



Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

Fall for Nursing



Saturday, October 5th 2019
Registration starts at 11:30am
12:00pm – 4:00pm

**10 Peel Centre Drive,
Brampton, ON**

Speaker Handbook



Agenda

11:30am-12:00pm	Registration
12:00pm-1:00pm	NCLEX Panel Presentation and Question Session
1:00pm-2:00pm	Interview/Resume Session (Claudine Hodge)
1:00pm-2:00pm	Speaker Networking Session (concurrent) (for speakers only)
2:00pm – 2:15pm	Break*
2:15pm – 2:35pm	First Networking Session
2:35pm – 3:00pm	Second Networking Session
3:00pm – 3:50pm	Mingling
3:50pm – 4:00pm	Conclusion, Evaluation and Raffle

* Light Refreshments will be provided for the duration of the event.

Featured Speakers

Resume Skills and Interview Approaches

Claudine Hodge, RN, BScN, MHSc



Claudine is a Registered Nurse with over 20 years of healthcare experience in acute care, education, and administration. Claudine is able to develop creative solutions to key challenges that healthcare organizations face today. These skills and expertise are utilized at Trillium in the role as Director, Healthcare Solutions where she oversees the Healthcare Recruitment and the Education division.

Prior to joining Trillium, Claudine held nursing management roles in hospitals in Toronto and has worked overseas in administration, where she has spearheaded large-scale projects related to nursing recruitment, retention and education. As a result, she has significant experience with recruiting and managing trained healthcare professionals. Claudine has demonstrated expertise in building high functioning teams by successfully recognizing strengths and talents in individuals and leveraging these talents to benefit both the individual and the organization. Her educational background includes a Bachelor of Science in Nursing from Ryerson University and a Graduate Degree in Health Administration from the University of Toronto.

Networking Sessions



**Anita Tsang-Sit, MPH, RN,
BScN, BA, CRM(c)**

Experience: Community, Public Health, Hospital

Biography: Anita Tsang-Sit is a Past President of RNAO Peel Chapter and recently elected to the RNAO Board of Directors representing Region 4 (Halton, Peel, Wellington and Waterloo). Anita has worked in tertiary care, public health and community health. She has a BScN from York University, BA in Political Science from McMaster University, and a MPH in Health Promotion from University of Toronto. She completed her risk management certification and is currently in the process of obtaining her Canadian Risk Management designation. She has a keen interest in risk management, social determinants of health, public health, and health policy (to name a few). She is very passionate about policy and political action and was a recipient of the 2017 Hub Fellowship leadership award and spent time shadowing RNAO CEO Doris Grinspun. Anita is currently a Manager with Toronto Community Housing Corporation in Risk Operations and Enterprise Risk Management where she manages claims, insurance and corporate risk management. She recently joined the RNAO Board of Directors as the Region 4 representative.

Abeer Omar, RN, MSN, PhD

Experience: Assistant Professor, Trent/Fleming School of Nursing, Trent University (2019), Registered Nurse, General Medicine & Respiriology, William Osler Hospital (2019), Faculty member in Egypt (Maternal-Child Health) 1997-2015, Research Educator, St. Clair College, Windsor Ontario (2015-2016), Director of Canadian Cardiac Research Centre (2015-2018), and Research associate, Toronto Rehab Institute (2018-2019)

Biography: Abeer Omar received her BSN and MSN from Egypt. In 2013, she got her PhD from Case Western Reserve University, Ohio, USA, which was followed by a postdoctoral fellowship in research and biostatistics at the University of Windsor. During Omar's fellowship, she worked with various research populations and assisted PhD and master students in their data analyses and thesis writing. Following postdoctoral fellowship, Abeer worked as a research educator at St. Clair College, Windsor. Abeer also held 3 associate research positions at University of Windsor, Ryerson University and Toronto Rehab Institute. Interestingly, Abeer attended the career fair held by RNAO and got a part-time RN at William Osler Hospital. Shortly after RN position, Abeer got an assistant professor position at Trent/Fleming School of Nursing. Omar believes that working as a professor, RN, and a researcher is a unique way to connect the lost chain between theory, research and practice.

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**Cheryl Simpson, RN, DNP,
MN, HBS, GNC(C)**

Experience: Acute Care,
Leadership, Geriatrics,
General Medicine

Biography: Cheryl
Simpson is a Clinical
Nurse Specialist in the
Seniors' Services

program at Trillium Health
Partners. She has a Canadian
Nurses Association Certification

in Gerontology. She provides consultation services that include comprehensive geriatric assessments, recommendations, and developing care plans. She is an expert clinical resource for the inter-professional teams working with patients with geriatric syndromes. Her clinical and research interests include enhancing and promoting quality nursing care for older adults, gerontology, health promotion, and knowledge translation.

Jose Fiorella, RN, BScN,

Experience: Acute
Care/Surgical/LTC/Community/Public Health

Biography: I am a Registered Nurse with 21 years of experience that began at the bedside and progressed from Resource Nurse to Clinical Educator to Nurse Manager. It is my second career; I never looked back; I love being a nurse in whatever capacity. As a Nurse, I do so much more than administer medications, and manage wounds. I am a teacher, advocate, caregiver, critical thinker and innovator and I hope to inspire and lead the next generation of nurses by imparting my passion for this awesome profession.



**Caroline Variath, RN, BScN, MN,
PhD(s).**

Experience: Professor- UNB/Humber BN Program; CSICU, RN – CSICU & Medical Assistance in Dying team at Trillium Health Partners, PhD student – Nursing at the University of Toronto, Nursing/Healthcare Ethics, Medical Assistance in Dying/End of Life care, Critical Care (Medical surgical & post-op cardiac surgery), Acute Care (Cardio-Thoracic surgery)

Biography: Caroline has worn many nursing hats through the 15 years of her nursing career. Clinically, she continues to work in the acute and critical care settings, with a focus on cardiology and intensive care nursing. Interestingly, she developed a passion for End of Life (EOL) care and bioethics from her clinical experiences, and is conducting research that focuses on EOL care as part of her PhD program.

The respect and love for her profession led Caroline to choose a career that would allow her to inspire young nursing students. She teaches Bachelor of Nursing students. In her classes, she uses her experiences of working as a nurse in various capacities in three different countries to guide and inspire novice nurses. Today she hopes to share some of her insights with those who are on the threshold of embarking on their exciting journey as nurses.

**Shelly Philip LaForest, RN, BN,
CVAA©**



Experience: Pediatrics,
Management, Education

Biography: Shelly Philip LaForest has been a nurse at Sick Kids Hospital since 1999 and has been a member of the RNAO for many years. She has worked in various roles and units at the pediatric hospital, including Surgery, Otolaryngology,

Orthopaedics, Operating Room, Burns and Plastics and is currently employed with the Vascular Access Team. Over the past decade, Shelly has been involved in a variety of educational and leadership roles at Trent University and George Brown College. Shelly is committed to lifelong learning and is currently completing her Masters of Nursing degree through Athabasca University. Shelly has additional education in perioperative nursing and venipuncture and has maintained specialty certification with the Canadian Vascular Access Association. Shelly is actively involved in community projects, currently serving as the Chair of the Community Advisory Committee for an epilepsy research program and also serving on the Board of Epilepsy Ontario.

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Tulip Fernandez, RN, BN, MScN



Experience: Current nursing experience – McKesson Canada, INVIVA, Infusion Therapy; Faculty Advisor, Trent University
Previous nursing experience – William Osler Health System, Labour and Delivery; GBC, Humber College, Sheridan – Course/Clinical Instructor

Biography: Tulip Fernandez is an experienced nurse with practice in Maternal-Child nursing and infusion therapy of biologic medicines. She completed her Bachelor of Nursing in 2005 from the University of New Brunswick – Humber College Collaborative program. Tulip ventured to rural Alberta after her graduation and worked in a 25-bed acute care centre. She returned to Toronto a year later and worked as a Labour and Delivery nurse with William Osler Health System. Tulip completed her Masters of Science in Nursing with a Teaching and Learning focus from York University in 2009. She has been a Course Instructor, Clinical Instructor and Faculty Advisor for various schools in the GTA while working in an out-patient biomedical infusion clinic. She is passionate about nursing, student mentorship and travelling.

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Poonam Sharma, RN, BScN, MN



Experience: Presently Nursing Faculty at Humber College-Clinical Instructor and Mohawk College-Nursing Faculty (Teaching Pediatric Certificate Online through Continuing Education). Specializing as a pediatric critical care Sickkids for 27 years, clinician and research nurse.

Biography: Poonam comes from a diverse background in public health with experience in Family Health, Child Health, Communicable Diseases and most currently in Chronic Disease and Injury Prevention, as a supervisor in the Oral Health Program. Poonam is also a part of the expert panel for the RNAO new best practice guideline for Oral Health. Her other passion for community health nursing is centered in women's health and to this day she is a child birthing, newborn and breastfeeding educator.

Poonam has been actively involved in the RNAO and on the Peel Chapter executive team with many leadership positions since 2007. Poonam graduated from the University of New Brunswick/Humber College Collaborative Nursing Program with a Bachelor of Nursing degree. She is the past-president of the Nursing Students of Ontario – RNAO Interest Group. In 2013, she was recognized for her work with nursing students through the RNAO Provincial Leadership Award in Student Mentorship. Poonam has a Masters in Nursing from Ryerson University.



Shalida Gupta, RN, BScN

Experience: nursing professor at Seneca College and program coordinator for the college's IEN program.

Biography: Born in Chandigarh, India, Shalida has always loved helping people, even as a child. Kindness was cultivated in my family and this inspiration spreads like an infection.

Shalida earned my BScN degree at the National Institute of Nursing Education in Chandigarh, India. After practising as an RN for one year she decided to come to Canada to augment her nursing skills and career.

Shalida migrated to Toronto in 2009. Like many immigrants, I struggled with the transition to the new country. She found that, as an IEN, gaining the ability to use her nursing education and experience from India to work as a nurse in Canada was an uphill battle.

The challenges faced during this transition planted a seed for what she wanted to do: ensure that nurses from around the globe won't struggle as she had. Shalida founded Kindshell Inc., a resource that provides nurses support at every step in their transition to Canada, from filling out forms to exam preparation and career counselling.

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**Samantha Mangal, RN, BSCN,
CNCC(C), MN – in progress**

Experience: Cardiovascular
Surgery Intensive Care Unit
– Trillium Health Centre
Mississauga – 2012 – 2019
Intensive Care Unit –
Trillium Health Partners –
Mississauga – 2013-2015
Clinical Instructor – George
Brown College – 2018

Biography: Samantha
Mangal is currently a
registered nurse in the Cardiac
Surgery Intensive Care Unit at
Trillium Health Partners,

Mississauga Site. Samantha earned her Bachelor of Science degree in Nursing from Ryerson University in 2012, obtained her Canadian Nurses Association Certificate in Critical Care in 2015 and is working towards completing her Masters of Nursing in Leadership, Health Policy and Education at Ryerson University in 2020. She has seven years of nursing experience within critical care and cardiac surgery. She also has experience with nursing education and clinical instructing at George Brown College.

Navisha Weerasinhe, RN, BScN, MN Candidate



Experience: Med-Surg,
Emergency

Biography: Navisha is a Registered Nurse currently working at Brampton Civic Hospital in the Emergency Department and Georgetown Hospital in the Med/Surg unit. Navisha graduated from the collaborative program at Ryerson University with a Bachelor of Science in Nursing in

2017. She recently began the Master of Nursing – Clinical Stream program at the University of Toronto and is excited to advance her clinical practice. During her time at Ryerson, she was a part of several leadership groups including the Nursing Course Union and was the Fourth Year Advocacy Representative. Her role included creating workshops and panels that would help future nursing graduates have a smooth transition from nursing student to new graduate nurse in the healthcare field. Navisha is happy to be a part of the career panel and is eager to share her experiences and to inspire the next generation of nurses.

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The Registered Nurses` Association of Ontario (RNAO) is the professional association representing registered nurses, nurse practitioners and nursing students in Ontario. Since 1925, RNAO has advocated for healthy public policy, promoted excellence in nursing practice, increased nurses' contribution to shaping the health-care system, and influenced decisions that affect nurses and the public they serve. The RNAO Peel Chapter furthers the work of the association at a community level within Peel Region. "Fall into Nursing: Career Exploration" is an event that provides the opportunity for nurses from different areas within the profession to share their passion with students and new graduates.