

# RNAO Region 7

## newsletter )))

Winter

2020

Issue # 2

### President Greetings

Greetings and Happy New Year to You All!

2020 will be an especially exciting and proud year for all of us as it is the International Year of the Nurse and the Midwife as proclaimed by the World Health Assembly. As RNAO members, we'll have opportunities to celebrate this momentous year collectively. Please keep an eye out for messages from RNAO Home Office.

This past year was a full and busy year for Region 7. Since our last issue back in September, Region 7 hosted a Paint Night, a Fall Tour with Dr. Doris Grinspun and a December Celebration with MPP Natalia Kusendova. Our executives were also hard at work leading visits to MPP's offices advocating for important health and nursing issues.

As the Health system shifts and transforms, how have you been coping? What's important to you? And specifically, how can Region 7, with the support of RNAO Home Office, be of service to you in your nursing practice? We would like to hear from you through an anonymous survey, so that we can tailor our efforts to best meet your needs. Please help us to help you!

You will find more information on the fore mentioned celebration, events and survey as you read on.

In the coming months, Region 7 executives will be participating in the RNAO Queen's Park Day, Assembly and Board of Directors Meetings. We are also planning an early spring event for you. We'll share more information once details are confirmed.

As your Region 7 President, I've had many great opportunities to meet and interact with you in our region, as well as fellow nurses beyond our area. I have learned that change and transformation in the workplace seem to be the theme since 2019 and will likely extend into 2020. In times of uncertainty and ambiguity, it is especially important to network with colleagues, hear about what's going on, get involved, voice your concerns

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and views, and find solutions together. We ARE stronger together! Please do connect with us and come out to our events. We would love to see you.

Thank you.

Sincerely,  
So-Yan Seto RN PhD  
Region 7 President

## Year Ahead, Looking ahead in 2020

Nurses are positioned for an exciting year ahead. National Nursing Week is May 11-17, 2020 and the World Health Organization (WHO) has designated 2020 as the Year of the Nurse and Midwife in honor of the 200th birthday of Florence Nightingale.

This year, RNAO's Annual General Meeting will be on June 11- 13, 2020 and the theme is, "Celebrating the Year of the Nurse".

Recent research shows that for 18 years straight, nursing has been named the most honest and ethical profession.

Get involved: Join RNAO and feel a part of the great possibility of "Health for all" and "Celebrating the Year of the Nurse".

Sonia Chin, RN; BAS; BScN; MEd.  
Region 7 – Communications

## Coronaviruses

Coronaviruses are a large family of viruses.

Some human coronaviruses spread easily between people, while others do not.

Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:

- older people
- people with chronic disease (for example, diabetes, cancer, heart, renal or chronic lung disease)

### The 2019 coronavirus has been named (COVID-19)

On December 31, 2019, Chinese health authorities identified a new virus referred to as COVID-19, through a series of reported cases of pneumonia in Wuhan, China.

### Symptoms

Symptoms range from common cold to severe respiratory illnesses and include:

- fever
- cough
- difficulty breathing
- pneumonia and kidney failure

In severe cases, death can be an outcome.

See RNAO website for updates.

Compiled by Sonia Chin, RN; BAS; BScN; MEd.  
Region 7 – Communications

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# Best Practice Spotlight Organizations (BPSO) and Region 7

## BPSOs and BPSO Host

BPSO initiative launched in 2003 following the successful implementation of the BPG program. The main goal for BPSO is a higher quality of patient care by the implementation of evidence-based practice. The health-care and academic organizations could apply to become BPSO. Those organizations selected by RNAO would implement, disseminate and evaluate RNAO Best Practice Guidelines over a three year period.

RNAO supports BPSOs by the provision of training, access to resources, regular meetings with BPSO Host, mentorship, and consultation. RNAO provides the draft contract agreement for BPSOs, reporting prototypes, Best Practice Champions Network, the Champion Workshops, the Implementation Toolkit, and Educator's Resource, BPG APPs and other implementation resources.

Today not only Canadian organizations are part of this great initiative, but also the international organizations and facilities outside Canada are part of RNAO BPSOs. The global BPSO Network are as below:



Best Practice Spotlight Organizations in your Region  
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## BPSO and OHT model

By evolving the Ontario Health Teams (OHTs), RNAO adapted a new BPSO model to help OHTs to reach to their quadruple objectives.

The OHT aims are summarized as:

The BPSO model uses a structured methodology to create a high degree of staff engagement and leadership among front-line staff.



BPGs improve patient outcomes  
 ✓ improved patient satisfaction  
 ✓ Improved care coordination  
 ✓ E.g., reduced falls/fall injuries  
 ✓ E.g., reduced pressure injuries

The systematic implementation of best practice guidelines result in significant cost savings.

The Person-and Family-Centred Care BPG puts the patient at the center of care.  
  
 The Care Transitions BPG promotes continuity of care across all sectors.

### Region 7 BPSO report

Twelve organizations joined the BPSO initiative and continue to be part of this advanced initiative. Below is the list of Region 7 BPSOs and the year they become part of the initiative.

1. Sunnybrook – 2012
2. Bloorview Kids Rehab – 2009
3. Scarborough Health Network – 2015
4. The Wexford Residence – 2018
5. St Michael's Hospital – 2009
6. CBI Home Health – 2009
7. Toronto Public Health – 2009
8. Ontario Telemedicine Network - 2012
9. VHA – 2012
10. Ryerson U – 2015
11. Spectrum- 2015
12. Toronto Grace – 2015

Region 7 encourages all the members and their esteemed organizations to get involved and to be part of the BPSO initiative. Together we can deliver higher quality patient care.

In order to be prepared to become BPSO, strategize the following activities:

- Implement one or more of RAO's BPGs
- Encourage nurses to be members of or participate in the RAO Best Practice Champions Network
- Familiarize the senior management with the RAO's best practice guidelines program
- Build the capacity to engage in research (NOTE: an organization's readiness to participate in best practice guideline related research studies is determined by its ability to prepare and submit proposals for funding; to support implementation and evaluation of nursing best practice guidelines with advances prepared nurses - Masters prepared preferred - etc.)



## How do I become a BPSO?

Request for Proposal (RFP) will be issued every three years. The eligible healthcare and academic organizations could submit their proposal to become BPSO. Make sure include the following outlines in your proposal:

- Scope of work
- Organizational Support
- Previous work with RNAO guidelines
- Project Team's knowledge, skill and experiences
- Pt relevant experience
- Capacity to deliver on project requirements
- Financial contribution

For more information:

Visit the Best Practice Spotlight Organization program website at [www.RNAO.ca/bpg/bpso](http://www.RNAO.ca/bpg/bpso) and <https://rnao.ca/bpg/bpso/become> or

Contact BPSO team at [BPSO@RNAO.ca](mailto:BPSO@RNAO.ca)

Retrieved from RNAO BPSO program website

Marjan Kasirlou, RN, BScN, MBA  
RNAO Region 7, Communication ENO

## 2019 Year in View

Region 7's Executive members have been active throughout the year and accomplished the 4 Ends: 1 Engaged with registered nurses, nurse practitioners and nursing students to stimulate membership and promote the value of belonging to their profession; 2. Advanced the role and image of nurses as members of a vital, knowledge-driven, caring profession and as significant contributors to health; 3. Spoke out on emerging issues that impact on nurses and the nursing profession, health and health care; 4. Influenced healthy public policy to positively impact the determinants of health, supporting medicare and strengthening a publicly funded, not-for-profit health-care system.



2019 Year in View  
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Take a glance at the  
activities in 2019.



Region 7 Recognised as  
"Region Of The Year"



Among ten resolutions presented during 94th RAO Annual General Meeting, two Resolutions proposed by region 7 members and carried by the Provincial Nominations Committee:

- Improve integrated Health services and research for persons living with Autism Spectrum Disorder(ASD) - CARRIED
- Building Healthy Public Policy and Creating Health Promotion Programs to Address Loneliness as Priority Health Issue for Older People - CARRIED

For more information on resolutions see the link below:

<https://myrnao.ca/sites/default/files/related-documents/RNAO%20Resolutions%20as%20amended%2C%20carried%20or%20defeated%20at%202019%20AGM.pdf>

## Looking forward While Gazing Back.

The RNAO, a non-partisan organization continues to transform the healthcare system through partnership with many health organizations including the Ontario Health Team. This transformation involves the RNAO’s Best Practice Spotlight Organization (BPSO) program that helps promote the government’s goals and objectives to create a healthcare system that is more patient focused.

RNAO Region 7 members are committed to breaking down barriers and improving evidence-based practices across communities. We are emboldened to speak out for registered nurses, nurse practitioners, and student nurses.

### **Queens Park on the Road.**

Region-7 Executive Members are pleased with the efforts displayed by our MPPs during our 2019 Queens Park on the Road (QPOR) meetings. Our 2019 QPOR meetings took place with several MPPs, included Natalia Kusendova, Suze Morrison, Kathleen Wynne, Daisy Wai, and Vincent Ke. Topics discussed ranged from the Accidental Opioid Overdose related to the Opioid Crisis in Ontario to the decreased “RN Staffing Ratio” in Long-term care settings, the important role “Nurse Practitioners” play in the health-care setting, and the “Loneliness” experienced by many seniors.



Our meetings with MPPs can help ameliorate those areas of the healthcare system that

### **Nursing Week 2019**



### **Assembly Meeting**



### **Remembrance Day**



### **Meeting with the leader of opposition**



required a modernization of policies and guidelines based on the RNAO's guiding principles and Best Practice Guidelines (<https://rnao.ca/bpg>)

Natalia Kusendova discussed the RN Role and elimination of gridlock that requires better transportations and infrastructure in our cities.



Suze Morrison and Vincent Ke were visited by Region 7 members.

Kathleen Wynne discussed RN Staffing Ratio and the Opioid Crisis. She was inspired by ways to better involve and support families.



Daisy Wai discussed long term care and opioid crisis. She is committed to long term care issues.

Our meetings with the MPPs helped us to ameliorate those areas that may require modernization of policies or guidelines being upheld by guiding principles.

### ***Continued to be Inspired.***

Our 2019 QPOR meetings were in the spotlights! We look forward to 2020, a year that would be most inspiring to RNAO members including our Region-7 Executive members who continued to build partnership with the Ontario governments that can tenaciously mandate better health-care services for stakeholders, health-care workers, and patients or clients across communities.



Executive members work collectively with the RNAO to oversee new policies and guidelines for RNs in the workforce, while being cognizant of the impact that changes in the healthcare system have on nurses' lives and their working environments.

The intricacy of our health-care system can lead even the most dormant nurse to advocate for healthy public policies and the health and wellness of individuals across communities in Ontario.



Moving forward to 2020, we continued to articulate the significance of healthcare delivery for all Ontarians. We also articulate those reasons why student nurses are inspired to make a difference in the community and transform the nursing profession in a meaningful way.

Student nurses play an important role in helping to evolve the nursing profession that is based on professionalism, ethics, and standards. The RNAO Best Practice Guidelines are resources that can enhance the knowledge acquisition of practicing nurses and student nurses alike. With the application of knowledge acquisition and transfer, student nurses continue to revolutionize the healthcare system using new ways of learning.

## **RNAO Membership for Student Nurses**

The RNAO provides valuable benefits to student nurses that include a student welcome package, access to the Best Practice Guidelines, career counselling and resources, political influence and actions, involvement in interest groups, networking opportunities, recruitment rewards, as well as information, communications, and outreach.

<https://rnao.ca/connect/student-member-benefits>



Violet Rawlins, RN, BScN. MN. DHA (PhD). GNC (C)  
Region 7 Policy & Political Action Officer

## Region 7 Survey 2020

Region 7 invite all members to complete a brief survey. The purpose of this survey is for the Region 7 Executive to gain a better understanding of how to best serve members through events.

### Confidentiality and anonymity disclaimer

RNAO upholds high standards of anonymity and confidentiality, and we assure our respondents the following:

- Your responses to the survey will remain completely anonymous.
- Your responses will never be used to personally identify you or contact you.
- If you are a member of RNAO, your responses will not be combined or considered in concert with existing RNAO data.
- Results of this survey will only be reported in summarized terms, and may be used to inform the Region 7 Executive.

You can complete the survey through link below:

<https://myrnao.ca/region7survey2020>



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## Past Events

RNAO's CEO, Doris Grinspun Fall Tour in Region 7 held in Nov 29, 2019 and Doris talked about nursing issues and answered members questions and concerns.



## upcoming events:

Queen's Park Day  
Feb. 20, 2020

Celebrating RNAO's 20th Queen's Park Day, RNAO members and MPPs will meet to discuss important nursing, health and health-care issues while learning about the political process.

To celebrate the end of year and the holiday season, RNAO Region 7 hosted our annual Winter event on December 5th, 2019 at Lara’s Restaurant in North York. We hosted special guests, Doris Grinspun, CEO of RNAO and the honourable, Natalia Kusendova RN, the MPP Mississauga Centre, to discuss the intersection of Nursing and Politics in our current health and policy environment.



## Get to Know Region 7 Executives:



**So-Yan Seto**  
President and Region 7  
Board of Directors  
Representative,  
Public Health  
Administrator



**Lhamo Dolkar**  
Past President and  
Finance Executive  
Network Officer,



**Selvi Krishnadasan,  
RN, BScN, MN**  
Assembly  
Representatives,  
Long Term Care Nurse



**Priscilla Packiam**  
Finance Executive  
Network Officer,  
LTC/CCC Nurse  
Clinician

	<p><b>Violet Rawlins, RN, BScN. MN. DHA/Ph.D. GNC (C)</b> Policy &amp; Political Action Officer, Professor &amp; Clinical Educator of Colleges &amp; Universities, Ontario</p>		<p><b>Janson Chan, RN, MHSc. (Candidate)</b> ATP Lead Public Health</p>
	<p><b>Sonia Chin, RN, BAS, BScN, MEd.</b> Communications Executive Network Officer, Public Health Nurse</p>		<p><b>Marjan Kasirlou, RN, BScN, MBA</b> Communications Executive Network Officer, Home Dialysis Coordinator</p>
	<p><b>Amanda Mayock, RN, BScN</b> Membership executive network officer, Flight Nurse</p>		<p><b>Erin McPherson, RN, BSN, MSN</b> Membership executive network officer, 17 years of nursing practice, including women's health, critical care and nursing education</p>
	<p><b>Felicia Lau, BScN, RN</b> Social Media Executive Network Officer, Paediatric Nursing - Specialized Orthopaedic and Developmental Rehab, Oral and Maxillofacial Surgical Nurse</p>		<p><b>Michelle Simpson, BScN, RN, MSN, CCHN(c)</b> Workplace Liaison Executive Network Officer, Public Health Nurse</p>
	<p><b>Thea Tan Durago, RN, BScN</b> Student Liaison Executive Network Officer, Cardiology Nurse</p>		<p><b>Tom Brener, RN</b> Masters in Nursing (Health Systems Leadership and Administration) Student Representatives Executive Network Officer, Resource Nursing Team</p>

For more information visit:

<https://chapters-igs.rnao.ca/chapter/2/email-archive>

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<https://chapters-igs.rnao.ca/chapter/2/about>