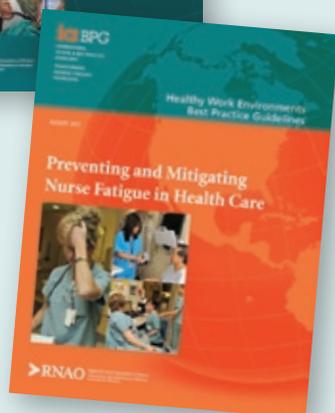
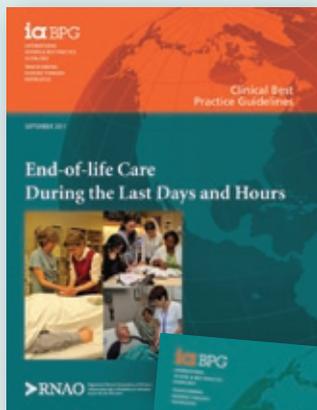


NURSING NOTES



New best practice guidelines address fatigue, end-of-life care

RNAO released two new best practice guidelines this summer: *Preventing and Mitigating Nurse Fatigue in Health Care* and *End-of-Life Care*. The latter, published in September, focuses on helping adults (18+) live well during their last days and hours. It contains recommendations for relieving pain and other distressing symptoms, helping clients to be involved in decisions about their care and treatment, working with clients to solve problems, providing emotional support and finding information and resources, and supporting families during illness and after death. *Preventing and Mitigating Nurse Fatigue in Health Care* was released on Aug. 10. This BPG builds on a CNA/RNAO report released in 2010 to raise awareness of the escalating levels of nurse fatigue, and provide solutions aimed at government, employers and nurses to better manage the issue. Both guidelines are available online and in hard copy. Visit www.RNAO.org for details.

Sudbury nurse hosts online radio show

RNAO member Gisele Guenard hosts an online radio show called Visionary Radio, which is recorded in her Sudbury home office and airs Wednesdays from 4–5pm on Voice America. It features one-on-one interviews with inspirational people who talk about their secrets to success. Fellow RNAO member Marilyn Butcher, who along with Roberta Heale opened Ontario's first nurse practitioner-led clinic, was a guest on Oct. 12. But don't worry if you missed it. A permanent link to the podcast is available at www.visionary-radio.com or www.visionar-ease.com. Guenard's conversation with Butcher focused on leadership. It is her goal to inspire listeners to find their passion and vision. "You know you deserve that great

life. You know you deserve a better workplace scenario," she explains of the need to see past challenge and embrace positive thinking. The former chief executive officer of Espanola General Hospital, and former board member for the North East Local Health Integration Network, left nursing in 2007 to coach and provide leadership training.

Toronto mayor backtracks on controversial decision to forego public health nurses

Almost three months after declining the provincial government's offer to fund two public health nurses to work with new immigrants and the city's poor, Toronto Mayor Rob Ford and his municipal councillors voted 39-1 in favour of hiring the two RNs on contract. The vote,

which happened Sept. 22, means Toronto will join the other 35 Ontario municipalities that accepted the funding, first offered in June. When news broke this past summer of the mayor's decision to forego the funding, almost 4,000 nurses wrote letters to Ford and city councillors urging them to reconsider. Members pointed to the evidence that links nursing care with better patient outcomes and reductions in health-care costs.

Provincial recognition for nurses in Erie St. Clair

The Palliative Care Consultation Team (PCCT) from the Erie St. Clair Community Care Access Centre (CCAC), including RNAO members Ann Brignell and Cindy Stokes, received an *Award of Excellence* this

past summer from the Ontario Association of Community Care Access Centres (OACCAC). The award recognizes the effort made to establish an end-of-life team that delivers care to patients when and where they need and want it. Between April 2010 and March 2011, the team provided care to 736 clients. Of the 335 clients who passed away during that time, 71 per cent were able to do so in their own home. Also honoured with an OACCAC *Award of Excellence* was former RNAO Essex chapter president and NP Carolyn Davies. In addition to being actively engaged in her community through volunteer efforts spanning four decades, Davies was recently elected municipal councillor for the town of Amherstburg. "Being able to help those in the Windsor Essex community through volunteer work is the most valuable way I can give back to the community," she said.

NP-led clinic opens in North Bay

Nurse practitioners Ruth Woodward (left, in yellow) and Terri MacDougall (centre) host a ribbon cutting Aug. 19 to celebrate the official opening of the North Bay Nurse Practitioner-led clinic. The two are clinical lead and chair of the board (respectively) for the new clinic. They are joined by former Nipissing MPP Monique Smith (right, in white) and North Bay Mayor Al McDonald.

