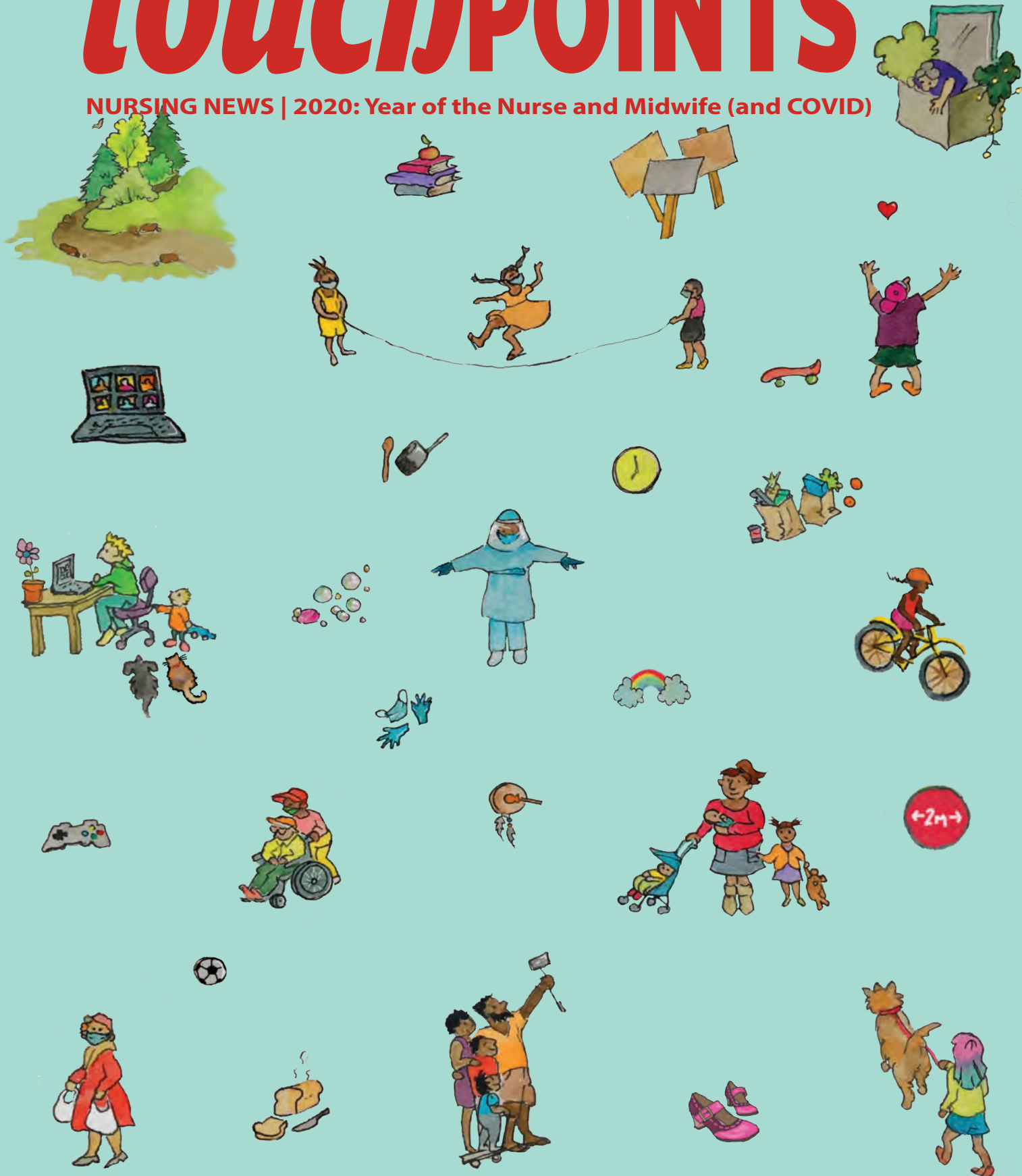


touchPOINTS

NURSING NEWS | 2020: Year of the Nurse and Midwife (and COVID)



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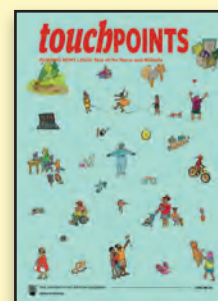
Read the 2019/2020 Research Report: bit.ly/SoNResearch19

For a list of extras and active hyperlinks, readers of the hard copy may visit nursing.ubc.ca/touchpointsx. A digital copy of *Touchpoints* can be found at nursing.ubc.ca/newsletters

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ON THE COVER:
Physical Distancing 2020

Nursing now Canada

TOUCHPOINTS

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DIRECTOR'S MESSAGE

When the editorial team began planning this issue of Touchpoints, the pandemic was in the early days of

the emergency, and we were busy coordinating our response to it. We assumed that this issue would be dedicated to the crisis, underscoring the importance of nurses and their recommendations, especially in public health and long-term care.

Indeed, the school's response to the COVID-19 crisis is something to be proud of. We moved staff, faculty, students, and research teams into work-from-home status in a matter of days, and classes resumed online in the space of a single weekend. We worked flexibly with practice placements as some of them were changing to COVID wards so that our students achieved every competency and graduated on time, fully prepared to enter the workforce, where they were—and are—sorely needed. We even managed to carry on with labs and placements at a time when other health care programs at UBC were curtailed. You can read about the process that faculty members undertook to ensure the safety of faculty and students on page 9.

On that note, I want to express my deep appreciation for our students. While many nurses are presented with a moment where they must accept caring for a patient when doing so may put them at unknown health risk, some of our students crossed that threshold while entering their final preceptorship, or as new grads. Though it is a situation that can make seasoned professionals pause, our students met the moment with a level of grace and dedication that makes us proud to have been part of their career journeys.

Three of our alumni have reviewed the subject of their own career journeys on page 12, attesting to the richness and variety of options a nursing education can offer: from leadership roles within the health authorities to tackling epidemic disease in Africa, to seeking additional degrees in order to better advocate for patient rights. We are so pleased that in addition to acquiring the complex

clinical skills necessary for optimal patient care, our graduates are astute problem-solvers, confident leaders, and outspoken activists, prepared for any direction their career may take them.

And that brings us back to our theme. We thought we had a very strong subject in mind—a theme of historical significance and one that resonates with the importance of nursing. However, as our magazine was taking shape, yet another young Black man died needlessly at the hands of police; this time, voices were raised around the world and protests erupted against systemic racism everywhere. We knew that this, too, is an historic moment with a global impact. The focus of our magazine shifted and an additional theme emerged. In these pages, you will see that we are working to identify and change the systemic racism that affects our profession and our universities, including in our School, in our teaching, in our policies and structures, our history, even hallway displays. We are focusing in our commitment to Truth and Reconciliation. We are re-envisioning the way we educate, from the wording and concepts presented in our textbooks to greater diversity in hiring and appointing our leaders. These are only the next few steps of a long journey, but we have begun with statements on racism (page 4) and the launch of a School Anti-Racism Task Force (page 11). Neda Hamzavi is one of our Master's students who has a particular interest in the Eurocentrism that pervades nursing. Her perspective and important thesis work is summarized on page 10. And the co-chairs of our Indigenous Cultural Safety Strategic Initiatives committee have invited several friends of the school to join an Indigenous Advisory Circle (page 11) to assist in developing and amending curricula, policies, and systems to reflect our renewed commitments.

If nothing else in these last several months, we have learned to be nimble, open, and flexible, accepting change in whatever form it comes. We hope you are as inspired as we have been by the opportunity before us, not to return to the pre-pandemic ways we were, but to forge a “new normal.”

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

Just before we went to press, we received some further news and have one more congratulatory message to add to those on page 14!



Vicky Bungay | Canada Research Chair Tier II: Gender, Equity and Community Engagement has been renewed for another five years. Congratulations to Dr. Bungay and her Capacity Research Unit team!

Thinking Forward

Changes in BC History of Nursing, Nursing Alumni Committee & More

Minding History



January 24, 2020 | Members of the succession planning team of the BC History of Nursing Society (BCHNS) Geertje Boschma and Francis Mansbridge observe as Nan Martin and Krisztina Laszlo sign an agreement to transfer the BCHNS archives to UBC Library's Rare Books and Collections

Nursing History is being made at this very moment in time!

The World Health Organization proclaimed 2020 the Year of the Nurse and Midwife. What a year to recognize nurses in this time of global pandemic! Did you know that the BC History of Nursing Society (BCHNS) has been recognizing nurses throughout British Columbia and Canada since the inception of BCHNS in 1990?

We would love to hear YOUR stories of your past nursing career experiences or how the pandemic has affected your nursing practice. If you are still "out there" working to keep us all safe, we thank you!

Check us out! Contact us through our website bcnursinghistory.ca

**NAN MARTIN, ARCHIVES CHAIR
BRITISH COLUMBIA HISTORY OF NURSING SOCIETY**



A display at the School of Nursing from December of 2019.

Nursing Alumni



July 7, 2020 | The School's Nursing Alumni committee (formerly the AEC) met online to finalize its terms of reference, to catch up with two alumni guest speakers, and to say farewell to co-Chairs, Kathy O'Flynn-Magee, who retired in November, and Cathy Ebbehoj who is opening up space for some new folks to join in. Also resigning her post is Marion Clausen, who has served for many years on the committee. Their tireless work and dedication will be missed. We are pleased to announce that Leanne Currie is stepping in as co-chair. **Interested in planning fun events and opportunities to recognize the great work of our alumni? We are looking for more members, especially an alumni to join Leanne as co-chair.** Contact: alumni@nursing.ubc.ca

Above: Kathy O'Flynn-Magee, Leanne Currie, Cathy Ebbehoj, Heather Swallow, Ben Fischer (member & guest speaker), Erneida de Guzman, Kris Gustavson, Gillian McKay (guest speaker), Marion Clausen, & Zach Daly.

Addressing Racism

- MAY 25 Global protests erupt, supporting the Black Lives Matter movement and spotlighting systemic racism particularly in law enforcement, health care, and academia.
- JUNE 8 Director Elizabeth Saewyc releases a [Statement Against Racism](#) on behalf of the School.
- JUNE Members of the School of Nursing convene a townhall to discuss anti-racism. The Anti-Racism Task Force (ARTF) is created (see p. 9 for more)
- OCT/NOV The ARTF organizes several deep discussion groups to address key questions, and follows-up with facilitators to begin developing a report and recommendations.
- NOV 30 *In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care* is released.
- DEC 1 ARTF joins with the School's Director and representatives from our Indigenous Cultural Safety Strategic Initiative to release [a statement](#) in response to *In Plain Sight*.

Building and Being Health Leaders

2020 Symposium

Embodying the theme of this year's Graduate Student Nurses Association (GSNA) Symposium, the organizers of the 2020 event took the annual symposium online for the first time, with great success.

The *Building and Being Health Leaders* morning panel featured Dr. Barb Astle, Dr. Laura Housden, Dr. Cecilia Jevitt, and PhD student Wil Harding. Dr. Elizabeth Saewyc moderated and facilitated a question period. Keynote speakers were Agnes Black of Providence Health Care's Professional Practice Office, and Emma Garrod, a Clinical Nurse Educator who recently completed her Master's degree at UBC, and who currently directs the BC Centre on Substance Use Addiction Nursing Fellowship.

During the afternoon session, graduate students presented their research in several "virtual rooms" set up to facilitate discussion.

Visit bit.ly/GSNA2020 for the full program..

Sample Presentations

ABOSEDE C. OJERINDE | Cervical Cancer Screening Uptake and Experiences of Black African Immigrant Women in the Context of a Comprehensive Provincial Screening Program in BC Canada

NOREEN MALHI | Male Perpetration of Adolescent Dating Violence: A Scoping Review

MICHAEL GOSAL | Emergency Department Overcrowding

CHANTAL PETERSON | Assessing Health Inequities and Associated Health Outcomes in Refugee Women in the Prenatal Period in Canada: A Scoping Review

MAIRA DELLA ROSA | Deprescribing in Older Adults with Polypharmacy in Primary Care: Evaluating the Current Practices and Development of a Decision Support Tool for Nurse Practitioners

NAV DHILLON | Bridging Barriers to Cervical Cancer Screening in Transgender Men: A Scoping Review

JANETTE LIANG | Infant Feeding Practices: Mode of feeding and associations with infant health outcomes

JEN DEMEDEIROS | Fertility Preservation in the Transgender and Non-Binary Population

PRIYA BAINS | Screening Older Adult Men for Abdominal Aortic Aneurysm: A Scoping Review

MONIKA SLAZKIEWICZ | Improving Outcomes for Patients with Delirium after Cardiac Surgery: Review of Current Literature and Recommendations for Nurse Practitioners

DUSTIN GOPEZ | E-cigarette or Vaping Product Use-Associated Lung Injury (EVALI): A Scoping Review

ALYSSA LASERSON | HPV Vaccine and College Age Men: A Scoping Review

TREVOR GOODYEAR | Critical health leadership in the context of substance use: (Re)politicizing harm reduction through poststructuralist and nomadic thinking

RAHEESA JINA | Navigating the Unforeseen Challenges of COVID-19 in Long Term Care

ASHLEY DaCOSTA | Strategies to improve nurses' transition from the bedside to nursing leadership positions

Members of the GSNA



Wil Harding
President
3rd Year PhD

Caroline Frankfurter
Vice-President
1st Year MSN



Marta Sadkowski
Communications Officer
1st Year NP



Tracy Leung
Administration Officer
1st Year MSN



Ismália De Sousa
Scientific Director
1st Year PhD



It Is Yours

Spring Graduation of the Nursing Class of 2020

UBC's 2020 Convocation took place on June 17, online, with messages from many dignitaries including President and Vice-Chancellor of UBC Dr. Santa Ono, Chancellor Lindsay Graham, Prime Minister Justin Trudeau, BC's Minister of Advanced Education and Training Melanie Mark, and the deans of all the faculties, including our own Dean James Olson. The keynote address was delivered by Honorary Degree holder Dr. Rick Mercer, comedian and television personality. If you missed it, you can still watch the recording of UBC's virtual celebration [online](#).

Following the official ceremonies, a reception was held online for recipients of the degrees MSN, MPH-MSN, MHLP, and PhD along with their families and other supporters, in celebration of their hard work and success. A similar reception for the graduates of the BSN program was held online on June 18. Guests were able to

join in from points across BC and Canada, the United States, and even from Trinidad and Tobago as well as Switzerland, where the event concluded at 11 PM for them. Students, parents and faculty all had a chance to text their comments throughout the events as students virtually "crossed the stage." In an attempt to personalize the experience even from a distance, each student's photograph appeared on screen as their name was announced by Dr. Elizabeth Saewyc, Director of the School. Although the webinar platform did not allow for hundreds of folks to see each other on screen at once, some time was reserved at the end of each event for guests to voice their own congratulations and thanks.

Below are some of the memories students shared of their two years studying nursing at UBC. Memorabilia from both events, including the full recordings, can be found here: nursing.ubc.ca/grad-2020



Congratulations to the entire class of 2020! You've persevered through a tough program, and are now launching your careers in almost unprecedented times. Way to go, everyone! ~ The Rabb Family

Congrats dolphins, we did it! ~ Sheila Allenbach, BSN

CONGRATULATIONS to each of you for your commitment, expertise, and leadership-- and BEST WISHES for your future endeavours! ~ Dr. Paddy Rodney

Well done class of 2020 - continue to make your mark in the nursing profession and beyond! ~ Anonymous

My best wishes to you on your career journey. It's been my pleasure to meet and to know many of you. You will be stellar leaders! Please stay in touch and stay well. ~ Dr. Maura MacPhee

Congratulations to all the UBC Nursing grads in this most unusual of years. May your hard-earned degrees stand you in good stead for truly remarkable careers. ~ Dr. Sally Thorne

BSN Awards

Class of 2020

The following awards were presented at the online Graduation Reception for the BSN graduates. The awards shown on this page represent a small portion of those our students rely upon and cherish as they pursue their degrees. The School of Nursing, as always, extends heartfelt thanks to our donors and friends for their generosity.

Helen L. Balfour Prize



A prize of \$600, made possible by a bequest from the late Helen L. Balfour, will be awarded to the student obtaining highest standing in the final year for the degree of BSN.

BRIANNA WILLARD, BSN

Undergraduate Nursing Society Leadership Award

Up to three awards totalling \$1,350 are offered by the Nursing Undergraduate Society to graduating students of the May cohort who are dedicated to the nursing profession and have strived to improve the school life environment of UBC nursing students through volunteer activity. Candidates are nominated by their fellow students through the Scholarship Committee of the School of Nursing.



MOLLY ANGGO, BSN

BRITTANY LAWRENCE, BSN

HADDON RABB, BSN



But there's more!

Other Awards, Scholarships and Bursaries

Congratulations to all our student awardees.

For a comprehensive list of awards for 2020, please visit nursing.ubc.ca/awards-scholarships-and-bursaries

Dell and Del Johnson Memorial Prize in Nursing

A \$1,100 prize has been made available through an endowment established by Cathy Ebbehøj (BSN 1975, MSN 1999), a retired faculty member of the UBC School of Nursing, to the graduating student who achieves the overall top grade in the Bachelor of Science in Nursing program. This prize was established in honour of Cathy's parents Dell and Del Johnson, who both deeply valued education and in memory of Cathy's classmate Laura-Lynne McBain (1952 - 2006) who achieved top marks in the BSN class of 1975. The prize is made on the recommendation of the School of Nursing.



JENNIFER HITTI, BSN

Meg Hickling Prize in Sexual Health Education & Development

Two prizes of \$700 each have been endowed by friends and colleagues in honour of Meg Hickling, R.N., to recognize her 27 years of service to individuals, families and the community as a sexual health educator. The prizes are offered to students completing the fourth year of a Bachelor of Science in Nursing who have achieved high standing in at least three courses in community health and education, covering topics such as Family Studies, Community Health, Women's Health, Children/Child Bearing, and Principles of Education.

The awards are made on the recommendation of the School of Nursing.



HENRY WU, BSN

SHEENA GORDON, BSN



Tuum Est The Fall Convocation

Outstanding MN-NP Graduate Award

A \$1,250 scholarship is awarded to the student with the highest academic achievements in the graduating class. The recommendation is made by the Associate Director for Graduate & Professional Programs, and awarded by the Director of the School of Nursing.

PRIYA BAINS, MN-NP



Following the model initiated in the spring, the School of Nursing hosted an online [Graduation Reception](#) for graduate programs: MSN, MN-NP, MPH/MSN and PhD. The celebration took place on Wednesday, November 25, 2020, immediately prior to the official [UBC Graduation Ceremony](#), which was also held online.

We heartily congratulate all our graduates of 2020, and particularly our award recipients.

Outstanding Dissertation

An award of \$500 will be given to a graduate of the doctoral program in recognition of outstanding Dissertation research completed in NURS 699 to recognize projects that are outstanding in terms of originality, scope and relevance.

SHELLEY CANNING, PHD



Outstanding Culminating Project

An award of \$250 will be given to a graduate of the MN-NP program in recognition of outstanding Scholarly Practice Advancement Research (SPAR) Project research completed in NURS 596 to recognize projects that are outstanding in terms of originality, scope and relevance.

NAVDEEP KAUR DHILLON, MN-NP



Golden Jubilee Scholarship

A \$1,250 scholarship is awarded to the top student in the final year in the MSN Nursing Program. The award is made on the recommendation of the Director of the School of Nursing and is given by the Nursing Division of the UBC Alumni Association.

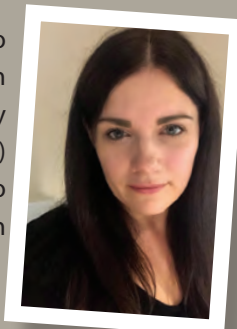
ANDREA GREENE, MSN



Outstanding Scholarly Practice Advancement Research Project

An award of \$250 will be given to a graduate of the MSN program in recognition of outstanding Scholarly Practice Advancement Research (SPAR) Project research completed in NURS 595 to recognize projects that are outstanding in terms of originality, scope and relevance.

MIRANDA CAVANAGH, MSN



Outstanding Thesis

An award of \$250 will be given to a graduate of the MSN program in recognition of outstanding Thesis research completed in NURS 599 to recognize projects that are outstanding in terms of originality, scope and relevance.

VEENA CLAUDIA MUDALAIR, MSN



This fall, the first groups of nursing students partnered with health authorities around Greater Vancouver to assist at the front lines of the pandemic response. Nicole Ong and Gabrielle McCarthy represent their peers in NURS 336 at the North Vancouver COVID Testing site, November 27, 2020.

Virtually Educating Nursing Education in Pandemic Mode

The nursing profession shines bright during health crises: student nurses working in facilities during the pandemic can *reduce* strain on full-time nurses. At the outset of the pandemic, our School, as part of the Nursing Education Council British Columbia, worked with other Schools of Nursing in the province to communicate with the Ministry of Advanced Education, Skills and Training, the Public Health Officer (PHO), and the Ministry of Health. Their goal, early on, was to confirm the importance of maintaining the education of nursing students. They were successful in demonstrating that student nurses ought to be treated as essential, front-line workers and allowed to continue their work of learning and practicing. UBC student nurses continued their studies even while the rest of the province was in lockdown, including the classrooms of other health care programs on campus. Elsie Tan, Professor of Teaching and Associate Director Undergraduate Program, explains the process that was set in place to allow students to return to their lessons both online and in face-to-face learning contexts.

Blended Learning

The School's executive, faculty, and staff developed and presented plans for approval by UBC Administration, Faculty of Applied Science, and the health authorities. In a very short span of time, the Bachelor of Science in Nursing (BSN) program adapted to deliver a focussed and levelled learning experience in preparation for students to complete their nursing studies.

Students engaged in intensive online classes for six weeks, delivered synchronously and asynchronously. Students then focused strictly on their clinical learning for the next seven weeks in health care settings. Under usual circumstances, the clinical instructors would have received a full-day orientation to their clinical instructor role in person. Under pandemic constraints, they received their orientation virtually. This adapted learning environment required students, faculty, and staff to exercise flexibility and patience, and ease of adaptability.

Lab Learning

The essential learning most challenging to coordinate was the lab learning. This laboratory learning was adapted to a mixed or hybrid approach consisting of online and face-to-face learning. The school houses highly specialized equipment for lab learning on the third floor of the UBC Hospital, which at the time, was no longer accessible to the public. Therefore, special permissions had to be obtained and highly detailed protocols had to be put in place to accommodate all the new restrictions. Cathryn Jackson is both an Associate Professor of Teaching at the school, and the

Clinical Skills and Simulation Lab Coordinator. She collaborated with the planning team to provide the rationale needed to bring nursing students on site at the height of the pandemic. UBC and Applied Science Executive, UBC Hospital, and Vancouver Coastal Health approved the plan.

Logistics

In accordance with the PHO requirement for small groups and physical distancing the lab plan included:

1. Limiting the number of people on site to 23 students plus faculty/facilitators.
2. Staggered start times limited the amount of contact between people in halls and elevators.
 - a. A face mask was provided at the hospital entrance;
 - b. Each student was screened for self-assessment of symptoms and temperature;
 - c. Students changed out of street clothes before entering the lab.
3. The screeners wore personal protective equipment (PPE); the cleaners (in PPE) disinfected rooms and equipment at the end of the lab day following BC's Centre for Disease Control guidelines.
4. The lab team changed the way they taught and worked with students in the lab. Students had to work independently instead of in teams, in work spaces reconfigured appropriately.
5. The delivery of lab learning required a coordinated team approach. The lab staff ordered supplies, organized the lab set-up, and at the end of the day, sanitized and organized for the next day's group of students.
6. The plans considered space for breaks, change rooms, bathrooms etc. Some areas were designated off-limits while other areas were repurposed, such as using classrooms for changing rooms.
7. Each lab room has a sink where students and faculty practiced appropriate hygiene.

Conclusions

From these initial modifications to the program, the School learned that: it can still deliver quality education virtually; we learn and adapt quickly and in the moment; and virtual learning can be challenging for some students competing for access to technology in the household and reliable internet connections. Most importantly, virtual learning requires a different mind-set and planning. The goal is to continue to produce a steady stream of excellent trained new graduates ready to step into the practice environment.



Our Hopes for the Future:

Neda Hamzavi, Racism, and Whiteness in Nursing



NEDA HAMZAVI, MSN Student

In this moment in history of intense racism and racist violence, Neda Hamzavi's scholarship promises to offer direction for nursing to tackle the Eurocentrism that dominates nursing. Neda, a master's student in the MSN/MPH program in the School of Nursing felt the impact of that dominance as soon as she entered the school. "It was a visceral reaction. I felt shocked and out of place. As soon as I got off the elevator, I saw the pictures of all the past directors of the School of Nursing - there are no Indigenous people or visible minorities that have had this role. There is a display of dolls representing nursing over time, but of 18 dolls, only three are of Indigenous or visible minority nurses, with the Florence Nightingale doll dominating. It really makes you question your sense of belonging in the academy."

As a nurse with experience in both Emergency settings and remote nursing outposts serving Indigenous communities, aware of Canada's colonial relationship historically and today with Indigenous peoples, Neda wondered why there was no expression of the nursing role in the horrific impacts of institutions such as "Indian Hospitals" and tuberculosis sanitoriums. Neda's sense of the erasure of history and of the lived realities of people designated as visible minorities, and Indigenous peoples deepened as she began course work. "There was so little diversity—in our faculty, in who was cited as nursing knowers and keepers of knowledge - there were minimal non-White scholars among our readings. I realized that it was the same pattern I experienced in practice—few Indigenous or visible minorities held leadership positions. What is it that prevents these identities from obtaining leadership roles in nursing? I wondered how other students, particularly those without my privileges—being raised and educated in Canada, speaking English fluently—could navigate these spaces".

Neda's deep discomfort shifted her entire plan for her thesis. "When I first met my supervisor, Dr. Helen Brown, I thought I would

study moral distress. I had experienced so much moral distress in practice, and I had seen how Eurocentrism operated in practice, but here was the same pattern in the academy. I wanted to understand the experiences of other graduate students who identify as Black, Indigenous, or people of colour. Those students come seeking to take leadership roles in nursing, and are pivotal to meaningful change. Do they see anyone they can relate to? Where do they get support? How does the dominance of Whiteness shape their work and futures? Has anyone else noticed?"

Neda's work promises to provide the very guidance the School of Nursing needs as we seek to meaningfully tackle racism. While the dominance of Eurocentric norms and values in nursing has long been critiqued, there is little study of graduate students. Her master's thesis focuses on the experiences of Indigenous and visible minority students, and as a member of the newly formed Antiracism Task Force in the School of Nursing, Neda is committed to supporting foundational and widespread change. "I hope my work will help to create spaces that actually represent our student population and the patient population we serve. I hope that practices will change so that students are not taught that "White" is the norm."

Undertaking this work isn't easy. "None of what I want to study and write about have I been prepped for in my courses. I have had to learn about a decolonizing lens, about narrative research, about antiracism on my own. And, there are few faculty members concerned with racism. Who is there to support students such as myself and who is there to pass the torch to? My worry is that when the current attention to racism dies down, there will be nothing."

Neda's passion and commitment sustains her and pushes her to a constant awareness of her privilege and responsibilities. "I see the suffering of others, and I want to take some of the burden. My existence in Canada is a colonial existence, so it is my responsibility to not only understand colonial history but actively work to dismantle its damaging legacy."

The magnitude of change required is clear to Neda. From the lack of diversity in practice leadership, to the same pattern in academia, Neda points to the same issues in editorial boards, funding bodies, and other institutions shaping nursing and scholarship. "Tackling racism, discrimination and stigma will cause quite a bit of discomfort; some people will be offended and hurt. But I don't want to beat around the bush. There has been a whole world of harm and hurt borne by Indigenous peoples and people of colour."

COLLEEN VARCOE

Widening Circles and Rising Stars

Indigenous Advisory Circle

The School of Nursing Indigenous Cultural Safety Strategic Initiatives Committee (ICSSI), co-chaired by Dr. Margaret Moss and Dr. Helen Brown, invited several participants within and beyond the School of Nursing to join UBC Nursing's first Indigenous Advisory Circle (IAC). The IAC will work with ICSSI to advise across curricula, academic programs, research, faculty learning and external partnerships. The Circle includes a nursing leader in First Nations Health, three Indigenous graduate students, one MSN-NP UBC Alumni, and four Elders who have long-standing and new relationships with our school.

"We would like to show our respect and honour your engagement in this critical work together by hosting a virtual welcome ceremony," Dr. Brown explained. So, on July 23, 2020, the members of this "important circle of knowledge holders, Indigenous scholars, and nursing leaders" were formally welcomed into their roles.

The IAC discussed terms of reference and each new member recorded a welcome to incoming students for September. The IAC

will meet three or four times per year with face-to-face meetings when possible and always with teleconferencing options provided.

NEW MEMBERS OF THE INDIGENOUS ADVISORY CIRCLE

Elders

Roberta Price, Coast Salish, Snuneymuxw, and Cowichan Nations
Thelma Stogan, Coast Salish, x^wməθkwəyəým (Musqueam) Nations

Arthur Stogan, Coast Salish, x^wməθkwəyəým Nations
Jeanne Harris

Nursing Leaders

Becky Palmer, Chief Nursing Officer, First Nations Health Authority

Tania Dick, MN-NP, Dzawada'enuxw Nation

Graduate Students

Chloe Crosschild (Iitaapii'tsaanskiakii), Blackfoot, Blood Tribe, (Kainai Nation)

Jessica Key (Kwanxwalagwa), British and Musgamakw, Dzawada'enuxw Nation

Dawn Tisdale, European and Mi'kmaq, Wabanaki Confederacy.

Anti-Racism Task Force

On the heels of a global flashpoint due to anti-Black, anti-Asian, and anti-Indigenous racism, awareness heightened about the systemic racism seemingly embedded in the fabric of our society. Under the leadership of the School of Nursing's Director, the executive leadership team committed to taking a stand by condemning the structural racism and violence enacted by those in positions of public service, including in law enforcement, in health care, and in universities. Besides, the Canadian Nursing Code of Ethics, challenges nurses to "improve systems and societal structures to create greater equity and better health" (2017).

In the spirit of reaffirming our intentions to transform education, health care, and society—including here at UBC, the SON leadership

team hosted a virtual townhall, creating a safe space for listening, reflection and questions. Our Director committed to taking tangible steps towards enacting change, and the [Anti-Racism Task Force](#) was subsequently established as a working group consisting of faculty, staff and students. Throughout the summer and fall, we have been actively working on teasing out formal Terms of Reference, comprehensive Domains of Action, and specific actionable steps, to make the School of Nursing a more inclusive community where everyone can feel welcome, safe, supported and included.

NATALIE Y. CHAMBERS



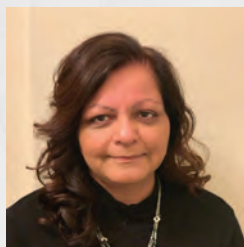
Applied Science Rising Stars

Two graduates of Nursing's Master's in Health Leadership and Policy were featured as Rising Stars by Applied Science. Meet Nikko Asistio and Arlene Singh and read their story. apsc.ubc.ca/spotlight/nikko-asistio-arlene-singh

"What stood out most with this master's degree was that it was a hybrid program focused on both the clinical components of healthcare and business classes offered through the Sauder School of Business."

Pathways in Nursing

Three Alumni Retrace Their Careers



**SHELINA (BHIMJI)
RAJAN, BSN 1993**



Born in Kenya, Shelina Rajan was raised partly in Mombasa and partly in Vancouver. Her parents, Hussein and Amina Bhimji came to Canada in 1974 to provide a better educational opportunity for their two daughters, even though it meant leaving behind a comfortable life, all their relatives, and everything familiar.

Shelina was driven to make the most of this sacrifice and chose to pursue nursing as a field where she could make the most significant difference. She received her Nursing Diploma from BC Institute of Technology in 1988. The first in her family to graduate with a university degree, Shelina went on to achieve a BScN from UBC in 1993, while working at Mount Saint Joseph Hospital. There, as Operations Leader for the Medicine Program from 2006-2008, she provided leadership for two acute medical inpatient units, working with multidisciplinary teams to ensure patient and family- focused care delivery.

After graduating from UBC, Shelina became an Assistant Instructor from 1994-1995 and also taught at BCIT, Langara College, and Vancouver Community College, where a bursary is named after her.

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**GILLIAN MCKAY,
BSN 2009**

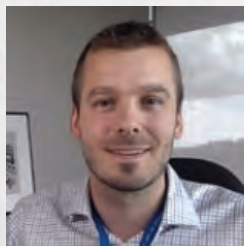


Read more of Gillian's Story in [UBC Alumni](#)

Gillian McKay reached her current role by increments. She began her international development career as an English teacher in Ghana. In that setting she developed an interest in international public health but didn't have the training she knew she needed to be effective in this technical area. So, she returned to school, obtaining a degree in nursing at UBC in 2009 with a focus on maternity care and mental health. As a Registered Nurse, Gillian developed her nursing capacity on Vancouver General Hospital's acute medicine unit and developed skills that she would find useful in an international framework, but she was often frustrated that the health service didn't reach people before they reached the point of requiring acute care. Consequently, she went back to school and obtained her Master's in Public Health in 2011 from the London School of Hygiene and Tropical Medicine (LSHTM).

Gillian launched into a career in humanitarian action in low- to middle-income countries, first spending nine months in rural South Sudan amid a changing landscape of violence and displacement. The organisation she worked with supported twenty-five primary health care clinics, offering maternity services, child health care and other services. Following that experience, Gillian worked through the 2014-2015 Ebola epidemic in Sierra Leone for 9 months. In the early days of the outbreak conditions were very hard, with a lack of personal protective equipment, limited staff training, and inadequate outbreak management, putting staff and communities at risk of infection. Often sick people would be waiting days to be picked up by ambulance, meaning that in that time they could be infecting others in their households or communities. It was therefore important to work with

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**BEN FISCHER,
BSN 2011**



Ben Fischer grew up in a small town and made his first major career decision when he chose to go to UBC and take a degree in science rather than arts. With his biology degree in hand, Ben cast around for what to do with it and took a research position at St. Paul's Hospital. There, he examined the effect of supportive and ancillary health services on medication adherence and patient outcomes. He found the work so interesting that it led him to pursue a career in health care. While working toward his nursing degree, Ben helped lead an initiative at Vancouver Native Health to provide street-entrenched youth with weekly, hot meals, and a safe space in Vancouver's downtown eastside, gently guiding youth toward accessing primary care. Without the initiative, which has had nearly 15 years of success so far, health literature indicated that most youth who are on their own would not otherwise access primary care.


After graduation in 2011, Ben worked in an intensive care unit where he felt that at times, health care providers were not able to fulfill patients' and families' wishes surrounding end-of-life care. He began to wonder, "How can law be used as a tool to help these patients?" In 2014, Ben entered law school to find the answer.

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Shalina Rajan - continued

In 2009, in the role of Manager, Nursing Services, Shelina began working with HealthLink BC— a key entity in the provincial response to help address the COVID-19 pandemic. Today, as Acting Director of Nursing Services for the provincial telehealth non-emergency service, she has been overseeing her team of over 100 nurses and providing leadership for contact centre operations to ensure patient-centered care is delivered to the citizens of British Columbia.

Describing herself as a “total foodie,” Shelina loves to explore local eateries with her husband, Karim. They live in Burnaby with their three children, Armaan, Aadim, and Saara, all of whom attend the University of British Columbia.



“Now, more than ever, as the world faces a pandemic, we realize the important role that nurses play in making a difference every day. Beyond the time-honored reputation for compassion and dedication, lies a highly specialized profession, which is constantly evolving to address the needs of society.

Each of you plays a pivotal role in transforming health care and the patient experience—be innovative, be open to challenges, and embrace new perspectives. This will be an unforgettable journey!”

Gillian McKay - continued

communities to support them to develop their own locally relevant approaches to infection prevention and control, until such time as the outbreak system was robust enough to identify and care for the sick without delay.

Gillian’s work in Sierra Leone helped Gillian find the research passion that led her to a Doctorate of Public Health at the LSHTM: maternal health in outbreaks of infectious disease. Many women and girls were being negatively affected by the secondary effects of the Ebola outbreak: their access to quality care was impeded when much of the attention of the health service was diverted to stopping the outbreak, leaving maternity care under-resourced. Gillian took a break from her doctorate in 2019 to offer her service and experience to the World Health Organization during the Ebola crisis in the Democratic Republic of the Congo, where she continued to advocate for maternal health in that setting. She noted that huge strides had been made in Ebola prevention and care in the intervening years since West Africa, with two approved vaccines and effective therapeutic drugs available. The work was “gratifying - much better than it had been. But Ebola will still take too many lives, and many of them will be women’s lives, lost in childbirth due to an outbreak response that takes precedence over maternity care.”

“My career path looks linear when you see it retrospectively. If you’d seen it in real-time, you’d see that there were a lot of false starts, loops and dead ends! This is normal! Your path will likely involve the same, so it’s important to be flexible. Take a chance on that interesting job or organisation that doesn’t exactly fit with your imagined “dream job”, you don’t know yet what great skills you’ll learn for the future, or who you’ll meet that will help you get that next role.”

Gillian works as an independent humanitarian health consultant in London, UK, currently remotely working on COVID-19, as she completes her Doctorate and eagerly awaits the arrival of her first child. See nursing.ubc.ca/TouchpointsX for a link to her profile on the Alumni UBC webpage, and definitely reach out to her if you are looking to chat about a career in humanitarian health!

Ben Fischer - continued

As luck would have it, shortly before Ben obtained his law degree, the Supreme Court of Canada effectively reversed a decision made in the 1990s and Medical Assistance in Dying became a reality. Ben shifted his focus. Still drawn toward policy work, Ben joined a national firm, but was unable to relocate cities to focus on that work. So, Ben became involved in another meaningful area of legal work and drafted land codes to help First Nations without treaty agreements assert their independence from the Indian Act.

As valuable as this work was, Ben missed contributing to the health care sector. So, he made another career decision. He now oversees the Ambulatory Care portfolio for VGH, which sees tens of thousands of patient visits per year and is responsible for a large, multi-million dollar operating budget.

In addition to being a member of the Nursing Alumni committee, Ben is also a UBC senator, using to his advantage his extensive knowledge of the UBC campus, law, and the problem-solving techniques he acquired as a nurse.

KUDOS



Jennifer Baumbusch | CIHR Canada Research Chair, Sex and Gender Science—Jennifer's research over four years will advance gender-based research methods to optimize supports to ensure the highest quality of life for community-dwelling people living with dementia (PMAD) and their family caregivers. | Recipient of the **Editorial Board Member Award** from the *International Journal of Older People Nursing*.



Helen Brown | Tri-Agency Institutional Programs Secretariat—New Frontiers in Research award for "Developing a Peer Mentorship Program to Foster Health and Social Equity for Indigenous Peoples in Criminal Justice Contexts."



Wendy Hall | Dr Hall is to be congratulated for being among the nine winners of the 2020 **Applied Science Dean's Medal of Distinction** for, among other things, her continued work in developing interventions to help parents manage children's sleep problems.



Farinaz Havaei | Michael Smith Foundation for Health Research—MSFHR's COVID-19 Research Response Fund supports the study "Evaluation of Rapid Redesign and Resource / Deployment in Long Term Care During COVID-19"



Fuchsia Howard | MSFHR Scholar Award for Critical Illness Survivorship: Evidence to Design Patient-Centred Interventions. | Also the recipient of the **CIHR grant** for "Unplanned Hospital Readmission Following Critical Illness Survival: An Investigation of the Survivor-Family Dyad."



Fairleth McCuaig | Congratulations to Dr. McCuaig on completion of her **doctorate in Nursing Practice**, received during graduation in September 2019 at Gonzaga University, Spokane, Washington. You can still watch her hooding ceremony online.



Alison Phinney | Public Health Agency of Canada granted almost 1M for "Building Capacity for Meaningful Participation by People Living with Dementia." | Also the recipient of the **Canadian Association on Gerontology's Award for Excellence in Student Mentoring:** In Honour of Evelyn Shapiro. ([Watch](#) starting at 2:42)



John Oliffe | CIHR Canada Research Chair, Men's Health Promotion Dr. Oliffe's research will focus on men's depression, suicide, tobacco reduction, smoking cessation, and psychosocial prostate cancer care, and will address health inequities in vulnerable male sub-groups.



Cheryl Segaric | Nominated by her students and colleagues in recognition of her outstanding achievement as a teacher, Dr. Segaric is the recipient of a **2019-2020 UBC Killam Teaching Prize**, recognizing excellence in teaching.



Sabrina Wong | The American Academy of Nursing has selected Dr. Wong as a **2020 Academy Fellow**. As one of 230 distinguished nurse leaders, she was inducted in October at the Virtual Policy Conference.



Sally Thorne, Colleen Varcoe | Named two of the **Charter Fellows** for the new Canadian Academy of Nursing, under the Canadian Nurses Association. Dr. Thorne was appointed the Lead for this advisory committee. Below are the eight **Inaugural Fellows** of the Canadian Academy of Nursing who are faculty and affiliates of the UBC School of Nursing.



Celebrating The Birth of the Canadian Academy of Nursing

Until this year, Canadian nurses interested in an opportunity to engage with leading scholars across domains of practice, teaching, policy, research and scholarship had to look outside Canadian borders or beyond nursing. Some became Fellows of the prestigious [American Academy of Nursing](#) or engaged with interdisciplinary academies such as the [Canadian Academy of Health Sciences](#).

This year, 2020, was designated by the World Health Assembly as the International Year of the Nurse and the Midwife. And, in Canada, this year saw the birth of the [Canadian Academy of Nursing](#) (CAN). Developed under the auspices of the Canadian Nurses Association (CNA), the academy is “the first pan-Canadian organization dedicated to identifying, educating, supporting, and celebrating nursing leaders across all the regulated categories and all domains of practice.” All nurses can become Members of the Academy, taking advantage of the resources it provides to “educate, empower and support nurses to lead, advocate, innovate, and influence public policy that leads to sustainable change.”

UBC School of Nursing’s own Dr. Sally Thorne was central to the development and inception of the Academy. Sally worked in partnership with Canadian Nurses Association’s leadership team, including Chief Executive Officer Michael J. Villeneuve, Executive Advisor Josette Roussel, and incoming President Tim Guest to build the concept of the Academy. In particular, as appointed Chair of the Academy Fellowship Advisory Group, she was instrumental in designing the [Fellowship Program](#), which “celebrates the most accomplished nurses in Canada...across all domains of nursing practice.” In addition to Sally, the Canadian Nurses Association named eleven other nurse leaders from across the country,

including UBC Nursing Professor Colleen Varcoe, to be the initial “Charter Fellows.” The Charter Fellows worked closely with Sally to refine the process for nomination and to create a review process for the selection of Fellows. Not only does the nomination require evidence of exemplary accomplishment and contribution to nursing throughout the candidate’s career; it also involves a statement of commitment to actively serve the Academy in various leadership and mentorship functions.

On November 20, 2020, the CNA officially welcomed the inaugural cohort of Fellows into the academy. In addition to the Charter Fellows, this inaugural cohort is comprised of 46 of Canada’s top nursing leaders in practice, policy and academia. Among that number are three UBC Nursing Professors (Elizabeth Saewyc, Annette Browne, Vicky Bungay), a UBC Nursing/Providence Health Clinical Associate Professor (Sandra Lauck), and four UBC Nursing Adjunct Professors (David Byres, Natasha Prodan-Bhalla, Michelle Trask, Becky Palmer).

This milestone in the history of Canadian nursing would not have been possible without the tireless enthusiasm of Dr. Thorne. Along with her team of Charter Fellows, she helped the Canadian Nurses Association develop the vision and put it into action even in the context of the global pandemic that derailed so much of what the Year of the Nurse and Midwife was meant to represent. Over the course of their careers, Canadian nurses contribute so much of value to our society, to knowledge, to their communities, and to the world, and we now have a meaningful way within our own country in which to celebrate and benefit from those impressive career accomplishments.

COLLEEN VARCOE AND SALLY THORNE



Annette Browne



Vicky Bungay



David Byres



Sandra Lauck



Becky Palmer



Natasha Prodan-Bhalla



Elizabeth Saewyc



Michele Trask



SOME IMAGES ARE CLICKABLE FOR FURTHER DETAILS



Chloe Crosschild | PhD student awarded the **Silver Medal of Merit** for her Master's thesis, awarded by the School of Graduate Studies, University of Lethbridge. Her research is entitled "Urban Indigenous Mothers' Experiences with Postnatal Nursing Care in Southern Alberta: A Blackfoot Methodology."



Kalina Repin, Simrin Sangha and Emily Warren | Recipients of the **Canadian Nurses Foundation** scholarship awards for 2020-2021.

Lynne Esson, Lecturer

Lynne started her career with the school in 1993 as a Clinical Assistant and by 2005 she was a lecturer. Guiding students in collaboration with the Guru Nanak School of Nursing in India was one of her most recognizable achievements in her many years with the school.



Kathy O'Flynn-Magee, Associate Professor of Teaching

Beginning in 2004, Kathy has held the role of Instructor and lecturer with the school and continues to work on research around bullying in nursing with her student researchers. The release of the CRAB graphic novella took place in August.



Paddy Rodney, Associate Professor

Paddy joined the school as a lecturer in 1989, but took a break to continue her education. As Assistant and then Associate Professor, Paddy continues to be admired for her major contributions to the profession and her outstanding scholarship in ethics.



Bev Valkenier, Lecturer

Bev is revered for sharing her passion for pediatrics and innovative teaching with her colleagues, and for showing compassion and providing a safe space and unfailing support for students feeling overwhelmed or discouraged.



Sonia Acorn, Professor Emerita | 1939 - 2020

Sonia began her career as a nurse with a diploma from St. Elizabeth's Hospital, Boston, in 1960. She accepted a faculty position at UBC in 1989. She was interim director from 2000 to 2002 and stayed active in the school, making it her business to be present for all the school's annual events and graduations. She will be missed.



Clarissa Green, Associate Professor Emerita | 1945 - 2020

We fondly remember Clarissa Green, who died at home on August 8, 2020 surrounded by family. Clarissa joined the faculty of the School of Nursing in 1980 and was an inspiring educator, practitioner and scholar in British Columbia over a distinctive 25 year career.



Helen Shore, Associate Professor Emerita | 1925 - 2020

In the evening of Tuesday, November 3rd, Associate Professor Emerita Helen Shore passed away at the age of 95. She was an alumna (BSN '61, MA in education, '71), a faculty member (1965-1990), and a long-standing friend of the School of Nursing.

Welcome!

Five New Assistant Professors and Two New Lecturers

Assistant Professor Kristen Haase, BN, MA, PhD

Kristen Haase comes to UBC from the University of Saskatchewan, where she was an Assistant Professor. She has a PhD in nursing (Ottawa) and a research program that focuses on the supportive and self-management needs of older adults with cancer. Through her program of research Kristen has an interest in using patient- and community-engaged approaches to highlight the unique and often complex needs of older adults with cancer and their caregivers when managing the acute and long-term complications of cancer treatment.



Assistant Professor Saima Hirani, MSN, PhD

Saima's research interests relate to mental health and MH promotion of individuals and families. Her research experience includes working with multidisciplinary teams to promote mental health among socioeconomically disadvantaged and vulnerable population in Canada and Pakistan. She has been involved in designing and conducting various community randomized controlled trials to promote mental health of women and youth. Her research strengths are intervention development, quantitative methodology, measurement, and analysis.



Assistant Professor Lillian Hung, BN, MA, PhD

Lillian completed her PhD at UBC and joined the school as a Clinical Instructor in 2018. She brings to her research an interest in dementia care, gerontological nursing, environmental design, patient engagement, and teamwork. Using new and accessible technology such as iPads, Lillian's research eases the stress of dementia patients and improves the safety and quality of dementia care in hospital settings.



Assistant Professor Emmanuela Ojukwu, BSN, PhD

Emmanuela's research interests include racial & gender health disparities, maternal-infant health, sexual health, health promotion, management of chronic illnesses and infectious diseases, and social determinants of health. Her dissertation focused on the social determinants of HIV treatment engagement among Black postpartum women living with HIV in South Florida, USA. She is "excited about joining such a diverse community of researchers and look forward to the many positive waves we will create for the future of health."



Lecturer Raluca Radu, BSN, MSN

Raluca is a proud grad from the UBC MSN program with experience in public and private ambulatory and inpatient surgical settings and in occupational health and safety. She has held diverse nursing educator roles including "clinical instructor" in the School. A fierce advocate for planetary health, Raluca is looking forward to bringing her growing expertise and passion to "[Health Impacts of Climate Change](#)". Raluca is equally enthusiastic about expanding her working knowledge in global health policy where she is determined to make a difference.



Lecturer Julie Tipping, BSN, ME, PhD

Julie is an experienced Healthcare Specialist who comes to UBC with experience as a Nursing Educator from BCIT. Her expertise includes curriculum writing, nonprofit organizations, policy analysis, government, emergency management, and primary care. She holds a Masters of Education (Adult Education) (Yorkville University), and a PhD in Educational Leadership in Higher Education (Capella University).



Assistant Professor Lydia Wytenbroek, BSN, MA, PhD

Lydia is an historian of health and medicine. Her current writing projects include a book manuscript on American nurses and nursing internationalism and imperialism in twentieth-century Iran, and an article on whiteness and Canadian nursing. Her teaching interests include histories of epidemics, public health, racism, ethics, science, medical technology, global health, social justice and nursing activism. She completed her PhD in History (York University) in 2018 and has taught nursing and medical history to nursing, public health and medical students.



2020 Marion Woodward Lecture

Nursing Leadership in the English NHS: Influencing Diversity, COVID-19, and Me

The UBC School of Nursing was pleased to have virtually hosted Yvonne Coghill as the keynote speaker for the 2020 Marion Woodward Lecture. Ms. Coghill is the Director of the Workforce Race Equality Standard (WRES) Implementation in the British National Health Service (NHS) and deputy president of the Royal College of Nursing in the United Kingdom. In her presentation, she described race equality in the English NHS and strategies for improving allyship in the workplace.

Ms. Coghill spoke about challenges people of black, minority, and ethnic (BME) backgrounds face; particularly in white majority countries such as the United States, Canada, and the United Kingdom. These issues span in various sectors from health to the judicial system where, in general, BME people are more likely to be faced with barriers to success. She also touched upon the correlation between COVID-19 risk factors and race. In England, the death rate due to this virus was seen to be higher among minorities than in those who identify as Caucasian.

Racism is defined as an “organized and very sophisticated system that categorizes, ranks, devalues, disempowers, and differentially allocated opportunities and resources”. This often leads to the development of negative attitudes towards a certain population as well as differential treatment by both individuals and social institutions. Studies have shown that BME people experience greater physiological stress due to the repeated exposure to psychological, social, chemical, and physical factors such as discrimination. These have been defined as microaggressions and have been shown to have negative consequences for people – which in turn, impacts patient care for those working in the healthcare field.

In her presentation, Ms. Coghill also shared various strategies for improving racial inequality in the workplace which include:

- Reducing managerial bias through education and feedback (i.e. diversity training)
- Mentoring and networking
- Implementing mandatory programs with explicit authority, accountability, and support from leadership on developing psychologically safe spaces and monitoring interventions.

Based on her research, the last point has been seen to be the most effective method in producing change. It is important to recognize the challenges faced by minority populations and take steps towards building authentic allyship at all levels of the workplace. Abolishing racism does not happen overnight, but it has been shown that by making changes to ensure staff from all backgrounds feel valued, patients also receive better quality of care.



It's about making sure that all members of staff all across the organization understand what they need to do to make things better."

**YVONNE COGHILL, CBE, OBE, JP, MSC, DMS, RGN, RMN, HV, CPT
NOVEMBER 2020**

 <https://youtu.be/o9G2WeXLTic>

The Marion Woodward Lecture is made possible through the generous support of the Mr. and Mrs. P. A. Woodward's Foundation.

2020 Symposium

Navigating the Tempest: Nursing Practice during COVID-19

The afternoon symposium explored the impacts of COVID-19 on nursing practice. This year, it was recorded via the online meeting platform, Zoom, and was able to be shared with healthcare practitioners beyond the normal scope.

MODERATOR



DR. FARINAZ HAVAEI
Assistant Professor

"There is probably very little disagreement that the COVID-19 pandemic turned into almost this global crisis in which nursing played a very important role both in terms of responding to it and also leading it."

PANELIST



**DR. NATASHA
PRODAN-BHALLA**
Chief Nurse and
Professional Practice
Officer, Minister of Health

"A take away [as] we move into a longer term phase of [COVID-19] is ensuring that nursing leadership is present because we really have that strategic vision, we understand practice and models of care."

PANELIST



MS. VINI BAINS
Clinical Nurse Specialist
for Critical Program at
Providence Healthcare

"We were a little bit surprised and a little bit unprepared, with our focus being on 'this is where it's going to happen' that [COVID cases] ended up happening in long-term care first in BC. It exposed a vulnerability we were a little bit blind to."

PANELIST



MS. YVONNE COGHILL
Director, Workforce Race
Equality, NHS London

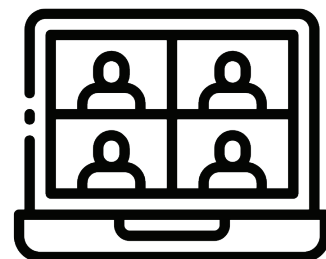
"It was about making sure that staff had the adequate equipment so they were able to do the work they needed to do and also [ensuring] that they had managers to go for support and help."

PANELIST



**DR. JENNIFER
BAUMBUSCH**
Associate Professor, CIHR
Sex and Gender Science
Chair, MHLP

"[Taking a] holistic look at the impact of the pandemic on society, on people's health and wellbeing over time, is a really important place for nurses because [they] walk alongside people on that journey."



<https://youtu.be/xpniKkXV9g4>

MIKAYLA HONG



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