

# CALENDAR

## APRIL

April 26-28

**RNAO ANNUAL GENERAL MEETING**

Hilton Toronto  
Toronto, Ontario

## MAY

May 3

**NURSING PROFESSIONALISM  
IN COLLABORATIVE TEAMS**

Workshop  
Toronto, Ontario

May 7-13

**NATIONAL NURSING WEEK**

Nursing – The Health of Our Nation

May 11

**NURSING WEEK EXPO/  
CAREER FAIR**

Hosted by RNAO  
Toronto, Ontario

## JUNE

June 4-7

**NURSING: CARING TO KNOW,  
KNOWING TO CARE  
INTERNATIONAL CONFERENCE**

The Inbal Jerusalem Hotel, Israel  
www.israel.rnao.ca

June 11-15

**DESIGNING AND  
DELIVERING EFFECTIVE  
EDUCATION PROGRAMS**

Extended Workshop  
Ottawa, Ontario

June 28-29

**RNAO BOARD OF  
DIRECTORS MEETING**

Home Office  
Toronto, Ontario

## JULY

July 8-13

**BEST PRACTICE GUIDELINES  
FOUNDATIONAL INSTITUTE  
BEST PRACTICE GUIDELINES  
ADVANCED INSTITUTE**

Blue Mountain  
Collingwood, Ontario

## SEPTEMBER

September 21-22

**RNAO ASSEMBLY AND BOARD  
OF DIRECTORS MEETINGS**

Hyatt Regency on King  
and RNAO home office  
Toronto, Ontario

Unless otherwise noted, please contact [events@RNAO.org](mailto:events@RNAO.org)  
or call 1-800-268-7199 for more information.



**Schulich**  
School of Business  
York University  
Executive Education Centre



## Certificate in Clinical Leadership

Ontario's Premier Clinical Leadership program - define and hone your Clinical Leader competencies.

Developed for Clinical Managers, Professional Practice Leads, Healthcare Managers and Leaders.

[www.hlln.ca/clinical-leadership](http://www.hlln.ca/clinical-leadership)

(Nurses can receive up to \$1500 off this program.)

Our program will help you:

- Create high impact teams that improve clinical outcomes
- Achieve your strategic goals
- Generate high energy and sustainable responses to change ...And More!



CANADIAN COLLEGE OF  
HEALTH LEADERS  
COLLEGE CANADIEN DES  
LEADERS EN SANTÉ

MAINTENANCE OF CERTIFICATION

**Program Sessions:**

**Summer: June 18 - 22, 2012**

**Fall: November 12 - 16, 2012**



redefine THE POSSIBLE.

## CLASSIFIEDS

### PROMOTE CRUISE VACATIONS, ENJOY TRAVEL PERKS

Turn your passion for travel into a rewarding endeavour; join Expedia CruiseShipCenters, Canada's #1 cruise specialist. Enjoy the flexibility to set your own time, and work from anywhere selling dream vacations, while enjoying travel perks. For more information, call Mary or George at 905-274-7447 or email us at [portcredit@cruiseshipcenters.com](mailto:portcredit@cruiseshipcenters.com).

### CERTIFIED PROFESSIONAL CANCER COACH PROGRAM

McMaster University – Hamilton, Ontario – April 23-27, 2012

This five-day certificate program is open to nurses and medical professionals. Upon certification, coaches are eligible to work in private practice as an integrative cancer coach practitioner. Influence/encourage positive results for oncology patients in treatment. For full program details/outline, visit [www.pcciprogram.com](http://www.pcciprogram.com). Maximum 12 students. For further information, [jcmarsall@cogeco.ca](mailto:jcmarsall@cogeco.ca), [www.cancerwipeout.com](http://www.cancerwipeout.com), or 905-560-8344.

### A SMART WAY TO STUDY FOR THE CNPE

Frontline Education's Canadian NP Exam Family (CNPE) Online Preparation Course. With Jenna Verenka, RN(EC), MN. Course dates 2012: May 24/25, June 21/22, July 12/13, 09:00-16:00 EST. Includes: two-day live course; 24/7 access to the online e-learning portal; study tools, online practice questions; collaborate with a student online discussion forum. Email [frontlinenp@gmail.com](mailto:frontlinenp@gmail.com) to register. Cost: \$300. Pass the CNPE with confidence by studying *smarter not harder*. Est. 2007.



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## Imagine the Possibilities

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[reveraliving.com](http://reveraliving.com)

Revera: Canadian owned for 50 years with more than 250 locations.

# Are fees **tax deductible**?

Every year at this time, members ask: Are my RNAO fees deductible? The answer: it depends.

If you are **employed**, RNAO and Interest Group fees **do not** qualify as a deduction from salary since they are not necessary to maintain professional status recognized by law.

**Self-employed** registered nurses are permitted to deduct expenses incurred for purposes of earning business or professional income. It is a matter of satisfying Canada Revenue Agency that payment of voluntary membership fees are expenses incurred to earn such income.

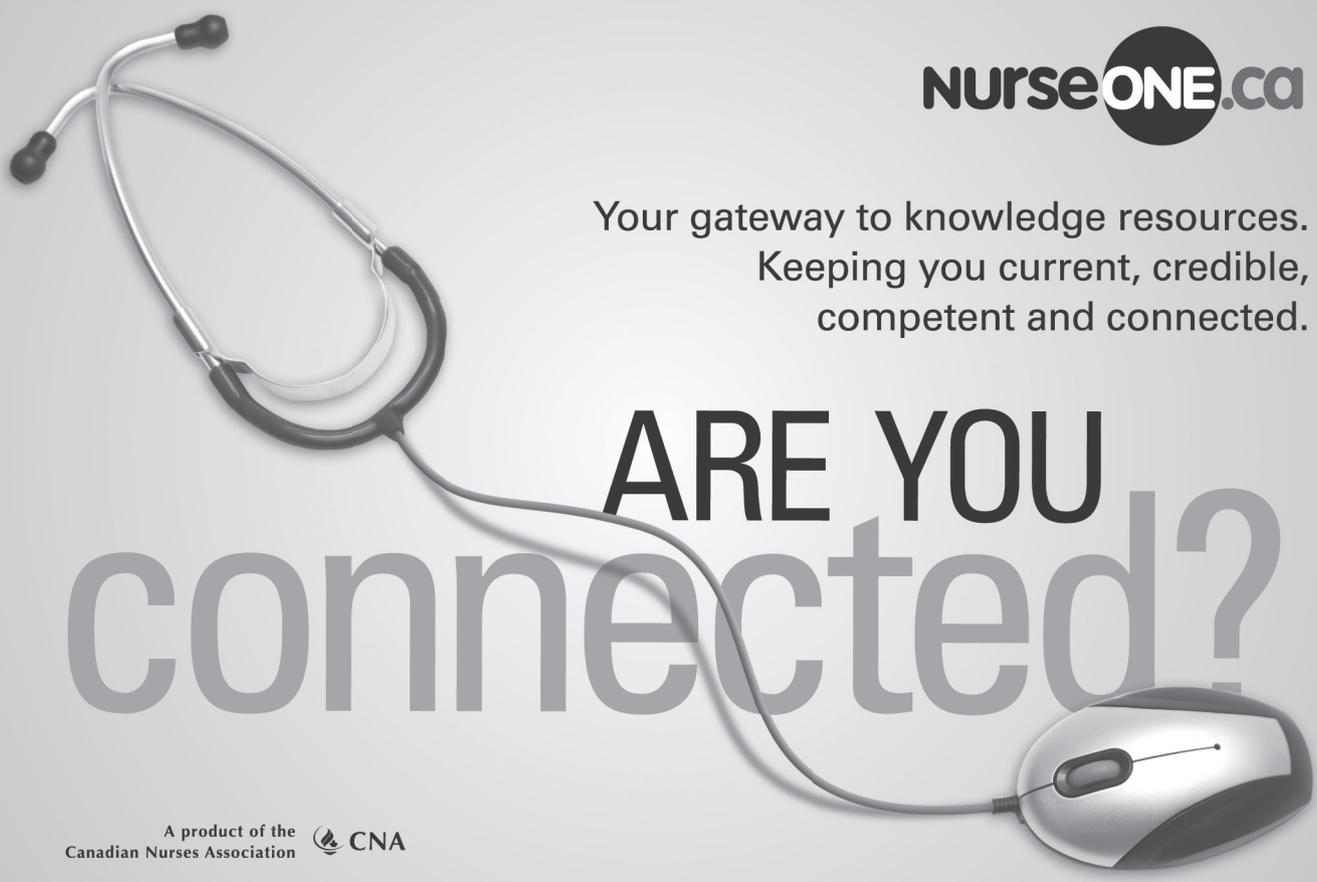
It's best to seek professional advice if you are unsure about your circumstances.

# NURSEONE.ca

Your gateway to knowledge resources.  
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competent and connected.

# ARE YOU connected?

A product of the Canadian Nurses Association  CNA





## YOU ARE INVITED TO ATTEND PARISH NURSING MINISTRY INFORMATION FORUMS

Hosted by InterChurch Health Ministries Canada &  
Elora United Church, Faith Gospel Church & Sharon-Hope United Church

Who should attend? Registered Nurses, Congregation Members, Clergy, and  
any others interested in health and healing ministry

The purpose of the forum is to educate participants about Parish Nursing Ministry, the role of the Parish Nurse, and the role of *ICHM* to promote Parish Nursing Ministry as well as to Educate and Support Parish Nurses and faith communities in the implementation and maintenance of this ministry.

Please call 1-888-433-9422 or email [info@ichm.ca](mailto:info@ichm.ca) to register. There is no charge to attend.  
Visit our website at [www.ichm.ca](http://www.ichm.ca)

Tuesday, April 17, 2012

6:30PM to 9:15PM

Elora United Church

75 Geddes Street

Elora, ON N0B 1S0

RSVP by Thursday, April 12<sup>th</sup>

Wednesday, April 25, 2012

6:30PM to 9:15PM

Faith Gospel Church

518 Cochrane Road

Hamilton, ON L8K 3H5

RSVP by Friday, April 20<sup>th</sup>

Tuesday, May 1, 2012

6:30PM to 9:15PM

Sharon-Hope United Church

18648 Leslie Street

Sharon, ON L0G 1V0

RSVP by Thursday, April 26<sup>th</sup>

## Centre for Advanced Studies in Professional Practice

### LEAD PRACTICE CHANGE. BE AN INNOVATOR

The Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto offers advanced educational opportunities for nurses and other health care professionals to expand their knowledge in clinical practice, education, leadership, research and informatics.

#### PROFESSIONAL DEVELOPMENT COURSES

**Integrating New Graduates in Nursing into the Workforce**—April 24, 2012

**Advanced Critical Care Competencies through Simulation**—April 26-27, 2012

**Chronic Pain Self Management Program**—June 5-8, 2012

**Teaching and Learning Using Simulation**—July 9-10, 2012

#### EXAM PREPARATION COURSES

**CRNE Exam Preparation Course**—Toronto April 28-29, 2012

**Exam Prep for Practice Assessment**—

**A Simulation Course for Nurse Practitioners**—May 4, 2012

For the latest information about our programs visit [Bloomberg.nursing.utoronto.ca/CASPP](http://Bloomberg.nursing.utoronto.ca/CASPP)

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**BLOOMBERG**

LAWRENCE S. BLOOMBERG  
FACULTY OF NURSING  
UNIVERSITY OF TORONTO





*I want to see where my career will take me. That's why I decided to work for Alberta Health Services. There's really no limit to what I can accomplish here.*

*what's your reason?*

#### **NURSE PRACTITIONER — FAMILY CARE**

Alberta Health Services (AHS) is currently recruiting for Nurse Practitioners, Family Care that are active, provincially licensed, and have current experience for a number of positions in Northern Alberta.

There are many reasons why choosing AHS is right for you.

For starters, AHS is one of the largest healthcare systems in Canada, responsible for overseeing the planning and delivery of health supports, services, and care to more than 3.7 million Albertans.

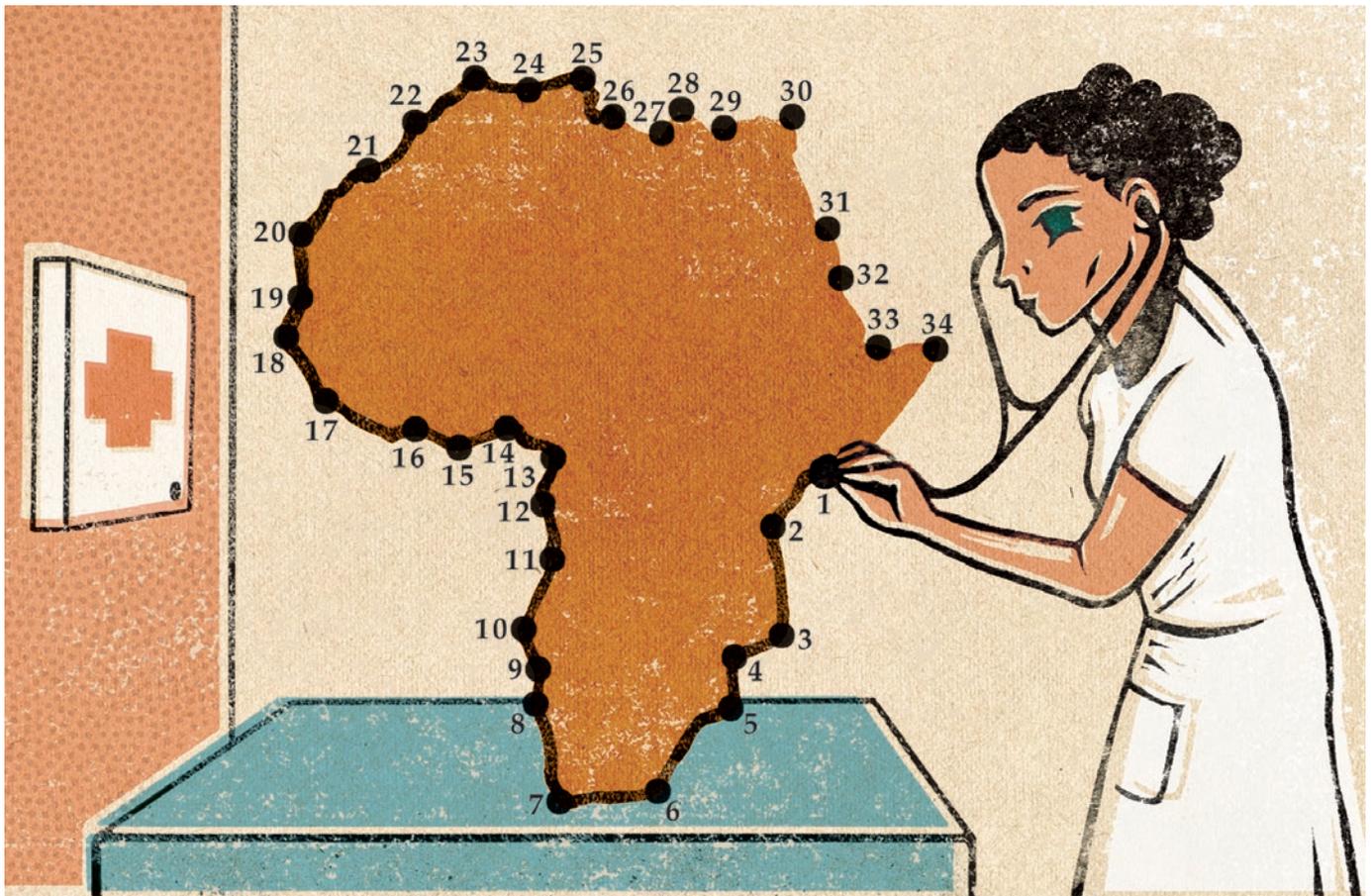
What's more, working at AHS enables a better quality of life, not only for our staff, but also their families – providing the kind of lifestyle that you'll only find in Alberta. AHS values the diversity of the people and communities we serve, and is committed to attracting, engaging and developing a diverse and inclusive workforce.

#### **REQUIREMENTS**

- Must hold an active practice permit as a Nurse Practitioner, Family All Ages with the College and Association of Registered Nurses of Alberta.
- Must hold a baccalaureate degree in nursing, a masters degree is preferred. Current ACLS and BCLS certifications are required. 3-5 years recent RN nursing experience as well as primary healthcare experience are assets.

#### **ADVANTAGES**

- excellent management terms and conditions - lapp
- flexible benefit plan
- paid yearly professional licensure
- 5 management paid leave days
- work life balance
- relocation assistance
- full time or part time positions
- new & established facilities
- opportunities for growth
- flexible hours
- Diverse workforce



## What nursing means to me...

WHILE STUDYING NURSING AT MCMASTER UNIVERSITY, I ORGANIZED AN international placement for myself in Ugunja, a rural town in Western Kenya. It was here that I began to form a deeper understanding of the interconnectedness of health. I recall one revealing conversation with the director of Ugunja's community centre, a facility without running water or electricity. I asked him: What are the top priorities here? "Many western people have asked me that," he said, "and it is hard to answer because there are so many

priorities, and all of them are of equal importance."

It suddenly hit me: when facing a population that

lacks so many basic needs, trying to identify the priority is virtually impossible. I began to connect the dots. Water and sanitation are connected to health. The roads, animals, and weather are connected to health. The economy is connected to health. Politics, education and advocacy – these too are connected to health. Everything is linked and inseparable, like woven fabric.

I returned to Africa in September 2011 to work as an intern with *Save the Mothers* in Uganda. This organization is dedicated to training professionals to advocate for maternal and child health in a country that has one of the highest maternal mortality rates in

the world. Nurses in Uganda witness injustices on a daily basis: women dying in labour because they cannot pay for transport; women dying from post-partum hemorrhage because the hospital has run out of blood. One nurse told me she has not had a raise in over 20 years, but she perseveres because she is passionate about her work.

Advocacy in Africa is carried out by ordinary people. You don't have to have years of experience to be an advocate. You need a voice, and you need an audience. Some of the most impressive advocates for maternal health in Uganda are not in positions of power. They are not trained, eloquent public speakers. They are not persuasive writers. They just know change is necessary, and they want to contribute to making things better. Their persistence and commitment will change the course of maternal health in Uganda. They are an example for all of us.

As nurses, we are in a unique position – whether in Africa or Ontario – because we see what is happening at the bedside. We can use this knowledge to help influence change at a system level. **RN**

KATHARINE MORRISON IS CURRENTLY FINISHING HER INTERNSHIP IN UGANDA. SHE RETURNS TO CANADA IN MAY, AND HOPES TO PURSUE A MASTER'S DEGREE IN PUBLIC HEALTH IN THE FALL.

**DROP US A LINE OR TWO**  
Tell us what nursing means to you. Email [editor@RNAO.org](mailto:editor@RNAO.org).

# What Ontario's Nurses Should Know About Critical Illness Insurance

Insurance is one of those things that no one really wants to talk about, but is a necessary safeguard in our lives. Critical Illness Insurance is an important component in your financial safety net. We see everyday the effects a critical illness can have on an individual and a family – we can protect ourselves at least in part by making sure that our finances will not be yet another burden at an already difficult time.

Briefly, Critical Illness Insurance is a living benefit. You are your own beneficiary – this is not for anyone else – this is for you. For a group of people who spend their lives caring for others, this is something you can do for yourself. There are no restrictions imposed by the insurance company or anyone else on how you use your funds when your claim is paid. You do not pay tax on the payment you receive. The money is yours to aid in your recovery, whatever that might look like. It could be hiring a nanny to help out with the kids and the house, taking a long overdue family vacation, or buying a new car. The choice is yours.

#### Here are a few stats to consider:

- An estimated 70,000 Canadians will have a heart attack this year. Most will survive.
- 75% of stroke victims survive the initial event
- 40% of Canadian women, and 45% of Canadian men will develop cancer in their lifetimes.
- There are approximately 1,000 new cases of Multiple Sclerosis diagnosed in Canada every year.

These are catastrophic illnesses. When you survive, there will likely be a period of time you are unable to work and not receiving your full pay. You need to maintain your standard of living – the mortgage and the bills don't decrease when your pay does. Even Long Term Disability Insurance only pays a portion of your pre-disability salary. Critical Illness Insurance can fill that gap.

There is a pre-existing exclusion clause that states no claim would be paid if :

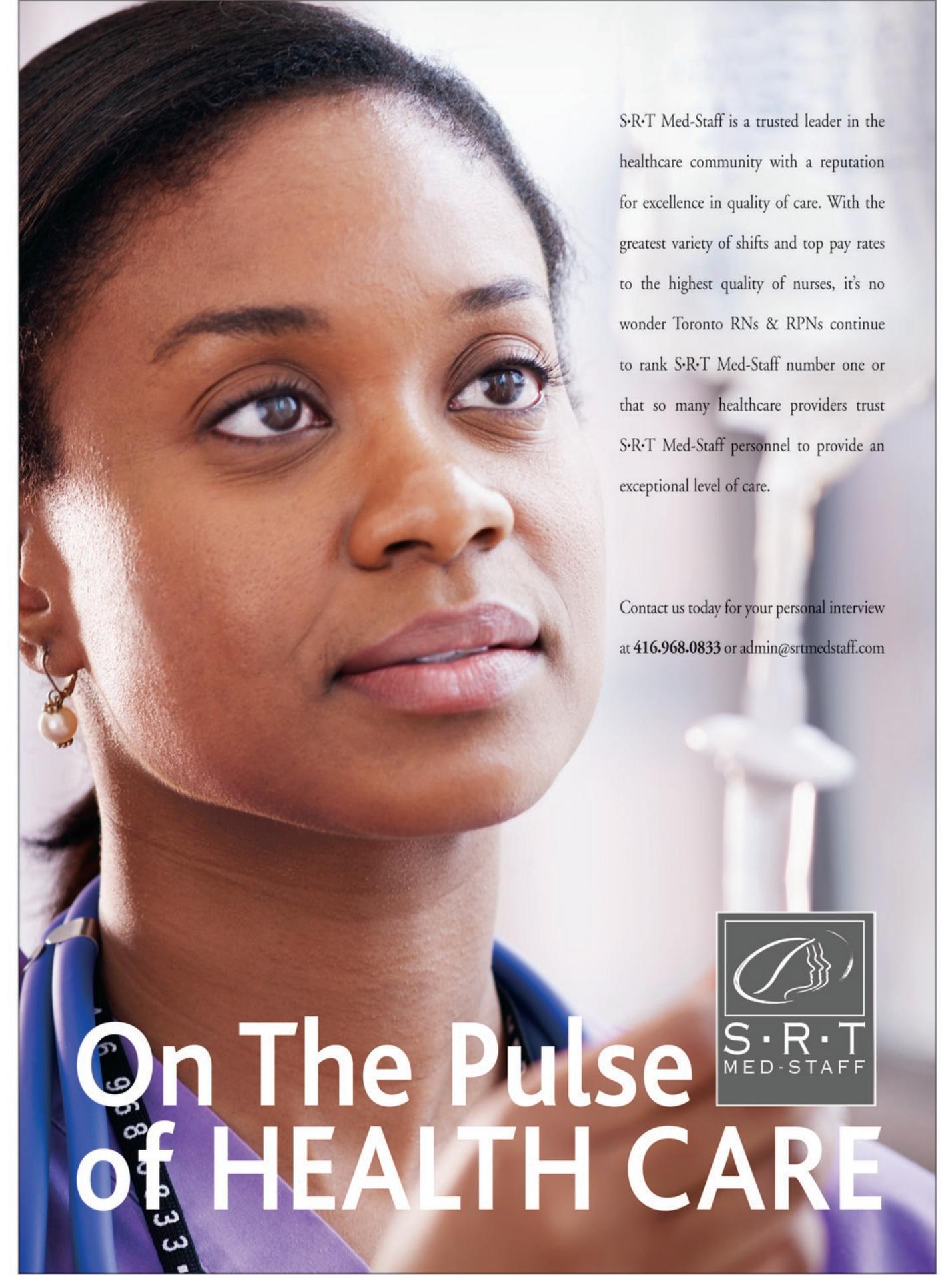
the existence of symptoms which would cause an ordinarily prudent person to seek diagnosis, care or treatment within twenty-four (24) months period preceding the insured person's effective date of coverage; or an illness or condition for which the insured person, during twenty-four (24) months prior to the effective date of his coverage incurred medical expenses, received medical treatment, took prescribed drugs or medicine or consulted a physician.

#### THIS INSURANCE COVERS THE FOLLOWING CONDITIONS:

Alzheimer's disease  
Aortic surgery  
Aplastic anemia  
Bacterial meningitis  
Benign brain tumour  
Blindness  
Cancer (life-threatening)  
Coma  
Coronary artery bypass surgery  
Deafness  
Dilated cardiomyopathy  
Fulminant viral hepatitis  
Heart attack  
Heart valve replacement  
Kidney failure  
Loss of independent existence  
Loss of limbs  
Loss of speech  
Major organ failure on waiting list  
Major organ transplant  
Motor neuron disease  
Multiple sclerosis  
Muscular dystrophy  
Occupational HIV infection  
Paralysis  
Parkinson's disease  
Primary pulmonary hypertension  
Severe burns  
Stroke (cerebrovascular accident)

No one wants to think about getting a critical illness, but it happens everyday. You see it with the patients you care for everyday. The diagnosis is more than enough stress. Protect yourself, look after your family and enjoy the peace of mind that if it happened to you, you have the tools to get through it. There will be more information coming soon on a new Critical Illness program that will be offered by the Registered Nurses' Association of Ontario through their affinity partner Morneau Shepell.

**MORNEAU  
SHEPELL** 



S·R·T Med-Staff is a trusted leader in the healthcare community with a reputation for excellence in quality of care. With the greatest variety of shifts and top pay rates to the highest quality of nurses, it's no wonder Toronto RNs & RPNs continue to rank S·R·T Med-Staff number one or that so many healthcare providers trust S·R·T Med-Staff personnel to provide an exceptional level of care.

Contact us today for your personal interview at **416.968.0833** or [admin@srtmedstaff.com](mailto:admin@srtmedstaff.com)



# On The Pulse of HEALTH CARE