

*touch*POINTS

NURSING NEWS | FALL/WINTER 2022



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PHOTO CREDITS

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TOUCHPOINTS

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DIRECTOR'S MESSAGE



Our 2020 Issue of Touchpoints celebrated the launch of the **2020 Nursing Now** campaign in honour of the International Year of the Nurse and Midwife. With the force of that initiative to support us, Canadian nurses advocated strongly for reinstating a federal **Chief Nursing Officer** (CNO), so that for the first time since 2012 (when the role had been

eliminated), nurses would have a voice and input into federal health-care policy discussions and decision-making.

We are delighted to report that this year, that goal has been realized and in November, the newly named CNO, **Dr. Leigh Chapman**, made a visit to our school to consult with Faculty and students on our most pressing concerns. Among these are the nursing shortage and the fallout from the pandemic. To further address the nursing shortage, we must consider recruitment and retention strategies, and we need a more efficient system for integrating internationally-educated nurses into the workforce. These are priorities for Dr. Chapman in her role.

According to **Health Minister Jean-Yves Duclos** in a statement he made shortly after the appointment was announced, Canada's new CNO will "provide strategic advice from a nursing perspective to Health Canada on priority policy and program areas, including health workforce planning, long-term care, home care, palliative care, mental health, alcohol and drug use, as well as input on models of care and scope of practice and competencies." We are enthusiastically supporting our CNO in these efforts.

To that end, the guest speaker for this year's **History of Nursing Symposium**, **Dr. Isyllt Jones**, took into consideration the impacts to nursing that resulted from two global pandemics a century apart, and together with the panel, considered what we can learn about the evolution of public health nursing that could be applied to health care reforms today. The story, with a link to the video, is on page 4.

The **2022 Marion Woodward Lecture** carried the theme of the worldwide need for nurses into an optimistic look at Climate Change, Health, and Healthcare (pp 10-11). As a nurse and assistant professor who has taken on the role of executive director of environmental stewardship for one of the USA's largest non-profit health systems, keynote speaker **Dr. Elizabeth Shenk** imparted her successful strategies for reducing healthcare waste and promoting environmentally friendly practices. She perfectly demonstrates the impact nurses can have on policies and systems, and I highly encourage you to watch the whole presentation and the follow-up panel, so that you can implement some of their many helpful suggestions right where you are.

The challenges of a lingering pandemic and its effects on our health care system, intersecting with the global impacts of climate change, persistent inequity, and our local public health emergency, the opioid toxic drug supply crisis, all require creative energy and research expertise from our School's faculty, staff and students. This issue of Touchpoints highlights some of that creativity and research, and underscores our unwavering commitment to excellence in nursing education, nursing knowledge, and nursing practice.

Elizabeth Saewyc, PhD, RN, FSAHM, FCAHS, FAAN, FCAN
Professor & Distinguished University Scholar
Director, School of Nursing



Faculty members meet with Dr. Leigh Chapman, CNO (centre)



Dr. Chapman, Chief Nursing Officer

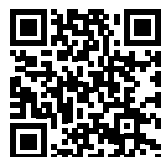


Dr. Chapman meets with students at UBC

New Nursing Resources

WATCH: Courageous Careers: Stepping Out, Bringing All In - **Margaret Moss** speaks at the opening session of the American Academy of Nursing's Institute for Nursing Leadership (November 17, 2022). In this deeply personal talk, Margaret shares her story of assimilation as an Indigenous woman, and why and how we must rebuild our "gold standards" to bring reconciliation to nursing. (Youtube)

Watch the Video



Public Health and Pandemic Caring in Context

2022 Nursing History Symposium

A century ago, much of nursing care was still being delivered outside formal hospital settings, in locales that blurred the boundaries between institution, community, and home. Today, partly in response to pandemic inequality and vaccine access, public health leaders are calling for a return to the same community and neighbourhood-level engagement and healthcare investment that once was commonplace.

This was the theme developed during the 2022 Nursing History Symposium on November 8, 2022, hosted by the Consortium for Nursing History Inquiry. The video is avail

Dr. Elizabeth Saewyc welcomed all attendees, who gathered in the Cecil Green Park House as well as online for the hybrid symposium.

Dr. Geertje Boschma, in her opening remarks, noted that the event was supported through a portion of the generous gift from the estate of **Helen Shore**. She further reflected on Helen's foresight and deep interest in nursing history.

Dr. Esvyllt Jones' keynote address focused on *Pandemic Caring: public health nursing and community in the history of infectious disease*. The talk drew from historical analyses of community-level nursing in the past, such as the 1918-19 influenza pandemic, and suggested ways in which nursing might engage with those successes and failures.

A panel discussion followed the presentation, with **Dr. Helen Vandenberg**, Associate Professor, College of Nursing, University of Saskatchewan; **Dr. Sonya Grypma**, Adjunct Professor, School of Nursing, UBC; **Dr. Alison Phinney**, Professor, School of Nursing, UBC; and **Dr. Mariko Sakamoto**, Alzheimer Society of Canada Postdoctoral Fellow, School of Social Work, UBC.

"At the time of the [influenza] pandemic, ... public health nursing and community health nursing were not considered distinct categories."

Watch the Video



Above: Dr. Esvyllt Jones gives the 2022 Nursing History Symposium's keynote address at the Cecil Green Park House. Right: Panelists Dr. Sonya Grypma, Dr. Jones, Dr. Helen Vandenberg, and Dr. Alison Phinney pose in the conservatory. Below Left: The event was held both in person and online. Right: Guests mingle during a short break. Following the presentations, guests were treated to lunch.



The Future of Nursing

2022 GSNA Research Symposium



On November 2, 2022, the **Graduate Students in Nursing Association (GSNA)** held their annual research symposium. The event was held virtually and eleven current graduate students of the UBC School of Nursing (SoN) presented their research, in the form of posters and pre-recorded presentations, to an audience including other students, faculty, staff, and alumni. The theme for this year's symposium was "**The Future of Nursing**".

Three prizes were awarded: Best Poster and Best Pre-recorded Presentation were selected by our volunteer faculty and student adjudicators, and the Attendees Choice Prize was selected via online voting by all attendees.

Best Poster went to **Manpreet Thandi** for a poster titled "Using primary care electronic medical record data in British Columbia, Canada to implement an electronic frailty index" (Co-authors: Sabrina T. Wong (UBC School of Nursing & UBC Centre for Health Services and Policy Research), Jennifer Baumbusch (UBC School of Nursing) and Morgan Price (UBC Department of Family Practice)).

Best Pre-recorded Presentation went to **Raymond Chhun** for a presentation titled "Undergraduate Student Nurses' Perspectives on Coping with Psychological Trauma".

The **Attendees Choice Prize** went to **Eunice Bawafaa** for the poster "Women's Experiences and Perception of Access to Reproductive Healthcare in Rural Ghana" (Co-authors: **Suzanne H. Campbell** and **Alison Phinney**, both of UBC School of Nursing).

In addition to the fascinating and discussion-provoking student presentations, a keynote was provided by **Amie Archibald-Varley** RN, BScN, MN-CP Women's Health and **Sara Fung**, RN, BScN, MN of The Gritty Nurse podcast.

The GSNA would like to thank all the presenters, adjudicators and attendees for making the day such a success. We also express our gratitude to **Dr. Elder Roberta Price** for providing a video welcome to the event, as well as to the **Anti-Racism Committee (ARC) Student Caucus** and the **Indigenous Cultural Safety Committee (ICS)** of the UBC SoN for their feedback, suggestions, and guidance in organizing the event. Lastly, we thank all the faculty who provided guidance and support, in particular **Dr. Maura MacPhee**.

We look forward to seeing everyone at the next symposium!

SUBMITTED BY ZACHARY DALY
PRESIDENT, GRADUATE STUDENTS IN NURSING ASSOCIATION

BSN Orientation

2022 Cohort - Class of '24

In September the School welcomed a new cohort of students to the campus. Here are some photos from their first days of orientation.



Class of '22...and 2020, and 2021...

November Graduation

Congratulations to all the graduate students of the Class of 2022 who were among those celebrating their achievements this past November at the Chan Centre. The following November graduates received additional recognition in the form of an award. The project name, if any, is in italics.

Abdul-Fatawu (Fatawu) Abdulai: Excellence in PhD Dissertation Award | *Development and application of destigmatizing design principles in sexual health-related technologies* (Dr. Abdulai joined the faculty earlier this year.)

Andrew Yan: Excellence in MSN Thesis Award | *Nurse-led mobilization on acute-care medical units during the Coronavirus pandemic*

Olivia Maracle: Excellence in MSN SPAR Project Award | *Listening to Indigenous leaders and elders on the topic of leadership*

Alyssa Robinson: Excellence in MN-NP Primary Care Project Award | *Taking the weight off weight: The effect of weight-inclusivity on health outcomes for overweight and obese women in primary care*

Natalia Elmajian: Outstanding Academic Achievement Award for an MN-NP Graduating Student

Jasmine (Hui) Yong: Outstanding Academic Achievement Award for an MSN Graduating Student



In addition to the Class of 2022 graduation, the university offered to those who had graduated online during the pandemic, the opportunity to relive the whole experience in person. Two of those graduates, **Dr. Nassim Adhami** and **Ms. Raluca Radu**, are now faculty members at the School. This year they were able to collect their diplomas with all the pomp and circumstance that they richly deserve.

“I was extremely grateful to have the opportunity to walk the stage. It was a gift that I was able to give my mother, husband, and children for all of their patience and hard work during the many years of my PhD training.” ~ Nassim Adhami, PhD

“I feel enormously grateful to UBC for organizing the make-up ceremony for those of us who couldn’t cross the stage in 2020. It felt just as exciting to partake in it even if it was 2.5 years later, and more so it felt special to share such a moment with family, loved ones, peers and faculty! I am a very proud UBC School of Nursing alumna!” ~ Raluca Radu, MSN

Eunice Bawafaa

Student Highlight



Congratulations to **Eunice Bawafaa**, PhD Candidate and Trainee Member of the Women's Health Research Cluster. Eunice, who is also a founding member of the Coalition of African, Caribbean, and Black Nurses in British Columbia, is the recipient of the **2022 Strengthening Mothers Through Research Award** from UBC's Department of Family Practice, Midwifery Program for her research which "has the potential to improve the healthcare of many women in Ghana."

Extensive literature shows that the healthcare system in Ghana developed as a colonial infrastructure with European values, and women's knowledge and experiences with reproductive and maternity care in Sub-Saharan Africa (SSA) are discounted in the face of western biomedical practices and expertise. However, western practices are not always readily available in rural areas. Maternal mortalities resulting from a lack of access to reproductive healthcare is a major source of concern for most health institutions in rural Ghana and needs urgent attention. In fact, the major cause of reproductive-related deaths in SSA has been identified as constrained access to reproductive healthcare. Eunice's study aims to show how a contextualized explanation of women's experiences and perspectives of reproductive healthcare can provide direction for nursing's future efforts to improve access to care in rural Ghana.

"I gratefully share the news of this award with my supervisors, **Dr. Suzanne Campbell** and **Dr. Alison Phinney**. Their guidance, time, and support has gotten us this award which will help in the current research that we are working on. Congratulations to all of us!"

UBC Applied Science Names Three Rising Stars in Nursing

Three nursing students who graduated in November have been interviewed for the Applied Science Student Spotlight webpage.



Abdul-Fatawu Abdulai
PhD, Nursing



Olivia Maracle, MSN



Anais Merat-Fournier,
MN-NP

Read the full Q&A at: <https://apsc.ubc.ca/students/student-and-alumni-stars>

Read the Interviews



Youth, Mental Health, and Substance Use

New CRC sets harm reduction as priority



Dr. Emily Jenkins holds the School's newest Canadian Institutes of Health Research **Canada Research Chair** (CRC) for **Socioecological Approaches to Mental Health and Substance Use**.

This Tier 2 Chair signifies that Emily is "an exceptional emerging researcher, acknowledged by her peers as having the potential to lead in her field." The School of Nursing can attest that Emily has already established herself as an expert in her field.

1



Emily's research has long been based on working collaboratively with young people. For over a decade, with colleagues at the University of Calgary, Emily conducted research into **youth and cannabis use** that led the way for youth-centred harm reduction approaches.

2

In a **CBC Early Edition** interview in 2018, Emily discussed how the pending legalization of cannabis would affect youth in Canada. Later, she was tapped by the **Federal Government** to give expert testimony as the Senate debated legalization policies.

3



In 2019 Emily was the BC lead for "**See the Lives**," a project that challenged stigma and advocated for drug policy change through the voices of those who had survived the death of a family member through overdose.

4



In **Episode 8 of the Blue and Goldcast** with President Ono (2019), Emily offered suggestions for universities to help students and faculty who experience mental illness.

5

At the onset of the COVID 19 pandemic, in collaboration with the Canadian Mental Health Association and the UK-based Mental Health Foundation, Emily (and team) launched a **multi-round national survey** monitoring & advising on the mental health impacts of the pandemic.



6



In 2019/22, Emily was awarded funding from the Public Health Agency of Canada, Mental Health Promotion Innovation Fund, in support of **Agenda Gap**, her mental health promotion intervention aimed at building capacity for youth-led policy advocacy to strengthen positive mental health for youth and their communities.

7



In 2022, Emily led the 3rd edition of her bestselling textbook, *A Concise Introduction to Mental Health in Canada*, alongside Allie Slemmon, Dan Bilsker and the late Elliot M Goldner.

Emily's current study capitalizes on the strengths of both health and social science perspectives, with a focus on youth and populations who experience health, social and structural vulnerabilities (i.e., marginalization).

Emily notes in her abstract: "developing effective strategies to promote mental health and minimize substance use harms

(MHSU) in youth under 24 years of age is a research priority locally, nationally and globally. My CRC research program will advance my leadership in addressing the international priority need for evidence to enhance population MHSU outcomes, with a focus on youth. It will contribute substantially to the science and practice of mental health promotion, a key area of investment for the Canadian government and a field of increasing global relevance."

Scan or click to read more about the stories numbered above



Toolkits and Papers

Selected Faculty Research

Flipping Stigma on its Ear Toolkit

In 2019, a four-year **Participatory Action Research** project funded by the **Canadian Institute of Health Research** began. In this study, an action group comprised of people with lived experience of dementia joined principal investigators **Dr. Alison Phinney**, **Mr. Jim Mann** and **Dr. Deborah O'Connor** as co-researchers to address the stigma and discrimination that so frequently accompany a diagnosis of dementia. In an effort to “flip stigma

on its ear” the team has developed a toolkit to help recognize and respond to this stigma and discrimination.

The World Health Organization (WHO) has projected the number of people with dementia will reach 82 million by 2030 and has declared dementia as a public health priority. WHO has adopted the **Flipping Stigma on Its Ear toolkit** as part of its global call to establish dementia-friendly initiatives. Discover more at flippingstigma.com.

Visit the Website



1. Excluded by others

2. Treated as incapable

3. Judged by others

4. Diminished as a person

5. Feeling disrespected by the medical community

Reaching out to those we teach about



Dr. Alison Phinney and **Ms. Frances Affleck** and **Dr. Lillian Hung** have been conducting the undergraduate course **Theoretical Perspectives in Nursing: Complexities in Senior Care** as part of the Bachelor of Science in Nursing (BSN) program.

Broad concepts discussed in class include Diversity in Aging, Health Promotion, Social Issues in Aging, and Understanding and Re-imagining Dementia. Classes include expert speakers from academia and the older adult community, providing students with first-hand insights into aging well and living with the stigma.

When pandemic protocols came into play, Frances and Alison had to find a new way to offer the same experience. Their solution was to incorporate a virtual senior mentorship program. This program offered students an opportunity to connect online with older adults as a way to enrich their learning. The approach, which placed students one-on-one with volunteers, positioned the older adults as mentors with valuable insights for new nurses. It has proved to be enormously successful.

While the benefits of mentorship initiatives to students has been well documented, little has been detailed about the impact on mentors. To better understand the influence that the BSN mentorship program has had on the senior mentors themselves, Frances, Lillian and Alison launched a study called **Reaching out to those we teach about: a qualitative appreciative inquiry of older persons' experience as mentors in a Bachelor of Nursing programme during the COVID-19 pandemic**.

The findings from this study reaffirm that it is feasible and meaningful for older adults to play an active role in nursing education initiatives. The study further reveals the potential for these mentors to be partners in co-developing relevant course content. Such material, drawn from lived experience, will better prepare students to appreciate the nuances of providing care and supports for older adults.

Read the Study



Combatting Nursing Shortages in Long Term Care (LTC)

“In 2017, the **Canadian Medical Association** commissioned a report that revealed 199,000 additional LTC beds will be needed by 2035, costing billions of dollars. But how can we care for so many more patients in these facilities when LTC nursing staff are already stretched thin?” **The Centre for Health Evaluation & Outcome Sciences (CHEOS)** posed this question in a recent “Research in Action” article on their website. **Dr. Farinaz (Naz) Havaei** discussed **Creating synergy to combat nursing shortages in long-term care** for a story that builds upon Naz’s research into methods of addressing current nursing shortages.

Read the Article



Climate, Health & Healthcare

The World Needs Nurses Now



Dr. Elizabeth Schenk delivers the 2022 Marion Woodward Lecture on October 20, 2022

Dr. Elizabeth Schenk is convinced that together, nurses can play a significant role in working to avert the worst of climate change. Her pragmatic optimism infused the 53rd annual Marion Woodward Lecture—delivered remotely from Montana on October 20, 2022. Her keynote lecture was followed by a lively symposium with UBC Nursing panelists Natania Abebe, Zachary Daly, and Raluca Radu joining the discussion on meaningful steps that nurses can take. With over 140 online and in-person attendees at this hybrid event and many more views of the online recording, this message was a welcome one.

Dr. Schenk is an assistant professor at the Washington State University College of Nursing. She is also the executive director of environmental stewardship for Providence Health & Services, one of USA's largest non-profit health systems. This unique combination of roles allows Dr. Schenk to provide evidence-based environmental leadership in healthcare and even implement research findings directly. Beginning with an outline of what we know about climate change, Dr. Schenk followed with an

introduction to WE ACT (Waste, Energy and Water, Agriculture and Food, Chemicals, and Transportation). Dr. Schenk developed the climate change mitigation strategy, which has spearheaded important policy changes throughout the extensive Providence network. The WE ACT framework has helped organizations to break down into manageable parts the monumental task of alleviating the effects of climate change. With this strategy, goals have been set, changes implemented, and data tracked.

"No" is one step closer to "Yes" – every time you get a response like that it's a chance to refine and change and come at it again. When you feel like you can't do anything, don't give up - let's work to find a way around it. You can work on just about anything and it relates to climate.

Elizabeth Schenk

Introduced by Dr. Elizabeth Saewyc in her opening remarks, Elder Thelma Stogan and her granddaughter Felicia Stogan offer a welcome from the Musqueam people.



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



Dr. Emily Jenkins in her role as emcee introduces the keynote lecture.

We can counteract feelings of anxiety and paralysis by getting involved. There's still a lot of work that we can do to reduce the harms that are coming, and there is still time to do this work. Not only do nurses have power in this, but also an ethical responsibility.

Zach Daly

In her address, Dr. Schenk noted that nurses are particularly well-positioned to take leadership roles in transitioning to better practices. Her organization announced its goal to become carbon negative by 2030. It has proved that it is possible to divert up to 50% of waste from landfills or to avoid waste altogether; reduce the carbon footprint and increase nutrients in food preparation; and choose energy-efficient and water-saving practices wherever possible. Already they have reduced the use of volatile anesthetic agents with GHGs to 70% (with a savings of \$3.5M annually) and strategized hospital transportation reductions for business travel, employee commuting, supply chain, and care delivery. And they are just getting started.

I don't think there's a more important issue to work on than the health of the environment and safeguarding the only home we have. When we safeguard the health of the environment, we safeguard human health.

Raluca Radu

So much of nursing work is social justice work. Nurses are scientists and we can - and should - talk about the social determinants of health.

Natania Abebe



Panelists Raluca Radu (middle), Zach Daly (right), and Natania Abebe (inset) join Dr. Jenkins (left) and Dr. Schenk for an informative discussion following the lecture.

I like this idea of working on climate and health as celebratory work. That it can be a really positive experience that connects us across disciplines with other communities and brings us together rather than further apart.

Emily Jenkins

To reduce the tendency to feel overwhelmed by climate change, Dr. Schenk provided three overarching actions that individual nurses—or anyone—can take right now:

1. Keep your eyes open. Don't despair. Talk about climate change, study it, understand it. Being aware helps us to cope because it shows us that our situation is not hopeless, and it signals areas in our lives and work that we can target for action.
2. Take heart. We know that we can change. Health practices have transformed dramatically in a number of arenas even in the last few decades and healthcare workers have been the greatest driving force behind the shifts in attitude and practice.
3. Commit yourself to action. Normalize this discussion. Implement changes wherever you are: in your homes, with friends and family, and in your workplace. Together, we can make these changes happen everywhere.

The “WE” in WE ACT invites everyone to join, with “ACT” as our call to action. The cumulative effect of our individual actions can and does have a positive outcome in all that we do. As Dr. Schenk puts it:

We can make this choice to take regular and committed action toward a healthy future. This planet really is the only one we've got. It is up to us who are alive right now to push through this time of transition to set a better course. And we *can* do it.

The must-see video is viewable on the UBC School of Nursing's [YouTube channel](#).



ARC in Action

The Work of the Anti-Racist Committee

The School of Nursing's **Anti-Racism Committee** (ARC) was established in June 2021 after a year of consultation and planning. In alignment with UBC's stance on racism, ARC works to foster an equity-oriented, culturally safe, and decolonizing environment for excellence in teaching, learning, research, policy, and service. Within the context of UBC's commitment to Equity, Diversity, and Inclusion, ARC strives to create an environment where people of all identities are respected and encouraged to participate in dialogue and learning.

Co-chaired by Assistant Professor **Ranjit Dhari** and Clinical Practice Placement Unit Manager **Natalie Chambers**, the members of the ARC team have been steadily working behind the scenes on the Domains of Action (see Fig 1) given ARC's Goals to:

- Build a welcoming, diverse School of Nursing for all, that functions as a model, leader and facilitator of structural change throughout the university and healthcare
- Supporting anti-racist orientation in all our structures, policies and practices
- Building capacity of faculty, staff and students to take a leadership role in creating anti-racist culture.

Students have also engaged with ARC via the recent development of the **Student Anti-Racism Caucus** (SARC), and have been quite active with advocacy, and creating safe spaces for students to discuss pertinent topics via their Reading club, SARC webpage and other events.



Figure 1 ARC Domains of Action which guide all our activities

Successes to date:

- Syllabus statement on anti-racism
- Creation of the anti-racism resources page
- Establishment of the Student Anti-Racism caucus (SARC)
- Student project to create mural for the new building

Current and Future Projects:

- Stakeholder engagement & collaboration with Faculty of Applied Sciences to:
 - o Create Anti-Racism/ Bullying Canvas Modules for Clinical Associates
 - o Streamline the Accountability/Reporting processes for students
- BSN curriculum mapping from an anti-racism perspective
- Increased staff engagement with ARC

Virtual faculty anti-racism resources workshops to be hosted in January 2023.

Engage with us

We encourage you to engage with ARC by emailing us at:

Anti-Racism@nursing.ubc.ca.

For anti-racism resources visit: antiracism.nursing.ubc.ca/anti-racism-resources/.



ARC's Annual Planning Retreat, December 2022, to strategize ways to enact our Domains of Action within the next 6 to 8 months

Nursing Electives

Self-care Classes Open to All UBC Students

Three nursing elective courses are stand-alone courses that are open to all UBC students. Introduced in 2019, these three electives serve the greater UBC community by examining health issues that deeply concern the average UBC student. All offer strategies to understand and cope with questions, doubts, and emotions and to encourage discussion and further study.

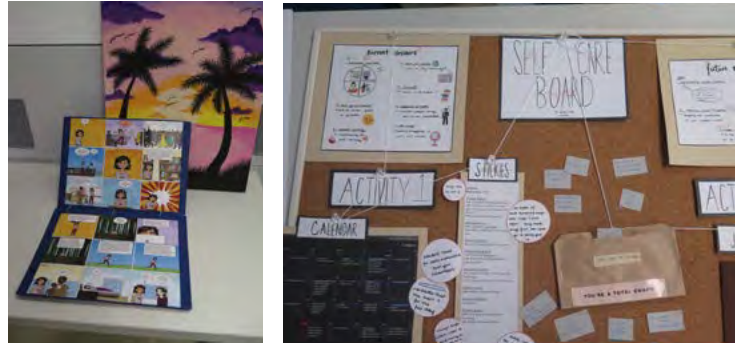
NURS 180: Stress and Strategies to Promote Wellbeing offers students ideas for fostering their physical, mental, emotional, and spiritual health.

NURS 280: Human Sexual Health examines the beliefs, behaviours, and expressions of human sexuality and the link to student health.

NURS 290: Health Impacts of Climate Change looks at the impacts of the current and projected environmental crisis and offers key concepts and ideas to promote wellbeing.

Faculty members **Raluca Radu, Elisabeth Bailey, Kristen Gilbert** and **Ranjit Dhari** have been course leads for these electives, and more faculty are added every term as we keep expanding sections to manage the waitlists. Those who have completed the course

have offered overwhelmingly positive feedback. At the end of the term, students are eager to share what they have learned with their fellow students and others. For example, NURS 180 students host “Gallery Walks” in person and online.



See the Student [Showcase](#) of more NURS 180 projects.

The Alpha and Omega of Self Care

After **Logan Brett** completed NURS 180 he wanted to share the techniques he had learned for coping with stress with his fraternity. He approached **Ranjit Dhari** with an invitation to present key coping strategies to **Alpha Phi Omega**. This is just one example of the frequent community requests that our faculty receive to share their clinical and research expertise. Our faculty are tremendously generous with their time and expertise. UBC Nursing has a strong reputation in working with diverse communities.

Here's what Logan had to say about Ranjit's presentation:



This fall, members of Alpha Phi Omega invited Ranjit Dhari to present strategies for destressing.

We had an attendance of around 25 brothers and sisters from Alpha Phi Omega, a service fraternity at UBC. Ranjit started off the event similarly to how any NURS180 lecture would start, with mindful meditation involving breathwork. This meditative technique made us calm and attentive throughout her presentation, where she introduced a myriad of strategies to promote wellbeing.

The energy of our group sharply picked up towards the end of the event when Ranjit had us try “Laughter Yoga”, another notable technique from NURS 180, that left us all with smiles on our faces.

Love for one's neighbour ought to be just as great as the love we give ourselves, and a crucial message our brothers and sisters took away from Ranjit was the importance of acting upon that necessary first step: to love and take care of ourselves. Our fraternity is centered around service to humanity, and in practicing Ranjit's self-care strategies we will be better-equipped to love and serve others in our community.

Alpha Phi Omega is a coeducational service fraternity founded in 1925 with a current membership of over 500,000 alumni. The fraternity's core values are Leadership, Friendship, and Service with a primary goal of providing service to those in their community.

In Memoriam

Donelda Parker



The faculty and staff of the School of Nursing celebrate the life of Donelda Ellis Parker, alumna and Associate Professor Emerita, who died in Vancouver on October 20th at the age of 86. Donelda began her employment with the School in 1978 after graduating with her MSN. She began as an instructor in 1987 and retired in 1999 as an associate professor. Donelda remained actively engaged with the School long past retirement and has been a beloved attendee at events and gatherings. She will certainly be missed.

For details about Donelda's full and busy life, please check out her [Amazing Alumni story](#) and her [online obituary](#).

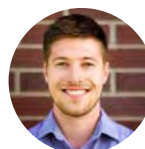
Louise Tenn



Louise Tenn, Senior Instructor Emerita, was born in Montreal in 1941. Louise died in North Vancouver on September 10, 2022, after a very short illness. Her friends describe her as "a citizen of the world who embraced new experiences and adventures throughout her entire academic and personal life." Her friends and colleagues have offered their reflections on Louise and her life on our In Memoriam pages. Please read more about her life of travel, deep, abiding friendships, and lasting curiosity about the world.

[Remembering Louise Tenn](#)

Special Recognition Staff, Students and Post Docs



Eunice Bawafaa | Family Practice | Strengthening Mothers Through Research Award (see page 7). (Dr. Campbell, Dr. Phinney)

Natalie Chambers | UBC President's Staff Award for Advancing Anti-Racism and Inclusive Excellence (Staff)

Trevor Goodyear | UBC Public Scholar | Out on the street: A community-based study with homeless 2SLGBTQ+ youth who use drugs. (Dr. Jenkins, Dr. Oliffe)

Sammy Iammarino | UBC Public Scholar | Complex health systems and power: responding to the toxic drug poisoning crisis through harm reduction and overdose (Dr. Bungay)

Jagbir Kaur | BC Cancer Research Institute Rising Star and inaugural winner of the Dr. Tracy Truant Memorial Scholarship (Dr. Lambert, Dr. Haase, Dr. Thorne)

Bonnie Leung | PhD Fellowship | CIHR Institute of Cancer Research CANO-ACIO Research Grant (Dr. Lambert, Dr. Haase, Dr. Thorne)

Paul Sharp | Health Research BC Research Trainee | Buddy Up for men's mental health: Engaging men through mutual help and social connection. (Dr. Oliffe)

Ellen Siu | Dean's Staff Award for Excellence - Service Dedication (Staff)

Sarah Wu | Health Research BC Research Trainee | Making room at the table: Understanding the mealtime experiences of racialized residents & their families in long-term care. (Dr. Baumbusch)

New Nursing Tech Sim Equipment

The School has recently invested in brand new simulation equipment for the Clinical Skills and Simulation Lab. The new equipment includes a number of manikin-based simulators such as new adult manikins, pediatric manikins (infant and child), and a birthing simulator. These manikins are designed to enhance teaching and learning capabilities at the school. Also among the new technology are portable headwall units and sturdier IV poles that will support Alaris IV controller pumps.

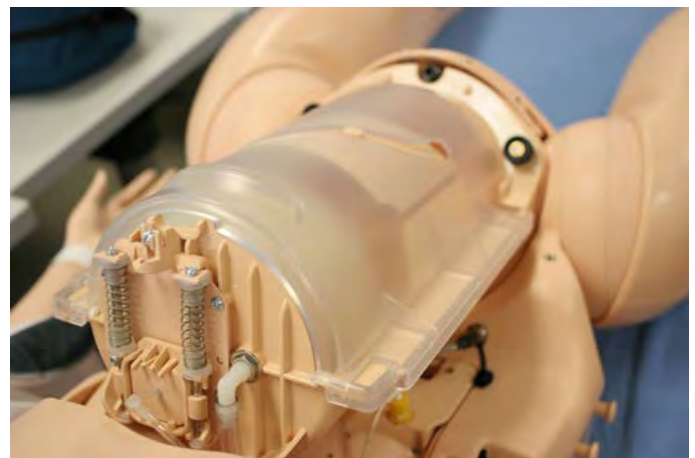
Instructional equipment also includes task trainers which are lifelike body parts used to help learners not only visualize what they are learning, but also conceptualize what they cannot easily see. For instance, instructors use a model of what a tiny infant would look like curled in the fetal position while in utero to show how one's body prepares for delivery (e.g. how bones and muscle move during delivery).

In addition, dozens of new low-fidelity infant manikins (that is, manikins without special technology) have been added to our

growing list of resources for students to learn practical tasks like bathing or changing an infant's diapers. These manikins represent two sexes and a wide variety of skin tones. The larger simulations are wrapped in a new mid-brown-toned "skin" that is more malleable than previous versions.

Lungs and diaphragms seem to breathe naturally, babies' necks and heads can be made to insist on proper cradling, and the eyes of these tiniest of sims will dilate in light.

The addition of Nursing Anne simulators has been a welcomed upgrade as these simulators can bend at the elbows and knees, and be helped into a sitting position, which was not possible with previous iterations. Therefore, assisting them into a wheelchair will be an option. These simulators also have posterior and anterior breath sounds which allow learners to conduct a comprehensive lung assessment. Lungs and diaphragms seem to breathe naturally, babies' necks and heads can be made to insist on proper cradling, and the eyes of these tiniest of sims will dilate in light. Nursing students will be able to practice a wide variety of techniques with these new teaching tools.



These represent a sample of the many awards, funding and other accolades received by faculty and colleagues since January.



Dr. Jennifer Baumbusch | Fellow, Canadian Academy of Nursing



Dr. Wendy Hall | Fellow, Canadian Academy of Nursing



Dr. Emily Jenkins | Canadian Institutes of Health Research (CIHR) Canada Research Chair (Tier II) on Socioecological Approaches to Mental Health and Substance Use



Dr. Fairleth McCuaig | Nurse and Nurse Practitioners of BC (NNPBC) Excellence in Teaching Award



Dr. Margaret Moss | Member, US National Academy of Medicine
Business in Vancouver (BIV) BC 500 2022 - Influential Leadership



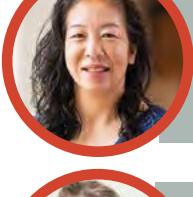
Dr. Elizabeth Saewyc | Nurse and Nurse Practitioners of BC (NNPBC) Excellence in Nursing Advocacy Award



Dr. Sally Thorne | Canadian Association of Nurses in Oncology (CANO-ACIO) Lifetime Achievement Award



Dr. Colleen Varcoe | Dean's Medal of Distinction for Exemplary work in promoting ethical and socially just healthcare
Nurse and Nurse Practitioners of BC (NNPBC) Lifetime Achievement Award.



Dr. Sabrina Wong | Fellow, Canadian Academy of Health Sciences (CAHS)
UBC Envisioning Equality Award



Dr. Lydia Wytenbroek | Mary Adelaide Nutting Award for outstanding research and writing produced by an experienced scholar for *Nursing (Inter)nationalism in Iran, 1916-1947*

REMEMBERING

Ms. Cathryn Jackson | Catherine has been a member of the teaching faculty since 1987, offering instruction in nursing roles and competencies. As the Educational Resources Coordinator, she has overseen the Learning Resource Centre and coordinated the distance education activities including online course and resources development. She has been instrumental in devising practical activities and materials to assist faculty to integrate technology into their teaching effectively. The design and implementation of simulation and virtual learning environments to support teaching and learning has been an area of particular interest.



Ms. Elsie Tan | Elsie began her career with the School in 1993 as a Sessional Clinical Assistant seizing the opportunity to teach with UBC in medical surgical clinical and labs, though she specializes in pediatrics. Rising through the ranks and several leadership positions, Elsie demonstrated her passion and commitment to excellence in her work within and external to the School. She sets high standards and believes in disrupting the “habits of mind,” co-creating learning environments, and “shared leadership.” For Elsie, every challenge is an opportunity to learn, improve, and create new. She acknowledges faculty for their sage mentorship when she began her School career and those presently in the midst, for their continued dedication, and new exciting visions.



Dr. Colleen Varcoe | Colleen is a leader in research on violence and inequity, with emphasis on women’s and Indigenous people’s health. Her research focusses on interventions to mitigate the health effects of violence for women who have experienced partner violence, and interventions to help health care settings, such as Emergency Departments, promote equity. She is a leader in implementing and studying equity-promoting health care, including trauma- and violence-informed approaches, cultural safety and harm reduction. Colleen is also an experienced and enthusiastic paraglider.



Kymerly Bontinen | Kymerley is a Lecturer in the School of Nursing and Simulation Program Coordinator. Her areas of expertise and experience in nursing practice include medical-surgical nursing, home health, and palliative care. Her passion for experiential learning drives her research and educational leadership interests in simulation, teaching and learning pedagogy and professional development. Kymerley is a Certified Healthcare Simulation Educator (CHSE), active within the simulation community, and sits on regional and national boards advocating for experiential learning and simulation in healthcare provider education.



Ashley Scott | Ashley is a British nursing academic and Advanced Nurse Practitioner with experience across Primary, Secondary and Tertiary Care settings. In the lecture theatre, Ashley draws upon his broad experience in clinical practice to share examples from practice, bringing to life real patient stories that add colour to the underpinning theoretical evidence base that is so important for student development. He is passionate about providing outstanding education to support the continued development of Registered Nurses that can provide high-quality, safe, evidence-based care to patients across multiple healthcare settings. Ashley has worked as a Registered Nurse in both the UK and Australia and hopes to be able to use his experience of curriculum design and working with exceptionally large cohorts of pre- and post-registration students, to positively contribute to the already highly regarded programmes in the School of Nursing at UBC. He is moving to Vancouver with his wife and two young sons and cannot wait to become part of the vibrant and diverse communities of Vancouver.



WELCOME

The Gateway Health Building

Fall/Winter Update: Cranes in

The new award winning Gateway Health science building, designed to house the School of Nursing, excavation and utility provision has continued through the second half of 2022. The full building permit package has been processed from UBC Campus & Community Planning and informally approved (pending the final sprinkler drawings), and the erection of two tower cranes has occurred; the foundations are now well under way.

Materials for the structure have been selected on the basis of incorporating a 're-wilding' approach—a recognition of the importance of landscape and open space to the Musqueam Host Nation and a desire to reconceptualize the site in its forest state. The design is responsive to Musqueam goals of being a supporting welcoming, learning, well-being, enduring stewardship, and will use a Musqueam colour palette and artwork. Low carbon materials will be used throughout to achieve Leadership in Energy and Environmental Design (LEED) Gold certification, signifying a healthy, highly efficient, cost-saving green building. In addition, through the Rick Hansen Foundation Accessibility Certification program, gold certification is targeted for the building. The new Gateway Health building will incorporate state of the art lecture theatres, teaching accommodation, and clinical skills and simulation laboratories, as well as a pioneering new interprofessional health clinic run by nurse practitioners and physicians. The building will also house the UBC School of Kinesiology and UBC Student Health Services. Despite the delays caused by the pandemic and supply challenges, this exciting new development is on track for occupation in September 2024.

DR. BERNIE GARRETT

ASSOCIATE DIRECTOR OF INFRASTRUCTURE AND TECHNOLOGY



CONCEPT DRAWINGS FROM
PERKINS&WILL | SCHMIDT HAMMER LASSEN ARCHITECTS.

Nursing in the Community

Students, Faculty and Emeriti Making a Difference



The **vaccine and booster “blitz”** is a regular initiative that gives students opportunity to engage with people in the **Downtown East Side** as well as on campus. Left, students offer the flu shot and the Covid booster in October near “The Door is Open.” Right, **Dean James Olson** gets a flu shot in one of the school’s classrooms in November.



Dr. Elaine A. Carty, Professor Emerita, received the **Honorary Alumni Award** at the **Alumni UBC 2022 Achievement Awards** on November 14, 2022. At the School of Nursing, Elaine rose quickly through the ranks from Assistant Professor to full Professor. She became a driving force behind the creation of **UBC’s School of Midwifery**. Although her involvement in the Faculty of Medicine’s school meant that she would leave Applied Science, Nursing has always claimed her as our own.

During her acceptance speech, Elaine (below, centre) stated that the Midwifery program will be 20 years old this year. Moreover, 33% of births in BC are now attended by midwives. We are grateful to Elaine for always focussing on how to make child care better for child-bearing families.



Watch Elaine’s [introductory video](#).

Watch the Video



Raluca Radu is taking a one year leave from her role as a lecturer in the School, to serve as a **Climate Change and Health Educator-Facilitator** with the Climate Smart team at **Doctors without Borders/Médecins sans Frontières (MSF)**. In this role she will provide support with coaching, training and facilitation of capability-building by developing climate and health-related education for all employees across MSF. Raluca will also provide comprehensive and strategic guidance to MSF entities on climate, carbon, and planetary health literacy. Although during this leave Raluca will not be teaching, she will remain connected to the School via email correspondence and welcomes you to also stay in touch via Twitter/LinkedIn!



Dr. Sabrina Wong is taking an extended leave from her role as professor in the School to serve as the Scientific Director for the **National Institute of Nursing Research (NINR)** of the **US National Institutes of Health (NIH)** in Washington DC. This is an important nursing leadership role in the NIH, where she will bring her expertise in research on the social determinants of health and healthcare inequities, and national leadership in primary health care research, to advance the Institutes’ new strategic directions.

While this means she will stepping away from the Associate Director of Research role within our School, as well as the day-to-day responsibilities of a Professor at UBC, Sabrina will continue to have a role in her existing research studies, and remains a tenured professor within the university. She trusts that in this new role at NINR she will also be able to foster further research partnerships between our School and other US-based Schools of Nursing.



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Faculty of Applied Science

School of Nursing

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