



THE CANADIAN GERONTOLOGICAL NURSE

Fall 2016



FALL 2016

A Message from the CGNA President



What a lovely summer we had. I hope everyone had a chance to relax and enjoy the long and sunny days with family, loved ones and friends. While this fall is colouring our days, I want to take the opportunity to express my gratitude to all of you. The CGNA Board and Executive, the provincial Boards and chapters continued to work over the summer and I want to extend a warm thank you for your commitment and many volunteer hours. For all of you providing care to seniors and families, writing and implementing evidence-informed practices, changing policies, mentoring and guiding students, and proving leadership; thank you for what you do every day. It makes a difference.

I would like to highlight two big achievements as well. We have recently launched a new user-friendly membership platform to enhance the members' experiences when renewing their membership or registering for webinars. This new platform also greatly facilitates the process of retrieving data per province and keeping track of membership numbers. Lastly, this platform will help us in the design of tailored recruitment strategies to increase our membership numbers. A special thank you to our manager Dr. Anthony Lombardo for his work.

The second news item I want to highlight is of course our upcoming 2017 conference in Ottawa, in collaboration with the Gerontological Nursing Association of Ontario. The Conference Planning Committee has been working diligently to create an amazing website, organize venues and sponsors, to set up a call for abstracts, and to recruit keynote speakers. The call for abstracts is now closed and the committee is working on preparing an exciting conference program for us. I am truly looking forward to see all of you again, meet some of you for the first time and hear all about the amazing work you are doing to promote gerontological nursing.

Your summers have been busy as well. Your chapters have been meeting, and we had many educational events across the country. Some of you have started a new job, decided to go back to school, or continue the journey on which they had embarked. I want to wish you all the best on these journeys.

I would like to leave you with a book except form Jim Collins (Good to Great) to keep us on our paths.

"When (what you are deeply passionate about, what you can be best in the world at and what drives your engine) come together, not only does your work move towards greatness, but so does your life. For, in the end, it is impossible to have a great life unless it is a meaningful life. And it is very difficult to have a meaningful life without meaningful work. Perhaps, then, you might gain that rare tranquility that comes from knowing that you've had a hand in creating something of intrinsic excellence that makes a contribution. Indeed, you might even gain that deepest of all satisfactions: knowing that your time here on earth has been well spent, and that it mattered."

As always, it is a pleasure working with you, dedicated gerontological nurses, and I look forward to continue working alongside you.

Veronique Boscart, RN, PhD

2017 CGNA Biennial Conference Plans and Activities increase!

Our national planning committee in conjunction with GNAO is now meeting monthly and we are very excited with the across Canada participation and planning for the conference.

The conference website is found at <http://CGNA2017.ca>

A couple of pre-conference workshops are in the works! These will be posted soon.

As you plan to attend the CGNA 2017 conference, keep in mind the hotel is offering its special rates for several days prior to and after the conference, so you could plan to bring family or friends! Remember it is Canada's 150th Anniversary so Ottawa is planning special events – more to see and do!

If you would like to take part in or learn more about our conference plans, please contact Carla or me.

Carla Wells at: cwells@grenfell.mun.ca

Diane Buchanan at: diane.buchanan@queensu.ca

An Invitation to CGNA2017

Hello CGNA Colleagues,

Please let me introduce myself, my name is Julie Rubel and I am President of Gerontological Nursing Association Ontario (GNAO). We at GNAO are thrilled to be co-hosting the [2017 CGNA Biennial Conference](#) happening May 4-6, 2017 in Ottawa.



To make this conference a success, we hope many CGNA members from across Canada will join us to share clinical successes, innovations, and to have a great time with those who are as passionate about caring for older adults as we are.

The 2017 conference theme is **'Gerontological Nursing: Shaping Healthcare for those who Shaped Canada'**, a fitting tribute to the commitment of gerontological nurses as we diligently work to improve the lives of older adults who have paved the way for us. The theme also alludes to the need for continued action and advocacy to create a future in which care of older adults is admired and celebrated for its complexity.

Given the conference will be held in our Nation's capital during Canada's 150th birthday, I'm certain our nursing community will be inspired to create this future, working creatively and collaboratively. I encourage you to consider submitting an abstract to share the story of your work and making the trip to meet gerontological nursing colleagues from all across the nation.

I look forward to meeting you all at the CGNA's 19th Biennial Conference in May 2017. All the conference details can be found on the conference website <http://CGNA2017.ca>, including information about the [program](#), [venue](#) and [discounts on hotel rooms and travel](#) for the conference.

Sponsorship and exhibiting opportunities at CGNA 2017 are also available for those wishing to showcase their organizations, institutions or companies. For more information, please view our [prospectus](#). See you in Ottawa!

Warmly,

Julie Rubel RN BScN GNC(c)

President, The Gerontological Nursing Association Ontario

Specialty Certification Exam – Update

The Canadian Nurses Association offers certification exams in 20 specialties. Did you know there are more nurses who have written the Gerontological exam than any of the other specialties? Currently there are 2557 nurses certified in Gerontology across Canada.

241 nurses have registered to write the Gerontology exam in Sept/Oct of 2016. These nurses will be the first to write the computer based exam. We look forward to inviting any who are not yet CGNA members to join our amazing provincial associations! Notices will go out to those who consent to release their contact information to us.

Starting in 2017, there will be two writing periods for the certification exams: Spring (exam in May 2017 – apply in January 2017) and Winter (exam in Nov – apply in June 2017). Ideas for setting up study groups will be discussed at the CGNA board, so let your provincial chairperson know if you would like to participate in supporting others to write the exam. Supporting a study group in gerontology counts for up to 40 hours on your recertification.

Speaking of renewing your certification! The deadline to submit your renewal documentation is Nov 30, 2016. 522 nurses certified in gerontology are due to renew in 2016. **Please Renew now at cna-aiic.ca/renewmycertification**. If you have any questions please contact certification@cna-aiic.ca or call 1-800-361-8404.

Renewal requires evidence of 100 hours of continuous learning over the past 5 years. Examples of activities that contribute to your recertification hours include: attending college or university courses, workshops, conferences, workplace in-services and independent study, making presentations or preparing a poster for a conference.

Did you know that you can count hours for: volunteering to assist a certification study group (up to 40 hours), being a member of CGNA (4 hours) or participating on a local, provincial or national committees for any of our gerontological associations (up to 25 hours)? Wow – that makes getting involved pay off even more!!!

Years ago you became CNA certified. You prepped for and passed a rigorous exam. You advanced in your specialty and worked hard to maintain your valuable credential.

Reinvest in yourself. RENEW by November 30!

Your CNA certification means you are:

- Recognized nationally for your practice excellence
- Valued by many employers, because your certification demonstrates specialized knowledge
- Recognized for your clear commitment to lifelong learning

Viewed as having enhanced professional credibility by showing you Care to Be the Best!

“Certification in gerontological nursing raises the standard of practice for nursing care and meeting the needs of this growing diverse and complex population. GNC(C) nurses help demonstrate a commitment to lifelong learning and strive to provide optimal geriatric care. Being a certified nurse in three specialties has helped me expand my area of expertise in the field of geriatrics.”

Lily Spanjevic, RN, BScN, MN, GNC(C), CRN(C), CMSN(C), Mentor-Gerontology.

You, your patients and clients have benefited from your certification — keep it up!

Practical Nurse Certification Exam in Gerontology

We have met with Practice Nurse Canada to explore how to set a certification exam for Practice Nurses. C.N.A. indicated that the cost of setting a new exam is \$150,000. We will continue to explore opportunities for PNs to be able to demonstrate their competence in gerontology through a certification exam.

Scholarships: Ann C. Beckingham and Memorial

Scholarship season will soon be upon us again. If you are enrolled to complete a graduate degree with a focus on Gerontology, you may be eligible to apply for an Ann Beckingham scholarship. If you are enrolled in an undergraduate degree with a focus on Gerontological nursing. Deadline to apply is March 31, 2017. Applicants for either award must be CGNA members for at least two years. See the CGNA webpage [Scholarships](#) for more details.

Choosing Wisely: Gerontological Nursing Statements

If you were to choose 5 statements about our practice that nurses from any area should incorporate into their care of older adults, what would you choose? For ideas see the list developed by [American Academy of Nursing - Choosing Wisely](#). Of the 15 statements they have listed, 6 statements support better care of older adults: improve mobility of older patients; avoid physical restraint use; promote sleep; avoid indwelling catheters; avoid prn medications such as antipsychotics; and don't assume symptoms of confusion are the result of dementia – consider delirium. Join the discussion on the [CGNA Facebook page](#) to contribute to the discussion of the key statements we should promote as Canadian Gerontological Nurses!

Member Profile

Introducing CGNA Member, Heidi Holmes



Leadership Mentor Veronique M. Boscart (left), Heidi Holmes, and Faculty Advisor Deb Cleeter.

Heidi Holmes, a CGNA member and our Secretary just completed a Gerontological Nursing Leadership Fellowship with Sigma Theta Tau. The following is an article she wrote as part of that experience. The article was published in Reflections on Nursing Leadership.

“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.” —T.S. Eliot

Gerontological nursing does not have great appeal to many nurses. I often ask my students at the beginning of each term what area of nursing they see themselves working in. When I mention gerontology, only a few raise their hands.

I officially entered this field when I earned my gerontological nursing certification from the Canadian Nurses Association eight years ago. I had worked in a long-term care setting when I was an undergraduate and did have a fondness for older adults, but it was not until I took my certification exam that I realized how specialized gerontological nursing is. I made it my mission to educate my students, fellow faculty, and clinical colleagues on the needs of older adults. After all, this population is growing exponentially, and there are very few areas of nursing that do not involve care for older adults. Even the small, rural hospital where I worked casually as an RN often admitted older adult patients to available beds in the maternity ward!

When I came across the opportunity to apply for the Gerontological Nursing Leadership Academy (GNLA), I saw it as a means to go from wanting to improve care for older adults through teaching healthcare professionals to finding out how to do this more effectively as a leader. The Academy has a rich history of developing nurse leaders across the United States, and I saw this as a beginning to develop myself, my ideas, and my passion. I was elated to be chosen as a Fellow with the GNLA and soon found out I was the first international candidate.

My excitement quickly turned to anxiety, however, upon attending the first in-person workshop in Indianapolis, Indiana, USA, in June 2014. I soon realized this was not just an attend-and-get-a-certificate kind of program. The other GNLA Fellows and I were part of an 18-month program that was intense, goal-oriented, and multifaceted. Like many Fellows, I was unsure how to proceed after the amazing, yet overwhelming, workshop, but my Faculty Advisor, Deb Cleeter, EdD, RN, and my Leadership Mentor, Veronique M. Boscart, PhD, RN, quickly and regularly provided support and guidance that contributed to the success of my project and my development as a leader.

Given a template to work from, based on three areas—individual leadership development, an interprofessional team leadership project, and an expanded scope of influence—I achieved many goals and learned much about leadership and myself as a leader. What made this possible was the feedback, both objective and subjective, that I received from my colleagues, manager, project team, community partners, and even my family. This feedback proved to be especially helpful when I felt unmotivated and unsure.

In total, there were two in-person GNLA workshops, two in-person site visits by my Faculty Advisor, biweekly phone meetings with my Faculty Advisor and Mentor, and regular meetings with project team members, community members, and older adults themselves. I soon noticed that my relationships, both personal and professional, were beginning to positively change as I transformed as a leader.

My GNLA project centered on developing a module within a certificate program offered to healthcare professionals that focused on depression in older adults. I led an interprofessional team of faculty from various college programs. Long-term care community partners as well as older adults assessed the project, which became part of a continuing education course. The project also served as a template for other modules included in the certification program. Seeing this project meet its goals was exciting, but about halfway through the GNLA program, I realized that the project would not be my biggest success. This was just the beginning.

My Mentor, Faculty Advisor, colleagues, students, and family observed changes in me—specifically, improvements in my communication and motivation skills—that I also recognized in myself. I was beginning to transform into an effective leader.

By November 2015, when I attended the biennial convention of the Honor Society of Nursing, Sigma Theta Tau International in Las Vegas, Nevada, I was exhausted and, I must admit, relieved to be done. Yet by the end of that week, I realized once again that this was only the beginning. In Las Vegas, I presented a poster of my work and spoke on a panel about the GNLA experience. I was also able to network, be inspired, and learn even more. I went away happy that I had learned so much about leadership and had become a leader in the care of older adults. But I was also motivated and curious about what else I could do—for older adults, students, and myself.

One of the great nursing leaders, Florence Nightingale, said, “Never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.” I have learned so much on my leadership pathway, and the most important thing I’ve learned is to never stop beginning. RNL

Heidi Holmes, MScN, RN, GNC, SANE, is a professor in the Bachelor of Science in Nursing program at Conestoga College in Ontario, Canada.

Introducing CGNA Member, Deanne O’Rourke Recipient of the 2016 Ann C. Beckingham Award



As a clinically-grounded practitioner, I am very drawn to the fields of implementation, evaluation and dissemination research and wish to improve my skill sets in these areas as an outcome of my PhD education. I am interested in the process of implementation and the measurement of the impact of interventions on resident and staff outcomes; however, I also wish to understand the mechanisms underlying the success and failure of intervention/program implementation and what factors promote sustainability within the

realities of the practice setting.

Throughout the past five years, I have become interested and engaged in promoting person-centred care (PCC) culture transformation within my long-term care communities. I believe the PCC philosophy and model will play a necessary role in the improvement of the current long-term care environment for individuals in our care and will enhance our ability to meet the challenges, needs and expectations of the residents and families of the future. Through my dissertation project and future career research in this area, I am interested in further exploring the concept and approach to person-centred care in the long-term care setting. I am particularly interested in implementation models that can support this change and consider the enablers and barriers unique to the LTC setting. And lastly, this area of study also generates interest as to how a shift to a more person-centred approach could be effectively measured within the long-term care environment, in particular considering the prevalence of residents with dementia and cognitive impairment.

Deanne O'Rourke RN MN GNC (c) PhD (c)

Introducing CGNA Member Jacqueline Crandall Recipient of the 2016 CGNA Research Award

"Adult Children's Perceptions of the Hospital Care Received by their Advanced-Age Parents at End of Life: A Sequential Mixed Method Approach"



Thank you for your interest in my research, and thank you kindly to the Canadian Gerontological Nurses Association for offering such wonderful research awards and scholarships. It has made a tremendous difference as I complete the research and disseminate results. I would be delighted to provide you with a short summary of the research that had led to the receipt of the award.

It is hard to believe that I have been working in nursing for nearly 34 years! During this time, I have had the privilege of working in both community and hospital settings. The area of study I have been keenly interested in is geriatrics and end-of-life (EOL) care. I believe, as nurses, we can all remember care that was exceptional and care that was not so exceptional. The latter cases involving advanced-aged adults inspired me to look closer at the perceptions of adult children regarding EOL care in hospital. Knowing what family perceived as high quality of care could lead to creating enhancements in care. I chose to focus on adult children's perspectives because there is little published research regarding this topic,

and I believed that adult children have slightly different perspectives than that of advanced-age spouses.

My research aims to develop a theory of high quality EOL hospital care for non-surgical hospital patients who are aged 85 and older. Using a mixed-methods design, I am analyzing data obtained from the Canadian Institute for Health Information's (CIHI) discharge abstract database to describe older people (aged 85+) who die in hospital, and to describe the health care provided in hospital to older persons aged 85+ who die in hospital. I am also interviewing adult children who live within Ontario to explore their perceptions in relation to the EOL hospital care received by their advanced-age parent.

Thus far, I've met many people who have had an advanced-age parent die in hospital. Their stories are tremendously inspiring and informative. I look forward to sharing my research findings at your upcoming 2016 conference in Ottawa. Once again, thank you for the awards from the Canadian Gerontological Nurses Association. I feel quite honoured.

Jacqueline Crandall, RN (EC), MScN., PhD (c)

For your Information...

Canadian Influenza Immunization Guide at:

<http://www.phac-aspc.gc.ca/naci-ccni/flu-2016-grippe-eng.php>

Next CGNA Newsletter deadline is **Monday January 16, 2017**. Submissions can be sent to Christine Johnson, at cmjohnson@hsc.mb.ca

News from Provincial Associations



Alberta – Alberta Gerontological Nurses Association
www.agna.ca

The Alberta Gerontological Nurses Association started the membership year with a one day face to face working session in Red Deer, Alberta. In addition to our regular business, AGNA executive spent some time reflecting on the strengths and challenges of our organization's structure, and over the next year will consider some potential new roles on the provincial executive, and strategies for communicating with our members. While we regret the closure of one provincial chapter, other groups have started regular chapter activities. As well planning for our annual conference in April is getting underway. Gerontology nurses and other caring for older adults are anticipating revisions to the Home Care and Nursing Home Regulations. These changes were informed by a number of public consultations across Alberta and a public survey held this spring.

Submitted by Terri Woytkiw, President, AGNA



Manitoba – Manitoba Gerontological Nurses' Association

MGNA currently has 117 members and growing. We just enjoyed a presentation about diabetes Education in our September meeting. Our website is up and running and we have community partners that we are linking with.

We will be attending the Dementia Care conference in March and hosting a vendor table to create awareness for our Manitoba chapter. Fall 2017 we will be running a fall conference. Stay tuned for speakers and topics.

Submitted by, Tara McNaughton, President, MGNA



New Brunswick – New Brunswick Gerontological Nursing Association

New Brunswick Gerontological Nursing Association had their AGM in April 2016. New to the Executive at that time was John MacDonald as President Elect. He comes bringing experience from other associations he has been affiliated with. Our Treasurer, Ronda McCready, continues for another two years. The Secretary, Sylvie Bernard continues her position until April 2017 and I, Dawn Fenton will continue as Past President until at least 2017. Since the meeting in April 2016 our President, Linda Boudreau, has stepped down and John has agreed and membership present at our September 22nd meeting voted him in as President until his official term begins April 2017. We had a Physiotherapist at our April 2016 meeting that gave a presentation on Bone Health for ourselves and those we care for. The educational portion of the September 2016 meeting was The Excellence in Aging Symposium, held in Fredericton, NB. Topics were varied and very good. Most related to Long Term Care. The NBGNA had a table at the conference to give information about our special interest group. We hope to see more people at our next meeting, December 2, 2016, in Moncton, NB. The venue is to be announced.

Submitted by Dawn Fenton RN, GNC(C), Past President NBGNA



Newfoundland – Newfoundland & Labrador

Gerontological Nurses Association www.nlgna.ca

As the new President of the NLGNA I am happy to be providing this update for the CGNA **newsletter**.

During our AGM in May we have elected a new Executive. The new Executive members are:

- Dr. Sue Ann Mandville-Anstey (President)
- Mary Beresford-Osmond (Secretary)
- Valery Goulding (Treasurer)
- Dr. Carla Wells (Past President)

We will be having an election for President Elect at our next Executive meeting in November.

Over the last couple of months we have been working to increase our membership. Recruiting of new members and keeping active involvement of members is our biggest challenge.

We have been promoting the CGNA Biennial Conference in Ottawa in May 2017.

The immediate focus for the upcoming months is to finalize revisions to our bylaws. In addition we are striving to keep our web site updated as well as increase information dissemination and communication to our members.

Submitted by, Sue Ann Mandville-Anstey, President NLGNA



Nova Scotia – Nova Scotia Gerontological Nurses Association www.nsgna.com

The Nova Scotia Gerontological Nurses Association Education evening & 32nd Annual General Meeting was held May 12/16 in Dartmouth with presentations on Polypharmacy, Assisted Dying and Caring for Ourselves. Our executive for 2016-17 is:

- President: Jennifer Hayes
- President Elect & Facebook: Julie Sutherland-Jotcham
- Past President / Nominations: Sohani Welcher
- Treasurer: Esther Stamm
- Secretary: Lori Quinn
- Public Relations / Website: Susan Savage
- Representatives: Edwina Touesnard, Tracey Coombes, Ruth Slack, Cathy Gamblin, Patricia Atkinson

The executive met in Halifax in June for planning. Various sections of the previous by-laws & guidelines are being examined and adapted into a policy format following CGNA style. We are hoping to have them ready for the membership in the coming year.

Submitted by, Jennifer Hays, President NSGNA



Ontario – Gerontological Nursing Association
Ontario www.gnaontario.org

GNAO held its AGM on April 21, 2016 in Toronto with more than 40 members in attendance. Three students attended as part of GNAO's Dinner with a Mentor program. Similar mentorship opportunities will also be offered at the provincial conference this November.

GNAO is actively recruiting to find interested candidates for 3 provincial executive positions including President-Elect, Membership Chair and Professional Advocacy Chair. If you or someone you know are interested, please contact GNAO President Julie Rubel julie.rubel@gmail.com.

GNAO is preparing to host education events across Ontario this fall. Events are listed on the GNAO website <http://gnaontario.org/gnao2013/education/>. You can also follow us on Twitter ([GNAO \(Ontario\)](#)) and on Facebook ([Gerontological Nursing Association Ontario - GNAO](#)).

Submitted by Julie Rubel, President, GNAO



Prince Edward Island – Prince Edward Island
Gerontological Nurses Association

The Executive of the PEIGNA met on Wednesday, September 14, 2016; followed by our general meeting on Wednesday, September 21, 2016. Our membership report indicates 28 members, including 2 BN students. Education at the meeting focused on Palliative Care. The presentation was done by Angela Jenkins, Chair of the Education Committee. The membership voted to enter a booth at an upcoming education session in an effort to promote the organization. A door prize was given out as well.

Discussion was held related to the CGNA Biennial Conference being held in Ottawa, May 4-6, 2017. Members are encouraged to attend and the membership were informed that the deadline for Abstracts for the conference has been extended until October 21, 2017.

Submitted by, Susan Clory, President, PEIGNA

Your CGNA Board of Directors

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Prince Edward Island, PEIGNA: Susan Clory	saclory@ihis.org

CGNA Facebook & Twitter

Thank you to all who have 'Liked' us on Facebook! Remember when you are on Facebook that you can post comments and questions, respond to comments and questions, and dialogue!

If you're interested in helping with our Facebook postings or Tweets, contact Lynn McCleary (mlynnmccleary@gmail.com).

Canadian Gerontological Nursing Association Management

Anthony Lombardo

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