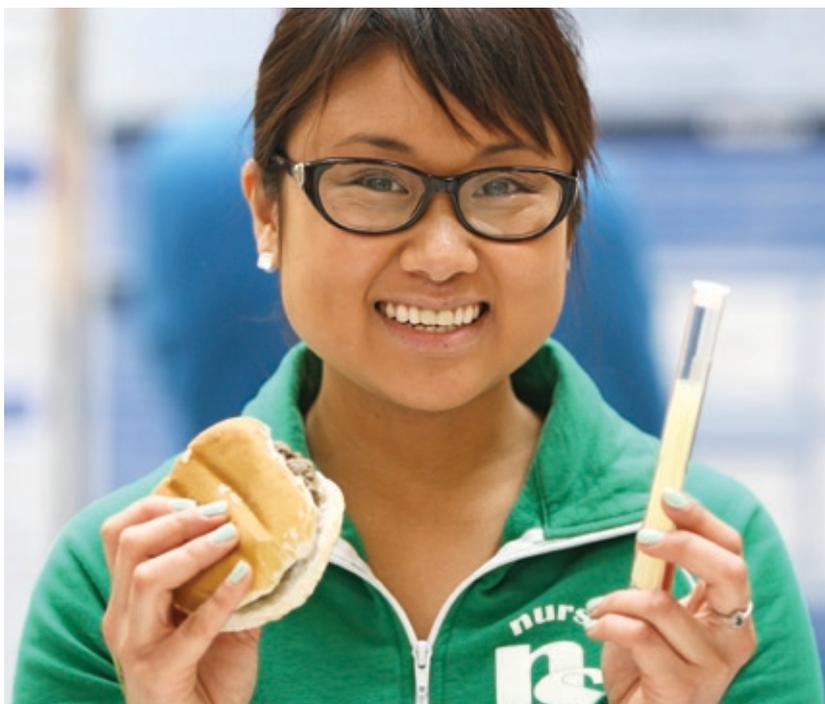


NURSING IN THE



Nutrition 101

Fourth-year University of Windsor nursing student **Mercedes Phalavong** holds a vile filled with the estimated amount of fat found in a hamburger. Phalavong and fellow nursing student **Victoria Ziraldo** displayed grease-filled test tubes for burgers and other unhealthy items at their school's research fair on April 30. Their goal was to illustrate the amount of fat in junk food versus fruits and veggies. "People look at something like this and they're going to think twice before they eat that item again," Ziraldo said (*Windsor Star*, May 2). The students' hope is that by providing basic nutrition and health education, nurses will be seen as proactive health providers.

McMaster ER converts to kids-only

RNAO member **Dona Teles** helped Hamilton Health Sciences (HHS) prepare for the controversial conversion of McMaster Children's Hospital's emergency room to kids-only this spring. HHS, which consists of five sites, indicated in a press release that the kids-only ER is long overdue and that Hamilton is one of the last cities of its size in Canada to go this route. The conversion left residents in the western reaches of the city without an ER to treat adults. To address this, HHS built a walk-in urgent care centre where patients of all ages will be treated for non-life threatening illnesses and injuries. Teles,

clinical manager for McMaster's emergency department, said: "I am so proud of the hard work and best efforts of all of the ... staff who have taken us to this point and continue to work so diligently to make this the best place to care for a child." (*Hamilton Mountain News*, April 20)

Gentle approach helps children in pain

Nurse researcher **Bonnie Stevens** says child pain is often ignored in hospitals. In fact, the Hospital for Sick Children researcher published a study in the *Canadian Medical Association Journal* in April that found only 28 per cent of kids who undergo painful procedures in hospital receive any sort of pain

management. Stevens says that a gentler approach by nurses and doctors during routine procedures — such as setting up IVs, finger pricks, heel lances and surgeries — would help avoid the tears and screams that accompany hospital visits. "Besides the fact that it hurts, it upsets normal functioning," she explains. "Children often sleep poorly, eat poorly and interact poorly (when in pain)," Stevens told the *Ottawa Citizen*. (April 5)

Nursing student battles cancer

Jennifer Tonkin, 23, should be looking forward to her graduation from the nursing program at the University of Windsor and beginning her job search.

Instead, she's battling breast cancer. In April, she shared her courageous story with the *Windsor Star*. After her husband noticed a small lump in her breast, an ultrasound revealed it was cancer. One third of her breast was removed in a partial mastectomy and today she is undergoing intense chemotherapy. "I've had tests pretty much every day, doctor's appointments every day; it's like having a full-time job," the RNAO member says. Tonkin has also had to consider things no young woman should, such as how to pay for breast reconstruction surgery, which is not covered by OHIP, and whether to start saving for the expense of storing her eggs so she can have chil-

dren in the future. This spring, Tonkin's friends organized a benefit called *A Fighting Chance*, to help raise money for her future health expenses.

Northern youth struggle with oxy addiction

Youth in Thunder Bay who are addicted to oxycodone are receiving the care they need from nurse practitioner **Mae Katt**. The RNAO member and her team of NPs and physicians are running a drug treatment program to help students at Dennis Franklin Cromarty High School wean off the powerful narcotic. "The (kids) had no idea they were going to get addicted like this," Katt said, adding it is a prescription drug that's hit the black market (*tbnewswatch.com*, April 1). The 14-day detox program uses opioid substitution therapy to treat addiction and negate damaging withdrawal effects. From Katt's viewpoint, it is the best course of action and the solution with the best chance of success for the kids.

On April 16, London RN **Lori Drury** wrote a letter to the London Free Press to raise awareness of the need for cancer prevention.

More emphasis on cancer prevention

Re: *The cancer industry is failing us*, April 9

As a nurse, I have been watching people die of cancer for 30 years. Four people in my immediate family have had cancer and two are dead.

Nursing Week draws media attention



(top) Oxford County RNs made the front page of the *Sentinel-Review* during a tour of the new Woodstock General Hospital May 10. RNAO Executive Director Doris Grinspun (second from left) joined the tour alongside RNAO board member Cheryl Yost (left), Oxford chapter President Brenda McCurdy (centre) and hospital President Natasa Veljovic.

(middle) Fairview Mennonite Home (FMH) was one of three Ontario sites to host media conferences during Nursing Week to highlight their work with RNAO's best practice guidelines (BPG) program. The Cambridge home is using an RNAO BPG to screen for delirium, dementia and depression in older adults. The event garnered media attention from the *Waterloo Region Record*, which wrote an article on the importance of recognizing the signs and symptoms of these cognitive conditions. (L to R) BPG team leader Chris Janssen, Director of Care Marlene Goertz, Housekeeping Manager Peg Worboys and RNAO Program Manager Josie Santos.

(bottom) Liberal MPP Pat Hoy (centre) toured the Chatham-Kent Public Health Unit's Clinic Services location during Nursing Week with Mayor Randy Hope (left) and municipal health and social services manager Lucy Brown (right). Leading the tour were (second from right) public health nurse Marian McEwan and clinic manager Kelly Farrugia. "The more resources we have to get the message out to people about how to stay healthy...the better," McEwan said of the motivation behind the visit, which was picked up by *Blackburn News*.

NURSING IN THE NEWS

Cancer research is supporting the big pharmaceutical companies, rather than what is truly needed, as pointed out in this article: prevention. Research has clearly shown that environmental carcinogens in the air, food, water and products we are exposed to are what cause cancer in most cases. Our bodies were meant to scavenge and destroy that which is abnormal; however we cannot withstand the overwhelming onslaught of cancer-causing exposure we now face. Only public policy that supports eradicating these exposures will truly have an impact on the fight against cancer. Certainly there is a place for the treatments we now have, but the future lies in prevention.

Province backs off pledge to make hospitals transparent

In April, RNAO Executive Director **Doris Grinspun** spoke out against a proposed government amendment that would allow hospitals to restrict access to information or reports on quality of care. Grinspun argued this limits much of the type of information patient and health advocates need to understand how well our system and individual hospitals are working. "The public has a right to know what's happening in its local hospitals," she told the *Kirkland Lake Northern News* (April 11). Proponents of the amendment say that unrestrained public scrutiny would damage patient care by stifling discussion within hospitals about what's wrong and how to fix it. To find out more about RNAO's position, see *Policy at Work*, pg. 24.



At its annual general meeting, the Land O'Lakes Curling Club recognized Susan Barchard (centre) and Susan McConnell (far right) for saving the life of a fellow curler in April

From bystander to hero

Cloyne RN **Susan Barchard** and Stirling RN **Susan McConnell** jumped into action in April to help save fellow Tweed-area resident Wray Thompson after he suffered a heart attack. During a local curling tournament, the off-duty nurses and two others, spotted the 67-year-old slumped over in his chair. The man was unresponsive when they approached, so the nurses went to work administering CPR and defibrillation. He started breathing and an ambulance arrived 20 minutes later to take him to Kingston General Hospital where he underwent triple-bypass surgery. (*Stirling EMC*, April 21)

A month earlier, a quick thinking **Lesley Anthony** provided care for three seniors after their car flipped and landed in a ditch. The driver swerved to avoid hitting a small animal in his path. The Brantford RN crawled into the overturned car

and held a female passenger's head out of the cold water and mud that was filling the car as they waited for help. She talked to the woman to keep her alert, and remained in the car even as firefighters cut off the doors and peeled back the roof. (*Brantford Expositor*, March 5)

An editorial by Hamilton RN Nancy Fram was published May 13 in the Hamilton Spectator. The piece uses Nursing Week to reflect on the evolution of the profession. Following is a short excerpt...

Nurses are adapting to new realities — and their patients are healthier because of it

The theme for Nursing Week this year is *The Health of Our Nation* and that seems very appropriate with a federal election just completed, and a provincial election on the horizon. Health care is a key issue on the

political agenda. It's also a worry for many Canadians who see the stresses that are being placed on the system. As nurses, we understand these challenges. That is why the nurses at Hamilton Health Sciences dedicate a great deal of time and energy to finding ways to make things better for their patients. For example, in 2006, we partnered with RNAO to implement best practice guidelines that prevent two of the most common complications that patients experience: falls and bed sores. We reduced the number of serious patient falls in our hospitals by 22 per cent and the number of patients who suffer from bed sores by 36 per cent. There is no doubt in my mind that these strategies saved patients' lives and improved the quality of their lives.

To read Nancy Fram's op-ed in full, visit <http://chapters.rnao.ca/hamilton/HamiltonSpecOpEd>