



THE CANADIAN GERONTOLOGICAL NURSE

Winter 2016



WINTER 2016

A Message from the CGNA President



Dear CGNA members: Hope all is well and you and your families had the opportunity to start this New Year with renewed energy and promising practices.

Just last Saturday, I attended the "Celebration-of-Life" service for a 100-year old lady. Her family and friends had gathered to tell stories and provide her with the respect she commanded and deserved on this last part of her journey. Several nurses were present at this service, and they shared their experiences caring for her and the family. The entire event reminded me why we, as gerontological nurses, are so proud to do the work we do every day. Knowledge and evidence embedded practice, tied into a

commitment to do what is best for a senior, while engaging those involved in relational care; it's truly an amazing role we play. You make a difference every day in the lives of older people and their families, and I want to thank you for that.

On a more pragmatic level, your Board and Executive has been quite busy in the last months. We have been hard at work following up on business and decisions made at the May 2015 meetings in beautiful PEI. This includes some work on our strategic planning and a focus on engaging and expanding our membership and developing more opportunities for sharing and disseminating knowledge. As well, we are undertaking some substantial work to update the membership data base so we can streamline the process of renewing memberships and retrieving membership information. CGNA is also involved in an Advisory Committee of the Canadian Nurses Association to have a look at the certification exams.

I have had the privilege to attend some excellent provincial gathering for CGNA. Manitoba's conference last Fall was a great opportunity to meet gerontology nurses and share some learning. Several students from Red River College and the University of Manitoba attended and hopefully came away with the prospects of an exciting career in gerontology. CGNA offers scholarships and research awards; applications can be found on our website.

None of the above work can be done without a team of dedicated volunteers on the Board, the Executive and in each and every province working hard to keep this organization well and alive. Thank you to all.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." (Margaret Mead)

Veronique Boscart

Report of the CGNA National Conference Planning Committee

Submitted by: Diane Buchanan and Carla Wells, Conference Co-chairs

19th Biennial Conference of the Canadian Gerontological Nursing Association To be held in Ottawa from May 4-6, 2017

Excitement is building as CGNA members from across the country plan the next national conference to be held in Ottawa at the Ottawa Conference and Event Centre (OCEC). With sixteen months left to prepare, the committee is ramping up its preparations to seek out speakers for this event. More details about the actual program will be reported in future newsletter reports. Start thinking now about submitting an abstract when the call for abstracts comes out this fall.

The host hotel is the Courtyard Marriott East, located at 200 Coventry Road. This beautiful hotel is connected to the conference centre. Parking at the hotel is free and the hotel and conference centre are located within minutes walk/drive from the Train Station and approximately 10-15 minutes commute from the airport. One can also easily access the centre from the Queensway as it is located within seconds of taking the off-ramp. The conference website will be ready soon and further details about the conference will be uploaded regularly as information becomes available. However it should be noted that our first speaker, Lynne Mitchell – Pederson has been confirmed. We are delighted to be celebrating gerontological nursing in Ottawa in 2017 as this city celebrates its 150th birthday.

Stay tuned for the Call for Abstracts and the launch of the official conference website!

Save the Date! Webinar, March 31, 2016

Please join us in the first 2016 CGNA Webinar, "Opioids for Older Adults: Following the Evidence" with guest speaker Dr. Abhi Sud, Course Director for Safe Opioid Prescribing, University of Toronto.

This will be an excellent review of the most up to date evidence on opioid use in older adults, safe prescribing and monitoring, and best practices when working with older adults using opioids for pain relief. Hope you can join us!

Stay tuned for registration details!

CGNA Political Advocacy: It's Time to Talk

The Canadian Gerontological Nursing Association has had political advocacy as one of our main strategic plans for over a decade, but at our annual review, this is often the one objective and strategy that we've had the most difficulty achieving. In order to carry out political advocacy we need to be mindful of what we can or cannot do as a not-for-profit organization, and the Canadian government provides for self-assessment and guidelines. A few of those points are noted below.

Political activity must relate to a not-for-profit or charity's purpose, must be "well-reasoned" and must not contain any information the charity knows to be false, inaccurate, or misleading. Also, partisan political activity which is the direct or indirect promotion of a political candidate or party, or the direct or indirect opposition to a political party or candidate is explicitly banned.

Canadian government documents state that not-for-profit organizations and charities should be involved in advocacy and political activity, that they play a critical role in Canadian society by supporting open conversations that strengthen democracy. These organizations, in general, are not allowed to devote more than 10 percent of their resources to political activity and again, they are explicitly prohibited from endorsing or opposing political parties or candidates, or from endorsing or opposing political platforms.

So what does this mean to CGNA? According to our previous 2013-2015 strategic plan, the objective was: CGNA will develop a political action strategy, and that plan included the following four goals and their actions:

1. To remain current on national, provincial and local policy decision-making.
 - Meet and communicate with federal and provincial Ministers of Health and/or Ministers for Seniors.
 - Provide recognition during the International Year of Older Persons, Nursing Week, Alzheimer Awareness Week, etc.
2. To influence political decision-making
 - Provincial CGNA members to report to CGNA about local initiatives on a regular basis regarding older adults.
 - Members meet with municipal government MLAs or MPPs, and MPs to discuss policy efficiency and effectiveness (related to the older adult), and

- The CGNA Political Action Chair in association with Provincial Political Action Chairs to develop a list of coalitions, topics, strategies and outcomes.
3. To set aside time on the agenda to discuss policy issues that require coordinated actions.
 - Provincial presidents are encouraged to attend the CGNA AGM and Issues forum to bring forward concerns and questions.
 4. To develop position statements concerning the health and health care of older adults.
 - Initiate development of position statements concerning the health and health care of older adults,
 - Collaborate with the Canadian Nursing Association to publicize the CNA position statements on health and health care of older adults,
 - Collaborate with the Federal and Provincial Governments to develop positions on health and care of older adults, and
 - Collaborate with provincial/territorial associations of nursing on position statements.

CGNA has been able to address some if not all these strategies but we'd like to do more. The Canadian Nurses Association (CNA, 2008) emphasizes that nurses have an ethical responsibility to advocate for their clients, groups, communities, and the population at large.

As an organization we have had goals in keeping with the CNA statement, but as a volunteer organization it has often been difficult to meet these objectives. So in planning our biennial update in 2014-2015, CGNA arranged to participate in the graduate program of two of our members.

Two of our CGNA members, Susan Clory, MPA, and Pauline Hood, MPA as part of their master's degrees in the School of Public Administration at the University of Victoria undertook a survey of CGNA members and Canadian nurses in order to recommend an update and proposal for the CGNA Strategic Plan for 2015-2018. As in our past strategic plans, political advocacy was an item of interest to nurses. They noted, nursing advocacy keeps patients safe, enhances quality of life, improves the status quo, and leads to policy advancements. When nurses fail to address concerns, they miss a critical opportunity to serve as a patient advocate.

The Cory-Hood study findings specify that the top advocacy issues identified within their survey are the development of a national dementia care strategy, mental health, and

chronic disease management. Their recommendation states: The Canadian Gerontological Nursing Association should be recognized as a national leader in the field of gerontological nursing in relation to health care needs of the older adult. Nurses have a wealth of knowledge and understanding regarding vital issues related to health needs and care of older adults and need to share that knowledge in the public arena.

So how do we move forward as a national nursing and charitable organization in advocating for older adults and their care givers? This is an opportunity for CGNA members to share what they are doing, or would like to do to advocate for older adults health care locally, provincially and or nationally. Please contact your provincial board or CGNA President, Dr. Veronique Boscart. As well, you are encouraged to share with other members on Facebook or by writing for the newsletter.

Let's hear from you, it's time to talk!

Reference: Cory, S & Hood, P. (2015). Canadian Gerontological Nursing Association (CGNA) Strategic Plan 2015-2018: Designing a New Future. University of Victoria.

Money, Money, Money!

Are you a CGNA member who is looking for help to fund your further education? CGNA has two scholarship opportunities – the deadline to apply is April 4, 2016. To be eligible to apply, applicants need to have been CGNA members currently and for at least two years, and have not received scholarship or research funds from CGNA in the past two years. See the relevant application form for additional requirements for each scholarship.

Ann C. Beckingham Scholarship: Deadline for Applications: April 4, 2016

The Ann C. Beckingham Scholarship is provided to support outstanding Registered Nurses undertaking further education in a graduate degree program relevant to career development, preferably in the field of gerontological nursing – this includes Nurse Practitioner programs that focus on the care of older adults.

[Application Form 2016 Download](#)

Memorial Scholarship: Deadline for Applications: April 4, 2016

Memorial Scholarship is awarded to an outstanding Registered Nurse, Licensed or Registered Practical Nurse, or Registered Psychiatric Nurse who is undertaking further education in a post-basic undergraduate nursing degree program with a gerontological nursing focus. [Application Form 2016 Download](#)

Wait! There's more!

Canadian Nurses Foundation (C.N.F.) has posted information on scholarships: Deadline to apply is midnight EST on March 31. For more information: <http://cnf-fiic.ca/what-we-do/scholarships-and-bursaries/scholarship-types/>

Web-based Education on Mental Health

A new national on-line training program is now open. The topic is de-stigmatizing mental health and supporting mental health and well-being. This course is offered C.N.A. with The Mood Disorders Society of Canada. Nurses can take this training at any time.

<https://www.nurseone.ca/en/tools/learning-module-de-stigmatizing-practices-and-mental-illness>

There is also a module on understanding PTSD: <https://www.mdcme.ca/courseinfo.asp?id=153>

Gerontological nursing certification exam change in format and dates of writing

The exam is moving to an online format, written in exam centres across Canada. Applications to write open April 11, 2016. There will be webinars through C.N.A. explaining the new approach hosted early in 2016. For more information contact: Mollie Cole, RN, MN, GNC(C), mollie.Cole@albertahealthservices.ca

Position Opening

Faculty of Health Sciences, School of Nursing
Canada Research Chair in Aging, Chronic Disease and Health Promotion Interventions
Post-Doctoral Fellowship in Community-Based Care of Older Adults with Multiple Chronic Conditions

Dr. Maureen Markle-Reid's Tier 2 Canada Research Chair in Aging, Chronic Disease and Health Promotion Interventions is focused on the prevention and management of multiple chronic conditions. More specifically, the studies target seniors who have multiple chronic conditions in addition to dementia, Type 2 diabetes, depression or stroke. Her current research program is comprised of several interrelated studies that are being conducted in Ontario and Alberta. Dr. Markle-Reid works together with an interdisciplinary research team to design, evaluate and translate nurse-led interventions for improving care and quality of life in this population, while reducing the on-demand

use of health services. These studies and other activities relating to Dr. Markle-Reid's Canada Research Chair are supported by the Aging, Community and Health Research Unit (ACHRU), co-led by Drs. Markle-Reid and Jenny Ploeg.

The Aging, Community and Health Research Unit is located within the School of Nursing, Faculty of Health Sciences, at McMaster University in Hamilton, Ontario. McMaster University is ranked as one of the top 100 universities in the world. The research intensive environment at McMaster will provide the postdoctoral fellow with the opportunity to be part of an interdisciplinary and intersectoral team pursuing leading-edge health services research.

Should you be interested in this position, please contact Laurie Kennedy – kennedyl@mcmaster.ca. The School of Nursing thanks all applicants, but only those selected for an interview will be contacted.

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 don't already, you can follow us here on [Facebook](#) and [Twitter](#)! Remember, you don't need an account if you only wish to view our postings!

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

Call for Nominations: CGNA Board of Directors

The Canadian Gerontological Nursing Association is now accepting nominations for leaders to join in advancing the Mission, Vision, and Role of CGNA. CGNA Board Members are responsible for setting the organization's direction, ensuring necessary resources and providing expertise.

If you or someone you know may be interested in a leadership position with CGNA, please visit <http://cgna.net/Nominations.html>

Three positions will be elected at the AGM in May 2016:

TREASURER: Term: 2016 to 2018

DIRECTORS (BC, Manitoba): Term: 2016 to 2018

All nominations should be forwarded to the Nominating Committee Chair, Lynn McCleary, CGNA Past President via email at office@cgna.net by March 31, 2016. For more information visit the [CGNA Website](#).

News from Provincial Associations



Alberta – Alberta Gerontological Nurses Association
www.agna.ca

Several chapters are struggling to maintain executive structures. Establishing effective communication strategies is a priority.

AGNA has established working groups in response to the results of a membership survey and a planning event to address membership and communication issues and strategies.

AGNA is partnering with the Alberta Health Services Seniors Strategic Clinical Network in a conference Advancing Dementia Diagnosis and Management in Alberta.

Planning is underway for AGNAs annual Education Day, AGM and 35th Anniversary celebration. Past president Lynne Moulton is compiling AGNA's history as part of our anniversary

Director Reporting: Terri Woytkiw



British Columbia - Gerontological Nurses Association
of British Columbia
www.gnabc.com

Our Kamloops chapter has a new president who took over effective Nov. 22/15. Some of the chapters are having trouble with recruiting executive members. There are opportunities for members to volunteer for these positions.

The board is planning for the April 2016 annual provincial conference. The theme is: "Communities: Diversities in Seniors' Care." It will be at the Executive Plaza Hotel & Conference Centre in Coquitlam. We will have a meet & greet reception Thurs. April 7th evening and a conference day all day Fri. April 8th (including our AGM over lunchtime). Abstract submissions for speakers are being reviewed and a pamphlet is available.



Manitoba – Manitoba Gerontological Nurses' Association

www.mgna.ca

The Manitoba Gerontological Nursing Association (MGNA) Fall Conference theme was "Older Adults in Health Care Today". There was a great positive response from practicing nurses, student nurses, as well as allied health professionals who attended the conference. The keynote speaker was Dr. Veronique Boscart, RN, PhD, President of Canadian Gerontological Nursing Association. Linda Lee spoke on "Pain in the cognitively impaired patient/resident". Dr. Boscart presented the following topics and held the audience's attention with her personal experience and professional expertise in the care of older adults across the care continuum from Emergency room to Long term care settings:

- "Culture change in the care for seniors": shifting from an institutionalized approach to a well-being model in seniors care.
- The prevention, detection and management of elder abuse
- Comprehensive geriatric assessments and care for seniors in the ER

It was an informative day for reflection and learning. Indeed helping each older adult in need is not a just a task, but an establishment of a relation of trust built upon the caregiver's compassion, competence and confidence to care. Dr. Boscart emphasized on the importance of relational approach, and practicing nursing based on nurses' skills and knowledge and scope of practice.

Director Reporting: Poh Lin Lim



New Brunswick – New Brunswick Gerontological Nursing Association

Report not available.



Newfoundland – Newfoundland & Labrador Gerontological Nurses Association www.nlgna.ca

The executive committee has had several meetings to discuss recruitment initiatives.

The Executive Committee has been working to finalize the eligibility criteria to support a bursary for through the Association of Registered Nurses of Newfoundland (ARNNL) to support a RN enrolled in a program of study relevant to the enhancement of

gerontological nursing. We are also collaborating with the Council of Licensed Practical Nurses of Newfoundland and Labrador (CLPNL) to set up a similar award.

The planning of an Education Day for this Spring (May 27th) is underway. We are presently confirming the theme, guest speakers, and the venue for this event.

Director Reporting: Sue Ann Mandville-Anstey



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

Planning is underway for Education/ 32nd Annual General Meeting. Tentative date is May 12/16 and presentation topics include The Right to Die, Spirituality & Polypharmacy. We have again planned our meeting as an evening event just prior to a popular workshop in hopes of increased attendance. Updating of by-laws is being worked on in time for the AGM. We are also exploring supporting education of members (e.g., through scholarship bursaries and assisting with certification fees).

Director reporting: Jennifer Haynes



Ontario – Gerontological Nursing Association Ontario www.gnaontario.org

Ongoing recruitment for local chapter positions. In October 2015, members received recruitment letters via email from GNAO indicating chapter specific availabilities as well as a brief outline of what each role entails. This campaign created 9 new connections with members interested in joining their local chapter executive across 4 of the 11 chapters.

GNAO plans to target the GEM (geriatric emergency management) nursing population to engage and encourage membership. At this time, avenues to connect with this group as a whole are being explored.

GNAO continues to engage in RNAO events such as the upcoming Queen's Park Day.

Following the November 2015 Provincial Board meeting, it was determined that advocacy work would begin with a focus on long term care, specifically mental health issues in this population.

GNAO was asked to present at two RNAO events in September 2015, the first was to share information about the organization with other RNAO Interest Groups and the second was to share GNAO's recent successes with the RNAO General Assembly.

In October 2015, GNAO was represented at the 2nd RNAO NP Knowledge Exchange where new NP Toolkit for LTC sector was discussed.

Past President Lori Schindel Martin continues to Co-chair the RNAO Best Practice Guidelines review for Dementia, Delirium and Depression.

Membership Co-chair Karen Bakker-Stephens and President Elect Megan Hiltz have joined an RPNAO Role Clarity LTC Expert Panel.

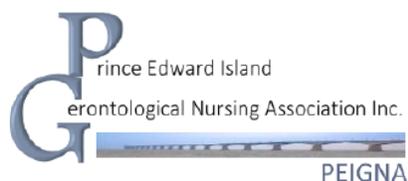
Each of the 11 chapters have hosted events over the fall and made plans for events during the winter. End of life issues continue to be a popular theme for educational offerings though other issues such as caregiver burden and ageism are also being explored. GNAO continues to strive to include OTN/ webinars as potential delivery methods to accommodate the large geographic areas of some chapters as well as to respond to member demand.

NAO continues to work on both Board Orientation Manual and Policy Manual.

AGM- April 2016 at Villa Columbo in Toronto featuring Dr. Giovanni Marotta. See the GNAO website for event details. The event will again feature our mentorship program, now called Dinner with a Mentor, where individual members or chapters can sponsor a student or new grad to attend the event and engage in networking opportunities.

The 42nd Annual Provincial Conference is scheduled for October 28, 2016 in Kingston. This events returns after a hiatus last year. See the GNAO website for details.

Director Reporting: Julie Rubel



Prince Edward Island – Prince Edward Island Gerontological Nurses Association

Since our last report quarterly meetings were held September 16th and November 18th Education sessions included an audio presentation entitled, “How young blood might reverse aging” by Tony Whyss-Coray. Discussion followed regarding implications for the aging with chronic diseases. In addition there was a presentation by the Heart and Stroke Foundation entitled Healthy Weight Action Plan and My BP Action Plan. Discussion followed regarding partnering with the foundation to increase awareness.

PEIGNA had an information booth at local conference – included free membership giveaway.

The annual education day is planned for April 15th.

Director Reporting: Jennifer Pitre RN

Your CGNA Board of Directors

CGNA EXECUTIVE	
President: Veronique Boscart	vboscart@conestogac.on.ca
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