Coping Together: How community connection lifts us mentally, socially, and physiologically

Alumni UBC WEBINAR - June 19, 2020
Join UBC experts Dr. Elisabeth Bailey, UBC School of Nursing, and Dr. Frances Chen, UBC Dept of Psychology, to discuss how community connection can continue to bring us hope, including what nurses can teach us from supporting patients, and the science behind coping with stress.

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“A Glimmer of Light” for Men in Prison

People in prisons are at high risk of infection from COVID-19, as well as profoundly affected by the response to the pandemic. UBC Nursing Associate Professor Dr. Helen Brown and PhD trainee Kelsey Timler reached out to their research partners at Corrections Services Canada to offer help. “Our studies show that when men give back to communities and do meaningful work, there are profound impacts on their well-being,” says Dr. Brown.

Working with Women to Tackle COVID-19

Together with the Inner City Women’s Initiatives Society (ICWIS), Dr. Vicky Bungay has been testing a trauma and violence-informed outreach model to support women in Vancouver’s Downtown Eastside. By integrating research staff and outreach workers, the program is now serving four times as many women as pre-COVID. “We have better evidence now: what works, what is needed, and how these lessons can be used in the future,” Dr. Bungay notes.
‘Wobble room’ provides time-out for COVID-19 frontliners

“People were coming in feeling anxious even before their workday had started,” says Lara Gurney, a UBC nursing graduate whose master’s thesis focused on ways to reduce compassion fatigue and burnout among healthcare staff.

In collaboration with colleagues, Gurney converted a conference room into a “wobble room” where staff can come in to unwind, to vent, or to connect any time of day.

Mental health impacts of COVID-19

The COVID-19 pandemic has raised substantial concerns regarding the mental health of Canada’s populations. Dr. Emily Jenkins is currently leading a multi-wave national survey study in collaboration with the Canadian Mental Health Association to assess the self-reported mental health impacts of COVID as well as examining the disproportionate impacts of the pandemic on structurally vulnerable groups.

BOOK: Health Equity and Nursing
BRIEF: Equity in the context of COVID-19

UBC Nursing CRiHHI unit EQUIP project co-leads Dr. Annette Browne and Dr. Colleen Varcoe recently released a new policy brief on Equity-Oriented Health Systems Improvement. To get started on equity-oriented health care, visit the website for the free, online EQUIP Toolkit and Modules.

Check out the new book from UBC Nursing Associate Professor and Director of UBC’s First Nations House of Learning, Dr. Margaret Moss, who co-edited and authored a chapter. The text, Health Equity and Nursing: Achieving Equity Through Policy, Population Health, and Interprofessional Collaboration, received two American Journal of Nursing Book of the Year Awards.

MEDIA COVERAGE

The long-term care crisis: How B.C. controlled COVID-19 while Ontario, Quebec face disaster
UBC Nursing professor Dr. Jennifer Baumbusch commented on the impact of COVID-19 on long-term care facilities and said B.C. fared better than other provinces because government and health officials acted quickly to mobilize resources to control infection and support staff.
CBC, Yahoo, MSN

Canadians are calling for a reform in the LTC homes across the country
Dr. Jennifer Baumbusch, associate professor at the UBC School of Nursing, spoke to CKNW Charles Adler Tonight on the Canadian Armed Forces report on long-term care homes.
CKNW Charles Adler Tonight

A new hope for rethinking the aging journey
Dan Levitt, an adjunct professor at UBC’s School of Nursing, wrote about the impact of COVID-19 on older adults, particularly those residing in long-term care and assisted living settings, and how the crisis may be an opportunity to replace outdated living environments.
Vancouver Sun, The Province

Local solution to day-to-day challenge for healthcare workers
A tweet for help by UBC nursing professor Dr. Sally Thorne has led UBCO engineering professor Kevin Golovin and his team to develop a solution to help frontline healthcare workers see clearly through their protective face shields and prevent fogging.
Castanet, UBC News

Men’s Mental Health
UBC Nursing professor Dr. John Oliffe chats about men’s health and help seeking on Afternoons with Rob Breakenridge. 
Global News Radio

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PUBLICATIONS
* denotes trainees

How nurses come to race: Racialization in public health breastfeeding promotion
Advances in Nursing Science
Alysha McFadden*, Susan Erikson
> Also featured in Advances in Nursing Science - Blog
Health Equity and Nursing: Achieving Equity Through Policy, Population Health, and Interprofessional Collaboration
Margaret P. Moss, Janice Phillips
Virtual special issue – Using touchscreen tablets for virtual connection
Dementia
Lillian Hung, Jim Mann

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UBC COVID-19 Research

To share your COVID-19 related research or expertise:
- UBC COVID-19 Research
- UBC Experts Guide
- BC Inventory of COVID-19 Research
- CanCOVID

Read More

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Funding Deadlines       External Events
June 12, 2020: UBC Scholarship of Teaching and Learning (SoTL) Seed Program
June 15, 2020: SSHRC PEG – COVID-19 Special Initiative
June 15, 2020: SSHRC Partnership Engage Grants (PEG)
June 18, 2020: CIHR Operating Grant: COVID-19 Mental Health & Substance Use Service Needs and Delivery
June 30, 2020: MSFHR Innovation to Commercialization
July 2, 2020: CIHR Health System Impact Fellowship
July 17, 2020: 2020 MSFHR Health Professional-Investigator Award
July 21, 2020: CIHR: SPOR SUPPORT Unit Phase II
July 25, 2020: Laura Bassi Scholarship
July 31, 2020: WorkSafeBC – Changing nature of work and the work environment research
July 31, 2020: Downtown Eastside (DTES) Grants Program
Aug. 5, 2020: CIHR Team Grant LOI: Food Security & Climate Change in the Canadian North
Sept. 15, 2020: SSHRC PEG – COVID-19 Special Initiative
Sept. 28, 2020: MSFHR Convening & Collaborating (C2)
Sept. 28, 2020: MSFHR Reach Grant
Oct. 15, 2020: SSHRC Insight Grant
Dec. 1, 2020: Sigma Small Grants
Dec. 1, 2020: Sigma / Canadian Nurses Foundation Grants

June 24, 2020: Visualizing public health data: strategies and tools
Sept. 22-23, 2020: FUSE international conference on Knowledge Exchange in Public Health
Oct. 6, 2020: Health XChange 2020 - Powered by PechaKucha: How can youth-led and youth-engaged approaches help to redefine research?
Nov. 19-20, 2020: Competence Network Health Workforce Conference

Call for Abstracts

June 8, 2020: 8th Conference on Prevention and Management of Childhood and Adolescent Obesity
June 30, 2020: UBC Centre for Health Education Scholarship

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