

*touch*POINTS

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THE UNIVERSITY OF BRITISH COLUMBIA

**TOUCHPOINTS**

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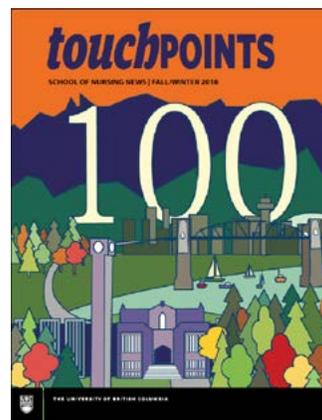
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For readers of the hard copy, please visit:
nursing.ubc.ca/touchpointsex for a list of extras and active hyperlinks. A digital copy of Touchpoints can be found at
nursing.ubc.ca/newsletters

DIRECTOR(S) MESSAGE



We are nearing a significant milestone, as UBC's School of Nursing turns 100 years old in 2019. We begin celebrating in January, so flip to our handy calendar in the middle of this magazine (or printable download on our [nursing.ubc.ca/centenary page](http://nursing.ubc.ca/centenary_page)) for a list of the major events we have planned throughout the year. Do check our events page on the web from time-to-time for more details about the events, and more celebrations we will develop after Touchpoints has gone to print. From annual events like our Gala, where we will celebrate 100 years of achievement and honour 100 inspiring individuals with connections to our School, to casual lunch-and-learn sessions on not-so-casual topics, to our research/arts-based Edge Festival, and our history lectures and dialogues on Indigenous health, we have something for everyone.

Just recently, I have read again the speech that Ethel Johns, our first Director, gave to the students and staff of the Vancouver General Hospital nurse training school in 1919, and find much in her words that still resonates 100 years later. A few of her statements are shared below. We are proud to look back at the mountains we have climbed; we continue to be inspired and challenged by the oceans we are crossing; and we look forward to the bridges we have yet to build that will carry us into the future.

We heartily invite you, our friends, alumni, partners, and colleagues, to join us in looking back and looking forward during our 100th year. See you at the party!

Elizabeth Saewyc, PhD, RN, FSAHM, FCAHS, FAAN
Director and Professor



Miss Ethel Johns, Director,
UBC School of Nursing, 1919 - 1925

"My object in calling this meeting tonight was to put before you a brief outline of the aim and purpose of the new experiment in nursing education which is to be made...in conjunction with the University of British Columbia. Since upon you will rest much of the responsibility for the success or failure of this experiment, it is only fair that from the outset you should clearly grasp just what it is, - why it is necessary and what we hope will come out of it.

...

"We must study the future in light of the past. We must judge of what is good in the past and see if by any means we may still hold to it, reaching out at the same time to the broader opportunities of the future, one of these opportunities being the experiment we are undertaking to make here.

...

"Calls are being made on the nursing profession for leadership as well as for nursing service... we want specialists in nursing education, and we are going to develop them here...so that a few years from now when nurses possessing University training are needed for certain work, they will be forthcoming.

...

"The University of British Columbia has granted recognition to Nursing education. It has gone further - it has inaugurated a department of nursing - the first of its kind so far as I am aware, in the British Empire...The opportunity has come to you to lead the way for Canadian nurses. See that you prove worthy of it."

PHOTO: [unknown]. 1933. "Ethel Johns." P. UBC Archives Photograph Collection. doi:<http://dx.doi.org/10.14288/1.0155456>.

TEXT: Johns, Ethel. 1919. "[Address to Staff and Pupils of the Training School and Members of the Training School Committee of the Vancouver General Hospital, ca. October 1919]." M. Ethel Johns Fonds. doi:<http://dx.doi.org/10.14288/1.0051553>.

Strategies and Tools for Putting Patients First

50th Marion Woodward Lecture



Photo: Clare Kiernan

A professor at the University of Ottawa and University Research Chair in Knowledge Translation to Patients, Dr Dawn Stacey presented the 50th Marion Woodward Lecture to about 170 participants on November 8, 2018. She began by laying out a problem: patients are often not given the opportunity to make decisions about their own care. The benefits are manifold and advice of an instructional manual as far back as the 1840s intoned that patient preferences matter, yet students of health care in the 21st century have been routinely taught not to consider them in developing a care plan. Dr Stacey brings practitioners back to placing the patient's voice at the centre of care. Indeed, at the highest level of partnership, she says, everyone's voice should be equal.

Dr Stacey's lecture provided helpful advice, from how to engage patients to take an active part in the process with three questions

— prompts provided — to suggestions on how to change current procedures, such as:

- Create health policies to support patient engagement.
- Ensure leadership exists to carry forward change.
- Build a patient-first culture.
- Provide training to health professionals as well as patients.
- Develop tools to support patients as they venture into new territory.

Some of those tools have already been developed. Search online for "Patient Decision Aids" or click decisionaid.ohri.ca to open the comprehensive list created by the Ottawa Hospital. The aids are designed to ensure that team members share the same objectives, by employing guides for everything from specific conditions to any decision — health or social. Dr Stacey demonstrated the usefulness of this support, explaining that she and her husband used the Ottawa Personal/Family Decision Guide to focus their diverse needs when buying a house. Clearly, the tools required are already available to put patients first. What remains is to implement them.

50th Marion Woodward Lecture



Marion Woodward, centre, celebrates the first lecture with Director Beth McCann (l) and first keynote speaker, Helen Mussellem (r).

The Marion Woodward Lecture was initiated in 1969. This lectureship marked the first time that Marion Woodward had allowed her name to be used in conjunction with any of the beneficiaries of the Mr. and Mrs. P. A. Woodward's Foundation. She was an active and kind benefactor to a variety of causes but had suffered loss and personal health issues often enough to develop a strong belief in the importance of BC's health care system. With her husband, P. A. "Puggy" Woodward, she created the foundation that continues to improve the health of British Columbians. However, it was for the nursing profession that Mrs Woodward held a special respect. As part of his introduction to the 50th Lecture, the current president of the Foundation, Kip Woodward, quoted his aunt: "Doctors are all very well, but the people who actually provide the care are nurses."

The Marion Woodward Lecture has been made possible through the generous support of the Mr. and Mrs. P. A. Woodward's Foundation for fifty years.

Photo credit: [unknown]. 1AD. "Beth McCann, Marion Woodward and Helen K. Mussallem Celebrating First Marion Woodward Lecture, October 24, 1969." P. UBC Archives Photograph Collection. January 1. doi:<http://dx.doi.org/10.14288/1.0163425>.

Fifty Years of Marion Woodward Lectures (a short video): bit.ly/MWL50th

Patients First Playbook

The Afternoon Symposium



The Afternoon Symposium was “powered by PechaKucha,” and it was indeed powerful. Throughout “Patients First Playbook,” eight speakers spoke for 20 seconds on each of 20 slides to present a total six-minute capsule of their perspective on patient-first care. Dr Dawn Stacey, 50th Marion Woodward Lecturer, offered observations between sessions. Among the speakers were faculty, students, patients, and caregivers. Their recommendations included:

- Open up research to patient collaborators and incorporate them fully into the partnership. The extra time it takes to explain and speak in layman’s terms is compensated by invaluable access to the perspective of lived experience. — Anita David
- Develop programs like Warrior Women’s Wellness (walking group) to offer vulnerable populations strength in numbers; to build relationships among neighbours; to impart the courage, time, support, and incentive to explore community programs; and to provide access to third party initiatives. — Jessica Webb
- Listen to the staff — no one is better-positioned than those on the front line to observe and offer suggestions for improving access to health care. Visit EQUIPhealthcare.ca for more tools and ideas for equity-building in practice. — Colleen Varcoe

- After gathering your data, feed it back into the system to use in practice and to fuel change in policy. — Sabrina Wong
- Accept the value of qualitative research to obtain patient perspectives. — Manpreet Thandi
- Take the time to develop knowledge and trust between patient and caregiver to build a cohesive health care team. — Carolyn Canfield
- Make use of innovative devices such as photovoice to build trust and confidence, to open up difficult conversations, and to assist in an engaging form of knowledge transfer. — Henry Wu
- Artificial intelligence is another such device. Use it to connect with a challenging patient, which is worth every effort. Everyone has the capacity to teach when we show a willingness to learn. — Mario Gregorio and Lillian Hung

More about Dr Dawn Stacey and all Pecha Kucha presenters with links to their presentations, as well as links to photos of the events can be found at nursing.ubc.ca/touchpointxs



WELLNESS WEDNESDAYS



Photos: Francis Affleck and Ranjit Dhari



Wellness Wednesdays is a concept that encourages students to examine the specific population served to develop a health-focused teaching session. Using the social determinates of health as the primary framework and the broad concept of health care relationship building, nursing students engage in health-focused conversations and provide general health information. In consultation with the community programmer, these topics were provided by student nurses attending the community setting. A balance of resources available and student learning were variables considered.

Topics that were identified included

- Falls Prevention
- Medication Safety
- Activity and Healthy Balance
- Diabetes and Nutrition
- Men's Health
- Arthritis
- Heathy Heart and Talking with your Doctor about Blood Pressure
- Foot Care and Foot Soaks

In Community

Students teach, learn, and practice beyond our walls



GET YOUR FLU SHOTS HERE

Recent School of Nursing retiree Joanne Ricci and newly appointed instructor Ranjit Dhari trained and supervised students, like Angela Rivers-Bowerman, who gave seasonal protection to our Director, Elizabeth Saewyc (above left); Caryn Dooner, who vaccinated James Olson, Dean of Applied Science (centre); and Matt Russell, who gave shots to both Joanne (above right) and to President Santa Ono (below). Students also gave free flu shots at Oppenheimer Park in Downtown East Side in October.



Photo: Office of the UBC President

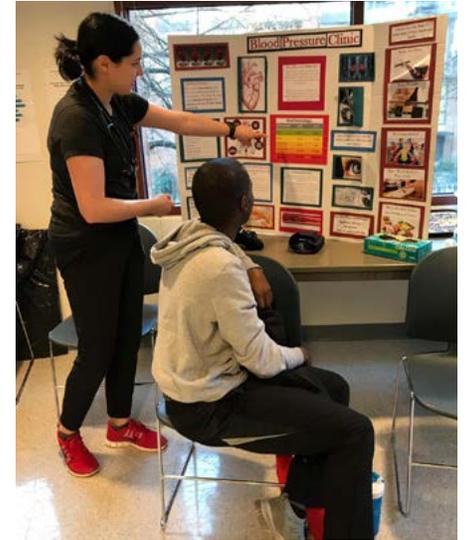
STUDENT JOURNALS

I was able to visit different locations in the DTES [Downtown East Side] (e.g. Oppenheimer Park and the Canada Hotel). With it being such a diverse population it was interesting to not only teach about the influenza vaccination, but also listen to clients as they talked about their life experiences. For example, while in the Oppenheimer park we had the opportunity to provide the vaccination to an Indigenous person. This lady then proceeded to get her drum and play her cultural music for us, explaining what the music meant. This was a rewarding experience and it reminded me of how culturally diverse Canada truly is. I enjoyed listening and learning about the music, and hearing a bit about her life story. — Ryann

Nicole and I had a long and thoughtful conversation with a young Aboriginal man while we were doing a foot soak clinic at the Evelyne Saller Centre. He was living in the DTES but wasn't homeless; he was also working as often as he could building sets for movies and TV shows in order to stay off the street. However, he was at Evelyne Saller to take a shower and do laundry, which made me wonder if he had access to a bathroom (or even clean water) where he lived. I wanted to ask him more details about his living situation but I also didn't want to pester him about very personal information, especially since I'm aware that it can be embarrassing for some people. We had a great conversation and talked about his hobbies, one of which was music: he even played a few songs on his guitar for us. — Sierra

Student Journals Cont'd

I recognized that this man was painting a mural of an aboriginal medicine wheel that I learned about in my indigenous health course. I began talking with him and he shared his life story with me, telling me that he had attended a residential school as a child. ... He said that living in the DTES is very lonely as he is isolated from family and that he bottles his emotions to cope with the loss of his daughter, but often cries when no one is around. I was very saddened to hear this and it became evident that living with mental health challenges in the DTES can be even more difficult due to the barriers to accessing proper treatment. In addition, he has many cardiovascular issues and even suffered a stroke which affected his mobility, which I can imagine would have severely impacted his ability to be able to work and support himself. This interaction I had was very impactful because it was one of the moments where I could directly link what I had been learning about in class to my practice (mental illness, social determinants of health, and the effects of colonialism/assimilation on health of indigenous people). — Nicole



I found it emotionally challenging to work with the population in the Downtown Eastside because I felt quite sad when learning of the lifestyles the people have been living through. One moment that really stuck with me was when I was assisting a man with his flu shot intake form. I asked him for his address, as it was required on the form, and he looked back at me in silence, with a slight look of embarrassment on his face. I felt terrible in that moment, and even worse, when I reflected on when I had filled out the same form, just a week ago, without even the slightest difficulty or hesitance. In that moment, I put myself into this man's shoes, and thought about what it would be like to not have a safe place to return to every night. I felt quite sad from thinking about it, but had to keep my emotions in check to proceed with the injection. — Rachel

The following students are currently researchers with the Capacity Research Unit and have received awards in 2017-18:

Paisly Symenuk (MSN/MPH student): CIHR Frederick Banting & Charles Best Canada Graduate Scholarship (Masters); Canadian Federation of University Women, École Polytechnique Commemorative Award; Canadian Nurses Foundation, Sanofi Pasteur Limited Scholarship in Public/Community Health Award

Sunny Jiao (PhD student): CIHR Frederick Banting and Charles Best Canada Graduate Scholarship (Masters); UBC Faculty of Applied Science Graduate Award (Doctoral); UBC J. Kristine Griffith Memorial Graduate Scholarship in Nursing; Canadian Nurses Foundation, Lundbeck Canada Inc., Mental Health Nursing Award

Allie Slemon (PhD student): SSHRC Joseph-Armand Bombardier Canada Graduate Scholarship (Masters; Doctoral); UBC Izaak Walton Killam Memorial Pre-Doctoral Fellowship; UBC Four Year Doctoral Fellowship

Student Awards

With grateful thanks to all our donors for these important scholarships and awards, we congratulate the following students:

NOTE: Awards that have not yet been presented for the 2018/2019 academic year do not appear in this list.

DC & HL Knigge Scholarship	Dayna Ortner; Amanda Comuzzi; Alexandra Martin
Elizabeth & Leslie Gould Scholarship	Dannika Rogowsky
Flora S Musgrave Scholarship	Pamela Weiss; Leah Nicholson; Laura Mills; Elizabeth Straus; Sierra Peterson; Ki Han (Sam) Song
Hamber Scholarship	Jacob Wershler; Courtney Morice; Raveena Jhally; Margaret Hultman; Laura Finkler-Kemeny
Helen Badenoch Scholarship	Severin Vaillancourt
Jessie MacCarthy Scholarship	Jaimie Kendal-Ward
Joyce & John MacConnal Undergraduate	Wesley Killen; Katelyn Merrett
Kievell Scholarship	Hana Mildenberger
Lily Lee Scholarship	Andrew Tsang
Lyle Creelman Scholarship	Alyssa Marohn; Sara Masoum
Margaret A Campbell Scholarship	Abosedede (Catherine) Ojerinde
Stephanie Gnuip Scholarship	Brigitte Moran; Caitlin Leahy; Kang Yun (Karen) Liu; Alexandra Corbet
Mary Graham Holland Scholarship	Jennifer Pooni
Pearl MacKenzie Scheel Scholarship	Renee Bellefeuille
School of Nursing 80th Anniversary Scholarship	Tara Mah; Kai Graham-Wood; Jasmine Oppal; Claire Dickens; Jalila Devji
Women's Canadian Club of Vancouver	Madeleine Welch
UBC Nursing Division Alumni Association	Jayson Tan; Stephanie Aitken; Caitlyn Longmuir; Kirsten Perris
Alice Diane Bray Memorial Scholarship	Catherine Chan
Doris Pearson Memorial Scholarship	Kelsie Warner
Dorothy J Logan Memorial Scholarship	Caitlyn Andres; Melissa Pak; Julia Anderson; Miriah Hodgins
Grace Torchy Stewart Adamson Memorial Scholarship	Navdeep Mann
Janet Gormick Memorial Scholarship	Kathryn Hilton
Karen Elaine Florence Madsen Memorial Scholarship	Andrew Primavera
Lillian Esther Beek & Sterling Herbert Beek Memorial Scholarship	Courtney Devane
Marion Ricker Memorial Scholarship	Jessica Bilkey
Muriel Upshall Memorial Scholarship	Matthew Russell; Catharine Eckfeldt
UBC Nursing Division Beth McCann Memorial Scholarship	Angela Rivers-Bowerman; Kisten Larsen
Henry & Lily Kung Award in Nursing	Jaewon Choi
Jim & Helen Hill Memorial Service Award in Nursing	Caryn Dooner; Keara Graham; Elizabeth Ramsden; Grady Chalmers; Amanda Goulding; Alanna Griffin; Jasmine Tam; Katiana Shahbahrami
Shelagh J. SMITH Award for Mature Students in Nursing	Arveen Sandhu
Irene Goldstone HIV/AIDS & Social Justice Graduate Scholarship	David Yacoubian
Janet Gormick Memorial Graduate Scholarship	Abdul-Fatawu Abdoulai
Joyce & John MacConnal Graduate Scholarship	Abosedede (Catherine) Ojerinde
Reid-Wyness Graduate Scholarship	Linda Leung

Celebration 1919•2019

CENTENARY EVENTS CALENDAR

JANUARY

Dialogues on Nursing's Role in Indigenous Health in BC

Beginning in January, look for a series of dialogues that will align with the Truth and Reconciliation Commission calls to action, hosted by Nursing's Indigenous Cultural Safety Strategic Initiatives Committee (ICSSI). Details to be announced on our events page.

FEBRUARY

Medical Assistance In Dying

Nursing Leadership, Excellence, and Best Practice within Medical Assistance in Dying (MAiD)

Feb. 12, 2019 | 12-2pm

MARCH

Consortium for Nursing History Inquiry

100 Years of University Nursing Education: Looking Back and Looking Forward

March 14, 2019 | 10am-2pm

Keynote Speaker:
Dr Susan Duncan,
Professor and Director,
University of Victoria

APRIL

Edge Arts Festival

Plan to be captivated one evening in April, by theatre, photography, painting, gaming, and other arts that originate from or disseminate the findings of ground-breaking UBC Nursing Research.

**April 4, 2019 | 7:00 pm
(6:30 Door)**

Vancity Theatre

MAY

Nursing Gala

Honouring 100 amazing individuals who have offered brilliant contributions to health, wellness, and nursing education. Details TBA.

May 2, 2019

JUNE

National Congress of the Humanities and Social Sciences 2019

Circles of Conversation

The school's 100th anniversary will be celebrated as part of this national event.

June 1 - 7 2019

www.congress2019.ca

JULY

Are you an alumnus?

Your story is interesting to us! Please share! The Alumni Engagement Committee is acquiring one hundred stories — at least one from each of our graduating classes — to share on our website and social media. Please visit our alumni pages to suggest a story, to offer your own, or to get help with writing.

AUGUST

Have you seen our Timeline?

When did you first come into contact with the School of Nursing at UBC? in what context? Please share your story!

bit.ly/TimelineSoN

SEPTEMBER

Special Welcome to the Centenary Class

Each member of our 100th cohort of nursing students will be recognized with a special welcome during their orientation.

Sept 3, 2019

OCTOBER

Verna Huffman Splane Public Health Nursing Lecture

Dr. Verna Huffman Splane was an internationally recognized public health nurse, leader and champion of global health. A lecture supported by her endowment to the school is planned for late September/early October. Please check our events page for further details.

NOVEMBER

Marion Woodward Lecture

The 2019 lecture is in planning stages and will focus on the future of nursing education and practice. Details will be posted on our events pages this summer.

Nov TBA | 7:00 - 8:30 pm

Afternoon Symposium

A brief panel discussion on a companion topic to the MWLecture.

3:00 - 5:00 pm

DECEMBER

Wrapping Up

The School of Nursing is an active and vibrant community as this year of activities demonstrates. Check our website and follow us on social media for new events as we take a deep breath and leap into the future.

Vocal and Visible

Nurses Take the Initiative



March 29, 2018 A sub-committee of the "Sylvia" Think Tank submitted recommendations to BC's Minister of Social Development & Poverty Reduction in a report entitled *Interrupting the Cycle of Poverty to Improve Health*.

L to R: Vera Radyo, Linc Kesler, Paddy Rodney, the Honourable Shane Simpson, Brenda Sawatsky-Girling, and Joan Anderson

For a copy of the report, visit nursing.ubc.ca/TouchpointsX



Faculty represented the school well at national events this year. Left: at the Canadian Association of Schools of Nursing (CASN) AGM in May are Thayanthini Tharmaratnam (Grad Academic Asst), Cathryn Jackson, Elsie Tan, Suzanne Campbell, Ranjit Dhari, Paddy Rodney, and Cheryl Segaric. Right: at the Canadian Academy of Health Sciences (CAHS) forum on September 13 are Vicky Bungay, Tarnia Taverner, Sally Thorne, Colleen Varcoe, Elizabeth Saewyc, and Jennifer Baumbusch.



Tania Dick, RN, BScN, MN-NIP

September 2018, Roberta Price opens the inaugural Lecture of Nursing's BSN core Indigenous health course: Promoting the Health of Indigenous People. The opening is juxtaposed with a snapshot of the last class of the term, held in the Grand Hall at the First Nations House of Learning on November 19, 2018.



November 19, 2018 The School of Nursing, represented by Elizabeth Saewyc, Director, in her capacity as Stigma And Resilience Among Vulnerable Youth Centre's Executive Director, was invited to hear the Honourable Adrian Dix announce increased access to surgical treatment for trans and gender diverse people. SARAVYC's research formed part of the materials that provided the impetus for this initiative.



November 13, 2018 - Enhancing Concurrent Disorder Care: Nurse Education Day

This intervention was developed through funding from the Michael Smith Foundation for Health Research from a BC Nursing Research Initiative funding competition. The project was co-lead by Dr Emily Jenkins and Dr Kofi Bonnie of Providence Health Care (PHC). The advisory committee included point-of-care nurses, nurse leaders, and patient partners. The event had 206 participants including students and nurses from inpatient mental health settings at PHC and Vancouver Coastal Health. Presenting at the event were: Mike Pond, a nurse and counselor with lived experience of alcohol use disorder; Dr Rupi Brar, a physician who spoke on the neurobiology of addiction and pharmacologic treatment for substance use disorders; Dr Heather Fulton, a Psychologist who spoke about brief psychological interventions for concurrent disorder clients; and Dr Gabor Maté, a retired physician who spoke about the psychosocial basis of addiction. A patient and family panel comprised of Nichola Hall, Anita David, Travis Shultz, and Kyle Warkentin shared lived experience insights for nurses working with concurrent disorder clients. Finally, Emma Garrod (MSN student) and Rachel Walker, who are both nurse educators in mental health and substance use, spoke about the nursing perspective on concurrent disorders. This study continues with the comparison of pre- and post-surveys to explore the impact of the intervention on nurses' knowledge, attitudes, beliefs, and behaviors regarding concurrent disorders and the patient populations who experience them.

Critical Research in Health and Healthcare Inequities in Rio de Janeiro

Flying over Rio de Janeiro is on many a paraglider's bucket list, so when expert glider and School of Nursing professor Dr Colleen Varcoe was invited to speak at a Sexual Violence Research Initiative (SVRI) conference in Brazil this year, she did not hesitate to accept.

In spite of its name, the coordinating office of SVRI, based in South Africa, is not interested only in *sexual* violence. The conference was open to very broad studies on violence against women. However, in spite of a huge epidemic of violence against Indigenous women globally, Dr Varcoe was the only invitee whose studies centre on that topic.

Dr Varcoe's conference presentation was well received, but the paragliding event over Rio ran into a glitch. Violence had erupted over the favelas, and the Varcoe party was encouraged to glide in a different direction, preventing them from flying over some of the most iconic points of interest, such as Christ the Redeemer atop Corcovado.



Violence within the favelas in Rio is so common that the broader population often normalizes the violence, dismissing the importance as being confined to members of drug cartels and other criminals. And this brings us to the other facet of Dr Varcoe's visit to Brazil. She had received an additional invitation to speak, this time at a conference arranged by Canada's Consul General to Rio de Janeiro, Evelyne Coulombe.

Coulombe received her MBA at UBC, but her BSc in civil engineering was granted from L'École Polytechnique in 1994 — five years after the massacre at that university, which took the lives of 14 women and injured ten more. Her mandate for the Canadian government is to increase trade with Brazil, but Coulombe is particularly interested in preventing violence against women, and is especially concerned about the victims of violence in Rio; violence that arises from poverty and glaring inequities among groups that foster the drug trade. Aware of the upcoming SVRI conference, Coulombe called on her connections to local organisations in Rio to develop the *Roundtable on Violence Against Women*, at which visiting Canadian researchers would be invited to present while they were in town.

Dr Varcoe presented alongside fellow Canadian Dr Susan Jack, a nursing professor from McMaster University whose research is in child maltreatment. It soon became very clear to the Canadian delegation that the presence of two foreign researchers was being deployed in part to bring cachet and authority to an event that was in truth, a lure to encourage dialogue among local authorities and activists who were also invited to present. The true design of the Roundtable was to create space to connect

the parties in Rio who should be talking and working toward resolution of the problem of extreme violence. Among the ten or so local presenters were the Chief of Police of Rio's "Women's Precinct" — a division specifically created to serve the female population; a lieutenant in the Brazilian army; and Cecilia Olliveira, a journalist from *The Intercept* who had been tracking levels of violence by collecting data from Google Analytics and other sources.

The journalist's presentation was the most compelling for Dr Varcoe. Olliveira showed a map of the city of Rio de Janeiro, over which was superimposed separate arrays that showed first, gunfire, then number of deaths by violence, and then, the location of schools and daycares. The visuals were stunning — using data that is readily accessible to anyone, she showed that the people being harmed in the most violent parts of the city included women and children going about their everyday business. Speaking directly to the chief of police (who was present), she argued that this information should be gathered and implemented by those in authority to tell the story of the real victims of the drug wars, and to offer better context for developing competent strategies for ending the violence.

The trip was not what she had expected, but Dr Varcoe is thrilled to have been an instrument in the service of the Canadian government and Consulate in Rio de Janeiro in bringing together a disparate group of women to challenge, empower, and impel them to action.

Colleen Varcoe

Background image: View from Colleen Varcoe's parachute (husband Jim below). Inset circle — Susan Jack, Nadine Wathen and Colleen Varcoe; Inset square — Colleen sits on panel, 4th from left.

Highlights from Nursing Research Units

MEN'S HEALTH RESEARCH

Addressing a range of men's health issues, MHR strives to make positive differences in the lives of men and their families. Through many multidisciplinary, national, and international collaborations, MHR produced over 30 publications and has had two new funded postdoctoral fellows join the team in 2018. MHR has also been working on the School of Nursing's first industry grant, conducting a qualitative evaluation of a Canadian hemophilia home-infusion program with plans to publish findings in the New Year.



CONSORTIUM FOR NURSING HISTORY INQUIRY

The Consortium serves as a resource for students, faculty, and the wider community to explore and scrutinize nursing and health care's past. Several doctoral students involved with the Consortium presented their research at conferences in Canada and internationally this summer. Courtney Devane presented a poster on *Peer Support in a Mental Health & Addictions Crisis House* with Daina Baldwin (PS) at the National Conference on Peer Support 2018 in Calgary. Hrag David Yacoubian presented a paper at the ISIH (In Sickness & in Health) conference at the University of Tasmania in Sydney, Australia, entitled *Toward a transnational understanding of humanitarian nursing* and another one at the CAHN/ACHN Nursing History conference in Halifax entitled *The Globe's Fundraising Campaign during the Armenian Genocide, Nurse Emma Wood and the Canadian Hospital at Constantinople*. Catherine Haney won the Vicky Bach Prize for best student paper at the latter conference for her paper: *Experienced, Compassionate, and with a Sense of Humour: Nurses' work in support of abortion in Canadian free-standing abortion clinics, 1969-1988*. In November, Catherine presented a paper at the International Conference at the Sorbonne in Paris, France on *Abortion in the British Isles, France, and North America since 1800*.

blogs.ubc.ca/nursinghistory/

CAPACITY RESEARCH UNIT



The Capacity Research Unit is an interdisciplinary team of researchers, staff, students, organizations, and their members working together to address discrimination and inequities in health care and social services. The research conducted through the unit is community-based, with a focus on

capacity-building to enhance active participation in research, policy and programming. Dr Vicky Bungay, Associate Professor, Nursing, and scientific director of the unit, is a Canada Research Chair in Gender, Equity and Community Engagement.

A key program of research within the unit focuses on developing and testing innovative outreach strategies to engage women affected by violence in attending to, and receiving life-sustaining health and social services and building their capacity to navigate complex human service systems including legal, child welfare, health, and housing services. This program of research involves active collaboration and co-learning with multiple stakeholders including women deeply affected by violence, and not-for-profit and public service sectors. The current project (2017-20), funded by the Social Sciences and Humanities Research Council (SSHRC) and the Vancouver Foundation, is piloting an innovative outreach model in Vancouver's Downtown Eastside (DTES). The project's community advisory committee is comprised of women affected by violence (experiential experts). They have named the project STRENGTH (Sisters Together Reaching Every New Goal Towards Healing), and have guided the work from the beginning. The next phase will be a multi-site intervention study to test the model in different contexts and populations in four sites, within three provinces across Canada.

capacitycentre.ubc.ca

support.ubc.ca/projects/capacity-research-unit



CRiHHI

CRITICAL RESEARCH IN HEALTH AND HEALTHCARE INEQUITIES

CRiHHI received over \$1,000,000 in funding in 2018. Among the highlights of the year is the story of Dr Colleen Varcoe's presentation in Rio de Janeiro on the previous page.

crihhi.nursing.ubc.ca

SARAVYC

STIGMA AND RESILIENCE AMONG VULNERABLE YOUTH CENTRE



This has been a productive year for SARAVYC! November 1st marked the launch of their second Canadian Trans and Non-Binary Youth Health Survey. The first survey (completed in 2013-2014), included over 900 trans and non-binary youth participating from across Canada, and established some baseline

statistics with regards to their health and well-being. These results highlighted the significant health and social challenges that trans and non-binary youth face, as well as the importance of community and family support. The new survey will provide data to improve the present state of knowledge about trans and non-binary youth, as well as enable an analysis of changes over the last five years. The survey will be open for the next six months, and can be taken here: bit.ly/SARAVYCSurvey.

This fall, SARAVYC was awarded a MSFHR Reach Award to support knowledge translation for their research on health inequalities and protective factors for ethno-culturally diverse lesbian, gay, and bisexual youth. Informed by feedback from our East Asian Community Advisory Group, SARAVYC is partnering with Options for Sexual Health to host in-person and live-streamed informational events for East Asian families, focused on sexual health and supporting LGBTQ+ youth. Plans are underway for a similar collaboration with local South Asian community members, as well as reporting of findings from analyses of health outcomes for Indigenous LGB and Two-Spirit youth.

SARAVYC also published research findings from a number of their projects this year. Two papers from their systematic review of international literature on sexually exploited youth were published in *Child Abuse & Neglect* and the *Journal of Child Sexual Abuse*. Results from their analysis of substance use among Massachusetts youth found that while overall rates of substance use among youth are decreasing, there remains a stark contrast between LGB youth and their heterosexual peers. SARAVYC also published the results from their evaluation of Out in Schools' role in reducing anti-LGBTQ+ prejudice and bullying among BC students. All of these publications are available at:

saravyc.ubc.ca.

GERO

GERONTOLOGICAL EDUCATION RESEARCH AND OUTREACH

Founded in 2011 by Drs Jennifer Baumbusch and Alison Phinney, GERO is committed to advancing the nursing care of older adults through nursing education, research, and by improving knowledge generation and uptake among a community of practice partners. It supports social inclusion, or "social citizenship" of people living with dementia, providing meaningful engagement in the world around them, and partnering with grassroots — people who have dementia and wish to advocate for others in their position.



Highlights of 2018 include Alison Phinney and team's award of \$600,000 by the Canadian Institute of Health Research funding for a project entitled, *Putting Social Citizenship into Practice: Reducing Stigma and Promoting Social Inclusion of People with Dementia*. The purpose of this four-year study is to learn how communities can

reduce stigma and promote social inclusion of people living with dementia. They are creating a team of academic researchers, people with dementia, and community partners who will work together, using the approach of "participatory action research," to meet two goals:

1. create a useful definition of "social citizenship" based on the experiences and opinions of people with dementia; and
2. show how this definition can provide practical guidance for communities to reduce stigma and promote social inclusion of people with dementia.

Study outcomes will include a set of practical guidelines to provide direction for communities to reduce stigma and promote social inclusion of the growing numbers of people with dementia. It is expected to shape policy and decision-making at organizational and municipal levels. Including people with dementia in a full participatory role as co-researchers is groundbreaking in Canada, study results are likely to be influential for health and social care planning, and for further research.

gero.nursing.ubc.ca/



KUDOS



Dr Geertje Boschma | As co-writer (with Dr Kylie Smith) of a chapter in *Nursing History for Contemporary Role Development*, Dr Boschma shares with all the authors the honour for the Mary Roberts Award from the American Association for the History of Nursing. The award, presented at the conference in San Diego in September 2018, recognizes outstanding original research and writing in an edited book of nursing history.

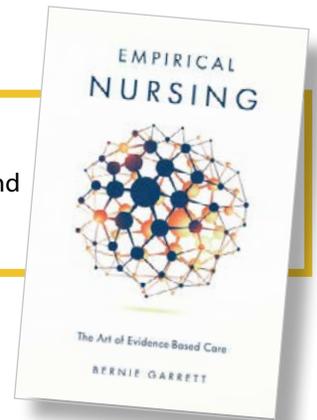


Dr Vicky Bungay | Nominated by the University of Victoria's Faculties of Social Sciences and the Faculty of Human and Social Development, Dr Bungay is the recipient of their 2018-19 Distinguished Women Scholars Lecture Award. She will deliver a public lecture as well as smaller research seminars for faculty and students on topics related to the ethics of research and implementation science, and a practice-based seminar for students on using outreach to engage with people who experience multiple stigmas.



Dr Tracy Truant | Awarded on October 28, 2018, the Canadian Association of Nurses in Oncology (CANO/ACIO) Lifetime Achievement Award acknowledges the outstanding achievements of Canadian oncology nurses. In presenting Dr Truant with this award, the association recognizes her "sustained national and international contribution to oncology nursing during her career." She has been an inspiration in the oncology community through leadership, practice, teaching, research, publication, and public speaking. Watch the film honouring Dr Truant: bit.ly/DrTruant

Dr Bernie Garrett's book, *Empirical Nursing*, has been released in hardback and e-book (bit.ly/2PDCSZY). It aims to provide students and practicing nurses with the tools to better understand and engage in scientific arguments to support quality nursing and evidence-based practice.



THANKS



Dr Wendy Hall | Soon after graduating from the School of Nursing with her Master of Science in Nursing in 1986, Dr Hall began her long and rewarding career as a nurse educator and researcher at the school. She was appointed to the school as a sessional lecturer and then as an assistant professor in 1989. She achieved the rank of professor in 2007. Her research falls into a niche occupied by only a few other nurses worldwide — examining the effects of infant behavioural sleep problems on infants and their parents. She has over 100 peer-reviewed publications. Dr Hall retires from teaching as of the end of 2018, but will continue her research program, which includes the development of interventions to assist parents in managing infant sleep problems. We wish Dr Hall every success in her "retirement."

Faculty Past and Present

A look at some new and some “firsts”

Our newest faculty members include three who have served the School of Nursing faithfully for a number of years, most recently under the title lecturer. We are grateful for the opportunity this past year to appoint to the tenure-track rank of **instructor, RANJIT DHARI, FAIRLETH McCUAIG, and CHERYL SEGARIC.**

New to the School of Nursing and appointed as **instructor, is ELISABETH BAILEY** (RN, DNP, PMHNP-BC (ANCC, USA)). Dr Bailey graduated from Boston College where she studied advanced practice in psychiatric nursing and advanced practice in pediatric primary care. She received her doctorate of nursing practice in 2015, has held academic appointments at Yale University and Boston College and has worked at Children’s Hospital in Vancouver.



Ranjit Dhari



Fairleth McCuaig



Cheryl Segaric



Elisabeth Bailey

We have had the pleasure of working with **MANON RANGER, BSc, PhD** as a clinical assistant professor and member of the BC Pain Research Network. Dr Ranger is beginning a new role in the School of Nursing as **assistant professor**. Dr Ranger is a pain researcher whose long-term goal is to improve the care of infants born preterm worldwide through translational research combining both animal models and clinical studies.



Manon Ranger

FARINAZ (NAZ) HAVAEI, PhD, is an alumnus, a new **assistant professor**, and a health systems researcher with a passion for improving quality and safety of patient care delivery for a diverse range of patient populations. She is very interested in health human resource planning and nursing care delivery models. Dr Havaei’s teaching philosophy is to maximize learning and stimulate critical thinking for a diverse student body through cooperative, active learning approaches.



Farinaz Havaei



Margaret Moss

We welcome our newest **associate professor, MARGARET MOSS, PhD, JD, RN, FAAN**. Dr Moss has also been appointed for a five-year term as Director of the First Nations House of Learning. She joins us from the University of Buffalo where she served as Assistant Dean of Diversity and Inclusion. Dr Moss’ research and policy work has primarily been focused on American Indian Elders and aging; she also published the first nursing textbook focused on American Indian Health.



Here are some firsts at the School of Nursing:

First Assistant Professor:
Ethel Johns (1919)

First Professor
Evelyn Mallory (1952)

First Professor of Teaching
Elsie Tan (2017)

First Public Health Nursing Diploma
Louise Elizabeth Buckley (1920-21)

First Bachelor of Applied Science in Nursing Graduates:
Fisher, Healy, Johnson (1921)

First National Conference on Research in Nursing Practice (1971)

First Independent Study Modules (1973)

First male nurse graduate
Mike Lawrence (1973)

First Indigenous BSN Grad:
Mary Macko (1984)

The School Initiates Its First:

MSN program (1968/69)

PhD program (1991)

Linda Buchanan Amazing Alumni - BSN '92



city. Among the many initiatives in which she played a leadership role as councilor were the development of the city's Child, Youth and Family-Friendly Charter and the creation of the city's Dementia Friendly Plan. Both of these documents recognize that the services and programs the city supports, and its built form, have huge impacts on the capacity of children, youth, families, and some seniors to be fully included in the community.

In the fall of 2018, Linda took her passion for a healthier city even further into public dialogue, in the context of a lively civic election campaign. As she said, "My vision for the city is captured by the theme of my campaign — passionate, caring, inclusive. I certainly want people to be proud of and engaged in their city — to be passionate about it. I also want a city that is caring and inclusive."

On October 20, 2018, Linda was elected as mayor. "I am extremely proud to be a nurse and now a mayor," Linda says. "My vision for my City is to create 'A Healthy City for All.'" In fact, her goal is to make the City of North Vancouver the healthiest small city in the world. "It may be a stretch goal" she says, "but one I am willing to pursue. And I will definitely be using my knowledge, skills and abilities as a public health nurse."

Linda's deep knowledge of North Vancouver's diverse communities, the relationships she has built with various organizations through her public health nursing practice, and her evidence-informed approach to public policy, are skills that will stand her in good stead as mayor, as well as Vice Chair of the Metro Vancouver Board — a role to which she was elected in November.

The UBC School of Nursing is thrilled to have an alum such as Linda showing the way forward in taking public health, public policy and advocacy for those most in need to such a high level. What a mentor for the next generation of our graduates!

Excerpted from an Amazing Alumni entry prepared by Sally Thorne. Read Linda Buchanan's full story here: bit.ly/BSN92LindaBuchanan

Born and raised in the City of North Vancouver, Linda graduated with honours from the BSN program at UBC in 1992 and went on to have a stellar career in public health nursing, which included a wide range of activities such as working in schools and community clinics, providing preventative nursing services to the Squamish Nation, being a program coordinator for children, youth and families, and leading the North Shore Physicians Immunization Project for Vancouver Coastal Health. As Linda expressed it, "You have to go where the people are, not ask them to come to you."

After ensuring that Ridgeway Elementary School (one of the most significant heritage buildings in North Vancouver) was restored, Linda ran for the Board of Education in North Vancouver in 2008. During her term, she played a leadership role in the revitalization of the city's schools. "As a nurse, we spend a lot of time assessing individuals, communities, and systems, so it really was a natural fit," she admitted.

Over two terms as city councilor in North Vancouver, Linda used her knowledge of public health to campaign for issues not typically prioritized in all-male councils, one of which was children's health and mobility. She has also proposed and enacted a range of policies designed to encourage a healthier

New Centenary Fund

Celebrating 100 Years of Nursing

nursing.ubc.ca/giving

Throughout 2019, the UBC School of Nursing will be celebrating a century of advanced nursing education and healthcare leadership, recognizing our proud origins while reimagining the future of our profession. To celebrate this milestone, we have established the School of Nursing Centenary Fund. By supporting this fund, you will not only be supporting exceptional students but also innovative events, lectures, and symposia. With your contribution, our top-ranked school will advance nursing for another century — and more.

Please join us for our year of celebration.

Chandra Waddington Driven to Improve

The invaluable gifts we have received to further the life and work of the school come from many arenas, including partnerships new and old, students, nursing supporters, faculty, and of course, from our cherished alumni. Our most recent donor is all of those things: a current School of Nursing lecturer, a double alumnus, and a current PhD student with whom we have had a long and outstanding partnership. Meet Chandra Waddington.

Chandra began her academic career in 1993, as one of the last graduates of the the combined VGH-UBC nursing program. At UBC, she graduated in 1998 with her BSN and went on to achieve her MSN in 2011. Last year, she began working toward her PhD.

After graduating, Chandra worked in Labour and Delivery and Post-Partum at Children's and Women's Health Centre. Over the last 20 years her work as a neonatal nurse in the Neonatal Intensive Care Unit (NICU) helped hone her research interests. Her studies focus on the continuing health and social inequities that create poor health outcomes for women and children.

Families who experience health and social inequities are overrepresented in the NICU. This is particularly important because individuals who experience inequities are at a greater risk of preterm delivery and small for gestational age infants — placing this vulnerable group at heightened risk for adverse long term developmental outcomes that manifest in higher rates of chronic diseases, mental health and substance-use disorders. Parent participation in care is one way to mitigate adverse outcomes related to NICU admission. However, evidence highlights that individuals who experience health and social inequities face barriers to infant care involvement. The good news is that changes to policy and practice that increase parental involvement in infant care have generated positive outcomes that have the potential to influence not just the parent and infant but may also improve outcomes for subsequent generations. Chandra intends to be at the forefront of the research that promotes those changes.

Chandra knows that health and social inequities are a public health priority and touch everyone. She developed the Waddington Graduate Award in Nursing in memory of her parents, Linda and Edward Waddington, both of whom were devoted to reducing the stigma that occurs in the context of health and social inequity, and both of whom passed as a



Chandra Waddington, BSN '98, MSN '11, PhD Candidate

result of complex health issues due to their own substance use challenges. The scholarship(s) will be awarded to graduate students in the School of Nursing who focus on research that addresses health inequities with a preference to substance use disorders or the LGBTQ community.

Chandra believes that the scope of nursing is expanding by the day, and the voice and influence of nursing is equally increasing. Nursing, she says, is a research-intensive profession that drives change to make meaningful improvements. Her advice to new graduates is:

- Never stop learning. Don't become idle because that equals stagnation.
- And if idleness equals stagnation, then change drives improvement. So when it is time for change, embrace it, don't fear it.
- Ensure all you do is meaningful.
- Remember — Even small contributions can lead to improved outcomes.
- Talk about the power of nursing; be a leader; be proud of your profession.
- Whoever you care for, listen and be present — Always be present.
- Each of you holds such great potential!

PLANNING A REUNION?

To plan your 2019 reunion in conjunction with one of our centenary events, please contact Letizia Ferreira, Associate Director, Alumni Relations by email at letizia.ferreira@ubc.ca or telephone at 604.822.9454.



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GRADUATE STUDENT IN NURSING ASSOCIATION

SAVE THE DATE

WEDNESDAY MAY 1, 2019

**7th Annual
Graduate Student
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