

NURSING NOTES

Champlain “heroes” recognized for their commitment to care



Lois Martin (above) receives her award from Champlain CCAC CEO Gilles Lanteigne.

Beatrice Osome (right) proudly poses after accepting her award.



Two RNAO members were recognized on May 5 with *Heroes in the Home Caregiver Recognition Awards*. Ottawa RN Beatrice Osome and Kanata RN Lois Martin were among 134 individuals selected to receive the honour by the Champlain CCAC. The award was created to acknowledge the kindness and commitment of caregivers to help others live full lives in their communities, despite the limitations of age, illness or disability. Osome's daughter passed away in October at the age of 42. Her mother never left her side, providing care for many years and travelling to Toronto and Germany for treatments. Martin received the award for her work with palliative clients, who often describe her as full of energy, extremely knowledgeable, thorough, and a kind soul who goes the extra mile to get the job done.

Opening Minds initiative sheds light on mental illness

The Mental Health Commission of Canada's (MHCC) *Opening Minds* initiative is setting out to reduce the stigma people struggling with mental illness face when trying to access the health system. Through this initiative, Ontario's Central LHIN developed an education program for health professionals in emergency departments, the first point of contact for many patients. The goal is to dispel the myths related to mental illness, and draw attention to the role stigma plays as a barrier to care. Lakeridge Health (Central East LHIN) has adapted the program for its staff. Workshops provide personal testimonials from individuals living with a mental illness and explore the challenges they've faced, barriers they've experienced, and what has helped them recover. Both programs have proven successful, and as a result, MHCC will begin partnering with other regions across

the country. Find out more at www.mentalhealthcommission.ca.

RN writes about the “other side” of care

Tilda Shalof, an ICU nurse and RNAO member, has released her newest book, *Opening My Heart*. Shalof found herself on the “other side” of health care when she underwent open heart surgery. The book takes readers through her diagnosis, stay in ICU, the cardiac ward, recovery at home, rehabilitation, and ultimately her return to work. Visit www.nursetilda.com to find out more.

Students start conversation about death and dying in Canada

Graduate journalism students at the University of Western Ontario visited palliative care units to interact with patients, their families and health-care providers to create a groundbreaking project called *Miles to Go*, a series of 15 personal stories that address death and

dying in Canada. The students behind these stories were part of the first-ever journalism course that focused specifically on dying. The stories (available in text format at www.cbcnews.ca/milestogo) explore how access to quality end-of-life care is dependent on a person's address, economic class, cultural and ethnic origin, and other personal factors. The students say the ultimate lesson is just how rich and textured and beautiful the end-of-life journey can be.

New website helps nurses, novice and seasoned

This spring, RNAO launched its newest website—Careers in Nursing—to help prospective nurses, as well as RNs at various stages of their career, find meaning, purpose and direction in their chosen profession. The site is geared to high school students who may be thinking

about nursing, mid-career RNs wondering what's next, or nurses on the verge of retirement who may not be ready to leave the profession behind. The site features information about educational requirements for nursing programs, tips on how to update a resume, interview techniques and advice, as well as profiles from different sectors for a taste of the variety the profession has to offer. It's a one-stop-shop for new and experienced RNs. Visit careersinnursing.ca to find out more. **RN**

