

ONTARIO CORRECTIONAL NURSES'

INTEREST GROUP NEWSLETTER

VOLUME 2

SUMMER 2014

OCNIG

EXECUTIVE

Co-Chairs:

Subaida Hanifa and
Evelyn Wilson

Past President:

Sheleza Latif

Policy and Political Action ENO:

Elzar Sipin

Communication ENO:

Shirley Kennedy

Membership/Finance ENO:

Christine Bintakies

Members at Large:

Marta Mirecki De
Roode (Federal)

Annette Buzdygan
(Provincial)

Mentor:

Ian Clarke (Mentor)

Nursing Student:

Elise Skinner

A Message from the Co-Chair

The RNAO Annual General Meeting (AGM) took place at the Toronto Hilton May 1st - 3rd this year. It was a professionally and personally uplifting experience for those of us attending. Evelyn represented OCNIG and was our voting delegate this year. Many thanks to Sheleza Latif, Alison Taylor Laplante and Pavandeep Sandhu for manning the OCNIG booth this year!

OCNIG celebrates its fifth year with great success. This was a particularly impressive year in regards to membership and the changes made to strengthen and improve our Interest Group. Our membership increased by a whopping 36% this year. The executive committee met regularly and most recently at RNAO home office in April to work on a series of changes to update the current bylaws, mission statement, values and ENDS. The most significant changes will be shared with the membership soon.

Our executive members have been working very hard this year. Shirley was instrumental in designing our banners that were proudly displayed at the AGM and she has done an excellent job revamping the OCNIG newsletter and creating our Facebook page. Evelyn gives a tremendous amount of time and energy to OCNIG activities, working up front and in the background on most issues. As I head towards retirement, I am decreasing my involvement. Christine has taken on the Finance Officer role and has steered the success of our membership recruitment. Elzar keeps us updated on happenings on the political front. Ian has been a great mentor to members and those of us on the executive. Elise created a wonderful PowerPoint presentation to inform nursing stu-

dents and new graduates about correctional nursing and created a myth and fact sheet that was distributed at the OCNIG booth at the AGM. Marta brings the federal system perspective and was instrumental in initiating discussions on resolutions. Annette made an immense contribution to the development of marketing tools that inform nurses and nursing students about correctional nursing. Sheleza, as Past President, continues to help when needed while Jody Smith, at RNAO home office, inspires us with unconditional support, encouragement and guidance.

Where are we heading next?

We will continue to develop a 5-year Strategic Plan. We are planning a fall AGM for OCNIG members and we are organizing our first educational conference! Stay tuned to learn more about these exciting developments.

Echoing Evelyn's last message, I encourage you to become active in the RNAO and OCNIG activities. We thank you for your feedback, continued support through membership and your confidence in us to lead you forward. This has truly been an exciting year for our group and we look forward to a very bright future.

Sincerely,

Subaida Hanifa
OCNIG Co-Chair



What's New?

Well, our image is new! Branding is a common way for companies to create an identity for their products and we have created our own “branding”! We hope that you like it.

We chose to use RNAO colours to demonstrate our affiliation with RNAO and our commitment to RNAO as an RNAO Interest Group. The nurses in the photo are a small representation of the diversity that we see in our practice environments. The gavel and stethoscope logo reflects the health care discipline in combination with the justice system and the tag line, *Speaking out for correctional nursing*, clearly defines what we are all about.



ONTARIO CORRECTIONAL NURSES' Interest Group



Speaking out for correctional nursing.

AND, now you can



**Find us on:
facebook®**

To find the OCNIG facebook page, log into your own facebook account and type Ontario Correctional Nurses' Interest Group in the search bar. When you see the OCNIG banner, click on it and you will be directed to the OCNIG facebook page! Once there, please click on “Like” and “get notifications” to make sure that OCNIG news pops up in your newsfeed!

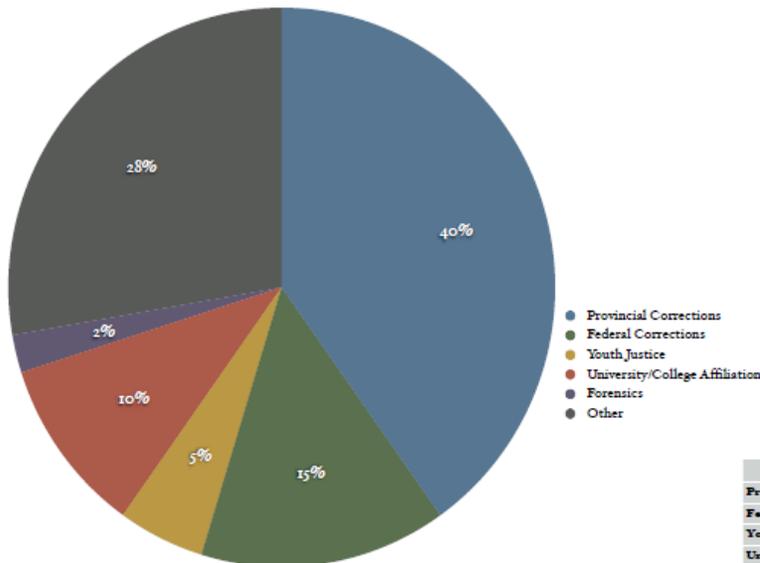
Please be assured that by doing so, your facebook privacy is not affected; it is not an invitation to “be a friend” :) But it is a great way to stay apprised of OCNIG news!

OCNIG Membership by Sector

The OCNIG membership is mainly composed of nurses working in the provincial correctional system, the federal correctional system and the provincial youth justice system but a large portion of our membership is nursing educators, nursing students, nurses working in forensic units and nurses that have an interest in what correctional nursing is all about. See below for a breakdown of membership by sector!

ONTARIO CORRECTIONAL NURSES' INTEREST GROUP MEMBERSHIP BY SECTOR

OCNIG Membership by Sector



OCNIG Membership by Sector

Sector	Number of Members
Provincial Corrections	55
Federal Corrections	20
Youth Justice	7
University/College Affiliation	14
Forensics	3
Other	38
Total	137

University of Ottawa OCNIG Event

On the afternoon of March 31, OCNIG Nursing Student Representative Elise Skinner presented *Nursing Behind Bars: Caring in Custody* an OCNIG event held at the University of Ottawa. Approximately twenty people attended the event and those in attendance included third and fourth year nursing students, interested members of the public and individuals working in community health.

The rationale behind participant attendance included consideration of correctional nursing as a future practice setting, concerns about the

The presentation provided an overview of the different roles

for nurses working in correctional facilities in Ontario, both provincially and federally. Emphasis was placed on the rewards and challenges of working in this field.

Some of the challenges discussed included the security limitations, engagement of correctional personnel and restrictive space configurations. The challenges of the environment were framed in a discussion about the values and ethics of nursing. The rewards of this practice environment touched on the high level of autonomy that correctional nurses experience, the satisfaction that comes from helping a vulnerable population and the role nurses can play in ending various cycles of violence.

The presentation was infused with ex-

amples and experiences from Elise's student nursing experience in federal correctional facilities. Information about

RNAO, its interest groups in general and OCNIG in particular was provided. Feedback on the presentation reflected participants' greater appreciation of the organization and challenges of correctional nursing as well as the health profile of Ontario's incarcerated population.

Participants indicated an interest in learning more about this area of nursing from nurses working in other areas, such as youth justice, forensics and mental health. Helpfully, one participant suggested developing a short video to illustrate and promote the work of correctional nurses in Ontario.

The comments and feedback received about the event were communicated to the OCNIG executive and will serve to inform and improve future student events.

health of inmates and general curiosity about this field of work.

Information about



Correctional Nursing: A Professional Profile

In collaboration with the Nursing Practice Committee, a call was extended to RNAO Interest Groups to develop a nursing profile for their specific area of nursing. Interested Interest Groups were reviewed based on the following four factors:

1. Their commitment to build and refine a profile;
2. The relevance of highlighting their sector;
3. The relevance of the sector within RNAO's ongoing advocacy work; and
4. The anticipated outcome that their profile would produce.



OCNIG was one of two interest groups chosen to work on their profiles over the coming months! The *Correctional Nurse Practice Profile* once complete, will be posted to RNAO's *Careers in Nursing* website.

OCNIG at UOIT

The Ontario Correctional Nurses' Interest Group was one of 18 interest groups that had the opportunity to participate in an Interest Group open house, organized by the student nursing community at the University of Ontario Institute of Technology - Durham College Collaborative BScN program.

The event, which took place in November 2013 was co-sponsored by the local Durham Northumberland Chapter of RNAO.

Irmajean Bajnok of RNAO's home office gave an inspirational speech about best practice guidelines and OCNIG, along with the other interest groups, was able to interact one-on-one with nursing students.



Nursing Inside

Dealing with Abused Women: Tips for Correctional Nurses

By Deborah Johnson

Many abused women, particularly those who have experienced child sexual abuse, end up in the prison system. This is particularly true for aboriginal women in Canadian prisons. The early trauma experienced and lack of sufficient family and cultural supports often sends these women into a downward spiral. Alcohol, drugs, prostitution and domestic abuse mark their lives, and all too often prison becomes a revolving door from which they cannot escape. Health care providers within the correctional system are therefore working with some of the most vulnerable and disadvantaged women in our society. The following case study is typical of this type of inmate:

Lizzie is a friendly, outgoing 30-year old Canadian aboriginal woman, who was sexually abused by a family member when very young. She started using alcohol and drugs while in grade school, and was selling herself on the streets by age 12. She was soon in and out of prison for prostitution, shoplifting and drug-related offences. While on probation, she was severely beaten by her boyfriend during a heavy drinking session. Lizzie defended herself with a stick. She was arrested and charged with attempted murder.

As a primary health care provider, correctional nurses are often the initial medical contact and have the first opportunity to address the abuse background in a meaningful way to initiate healing. The health care team may include psychiatrists, psychologists, and counselors, but it is a correctional nurse who often manages the treatment plan. There are several specific areas to consider when working with abused women in the prison system.

Physical Trauma: Look beyond the bruises and broken bones and assess symptoms rather than injuries. An abused woman can have internal bleeding. Choking may leave no visible marks, yet underlying brain trauma can be present.

Sexual Abuse Consequences: Child sexual abuse leaves profound wounds that manifest as adult symptoms. Sexual promiscuity, prostitution, self-harm,

cutting, substance abuse, and eating disorders are just a few. These women are also particularly vulnerable to further sexual abuse within the prison system and can develop unhealthy and abusive interpersonal relationships.

Mental Health and Trauma: Victims of domestic violence learn to equate abuse with love. These women believe they deserve the abuse and take responsibility for instigating it.

Detox: The vast majority have been self-medicating for much of their lives. Prison detox must be closely monitored, as it is a frightening process for these women, with serious health risks.

Family Relationships and Children: Many have minor children, left the care of others or in foster homes. This adds to stress and worry that their children will also be abused.

As an important member of the care team, correctional nurses have an opportunity to make a very real difference in the lives of these women, here are some key interventions nurses can take to address specific health concerns and motivate and encourage these women to follow through with counseling and group sessions.

- Encourage development of parenting skills and help set goals for the future.
- Promote long-term physical and emotional healing.
- Provide emotional support and practical suggestions to help manage self-harming behaviours.
- Help to regain a sense of trust in interpersonal relationships.
- Encourage development of empathy skills that are essential in reducing the risk of reoffending.

A compassionate focus on promoting health and healing will maximize chances of success and help these women finally break the cycle of abuse.

RNAO AGM

From May 1 to May 3 RNAO held its 89th Annual General Meeting (AGM) in Toronto and OCNIG was there! The theme was “Visionary Leadership: Leading the Way Forward for Nursing” and it was a fantastic event in which more than 400 RNs and guests helped mark the association’s achievements with CEO Doris Grinspun.

The opening ceremonies began with a unicyclist, stilt-walker and jugglers leading in a procession of dignitaries. Ontario’s Health Minister Deb Matthews addressed members and we also heard speeches from MPP Bill Walker, PC Children and Youth Critic and MPP and NDP Health Critic France G  linas. Barb Mildon spoke of CNA’s resolve to maintain a close working relationship with RNAO and Judith Shamian spoke of global challenges for nursing and health care.

Evelyn Wilson sat as OCNIG’s consultation representative and supported the two resolutions put forward; that RNAO have a voice in national discussion regarding end-of-life care and that RNAO explore educational offerings that would be accessible and affordable for all nurses.

OCNIG’s exhibit booth was a big hit with more than 200 nurses stopping by to chat and learn more about correctional nursing. The myth and fact sheet created by our Member at Large, Elise Skinner was a great conversation starter and Ge Liu from the Middlesex Elgin Chapter was the winner of our door prize; a beautiful picnic basket, loaded and ready to go! Many thanks to Alison Taylor Laplante, Pavandeep Sandhu, Sheleza Latif and Subaida Hanifa for volunteering their time to man the booth!

At the end of the day, we thanked outgoing President Rhonda Seidman Carlson for two exceptional years of leadership and welcomed incoming President Vanessa Burkoski. The evening ended with the President’s Dinner; a formal dinner and media recognition event.

RNAO’s board of directors, its assembly members and interest groups work hard to raise the profile of the nursing profession both within and through our nursing association and it is OCNIG’s pleasure to play an active part.

See photos on the following pages!



Pavandeep Sandhu, Subaida Hanifa, Alison Taylor Laplante and Sheleza Latif



Dr. Judith Shamian, President, International Council of Nurses (ICN)



Rhonda Seidman Carlson, RNAO Past President



Bill Walker, MPP - PC Children and Youth Services Critic with Deb Matthews, Minister of Health and Long Term Care



France Gelinas, MPP—NDP Health Critic



Vanessa Burkoski, RNAO President (left) presents media awards at the President's Banquet



HWDC nurses, Shirley Kennedy, Alison Taylor Laplante and Pavandeep Sandhu



Energetic, entertaining entrance for the RNAO opening ceremonies!



Bill Walker, MPP - PC Children and Youth Services



Above Left: Barb Mildon, President, Canadian Nurses' Association (CNA)



Above Right: Peel Chapter President, Maria Tandoc welcomes guests and members to the 89th RNAO AGM



Marianne Cochrane, Interest Group Representative, RNAO Board of Directors with Deb Matthews, Minister of Health and Long Term Care



Doris Grinspun, RNAO Chief Executive Officer, applauds jugglers during opening ceremonies

Nursing Week 2014

National Nursing Week was May 12-18th and it was a great time to celebrate the nursing profession and our nursing colleagues. Many thanks to those that shared their Nursing Week stories and photos!

The nurses at both the Thunder Bay Correctional Centre and the Thunder Bay Jail enjoyed lunch at Boston Pizza with the superintendents and deputies from both institutions also invited! Kudos to those that stayed back to man the unit and had pizza instead!

The nurses at Sprucedale Youth Centre celebrated with a gift from their Public Health Department; a large shopping bag filled with chocolate, pens and other goodies and most of the nurses were on hand that week to help Health Care Manager Mary Al-derson celebrate her 20th birthday!

With the support of the senior administration team, Vanier enjoyed a week of professional development with 3 guest speakers! The nurses learned more about Suboxone, Documentation, Continual Competence and Quality Assurance and Social Determinants of Health. All that a free lunch too!

The Nurse 3s at Maplehurst Correctional Centre kicked off Nursing Week by making breakfast for their nursing colleagues. They participated in the MCSCC Corporate Webinar Presentation – CNO Documentation, welcomed Lee Jewell from Halton Public Health to talk about Communicable Disease and heard Dr. Judith Levy present; Psychology 101. “Get Your Flo’ On” rewarded nurses who wore something that represented some aspect of nursing and nurses enjoyed two catered lunches. The week ended with coffee/tea and cake and the announcement of the winner of the Graduation Photo Contest; a determination of which nurse was most unchanged compared to their graduation photo!

HWDC nurses enjoyed 2 days of potluck chocolate complete with chocolate fountain, 2 OPSEU local sponsored lunches, a beautiful tiramisu cake and nacho appetizers from the sergeants, deputies and superintendent, two contests complete with gift card prizes, recognition awards for years of service, wonderful letters of appreciation from the superintendent and some great camaraderie all week long!

Right: Maplehurst Correctional Complex nurses, Jennifer Kaatz, Collette Scane and Jane Young "Getting' their Flo' On"

Below: Maplehurst also takes the cake with the best Nursing Week Cake we've seen!



Left: Evelyn Wilson (OCNIG Co-Chair) joins Sprucedale nurses for Nursing Week!

Right: Vanier Centre for Women nurses gather for Nursing Week!



Left: Hamilton Wentworth Detention Centre nurses celebrate 480 years of collective nursing experience!

Calendar of Events

June 30, 2014 *Project Management Workshop - Putting the Pieces Together* (Toronto). For more information, go to: <http://rnao.ca/events/project-management-workshop-putting-pieces-together-1>

July 18, 2014 *Inclusivity for a Healthy Work Environment - Conflict, Violence and Bullying in the Workplace* (Toronto). For more information, go to: <http://rnao.ca/events/inclusivity-healthy-work-environment-conflictviolence-and-bullying-workplace>

September 8, 2014 *Leadership for a Healthy Work Environment—Leadership at the Point of Care* (Toronto). For more information, go to: <http://rnao.ca/events/leadership-healthy-work-environment-%E2%80%93leadership-point-care>

October 27, 2014 *Oncology Update* (London). To register please go to: www.nursinglinks.ca

October 28, 2014 *Oncology Update* (Ottawa). To register please go to: www.nursinglinks.ca

November 3, 2014 *Oncology Update* (Toronto). To register please go to: www.nursinglinks.ca

Anytime Learning

132 nursing knowledge games with over 4,505 questions designed to refresh your knowledge in a way that is interesting, engaging and fun! Check it out at: <http://www.learningnurse.org/index.php/assessment/games>