

# DNIG Diabetes Nurses Interest Group

DNIG  
THE  
VOICE  
FOR  
NURSING  
IN  
DIABETES  
CARE

## Report from the Chair



Lisa Herlehy

Welcome to the spring edition of your DNIG newsletter. Spring is the time when we clean house, turn our faces to the sun and dream about our gardens. While it happens every year, for me it always feels like something new and precious and full of opportunity. The recent RNAO assembly was similarly inspiring with ‘transforming health care’ in the air. I was able to share this time with 2 of our student members and one executive member all of whom will be reporting on the experience for you. For me, as always, it was a great opportunity to see old friends, network with new and to take part in the

powerful political action efforts and successes that members of RNAO make happen. In this newsletter you will also find a heartfelt testament of one of our student members as to why she chose nursing.

In addition, there are two conference funding opportunities remaining so send your applications in soon. The application is on the last page.

In 2018 members of DNIG have many plans to advance care, increase networking opportunities, and meet members at the regional level. Follow us on twitter and like us on (coming soon) facebook. Send

us your local events and opportunities for diabetes networking and education.

If you would like to host a DNIG event in your local area, let us know and we will see if we can help make it happen.

*Lisa*

Would you like to

- write for the newsletter?
- present a webinar?
- become part of an executive team?

Here is your opportunity to shine. [Contact us](#) to discuss opportunities.

Like us on twitter. Share breaking news.



# Executive Members

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Toba Miller	Communications ENO	<a href="mailto:tmiller@toh.ca">tmiller@toh.ca</a>
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## Queen's Park Day 2018



# Report from Queen's Park



*Robin  
Billard-  
Winslow,  
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BScN Stu-  
dent,  
Lakehead  
University*

My name is Robin Billard-Winslow, and I am a second year compressed nursing student at Lakehead University in Thunder Bay. I had the opportunity to attend Queen's Park Day in Toronto this past February as a student member of the Diabetes Nursing Interest Group. QP Day was an opportunity for me as a student to see first-hand the influential role RN's hold in advocating for the health of Ontarians on the political front. A key take away for me was that as nurses we do have a voice, and that both independently and together we have

the ability to advocate for healthy public policies and influence change within our society. Highlights of my experience would be visiting the Legislative Building on Queens Park and networking within the professional body with other nurses and nursing students across the province.

At the Legislative Building in Queen's Park, Sally Dampier (also Thunder Bay) and I met with our local MPP Bill Mauro. We conversed about the unique healthcare needs of Northwestern Ontario and spoke to areas such as the transformation of Long Term Care, Indigenous health, and reclaiming the role of the RN. After meeting with Minister Mauro, nurses of the RNAO attended the questioning period at the Legislative Assembly. During the opening ceremonies, the RNAO as an organization was repeatedly embraced as a guest to the Assembly. Some MPP's extended personal greetings to the nurses they had met with earlier that morning. Myself, Lisa Herlehy, and Sally Dampier were among those nurses embraced by our local MPP, and given well wishes in our future endeavors. Participating in the events at the Legislative Building on Queens Park was especially intriguing considering the upcoming provincial election.

Previous to attending Toronto I had wondered to myself what type of role a student would fill in all of this. The support I received from DNIG, the RNAO, and its members in preparation for the upcoming events was more than encouraging. Through this support I assimilated new knowledge about political action and the influential role nurses hold in advocating for healthy public policies. Along with acquiring new knowledge, attending the conferences reinforced some personal beliefs I've formed throughout nursing school about areas in need of attention within the public and the health care system. Having my thoughts echoed by other experienced nurses, the professional organization, and politicians was encouraging to me as a student. Finding your voice as a student/nurse is, in my opinion, an important and impactful venture. We all have areas of passion and expertise to offer advocacy for. The more we encourage and support each other in these endeavors, the better we can support our populations in achieving equitable and quality health.

Having the opportunity to attend QP Day and be a part of the political action the RNAO and its members are involved in sparked a further interest in me. I am so very grateful to DNIG for inviting me to QP Day, as well as to myself for taking on the endeavor. I was hesitant on accepting new roles and embracing new experiences especially considering the volume of educational commitments I have at the moment. However, the experience proved to be valuable on numerous levels contributing to both my personal and professional growth.

# Policy Corner: Nurses at Queen's Park

It was another exciting Queen's Park Day this year as Ontario nurses marched through the Ontario Legislature building doors to discuss key nursing and healthcare priorities with politicians. This is my third time attending Queen's Park Day, and it's something I look forward to in my role as DNIG's Policy and Political Action ENO.

Several topics were front and centre this year including RN prescribing, pharmacare and the social determinants of health (which included a panel discussion about homelessness, featuring Registered Nurse Cathy Crowe).

Breakfast with the MPPs, an annual and early-rise meeting, is a great opportunity for nurses to meet their local MPP as well as engage in discussion and inform them about different healthcare topics and issues. My favourite part of the day continues to be Question Period – an opportunity to hear MPPs across the political parties interact and discuss topics/issues unique to their communities, as well as hold the government in power to account. Over the past few years I've learned a lot about the political process and how nurses can become engaged to help influence policy in different clinical areas including diabetes care (e.g., last year the Ontario government announced \$8 million in funding for offloading devices for individuals living with diabetes). See RNAO media release: <http://rnao.ca/news/media-releases/2017/11/22/health-professionals-applaud-ontario-s-decision-fund-devices-people-d> We look forward to sharing more on this with you in a future newsletter.

Hearing from Ontario's former Health Minister Dr. Eric Hoskins as well as the other political parties' health critics is always an important part of this day – with a provincial election looming in the next couple of months, it was particularly meaningful to hear each party's perspective on healthcare in Ontario.



*Sanja Visekruna is the  
DNIG Policy and  
Political Action ENO*



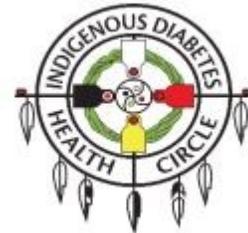
# Learning Opportunities

## Aboriginal Relationship and Cultural Competency: Free Courses for Healthcare Providers

Several of the *Aboriginal Relationship and Cultural Competency* courses for healthcare providers offered by Cancer Care Ontario are relevant to nurses working with persons living with diabetes. Updated in 2017, these 13 online courses are free of charge, accessible anytime and on completion each participant receives a certificate. Course topics include:

- First Nations, Inuit and Métis Culture, Colonization and the Determinants of Health,
- Aboriginal History and Political Governance,
- The Need for Cultural Competence in Healthcare,
- Current Array of Aboriginal Health Services,
- CCO - Aboriginal Cancer Strategies and Ontario Renal Network,
- Indigenous Knowledge and Traditional Health,
- Aboriginal Community Health Services,
- The Health Landscape of First Nation, Inuit and Métis People,
- Cancer and Renal Issues and Challenges,
- Truth and Reconciliation Commission of Canada (TRC) and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP),
- Health Literacy - Indigenous Perspectives on Health and Well-being,
- Chronic Disease Prevention for First Nation, Inuit and Métis People, and
- Pediatric Oncology.

Thanks to **Toba Miller**, our DNIG Website Communication Director for updating us on this great (and free!) learning opportunity



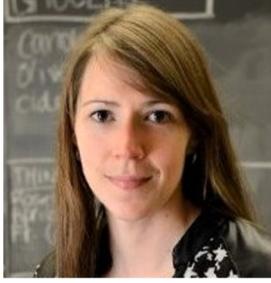
Registration is required. More information is available on the Cancer Care Ontario E-learning website <https://www.cancercareontario.ca/en/guidelines-advice/education-events/e-learning>

## Diabetes : Fact Sheets

Available in English, French, Chinese Simplified, Chinese Traditional, Cree, Hindi, Ojibway, Ojicree, Polish, Portuguese, and Spanish.



# Student's Corner



Laura McBreairty, PhD is a nursing student at and a member of DNIG executive

As a new nursing student, I have frequently been asked the classic question, “why nursing?” This query has often been in the classroom setting and it is always interesting to hear how various paths led us all to the same introductory nursing courses. Like myself, many students enter a career in nursing via accelerated or second entry programs and although some seem to have clarity on a straight path to

their goals, many enter nursing attracted by the diversity and varied experiences that a nursing education affords. I am quite certain those individuals, like myself, become wide eyed and excited when they hear the eclectic journey of an experienced nurse, who may have started in one field of nursing and followed a winding road of experiences to find new passions in a completely different area of nursing.

Like many second entry students, I pursued a career after the completion of my bachelor degrees in biochemistry and sociology. Although stricken with a passion for sociology, I completed a PhD in biochemistry focused on animal nutrition. I followed this with a postdoctoral fellowship coordinating a lifestyle intervention in women with polycystic ovary syndrome. This position opened up opportunities to travel to Ethiopia and India as part of food security and food product research groups. During my time in research I loved that combination of the application of basic science and problem solving in moving an individual towards a healthy lifestyle. This was played out while having the occasional opportunity to sit and discuss not only lifestyle regimen, but also connect and talk through the real-life obstacles faced by many. I also highly valued my experiences with big picture projects and international work.

Along this journey I have often been advised (elicited or otherwise) to focus more and figure out what I want to do. This counsel always struck me because I was doing what I wanted by following my interests and seizing opportunities. I thoroughly enjoyed the application of basic science, but also sought more opportunities to interact and connect with people. Although I don't diminish the importance of focus and goals, I highly value entering a career that allows those goals to adapt and grow with me; to realize new passions and follow them.

Stemming from a background in nutrition, diabetes has always been an interest of mine. In large part the reason I chose nursing is that through the latitude of the profession, this interest of mine can be applied in many different ways. This was especially clear to me after attending the DNIG and International Nursing Interest Group joint symposium, *Diabetes Caring from a Cross-Cultural Perspective*, which touched on topics from diabetes in the clinical to the global setting. As someone with broad and diverse interests it was exciting to see the many roles nurses play along the continuum of combating diabetes and seeing opportunities to merge a curiosity for basic science and sociology. I feel excited to be pursuing a career in a field where everyone brings their unique background to client care and hope to someday have my own eclectic story to share.

# Conferences, Scholarships and Bursaries-DNIG supports Members in Ongoing Learning

We are pleased to report that once again we have funding to support three members to attend diabetes focused conferences in 2018. There has been one successful candidate already who will be off to Halifax in the fall. There are two more awards up for grabs to apply now!

The funding will cover costs of travel, accommodation, and meals, up to a maximum of \$1000 per member. Applicant must have been an RN member of DNIG for a minimum of one year and not a bursary recipient for the previous five years.

Personal Summary Selection Criteria:

Save the Date!

**Talk Diabetes 2018**  
Diabetes Education and Management Centre  
Hotel Dieu Hospital, Kingston  
May 11 2018  
Ambassador Hotel  
Kingston  
Contact [benmn@hdh.kari.net](mailto:benmn@hdh.kari.net) for more info



**Hotel Dieu**  
HOSPITAL

## Indigenous Health Conference - Walking Together

**Start Date:**

Thursday, May 24, 2018 to Saturday, May 26, 2018

**Resource Link:**

<https://www.cpd.utoronto.ca/indigenoushealth/>

Brief personal summary must include:

1. Identified professional objectives for attending the diabetes conference.
2. Identified involvement (past/present) in diabetes professional practice/DNIG
3. Identified strategy for sharing learning with nursing colleagues. **APPLY NOW**

**DNIG offers three bursaries each year which are managed by the Registered Nurses Foundation of Ontario (RNFOO). For application forms, please go to [RNFOO Awards and Scholarships](#). Applications for 2018 are now closed. Successful applicants will receive their award at the RNAO Assembly and AGM in April. Check out RNFOO for details and consider applying in 2019.**

**DNIG Northern Students Tuition Support Award (1 x \$1000)** To provide an opportunity to a Registered Nurse or graduating baccalaureate nursing student living and working in RNAO Region 11 or 12\* who wishes to pursue advanced education (certificate or degree) focusing on diabetes education/care for persons living with diabetes, and who has demonstrated a significant commitment to the cause of diabetes.

**Diabetes Nursing Interest Group Scholarship (DNIG) (1 x \$2,000)** Awarded to an RN pursuing diverse continuing education in the area of diabetes education and care specific to type 2 diabetes. The applicant must demonstrate a significant commitment to diabetes education and care in a community with an Indigenous population.

**DNIG Special Projects in Diabetes Award (1 x \$1000)** To provide an opportunity to a Registered Nurse who wishes to complete a special project focusing on diabetes.

**Diabetes Nursing Interest Group (DNIG) Research Award (1 x \$3000)** Supports a graduate level student in either a PhD, MScN or MN program who is conducting research focused on an aspect of nursing related to education, prevention, or management of diabetes. Applicants must have a completed research proposal that has been submitted for ethics approval. Applicants must be a member of DNIG.

**Conference Funding Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

RNAO membership # \_\_\_\_\_

DNIG Membership duration \_\_\_\_\_

Employment status: FT PT

Employer \_\_\_\_\_

Please tell us about the conference you wish to attend, approximate distance and your anticipated mode of transportation.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*NOTE: For reimbursement agreed upon amount, an expense report and all receipts are to be submitted to DNIG no later than 1 month following conference completion.

Please attach a 1-page document (maximum 500 words) outlining why you qualify for this funding.

Be sure to:

Describe your professional objectives for attending the conference.

Describe your involvement (past/present) in your professional association/DNIG

Describe your employment status, location, role in diabetes nursing

Describe how you will share what you have learned with your nursing colleagues

Please supply one professional reference.

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

I certify that all information contained in this application is true and accurate.

Applicant signature \_\_\_\_\_ Date: \_\_\_\_\_

Please scan completed application and [e-mail to Lisa](#) . Apply Now!