of the new initiatives that are on the horizon, as well as hearing some of the ongoing issues in RN practice from members across the province during the Members Voices segment. In particular, I was intrigued to hear about the initiative of RN prescribing, and I was able to pick up hard copies of the RNAO's report on the issue. For me, the best part of the day was seeing the resolutions process unfold, as that was a new experience for me. There were several resolutions passed which I think directly impact community health nurses, such as the resolution to integrate health equity concepts into nursing curriculum, urge the government to consider a Basic Income Guarantee, and support school nurses to practice to their full scope. It will be interesting to see what happens now that these issues have the support of RNAO.

Saturday May 7: CHNIG AGM and Closing Keynote

The CHNIG AGM was very exciting for me, as I was involved in CHNIG as a student representative many years ago, and it was great to see familiar faces again. I really enjoyed hearing the discussions during the Members Voices segment, as nurses from different areas of community health nursing and different regions of Ontario got to share some of the things they are concerned about, such as attracting new nursing graduates to home care, and discussing the implications of Patients First.

Overall, this was a great learning experience for me and I would like to once again thank CHNIG for this opportunity.

11th National Canadian Community Health Nursing Conference – Selected comments from sponsored CHNIG Members

Thank you for your support in attending the 11th National Community Health Nursing Conference. It was the first conference I have ever attended and I couldn't have asked for a better experience. I hope that I was able to contribute back to the nursing community through the presentation I prepared with fellow nursing students entitled '*Inspiring Nursing Educators to Re-evaluate Health Promotion in Community Health Nursing Curricula: Student Reflection*'. The nurses were very welcoming and eager to share their knowledge and wisdom gained through years of nursing practice. It was inspiring to learn about the different career paths that nurses took to the meaningful work they are currently doing. I realized that it is rarely a linear and planned path, and instead it seems that it is often a combination of passion, hard work and unique opportunities. I knew that nursing is a very broad career, but I haven't often considered the different roles that nurses have. Some of the presentations I attended were about how nurses effectively implement best practice guidelines, how nurses include online learning into curriculum, how other nursing programs incorporate inter-professional practice and how web resources are developed. It was also very interesting to learn how topics that we learn about in the undergraduate nursing curriculum apply to nursing practice such as cultural safety, best practice guidelines and health teaching. Another important learning opportunity during this conference was to hear about nursing in another part of the country. I attended a presentation about palliative care in the community during which the nurses explained how the program is organized across Newfoundland. The patients, services and resources are much more spread out across the province than they are in Toronto, and it was interesting to learn about how they drive long distances and advocate for patients to continue to provide quality patient care. I feel inspired and motivated to contribute to community health and I look forward to working as a community health nurse in the future. Thanks again for this amazing opportunity!

~ Ania Pawlik

Attending the CHNC Conference in St. John's, NL, was an amazing and rewarding learning experience. As a student attending my first ever nursing conference, I felt incredibly welcomed by the other conference attendees and presenters. I am very grateful for the opportunity to have presented at the conference and as a first-time presenter, I learned a lot about the process of researching and preparing a conference presentation. It was an amazing experience, and I was truly inspired to follow in the steps of other community health nurses.

~ Beth Shultis

I am very grateful for the CHNIG Professional Development Bursary that enabled me to attend the 11th National Community Health Nurses Conference in St. John's, NL. I was struck by the number of younger and mid-career nurses attending the conference and felt good that community health/public health is attracting intelligent nurses who want to be leaders in the profession. They are ready to contribute to a reformed health care system that is focused on health promotion and prevention. CHNC and its P/T partners in community health nursing need to be front and center in the transformation. And from what I heard from national and provincial leaders, governments are knocking on our doors rather than us knocking on the politician's doors. I would like to thank CHNIG for continuing to offer Professional Development Bursaries to its members and student members. It is a tangible and important member benefit that is greatly appreciated.

~ Yvette Laforêt-Flüsser RN, MScN, CCHN(C)

First, I would like to thank the CHNC for providing me the opportunity to attend the annual conference in St. John's, Newfoundland; it was my first time in St. John's and presenting at a conference. The conference was welcoming and I really enjoyed being able to present on my experience as a nursing student. As a nursing student about to enter my nursing career, it was really wonderful experience to see what community nurses all over Canada were doing. One of the things that I will take away from this conference is to make connections throughout your career. As the conference theme was *Blueprint for Action: Making Connections*, I found this concept rang true during the presentations that I attended. It is crucial to make connections and share knowledge, as things you learn may be beneficial to the work that you are doing. Attending the CHNC conference in St. John's was a positive experience; I was able to hear what community nurses around the country were doing, meet inspiring people, and present at my first conference. Thank you for the opportunity.

~ Emma Hutcheson



NEWSROOM

PATIENTS FIRST: ACTION PLAN FOR HEALTH CARE: Year One Results - March 2016

As many of you may already know, the MOHLTC under Dr. Eric Hoskins released their discussion paper on Ontario's Health System Renewal in December 17, 2015. An updated paper was released in February, 2016. This past March, Minister Hoskins released the first year results of the changes. Continued change for community health nursing, and the health care sector in general are underway. As registered nursing professionals, we have a responsibility to be

informed about our health care system and CHING encourages our members to keep up to date on issues that affect our role as Community Health Nurses.

Link to Patients First-Year One Results:

http://www.health.gov.on.ca/en/ms/ecfa/healthy_change/docs/year_one_results_action_plan_en.pdf

A New Health Promotion Seminar Series

Health Care Consent and Advance Care Planning in Ontario: What You Need to Know

The Health Promotion Seminar Series is a collaborative effort between the Community Health Nurses' Initiatives Group (CHNIG) and de Souza Institute. The seminars offer an opportunity for professional development to nurses working in all domains of practice: community or acute care. Topics are focused on current issues, and provide a means for knowledge transfer, discussion, and resources to apply to practice.

The seminars are free of charge and open to all nurses. Past presentations were very successful and covered the topics of Smoking Cessation, the Aging at Home Strategy, Chronic Disease Prevention, Cultural Safety, Primary Health Care, and Political Action. All presentations are archived at <http://www.chnig.org/professional-development/>.

The newest seminar is titled: **Health Care Consent and Advance Care Planning in Ontario: What You Need to Know** presented by **Trudy Mulder-Hall**, RN, BNSc, CAPCE, CHPCN(C) and **Jehanara Chagani**, RN, BScN, MSc(N), CHPCN(C).

Seminar Objectives:

- To increase knowledge and skills in applying the Health Care Consent Act and the Substitute Decision Making Act in relation to Advance Care Planning in Ontario
- To increase awareness of resources available in relation to Advance Care Planning

Trudy Mulder-Hall is a RN working in the role of Advanced Practice Nurse in Palliative Care at Central West CCAC. Trudy is a certified Canadian Hospice Palliative Care Nurse. She is the Central West LHIN area representative with the HPCO Community Practice Leads on Advance Care Planning and Health Care Consent to promote consistent messaging and the importance of following the Law around this issue in Ontario. In her role at CCAC she provides support to patients, families, nurses, physicians and other health care providers to optimize hospice palliative care support through capacity building, education, research and symptom management.

Jehanara Chagani is an Advanced Practice Nurse with Central West CCAC. She has a Master of Science in Nursing from McMaster University and is a Certified Hospice Palliative Care Nurse.

Jehanara is also an Instructor with the Centennial–George Brown Ryerson University Collaborative BScN program. In her current role as APN at CCAC she support patients, families, nurses, physicians and other health care providers in optimizing hospice palliative care through capacity building, education, research and symptom management.

To view this webinar, please click on the following link or cut and paste into your browser:

<https://youtu.be/p7Yrtz0IKP8>

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Newsletter@CHNIG.org



IMPORTANT MEMBER INFORMATION CHNC

For the past number of years membership fees for the Community Health Nurses of Canada (CHNC) were collected through the RNAO/CHNIG. Due to changes in CHNC bylaws and policy during a process required under the Canada Not-for-profit Corporations Act, group membership fees no longer exist and CHNC membership fees must be paid directly to CHNC. This has resulted in a significant drop in Ontario membership in CHNC. Currently there are just over 90 members.

Why is membership in my national association important?

CHNC continues to grow and evolve, and is becoming known as the Centre of Excellence for Community Health Nurses in Canada. Viewed as a credible and expert organization, CHNC is recognized as the national voice for community health nurses in Canada. CHNC is advocating for health system transformation, and optimized CHN scopes of practice, leadership, education, research, and professional development.

CHNC Membership allows you to become involved in this innovative organization and entitles you to a number of benefits including:

- access to the quarterly newsletter,
- regular updates for members,
- reduced conference registration fees,
- access to professional development opportunities,
- access to the members' only section of the CHNC website,
- eligibility to apply or be nominated for CHNC bursaries and awards, and opportunity to attend and vote at the Annual General Meeting, vote in CHNC elections or be elected to sit on the CHNC Board of Directors.
- If you have CNA Certification in Community Health Nursing, your involvement in CHNC committees, boards and forums provides continuing education hours towards re-certification and four continuous learning hours per year for membership in CHNC as your national specialty group. That means in your 5 year certification cycle you could earn 20 continuous learning hours, 20% of those required for recertification – just by being a member of CHNC!

Most importantly, CHNC membership provides you with the opportunity to network with community health nursing colleagues across the country and to influence community health nursing & community health in Canada. It has never been more important to have a strong national association advocating for community health nursing and community health. For our members who are interested in joining the National Association, you can join by going to the CHNC website at <https://www.chnc.ca/>.



GOOD NEWS STORIES

CHNIG Featured Board Member

Gabriela Ach, RN, BScN



What is your role on the CHNIG Board?

I have been a CHNIG member since my public health consolidation in 2013 where I had the pleasure of being mentored by the then President of CHNIG, Jennifer Bouwmeester. Being inspired by Jen's strong passion and motivation in the field of Community Nursing, I jumped on the opportunity when I saw that CHNIG was seeking to fill the Website Director position in April 2015. Since being nominated, I have become quite involved in all of CHNIG's social media domains, as well as revamped the entire CHNIG website working in partnership with a local design firm.

However, being the Director of Communications is much more than trying to keep up with the latest social media app or finding the best way to connect with our members, it also involves dissecting the plethora of health information we receive and finding what would best benefit our members and promote community health nursing. Some tasks involved in my role include updating our website, responding to inquiries from the public, finding different means to involve our membership, and disseminating relevant information amongst the CHNIG Board.

Why do you think it is important to have a voice on the CHNIG Board?

The CHNIG Board truly works as a team and I am so grateful for that since I am, after all, a recent graduate and am just beginning to discover the many roles nurses hold within our communities. CHNIG is a major contributor to many influential papers, position statements and decisions made by our governing leaders. Every Board member brings a unique background and expertise to the table and each voice is valued and contributes immensely to the final decisions made. Community care and service delivery is undeniably changing and evolving in today's society. The *Patients First* position paper is only one of the many examples why it is ever more important to have a voice to advocate on behalf of our patients, future clients and professionals working in the field. CHNIG is a respected interest group of the RNAO and I am so proud to be a contributing member, I think my knack for creativity and commitment to utilizing all our social media domains are my most valuable contributions to the Board.

What is one of your most memorable experiences as a community health nurse?

Ever since graduating with my BScN in 2013, I have worked in the community setting and am grateful for the opportunities I received. Having recently taken on a new position with the North Simcoe Muskoka CCAC, my perspective on community health has changed drastically. It is difficult to highlight one single memorable experience as I find everyday further shapes my understanding of health, family, and community as a whole. I have gained such insight into what it means to be healthy and that there is in fact a major difference between being 'healthy' and 'disease free.' I am most touched by the sacrifices family members, friends, and neighbours make in order to care for their loved ones. It truly is incredible how people learn to adjust and cope with their illnesses and continue to reside in their homes when the appropriate modifications and supports are put in place. I often find myself trying to hide my teary eyes when I hear the challenges and struggles people have endured, yet they still are able to maintain a positive outlook on life and continue to live with their limitations – these are the true inspirations for me. It is no secret that our healthcare system is not perfect, but I try to remember that Rome was not built in a day (as much as I would like to think it was) and having a voice through CHNIG will help influence our leaders.

What challenges do you foresee in your professional role as a nurse graduate?

It is difficult to predict the challenges that lay ahead for us recent graduates, though I do have my own speculations. Many of us working in the community sector do not have as much authority as we would like to and this can become very frustrating with respect to the care we want to give and the care we are able to provide. Fiscal budgets are unfortunately a major factor in today's healthcare delivery and this directly impacts nursing and patient care on all fronts. I think one of the most challenging tasks will be to find the balance between these two

factors, creating a cost-effective nursing practice that does not compromise patient safety or quality of life.

If you were to share a piece of wisdom for RNs working in the community, what would that be?

At work I am often reminded by my more experienced colleagues that “it comes in waves.” There will be times where nursing jobs are scarce and you may start to wonder if this was the right career choice. I only decided to apply to nursing school one week before applications were due in high school, but I could not be more confident in my choice. I am so lucky to have found my niche in community nursing and know even this one sector has so many different opportunities within it. I would suggest to become involved in the profession as much as possible; listen to webinars online; routinely complete online courses; become involved in community programs; and PARTICIPATE. I cannot stress enough the participation aspect in any educational or learning environment, it is a great way to network and really get to know your community!



“The best way to find yourself is to lose yourself in the service of others.”

~ Mahatama Gandhi