Celebrating nurses' expert knowledge

Each year during Nursing Week I am so very proud of the boundless energy of members to host workplace visits with MPPs and plan local events that celebrate our profession. Your hard work in your regions, chapters and interest groups helps advance the respect felt by the public and politicians for the knowledge and skill we offer to patients and communities. In May, you hosted 52 MPP visits, a record number since we first launched *Take Your MPP to Work* in 2000 (see www.RNAO.org/nursingweek). We offer a heartfelt thanks and congratulations to members and to Kayla Scott at home office for making this success possible.

This Nursing Week, we also invited three Best Practice Spotlight Organizations (BPSOs) to speak at media conferences, sharing how BPGs are revolutionizing nursing practice and helping to make these organizations leaders in clinical excellence. At the Thunder Bay District Health Unit, Sheila Hansen talked about how nurses are using our *Supporting Healthy Adolescent Development* BPG to engage youth, bring them to the table to share their experiences, and get them involved in activities that will help them make positive life choices. In Cambridge, Marlene Goerz from Fairview Mennonite Home, spoke of how RNAO's *Promoting Continence Using Prompted Voiding* BPG is serving to improve long-term care residents' sense of worth and dignity. In Toronto, St. Michael's Hospital (SMH) critical care nurses Ruby Gorospe and Kerry Ann Caissie discussed how they've applied elements of RNAO's *Building Therapeutic Relationships* BPG to create a customized tool that allows nurses to know their patients at a time when many have lost the ability to tell their story for themselves. Shirley Bell shared how the *Delirium, Depression and Dementia* (DDD) BPG is assisting SMH nurses to distinguish, screen and manage DDD. Thanks to this BPG, they have established interventions that reduce confusion and agitation, and improve outcomes for the elderly.

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Through these stories, we collectively are promoting our profession as one where evidence underlines best clinical practices. These stories are vitally important because evidence-informed practices are safer, offer higher quality care and lead to better health outcomes. These nurses, and more than 17,000 others working within BPSOs, stand tall because of their focused commitment to BPGs and the impact they have on one million patients who receive nursing care in BPSOs each year.

As I was conceptualizing this column, I looked back at the March/April 2008 issue of the *Journal* to re-read and savour the BPG accomplishments we featured in an issue that celebrated the 10th anniversary of the BPG program. Fast forwarding three years makes me marvel even more as we have attained a degree of influence and respect unimaginable at the outset of the program. Our guidelines have been adopted by other provinces and translated by other countries such as China, Japan, Italy and Spain. Interest in becoming a BPSO has gone wild and we've launched BPSOs in the U.S., Spain, Italy and soon Australia.

Ontario's nursing BPGs have been adapted for PDAs, Blackberries, iPhones and Android so that important nursing knowledge is available at nurses' fingertips. On iTunes, our BPG App has consistently rated within the top three downloaded medical apps since its release in October 2010.

In addition to the core business of creating and supporting the uptake of our clinical and healthy work environment BPGs, we have seen tremendous growth in related BPG initiatives, including our provincial and national smoking cessation programs. In Ontario, 300 organizations and over 1,000 smoking cessation champions are using our *Integrating Smoking Cessation into Daily Nursing Practice* BPG. And in the year since the national initiative was launched, more than 500 smoking cessation champions across seven provinces have been trained to use the BPG. As well, our partnership with *Safer Healthcare Now!* promotes the national use of best practices to reduce falls and injury from falls in residents across all sectors. And the Nursing Best Practices Research Unit (NBPRU) has gained an international reputation for collecting state-of-the-art nursing knowledge based on the best available evidence, and promoting collaboration and research exchange with policy-makers and civil society groups in Canada and around the world.

When we established RNAO's BPG program in 1998, I never dreamed of the pride we would feel today. We have a robust program that has proven itself time and again and has earned a reputation for excellence. Kudos to all Ontario nurses for our collective success! **RN**

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