



THE UNIVERSITY OF BRITISH COLUMBIA

School of Nursing

# NURSING MATTERS

WEBINAR

Coping Together:

How community  
connection lifts us  
mentally, socially,  
and physiologically



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

Alumni UBC WEBINAR - June 19, 2020

Join UBC experts [Dr. Elisabeth Bailey](#), UBC School of Nursing, and Dr. Frances Chen, UBC Dept of Psychology, to discuss how community connection can continue to bring us hope, including what nurses can teach us from supporting patients, and the science behind coping with stress.

[Read More](#)



## “A Glimmer of Light” for Men in Prison

People in prisons are at high risk of infection from COVID-19, as well as profoundly affected by the response to the pandemic.

UBC Nursing Associate Professor [Dr. Helen Brown](#) and PhD trainee **Kelsey Timler** reached out to their research partners at Corrections Services Canada to offer help.

*“Our studies show that when men give back to communities and do meaningful work, there are profound impacts on their well-being,”* says Dr. Brown.

[Read More](#)

## Working with Women to Tackle COVID-19

Together with the Inner City Women’s Initiatives Society (ICWIS), [Dr. Vicky Bungay](#) has been testing a trauma and violence-informed outreach model to support women in Vancouver’s Downtown Eastside. By integrating research staff and outreach workers, the program is now serving four times as many women as pre-COVID.

*“We have better evidence now: what works, what is needed, and how these lessons can be used in the future,”* Dr. Bungay notes.

[Read More](#)



CanCOVID Speaker Series  
June 2, 2020

MENTAL HEALTH  
AND COVID:  
PRESCRIPTION FOR  
EQUITY-ORIENTED  
PUBLIC HEALTH  
RESPONSES

## ‘Wobble room’ provides time-out for COVID-19 frontliners

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

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


[Read More](#)

## Mental health impacts of COVID-19

The COVID-19 pandemic has raised substantial concerns regarding the mental health of Canada’s populations.

[Dr. Emily Jenkins](#) is currently leading a multi-wave national survey study in collaboration with the Canadian Mental Health Association to assess the self-reported mental health impacts of COVID as well as examining the disproportionate impacts of the pandemic on structurally vulnerable groups.

[Watch Video](#)



### Equity-Oriented Health Systems Improve


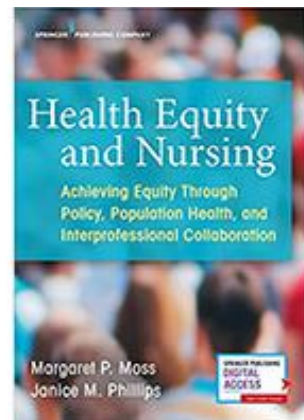
#### A Policy Brief

**What is Health Equity & Why Does it Matter?**

- Health equity is the absence of avoidable or remediable differences among groups of people, ensuring that all people have full access to opportunities that enable them to lead healthy lives.<sup>1</sup>
- At least 50% of our health outcomes are driven by the conditions of our lives, many of which are not under our control.<sup>2</sup>
- Because social and structural determinants of health are unevenly distributed, health inequities continue to grow – they cost Canada’s health care system \$6.2 billion per year, or 14% of our health care spending.<sup>3</sup>

**Life Circumstances that Influence the Health of Canadians<sup>2</sup>**

- Income
- Childhood experiences
- Disability

## BOOK: Health Equity and Nursing

## BRIEF: Equity in the context of COVID-19

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

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

[Read the BRIEF](#)

[Read More](#)

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## MEDIA COVERAGE

### **The long-term care crisis: How B.C. controlled COVID-19 while Ontario, Quebec face disaster**

UBC Nursing professor [Dr. Jennifer Baumbusch](#) commented on the impact of COVID-19 on long-term care facilities and said B.C. fared better than other provinces because government and health officials acted quickly to mobilize resources to control infection and support staff.

[CBC](#), [Yahoo](#), [MSN](#)

### **Canadians are calling for a reform in the LTC homes across the country**

[Dr. Jennifer Baumbusch](#), associate professor at the UBC School of Nursing, spoke to CKNW Charles Adler Tonight on the Canadian Armed Forces report on long-term care homes.

[CKNW Charles Adler Tonight](#)

### **A new hope for rethinking the aging journey**

Dan Levitt, an adjunct professor at UBC's School of Nursing, wrote about the impact of COVID-19 on older adults, particularly those residing in long-term care and assisted living settings, and how the crisis may be an opportunity to replace outdated living environments.

[Vancouver Sun](#), [The Province](#)

### **Local solution to day-to-day challenge for healthcare workers**

A tweet for help by UBC nursing professor [Dr. Sally Thorne](#) has led UBCO engineering professor Kevin Golovin and his team to develop a solution to help frontline healthcare workers see clearly through their protective face shields and prevent fogging.

[Castanet](#), [UBC News](#)

**Men's Mental Health**

UBC Nursing professor [Dr. John Oliffe](#) chats about men's health and help seeking on Afternoons with Rob Breakenridge.  
[Global News Radio](#)

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## PUBLICATIONS

\* denotes trainees

### [How nurses come to race: Racialization in public health breastfeeding promotion](#)

*Advances in Nursing Science*

**Alysha McFadden\***, Susan Erikson

> Also featured in [Advances in Nursing Science - Blog](#)

### [Health Equity and Nursing: Achieving Equity Through Policy, Population Health, and Interprofessional Collaboration](#)

[Margaret P. Moss](#), Janice Phillips

### [Virtual special issue – Using touchscreen tablets for virtual connection](#)

*Dementia*

[Lillian Hung](#), Jim Mann

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## UBC COVID-19 Research

To share your COVID-19 related research or expertise:

- [UBC COVID-19 Research](#)
- [UBC Experts Guide](#)
- [BC Inventory of COVID-19 Research](#)
- [CanCOVID](#)

[Read More](#)

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**Funding Deadlines**

**External Events**

**June 12, 2020:** [UBC Scholarship of Teaching and Learning \(SoTL\) Seed Program](#)

**June 15, 2020:** [SSHRC PEG – COVID-19 Special Initiative](#)

**June 15, 2020:** [SSHRC Partnership Engage Grants \(PEG\)](#)

**June 18, 2020:** [CIHR Operating Grant : COVID-19 Mental Health & Substance Use Service Needs and Delivery](#)

**June 30, 2020:** [MSFHR Innovation to Commercialization](#)

**July 2, 2020:** [CIHR Health System Impact Fellowship](#)

**July 15, 2020:** [New Frontiers in Research Fund: Transformation LOI](#)

**July 17, 2020:** [2020 MSFHR Health Professional-Investigator Award](#)

**July 21, 2020:** [CIHR: SPOR SUPPORT Unit Phase II](#)

**July 25, 2020:** [Laura Bassi Scholarship](#)

**July 31, 2020:** [WorkSafeBC – Changing nature of work and the work environment research](#)

**July 31, 2020:** [Downtown Eastside \(DTES\) Grants Program](#)

**Aug. 5, 2020:** [CIHR Team Grant LOI: Food Security & Climate Change in the Canadian North](#)

**Sept. 15, 2020:** [SSHRC PEG – COVID-19 Special Initiative](#)

**Sept. 28, 2020:** [MSFHR Convening & Collaborating \(C2\)](#)

**Sept. 28, 2020:** [MSFHR Reach](#)

**Oct. 15, 2020:** [SSHRC Insight Grant](#)

**Dec. 1, 2020:** [Sigma Small Grants](#)

**Dec. 1, 2020:** [Sigma / Canadian Nurses Foundation Grants](#)

**June 24, 2020:** [Visualizing public health data: strategies and tools](#)

**Aug. 30 – Sept. 2, 2020:** [11th ICN NP/APN Nursing Network Conference](#)

**Sept. 22-23, 2020:** [FUSE international conference on Knowledge Exchange in Public Health](#)

**Oct. 6, 2020:** [Health XChange 2020 - Powered by PechaKucha: How can youth-led and youth-engaged approaches help to redefine research?](#)

**Nov. 19-20, 2020:** [Competence Network Health Workforce Conference](#)

## Call for Abstracts

**June 8, 2020:** [8th Conference on Prevention and Management of Childhood and Adolescent Obesity](#)

**June 30, 2020:** [UBC Centre for Health Education Scholarship](#)



**Questions?** Contact us 604.822.7417