

Our Spring Newsletter 2014
Staff Nurses Spring Ahead!!



After a long hard winter we dream of cherry blossoms!



From left Una Ferguson, Mary Michalski, Brenda Hutton, Tracey Yule (Think Tank 2014)

SNIG Annual General Meeting

SATURDAY May 3rd at the Toronto Hilton!
0900-1100 at the Toronto Hilton

Guest Speaker: Paula Manuel speaking on “Shiftwork Strategies—How to shift with the night”

Come and join the executive on Saturday for a free breakfast with an exciting topic.

Paula is an excellent and captivating speaker

Welcome!!

Spring has finally arrived and staff nurses look forward to warmer temperatures, the SNIG executive have been busy with our yearly planning. After a successful think tank in Kingston, you can look forward to an exciting year ahead.

For instance for the first time we have a resolution to be presented at the RNAO AGM in May. Also watch for a SNIG webinar in the early fall with the option of seeing it live and it will be archived so all our nurses can access it when convenient. We will continue with our quarterly newsletters and our website blog.

Take note we will be changing access to the SNIG website, you will receive details via email about a password to sign in to our website. The re will be “members only content”.

Thanks to all the executive for their dedication and time in giving SNIG another successful year!

whose passion and zest for nursing comes through loud and clear. If you have followed her blog *Life of a Nurse* you know of what we speak!

If you have the day off and are in the Toronto area we look forward to seeing you at breakfast!

Have you read our resolution! Let us know what you think.

Also follow us on Twitter and Facebook and our webpages to keep up on what SNIG is doing! **We need input from you our Members!!**

Nutrition for Shift Workers



Working night shifts can often make your meal times seem to be completely off schedule. If you work nights and sleep days you may find yourself eating breakfast when everyone else in your household is sitting down for dinner.

This can also mean that your dinnertime may be very late at night and this could cause you to pack on extra weight. It may be best for your health to adjust the times of your meals to avoid those late-night calories.

Read more: http://www.ewh.com/way_5233589_meal-people-work-late-nights.html#ixzz2rkYckP4R



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Breakfast

Although most of us eat breakfast before we start our work day, night shift workers may benefit more by having breakfast shortly after their work day has ended. If you get off from work during the morning hours, such as 5 a.m. to 9 a.m., this would be the best time to have your break-

fast. This could consist of a bowl of high-fiber cereal, two slices of toast with butter and jam, and a glass of juice. You can also vary this from time to time by having two eggs and three slices of bacon with your toast.

Read more: <http://www.ewh.com/>

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Lunch

After sleeping during the day, your lunch time may actually be around 4 p.m. to 7 p.m. in the evening. Lunch may normally be considered a small meal, but this should be your largest meal of the day.

By having a larger meal before you go to work, you will have more energy to work those long hours at night.

This meal could include any variety of cooked meats such as baked chicken, beef, pork or fish. You will also need to have vegetables on the side.

Breads such as dinner rolls or whole wheat sliced bread can give you extra energy as well.

This can also be a good time to enjoy a nice light dessert with your meal.

Read more: http://www.ewh.com/way_5233589_meal-people-work-late-



Supper

Since you will be having your dinner on your lunch break at work, it will most likely be a lighter meal.

You may be packing your lunch to work and having your dinner around 10 p.m. to midnight.

A healthy dinner to enjoy may include a sandwich with lettuce, tomato, and mayonnaise, some fresh, raw fruits or vegetables,

and a bag of low-calorie cookies.

You may occasionally want to vary this by taking a microwave dinner, a slice of bread, and a piece of fruit for your dinner meal.

Read more: http://www.ehow.com/way_5233589_meal-people-work-late-nights.html#ixzz2rkZ29cZ4nights.html#ixzz2rkYrLGQQ



The Quality of Fuel you put into your body determines the quality of your body!!!!
Author unknown

From Eat Right Ontario

Health issues affecting shift workers

Eating well and being active can help you avoid or address some of the key health issues. Research shows that shift workers: are at increased risk of

heart disease, angina, high blood pressure and stroke; often feel tired or disoriented and have trouble falling asleep or getting a good sleep.

Chronic sleep deprivation is associated with being

overweight, a risk to your health; and, experience more digestive problems such as constipation, diarrhea, gas, heartburn and indigestion.

These problems can be aggravated by poor nutrition and lack of exercise, common among shift workers.

A Healthy Habit: Read Food Labels

Scan the Nutrition Facts panel on packages to evaluate what's inside and compare the nutrient value of foods.

Start Here

- Learn to read the Nutrition Facts panel on packages to evaluate what's inside and compare the nutrient value of foods.
- Look at all of the essential nutrients listed on the label to make sure you're getting what you need.
- Read the label for you and your family's health.
- Use the Nutrition Facts panel to help you make better choices when you're shopping.
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Nutrition Facts		% Daily Value*	
Serving Size: 6 crackers (28g)			
Servings Per Container: About 13			
Amount Per Serving		Calories from Fat 40	
Calories 120			
Total Fat	4.5g	9%	
Saturated Fat	0.5g	1%	
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	1.5g		
Cholesterol	0mg	0%	
Sodium	180mg	7%	
Total Carbohydrate	19g	8%	
Dietary Fiber	3g	13%	
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

Limit These

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium
- Total Carbohydrate
- Sugars

Get More of These

- Dietary Fiber
- Protein
- Vitamin A
- Vitamin C
- Calcium
- Iron

Make it your practice to read the labels, especially about sodium and fats

Nutrition Facts

Serving Size 1/2 cup (114 g)
Servings Per Container 4

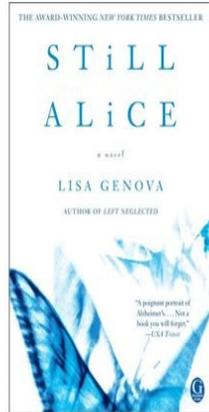
Amount Per Serving		% Daily Value*	
Calories 90		Calories from Fat 30	
Total Fat	3g	Saturated Fat	0g
Saturated Fat	0g	Trans Fat	0g
Cholesterol	0mg	Sodium	300mg
Sodium	300mg	Total Carbohydrate	13g
Total Carbohydrate	13g	Dietary Fiber	3g
Dietary Fiber	3g	Sugars	0g
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400 mg
Total Carbohydrate	300g	375g
Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
* Intake of trans fat should be as low as possible

SNIG READS!



Still Alice is an amazing novel about a Harvard professor who suffers from early Alzheimer's disease.

We, the reader, are privy to her innermost thoughts as she comes to grips with

this disease at the beginning stages and we see her as her thoughts memories slip away. We also see how her family members react. It is a very intimate look inside this disease.

The book is presented in short chapters, little vignettes on Alice's journey. Whereas many books show character development of the main character, in this book the main character regresses. The story is lovingly portrayed.

As a former nurse in psy-

chiatry I was wary of reading a book that perhaps exploited Alzheimer's disease or became a tear-jerker.. But having read this, I think other nurses will find, as I did, that this book provides insights into the illness and its effects on family and friends.

Because of the short chapters it is easy to read during breaks or commuting. And I am sure it will give you food for thought long after you have put the book down.

Christine Kent

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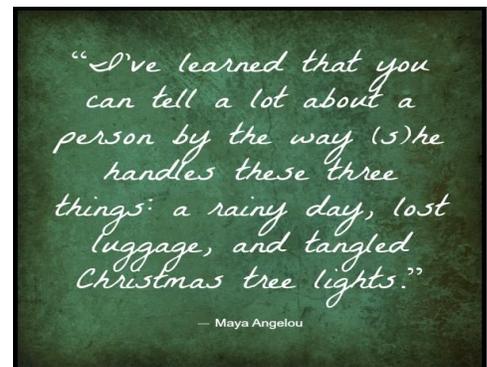
Reflective Moments!

A classic "Far Side" cartoon shows a man talking forcefully to his dog. The man says: "Okay, Ginger! I've had it! You stay out of the garbage!" But the dog hears only: "Blah blah Ginger blah blah blah blah blah blah Ginger ..."

As a nurse, I often worry that patients' comprehension of doctors and nurses is equally limited — except what the patient hears from us is: "Blah blah blah Heart Attack blah blah Cancer."

The book by Theresa Brown (an Oncology Nurse) "Critical Care: A New Nurse faces Death, Life and Everything in-between" is her memoir and Suzanne Gordon (author Nursing Against The Odds) had this to say:

Brown shows us what it



means to be a nurse and helps us understand that nurses need as much intensive care as their patients. Sometimes more!"

Available on Amazon.ca





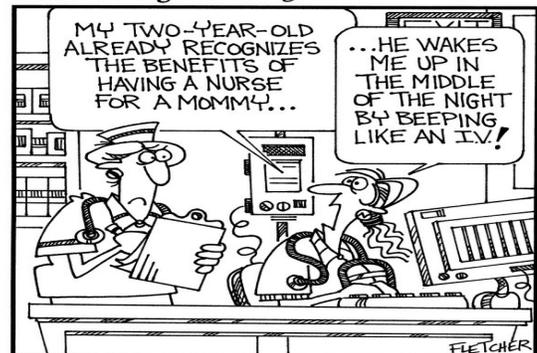
Nursing Humor

About a Nurse



"Screaming and throwing a tantrum won't influence mom. As a nurse, she's learned to deal with such behavior."

Nurse Marge In Charge



On Becoming a Nurse: A Student's Perspective

As nursing students, the majority, if not all of us, share one goal: to become a nurse. Every tedious assignment, nerve-racking exam, sleepless night and early morning pushes us a bit closer to reaching that final destination of becoming a competent, intelligent and compassionate nurse.

Recently, all the "critical thinking" that we have been subjected to has made me wonder about the very moment when we can call ourselves nurses; specifically, when do we truly *become* a nurse?

Is it the moment when we receive news that we've passed our certification exam, or when we start our first day on the job? Could it be the day that we walk across the stage at convocation, celebrating the completion of our nursing degree? Or maybe it's the moment when we find ourselves uncon-

sciously conducting head-to-toe assessments on everyone we encounter.

It is just a thought, but maybe it's the moment we dedicate our profession to the betterment of another life that we truly become nurses!

From the student perspective

Nevertheless, I've found it difficult to wrap my head around what defines a nurse. Moving beyond the competencies that must be met in order to call yourself a nurse and the measurable outcomes and interventions a nurse must be able to provide, it can be eye-opening to consider the unwritten job description of nursing. The support and compassion a nurse provides may not be easily measured, but it can most definitely be felt. Maybe it's the intention behind our every action that defines the nursing profession as "caring", even more so than the interventions themselves.

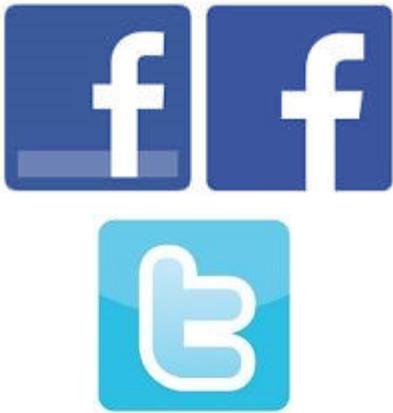
This may be merely a thought that crossed my mind while contemplating what it means to be a nurse, yet I wonder if current nurses at point of care (or nursing students) feel the same way: maybe nursing is congruent with the act of giving of yourself to others.

It's something that I personally find difficult to put into words, however Helen Keller seems to sum up the "true meaning of nursing" quite eloquently, that true happiness "is not attained through self-gratification, but through fidelity to a worthy purpose".

It is just a thought, but maybe it's the moment we dedicate our profession to the betterment of another life that we truly become nurses.

By Mary Michalski

SNIG executive can be reached at
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You can find us on the WWW

<http://snig.rnao.ca>

<http://www.lifeofanurse.com>

Leadership Caring Advocacy!
SNIG at Work!

Have an excellent Nursing Week
May 12-18 This year's theme
"Nursing—A Leading Force for
Change"

"It's impossible," said Pride.
"It's risky," said Experience.
"It's pointless," said Reason.
"Give it a try,"
whispered the Heart.
~ anonymous ~



SNIG COOKS!



Banana – Berry Muffins

- 2 cups ground almonds (readily available in baking section of grocery store)
- ¼ cup ground flax seeds
- Sweetener such as Splenda or stevia extract equal to ¾ cup sugar
- 1 teaspoon baking powder
- 1 ripe mashed banana
- 2 large eggs (we have back yard chickens but that's another story)
- ½ cup sour cream or coconut milk
- ¼ cup walnut, coconut or olive oil (canola and vegetable oil are genetically modified)
- 1 cup berries fresh or frozen

Mix dry ingredients then mix in wet ingredients. Spoon into muffin cups and bake about 30 minutes at 325 degrees. YUM!!

