

# CALENDAR

## CLASSIFIEDS

### OCTOBER

### NOVEMBER

October 17-19

#### LONG-TERM CARE LEAGUE OF EXCELLENCE

Toronto, Ontario

#### BEST PRACTICE CHAMPIONS WORKSHOP (LEVEL 1)

Oct. 23 Sarnia

Oct. 30 Kingston

Nov. 1 Kitchener

Nov. 7 Owen Sound

#### 2nd BIENNIAL PUBLIC HEALTH NURSING SUMMIT

In person or by webinar

Oct. 24 Toronto

Oct. 31 Kingston

Nov. 7 Sudbury

For information,

phnsummit@rnao.ca or

1-800-567-4527 ext. 214

November 1

#### LEADERSHIP FOR NEW GRADS WORKSHOP

Toronto, Ontario

November 18-23

#### CHRONIC DISEASE MANAGEMENT INSTITUTE

Hilton Hotel and Suites

Niagara Falls/Fallsview

Niagara Falls, Ontario

Unless otherwise noted,  
please contact events@  
RNAO.ca or call  
1-800-268-7199 for  
more information

#### RETIREMENT FINANCIAL PLANNING

You may wish to discuss retirement planning issues: HOOPP pension plan, CPP, RRSP, RRIF, TFSA, taxation, investments and estate planning. As a certified and licensed financial planner, I have over 21 years of consulting experience with a fee-based practice. For an appointment, call Gail Marriott, CFP, EPC, at 416-421-6867.

#### MASTECTOMY LINGERIE AND MORE

Canada's online mastectomy shop. Mastectomy bras, mastectomy swimwear, mastectomy tops, breast forms, partials and more. Shop online. We ship from sea to shining sea. No appointment necessary in store. Purchase a post-surgery camisole or post-surgery bra and receive a *Comfort Coupon*. Enter to win a trip to Maui, Hawaii. Proud to support the 2012 Canadian Breast Cancer Survivor Dragon Boating teams.  
www.mlamm.ca

#### RNAO MEMBERS: 40 PER CENT OFF REGISTRATIONS

Become a CERTIFIED PROFESSIONAL CANCER COACH and make a difference in the lives of those you know with cancer. Introductory offer is on the E-Online Distance Certification Program (80 CEU hours) with personal tutor. Free monthly webinars and student networking support. Classroom programs at McMaster University. Enjoy a full or part-time private practice earning top wages. Level One – Nutrition and Lifestyle Oncology. Level Two – Clinical and Integrative Applications in Oncology. Level Three offers an exciting practicum through the National Association of Professional Cancer Coaches. Ask for your free informational download package and save over \$1,500 during October.

To learn more, please visit  
www.cancerwipeout.com or call  
905-560-8344. Email pcci@cogeco.ca

Student login and testimonials at  
www.pcciprogram.com



## BladderScan

### BLADDER VOLUME INSTRUMENTS

BladderScan® bladder volume instruments are portable, 3D ultrasound instruments that quickly, accurately and noninvasively measure urinary bladder volume and post-void residual (PVR).

BladderScan instruments are a cost-effective, easy-to-use diagnostic tool for departments such as Complex Continuing Care, Pre- and Post-Surgical Units, Rehabilitation Facilities, Prenatal Ward, and Urology Departments.

#### According to a Ontario Health Technology Advisory Committee (OHTAC) study<sup>1</sup>:

- Annual cost savings of \$234,000, largely due to a decrease in the number of catheterizations performed (cost of catheters and nursing time), and costs avoided due to a decrease in UTI (approximately \$6,300 for antibiotic treatment).
- Use of portable bladder ultrasound can contribute to decrease of unnecessary catheterization by 20 - 70% and decrease the risk of UTI by 38 - 50%.

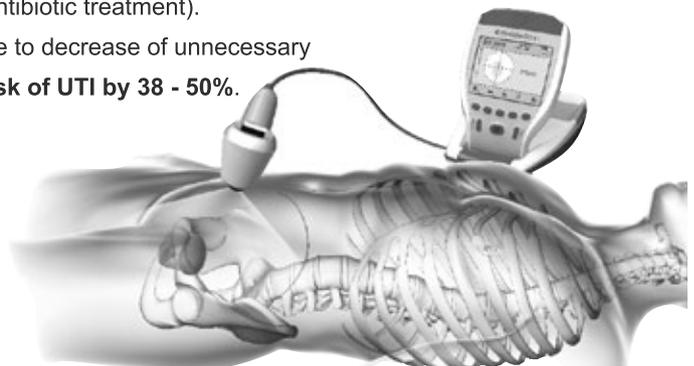
Contact us for special pricing and information:

canadasales@verathon.com

1.800.252.1021

www.verathon.ca

References: 1.) [http://www.health.gov.on.ca/english/providers/program/ohtac/tech/recommend/rec\\_pbu\\_041806.pdf](http://www.health.gov.on.ca/english/providers/program/ohtac/tech/recommend/rec_pbu_041806.pdf) BladderScan, the BladderScan symbol are trademarks of Verathon Inc. © 2012 Verathon Inc 0900-4203-00-86





# Come for the job. Stay for the team.

“As a registered nurse employed by Vancouver Coastal Health, I have had the opportunity to advance my career. I thoroughly enjoy the work I do with patients and fellow practitioners.”

Vanessa M., VCH Registered Nurse

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## Immediate opportunities in the following areas:

- Community and Home Health
- Critical Care
- Emergency
- Experienced Med/Surg (3+ years)
- Geriatric Triage – Emergency
- Operating Room
- Palliative Care
- Perinatal & Neonatal ICU
- Post Anaesthetic Recovery
- Tertiary Mental Health

## Advanced Practice positions:

- Care Management Leader
- Clinical Nurse Educators
- Clinical Nurse Specialists
- Experienced Nurse Resource Pool (3+ years)
- Nurse Practitioners
- Wound, Ostomy & Continence Nurse Clinicians

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Toll-Free in North America: 1.800.565.1727



## CENTRE for PROFESSIONAL DEVELOPMENT



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Be an innovator.**



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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

**End of Life in Critical Care: A Simulation**

**Course on Communicating with Families—Oct 19, 2012**

**The Foundations and Scholarship of Clinical Teaching—Dec 11 & 12, 2012**

**Pain Institute—Winter 2013**

**National Institute on Nursing Informatics—Feb 22 - 24, 2013**

**NP-Adult Exam Preparation Course—April 12 & 13, 2013**

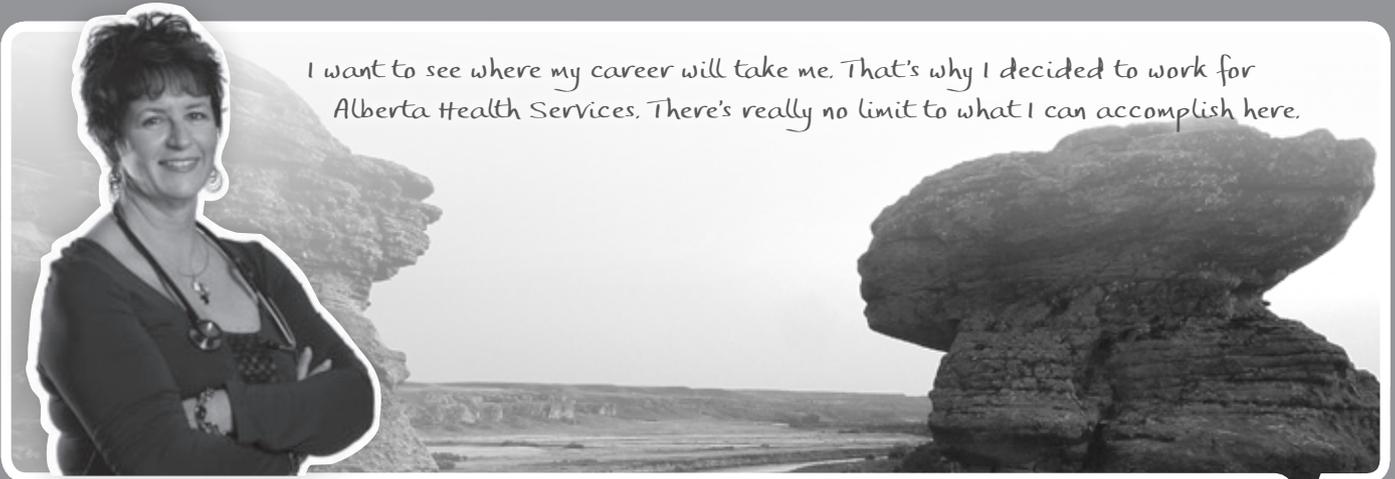
**NP-Paediatric Exam Preparation Course—April 12 & 13, 2013**

**CRNE Exam Preparation Course—May 2013**

THE CENTRE FOR  
PROFESSIONAL  
DEVELOPMENT

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*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?*

#### **WORKING WITH ALBERTA HEALTH SERVICES**

We have exciting opportunities for New Grads, Registered Nurses, Registered Psychiatric Nurses and Nurse Practitioners to join our growing workforce.

There are many reasons why choosing Alberta Health Services (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 3.5 million Albertans. Plus, our organization is home to great employment opportunities at over 400 sites situated in both rural and urban locations. What's more, working at the AHS enables a better quality of life, not only for our staff, but for their families — providing the kind of lifestyle that you'll only find in Alberta. Our standard of living is high. The only thing we're missing is you.

AHS values the diversity of the people and communities we serve and is committed to attracting, engaging and developing a diverse and inclusive workforce

#### **ADVANTAGES**

- flexible benefit plan
- work life balance
- full time or part time positions
- new & established facilities
- opportunities for growth
- flexible hours
- Diverse workforce



## Pay It Forward Contest Winner Announcement!

Congratulations to Nelda Harrison who won \$1,000 and \$1,000 for the Northern Cancer Fund!



## If You're Driving Tired... You're Driving Impaired!

Like alcohol, fatigue affects our ability to drive by slowing down reaction time, decreasing awareness and impairing judgement.

### The statistics don't lie!

- Not sleeping for 18 hours is similar to a .05 blood alcohol level
- Shift workers & teens are especially vulnerable to fatigue-related crashes
- 1 in 5 Canadians admit to falling asleep at the wheel in the past twelve months

### Prevent driver fatigue

- Keep driver's area cool and well ventilated
- Drive with upright posture, legs at a 45-degree angle
- Respect your clock: try not to drive when you would normally sleep

**RNAO members have access to preferred rates on home and auto insurance. Call today for a free, no-obligation quotation.**

# 877.598.7102

Look for regular tips inside RNAO's electronic newsletter, In The Loop



# IN THE END

BY SANDRA RAQUEL RIVAS



## What nursing means to me...

I DID NOT ENTER NURSING BECAUSE IT WAS A CALLING OR PASSION. I MADE A practical decision based on my circumstances. It was 1988 and I was a new immigrant, struggling with a language barrier and limited resources. I took a counsellor's advice and headed to college rather than university. I left behind my long-held dream to become a physicist or seismologist and selected nursing because it seemed to be the best fit for me.

In 1993, I graduated with honours from Toronto's Seneca College.

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

When I started working, and someone praised me for choosing this profession, I felt like an impostor. Many of my colleagues talked about nursing as the only thing they ever wanted to do. That was not the case for me. It wasn't long before I began thinking about university again, and contemplating another career path. However, the demands of starting a family made it impossible, and I was drawn back into nursing. A decade into my career, practice standards changed and I realized I needed to return to school for my degree. While working and studying in 2004, life presented me with an incident that transformed my outlook.

I was a staff nurse on the surgical unit at a Mississauga hospital when I met the woman who would help me to finally embrace my profession. She needed surgery: stat. We sprang into action, but

nobody – including me – was there with her, supporting her spirit and will to live. In the midst of the commotion, she grabbed my hand and looked up at me. I looked back at the person inside her sick body; at her silent stare and inner strength. In that moment, she made me understand that my place was exactly there, holding her hand and allowing her to hold mine. Something felt different inside of me. She looked at me, smiled, and said 'thank you.'

At that moment in my career, I finally understood what it meant to be a nurse. This patient taught me to look inside myself for the strength I did not know I had as a nurse. She allowed me to value my practice and empowered me to enjoy what I do. Before this experience, I was reluctant to accept nursing as a great profession. There are so many struggles we still face as a profession. But I no longer let that define what I do.

I now strive to focus on the positive things that nursing offers me, and on the patients I am privileged to meet. I do not remember the name of that woman who held my hand, but I remember in her time of need, she had the strength to say 'thank you.' That has stayed with me through the years. Nurses are lucky to offer support to other human beings, and to be able to make a difference in their patients' lives, even if it is for one moment in time. **RN**

SANDRA RAQUEL RIVAS IS A STAFF NURSE IN THE OPERATING ROOM AT HALTON HEALTHCARE'S MILTON SITE.

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