

Mind • Body • Spirit
The Whole News

The RNAO-CTNIG Newsletter

Volume 21 • Issue 2

Winter 2021/22

“Kindness is like snow...



it beautifies everything it covers.”

~ *Kahlil Gibran*

RNAO-CTNIG



COMPLEMENTARY THERAPIES
NURSES' INTEREST GROUP

INSIDE THIS ISSUE:

- | | | |
|-------------|-------------------------------|--|
| Page | 2. President's Address | 18. Websites |
| | 3. Executive Update | 20. Inspirational Corner |
| | 4. Perspectives | 21. Kale Quinoa Apple Salad
Recipe |
| | 10. Books | 22. On The Lighter Side |
| | 12. CPSO Update | 23. Who To Contact |
| | 13. Self-Care Tips | |
| | 15. Research | |

Holiday Greetings

from the CTNIG President



As we wind down the year and celebrate the holiday season, many of us take time for reflection and gratitude. I wish to offer my thanks and appreciation for our CTNIG members. Together we are connecting nurses to each other while strengthening our vision and mission around complementary therapies and holistic nursing practice.

We closed the year with our 2021 CTNIG virtual AGM in December. It was delightful to see some of our CTNIG executive members from our early years join us to hear AGM guest speaker Jennifer Waite's powerful self-compassion message. There is a sense of excitement in anticipation of CTNIG's 20th Anniversary Celebration in 2022.



During the holidays we invite you to continue to discover ways to heal the mind, body and spirit by visiting our Exploring Self-Care wellness series for nurses (<http://www.rnao-ctnig.org/selfcare>). In the midst of the holidays, remember to take moments to pause and connect.

Wishing you and your loved ones joy, peace and well-being this holiday season and the year ahead.

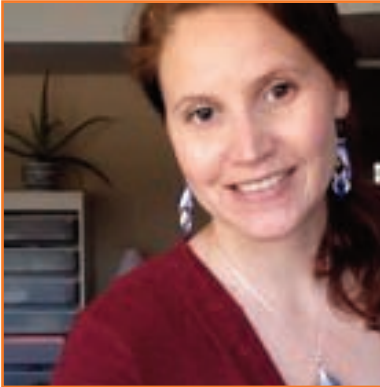
Jacquie Dover

CTNIG President (2020-2022)

Executive update ~ 2022

Announcing the new RNAO-CTNIG President **Katrina Graham!**

Katrina is a long-time CTNIG member and has held many leadership roles with the CTNIG. In 2019, Katrina received the CTNIG Award of Excellence for her dedication to Indigenous and Traditional Healing Arts, Complementary Therapies, and the CTNIG community.



We are delighted as Katrina begins her journey to serve as CTNIG President. Jacquie Dover continues to be on the board as past-president and to support Katrina in championing the CTNIG vision: To have Complementary Therapies (CT) recognized, incorporated and integrated into nursing and health care in Ontario.

We welcome them on board in their new positions and thank them for their leadership and service as research chair and president respectively. They have been instrumental in keeping the CTNIG active within the RNAO community during this very unusual time.



RNAO-CTNIG celebrates it's 20 Year Anniversary this year.

Stay tuned for further information on the AGM later this year.



PERSPECTIVES!

Thoughts on Protecting Your Spiritual Being and Physical Self While Working

Kim Watson, RN, MScN, Holistic Practitioner

Dragonfly Way Healing ~ T.O.L. Services

Windsor, ON

RNAO-CTNIG Past-President (2010-2018)



As Nurses &/or Holistic Practitioners, we need to remember to serve ourselves first, before we serve others. Many of us have been in a plane and have heard the flight attendant remind us that in the event the oxygen masks drop, to put ours on first before we do it for others. The same goes for us in working as nurses, or like me, in providing energy work. We need to put ourselves first in the steps of preparing to do any work for self, or for others. We need to become specialized and focused on our own energetic ‘security,’ or subtle energy protection which will act to provide us with a protective barrier, or bubble in doing the work we do (we this for our own behalf, and those we plan to serve).

In this short article I have listed below the key tools and techniques you can begin to use to protect and serve, as well as cleanse and re-energize your spiritual and physical energy. Consider trying out the ones that resonate with you. This is just a beginning list, there are so many more.

1. Make Your Own Protective Barrier (net, bubble, etc.)

For some, they visualize a bubble that surrounds us. For me it is a golden net, a technique that I learned early in doing energy work; the net is called St. Michael’s net, monitored by the Archangel. I like the visualization of a net for myself as it can allow a flow of things through it. What controls that flow is my intention, and the setting of the properties of the net. Like grounding and

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centering, it is not a onetime thing you do in providing protection, whether you are going to work, or providing a treatment/session. It is a key step in the work you do. If you haven't yet, find a way of grounding and centering that will include protecting yourself. Make a point of doing this just before, or as you enter your workplace, or healing space. Once you find your flow (what works for you), it will become an automatic part of you, and will only take a second or two to activate. Like setting your security alarm before you leave your home. For me I just plant my feet, take a breathe, focus on my third eye, and set my net in place while grounding and centering.

A bit more on St. Michael's net, and why I like it. Archangel Michael is one of the seven Archangels; known to be a fierce, powerful warrior who some regard as the Prince of the Archangels. He brings forth the qualities of strength, courage and protection. Simply by saying the words "Archangel Michael protect me now" you invoke or call on him. In using the net it serves my needs by allowing things that serve me to flow through to me, such as love, kindness, compassion, wisdom, guidance, harmony, balance, etc. These things flow in to support and heal physical being and etheric self. The net allows me to have an access to these beneficial attributes. Also, things which may be thought of negative, or detrimental to my wellbeing, like pain, anger, fear, exhaustion, etc., that does not serve me, can easily leave the net, and not be able to return. Also anything outside the net (such as the client's pain, or EMFs, energetic vampires, pressure, etc.) will not be able to enter as they do not serve my needs or wants, though I can serve theirs. And remember energy cannot be either created or destroyed. Hence by calling on St. Michael, he is there to take the energy that does not serve me so he can transform it for the benefit of someone else. Once transformed, even I can use it. By using a form of protection like this you are sealing off your aura, or etheric self from 'negative' influences, and protecting yourself from any person, situation or environment.

If you wonder if and how this will work, trust that it will. Your intention, and consistency in adding this to your steps at the start of your workday, or a

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treatment session will assist. It can also be done in the way of a prayer, or meditation. Some prefer the idea of a clear bubble with the properties of allowing a flow through it as you deem necessary. Many ask, how will I be sure that what needs to be caught outside the net will be; it is through trusting in the wisdom of knowing your spiritual body of consciousness (etheric energy) is at work providing this for you. Now with the mental, emotional, and physical bodies of consciousness (radiant energy – that which becomes us, the human being) you also provide protection and intention for self.

It is through your bodies of consciousness (physical, emotional, mental and spiritual) or energy system you are able to sense, smell, feel and intuit everything and everyone you come into contact with. Our bodies of consciousness is also known as our aura. Through your spiritual energy system you can feel a tense atmosphere, sense danger, question yourself, get questions or answers, feel things, etc. If we do not protect ourselves we can be left feeling utterly drained by ourselves, or someone around us who is needy. It makes sense then to learn how to protect it as well as keep it energised and cleansed. Today too many nurses are experiencing compassion fatigue, burnout, or even secondary trauma; all of which can extend into PTS – Post Traumatic Stress.

Not any different in approaching someone to care for them through an energy session, we must be mindful on what we take on. First we must care for ourselves, second for the client. It is similar to learning CPR – you first ensure your safety, if you cannot, you do not do the CPR. Hence in approaching a work day, or a healing session with a client, we must be mindful that we cannot care for all their needs and wants, and what may show up in their field. It is important we are realistic on what we can truly provide for them effectively in that one session, without overwhelming ourselves. If we set an intention as we center, that we will be made aware of what will serve them best be identified first, then we have the chance of serving them today. And remember, another session can be arranged following this day. By being mindful of caring for oneself first, and our client next, we can truly be present to help them restore order, balance and harmony to the field, while maintaining it for ourselves.

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Remember, you cannot get water from an empty bucket – remember to take care to do things to fill your bucket and to quench your thirst first, before you serve others.

2. Affirmations or Power words

Power words and affirmations are incredibly easy and effective tools to use in a situation where you would like to protect yourself energetically, emotionally and mentally. All these aspects of being are closely interwoven. As the name suggests a power word is a word that has a vast amount of meaning and symbolism, and may affect the healing session. It has a very specific energy attached to it. Affirmations, are short sentences, empowering what we will see. You can write these on paper and look at them a few times a day, or make it like a mantra and say silently through your day. I like to write them on a post-it, and place it where I can see them frequently.

Great resources to learn more about their use are:

Dr. David R. Hawkins (2002). Power VS Force. The Hidden Determinants of Human Behaviour (book)

Louise Hay & Dr. Mona Lisa Schultz (2013). All is Well. Heal Your Body with Medicine, Affirmations, and Intuition (book)

Whatever power word or affirmation that feels right for that given moment just hold it in the forefront of your awareness, or even share with your client. Connect with the energy of the word as fully as you can allowing its vibrational frequency to ripple out through every cell and fiber of your being and out into your energy field/aura, or that of the client you are working with. Feel or imagine the effect of the word on your mind, body, heart, soul and spiritual energy systems. You can repeat the word silently over and over if this helps you to focus. It's unbelievably quick and can restore and re-center your spiritual energy, mindset and emotions in a few moments. By practicing regularly I find I am able to re-center, and cleanse easier each time.

3. Breathe

Taking a simple breath is useful, and with awareness it can instantly rebalance

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mind, body, spirit and spiritual energy. This is my go-to coping mechanism of choice. Powerful, as it represents with each breathe we choose to be here!

Inhale – Pause – Exhale. Breath gently through your nose. Allow your attention to flow with your breath in and out of the body. Notice the rise and fall of your chest. Feel the pause. Then out through your mouth. Let your shoulders drop, relax your jaw all the while focusing on the flow of your breathing. Even just five slow, mindful breathes - inhale, pause, and exhale – it can work. Re-balance, restore harmony and order.

Research has proven that breath work alone has an instant and powerful effect on every part of your body and mind as well as your soul and energy systems. Be sure to use breath in centering and grounding, and throughout your day. Choose to show up and be your caregiver. Remember the more you practice this, the easier and more intuitive these exercises or tools will become.

One last point: I often suggest to clients the use of Breath and Water in the healing period following the session, though works within our day too. I always say “Water cleanses the physical body, and breathe cleanses the energetic body.” Every time you take a drink, be sure to take a nice breathe too.

4. Nature & Grounding

The benefits of spending time in nature is immeasurable. Not only does it expose us to a healthy array of microbiomes it enables our spiritual bodies to recalibrate and quite literally soothes our stress. If you can try to make the time to be outside, especially if you can be immersed in a forest, or by a body of water, or in a park, then know the healing energy of nature can provide a restorative energy exchange.

I love to Ground! Grounding is different than centering, though you can do both together, I do. Grounding will refresh and bolster your aura and your

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chakras. If you can do this outdoors, it can be a natural exchange from Mother Earth. Try this: take off your shoes (barefoot), place your feet flat on the ground (avoiding surfaces like cement). Feel the connection of your feet to the ground; allow the energy of the Mother Gaia to connect with your bodies of consciousness/aura. If you can't get outside, or take your shoes off, use imagery/your imagination; it is equally effective.

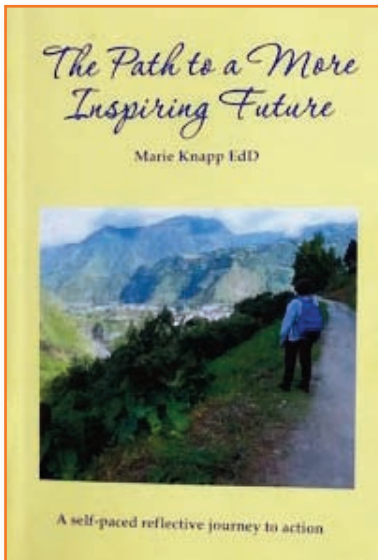
Once you have this down, go a bit further. First take a deep, slow breathe. Feel a light start at your heart center, or your core star (above belly button, below your diaphragm). With the next breath see or feel the light expand, until it reaches the edge of your etheric field. Next see the light go down through your chakras, to your hips, your knees, your ankles then out the soles of your feet, like roots. See the roots burrow down deep into the earth, like that of a tree. These roots will help anchor you to the earth energy and help ground you. It is now there will be an energy exchange with the Mother (Earth Gaia). Pause and remember to thank her through your thoughts or a prayer. Your energy (both good and negative) flows out of you into the earth and in return Mother Earth's energy flows up through your roots and feet into your body circulating round your entire energy systems and chakras – cleansing, energising and restoring you. This light will then travel back up through the chakras, all the way up to your crown, or top of your head. It then travels up far into the higher consciousness of being, and like a tree itself, branches out and gathers all you need from a higher source. Thank your higher self, or as I may call it, Father Sky and bring it back to your body, through the chakras. With this you start a continuous flow of energy, that with only a breath can serve you all day long.

Hope one, or all of these suggestions can help transform your day, and serve you through your own self-care.

In love & in light, Namaste, Kim

BOOKS

The Path to a More Inspiring Future



Have you ever felt that a book was brewing inside waiting for the right time to nudge you into its creation? That is what happened to me. My life experiences have been plentiful. I felt blessed and wanted to share it. But how and why?

This past spring I became increasingly aware of the challenges ahead of us with pandemic related after effects, climate change disasters, populism uprisings, and mental health crises. I drew from all I have learned to create a means help people engage in a process of self awareness, reaching out to others and take action to contribute to making the world a better place.

"Deep within my heart I see a world where generations of different cultures, races, languages, and symbols all accept and offer kindness to each other. I see a world where there is collaboration among nations to help each other through natural disasters, pandemics, and climate crises. I see a world where everyone is cared for without barriers created by race, national boundaries, ability, or level of financial capabilities. I see a world where employment will take on a different way of being and leaders will know how to help everyone be successful. I see a world where families and neighbourhoods care for themselves, each other, the environment and the world."

I am strongly committed to helping make the world a better place and hope you may join me with this intention. Courage is the primary quality that makes us move forward and we can no longer sit back and pretend everything is alright. It takes courage to be authentic and be true to who you really are. Release all the armour you wear and the masks seeking approval. Find your uniqueness and create your vision for a better future. Read this for yourself.

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*"My uniqueness is wrapped lovingly
by my spirit tucked into my backpack
as I walk the path to my vision.
In my uniqueness,
I explore the beauty of my world.
Courageously I let who I am shine"*

The book shares real life stories, mine and those of others. It brings in metaphors to help illustrate a point. My intention is that it is uplifting and inspiring, helping to build resiliency and a means to replenish when the going gets tough. I want it to lead to meaningful inspiring action, in part lifting readers from a slump, or apathy, or hopelessness and moving them to inspired action and hopefulness.

What next? I am creating a supplement booklet providing a flexible structure for a small group to come together and delve deeper. Watch for this in December or January.

In conclusion I invite you to please check my website <https://moreinspiringfuture.com> where there is more information and opportunities. You can purchase the book and/or scroll to the bottom and subscribe to receive copies of the inspiring messages. Perhaps you will like and follow my Facebook page www.facebook.com/moreinspiringfuture

<https://moreinspiringfuture.com>



The book is available through the website or at GingerPress Owen Sound.

Marie Knapp BScN EdD lives with her husband outside of Owen Sound on a nature-filled 8 acres where their three now grown children were raised. She retired from Georgian College in 2001 where she had been a nurse educator, staff educator, campus director, research and evaluation director. Since then she has travelled, practiced Therapeutic Touch and Reiki and was President of CHNA.

The College of Physicians and Surgeons of Ontario (CPSO) Complementary and Alternative Medicine Policy Update



THE
COLLEGE
OF
PHYSICIANS
AND
SURGEONS
OF
ONTARIO

The CPSO has updated its policy on CAM.

If you are interested in reviewing this policy and the Advice to the Profession you can access these through the links below.

CAM policy:

Approved by Council: November 1997

Reviewed and Updated: February 2004, November 2011, September 2021

<https://www.cpso.on.ca/en/Physicians/Policies-Guidance/Policies/Complementary-Alternative-Medicine>

Policies of the College of Physicians and Surgeons of Ontario (the “College”) set out expectations for the professional conduct of physicians practising in Ontario.

Together with the Practice Guide and relevant legislation and case law, they will be used by the College and its Committees when considering physician practice or conduct.

Within policies, the terms ‘must’ and ‘advised’ are used to articulate the College’s expectations. When ‘advised’ is used, it indicates that physicians can use reasonable discretion when applying this expectation to practice.

Advice to the Profession

Additional information, general advice, and/or best practices can be found in companion resources, such as Advice to the Profession documents.

Advice to the Profession companion documents are intended to provide physicians with additional information and general advice in order to support their understanding and implementation of the expectations set out in policies. They may also identify some additional best practices regarding specific practice issues.

Companion Resource: Advice to the Profession

<https://www.cpso.on.ca/Physicians/Policies-Guidance/Policies/Complementary-Alternative-Medicine/Advice-to-the-Profession-Complementary-and-Alternative-Medicine>

Self~Care Tips

Some sleep tips for night shift workers

Sleep can be a challenge for many of us in general, but for shift workers it can pose additional challenges. Sleep helps us restore and rejuvenate. The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults aged 18–60 years sleep at least 7 hours each night to promote optimal health and well-being. Sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress.

The following tips are designed to help those who work at night sleep their best.

- Plan for sleep! Build time for sleep into your daily schedule, and try to keep your sleep schedule the same each day as you work a series of night, evening, or day shifts.



- If you are on permanent nights, try to keep regularity in your sleep patterns even on days off.

- When working nights, try to shift your sleep so you wake up close to the start of the next night shift, rather than going to sleep as soon as you get home in the morning. Alternatively, split

your sleep so that you sleep for a few hours when you get home in the morning and then take an extended nap that ends just before you have to go back to work the next night.

- Improve your sleep environment; keep your bedroom cool, dark, and quiet. Use an eye mask or blackout shades, and wear earplugs or try a white noise machine or app. If you live with family or roommates, let them know when your sleep times are so they can try not to disturb you.

- If you have to keep your phone with you while sleeping, avoid checking it if you wake during your sleep episode.

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- Practice a soothing pre-bedtime routine, such as taking a warm shower or writing down stresses from your day; this will help you to unwind and tell your body ‘it’s time to sleep’.
- Use caffeine (coffee, cola, energy drinks) at the beginning of your shift, but avoid caffeine 3–4 hours before you want to go to sleep.
- Avoid alcohol before bedtime. While it might help you fall asleep, it will reduce the quality of your sleep and may make it more likely that you wake up early.
- Melatonin may help promote daytime sleep, but should be taken carefully because at the wrong time it may worsen sleep problems. Seek the advice of a sleep specialist for when and how much melatonin to take, and where best to obtain it.

Sleep, alertness, and safety for night shift workers

- Shift workers are at high risk for having a drowsy driving accident while commuting (especially when commuting home in the morning after a night shift). Consider taking a short nap in your car before heading home. If you are driving and begin to feel drowsy, pull into a rest area or parking lot and take a short nap before continuing.
- Be aware that if you are new to shift work, or you are working longer hours than usual, you may be more likely than usual to make an error or have an accident while at work.
- While you are at work, try using small amounts of caffeine every 1–2 hours to help remain alert. This can be more effective than a large amount of caffeine only once or twice per shift.
- A short bout of exercise can make you feel more alert for the next hour or so.
- If possible, take a short (15–20 minutes or so) nap during your break time.
- Try a “coffee nap”! If you are very sleepy, drink a coffee (or other caffeinated drink) and immediately take a short (15–20 minutes) nap. By the time you wake up, the caffeine will have had a chance to act, and combined with the nap it should keep you going for the next couple of hours.

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Additional information and help

- There is no “one-size-fits-all solution” and you may need to try different strategies (or combinations) to find what works best for you.
- Severe and prolonged daytime insomnia and excessive sleepiness at night while awake may be a sign of Shift Work Disorder, a kind of circadian rhythm sleep-wake disorder. You should seek help from a sleep specialist if your symptoms persist for 3 months or longer.
- Information on fatigue among healthcare workers from the CDC/ NIOSH can be found at the following link:
<http://blogs.cdc.gov/niosh-science-blog/2020/04/02/fatigue-crisis-hcw/>
- General information about sleep health can be found here:
<http://healthysleep.med.harv>

From: H.M. Dammers-Van der Holst, A.S. Murphy, J. Wise, & J.F. Duffy. Sleep tips for shift workers in the time of pandemic. Southwest J Pulm Crit Care. 2020; 20(4): 128–130.

Research

1. What's in a Definition? Holistic Nursing, Integrative Health Care, and Integrative Nursing. Report of an Integrated Literature Review.

Frisch, N.F., Rabinowitsch, D. Journal of Holistic Nursing. Vol. 37, No. 3, September 2019: 260-272.

Background: Nurses and others have used various terms to describe our caring/healing approach to practice. Because terms used can influence our image of ourselves and the image others have of us, we sought to clarify their meanings.

Questions: How are the terms holistic nursing, integrative health care, and integrative nursing defined or described? Do we identify with these

definitions/descriptions? Are the various terms the same or are they distinct?

Method: We conducted an integrated review of peer-reviewed literature following the process described by Whittemore and Knafl. Using standard search methods, we reviewed full texts of 94 published papers and extracted data from 58 articles.

Findings: Holistic describes “whole person care” often acknowledging body–mind–spirit. Holistic nursing defines a disciplinary practice specialty. The term integrative refers to practice that includes two or more disciplines or distinct approaches to care. Both terms, integrative and holistic, are associated with alternative/complementary modalities and have similar philosophical and/or theoretical underpinnings.

Conclusions: There is considerable overlap between holistic nursing and integrative nursing. The relationship of integrative nursing to integrative health care is unclear based solely on definitions. Consideration of terms used provides opportunities for reflection, collaboration, and growth.

For full article go to:

<https://www.ahna.org/LinkClick.aspx?fileticket=vLNCQdSvz5g%3D&portalid=66C>

2. Complementary and alternative medicine - practice, attitudes, and knowledge among healthcare professionals in New Zealand: an integrative review.

Liu, L., Tang, Y., Baxter, G.D. et al. BMC Complement Med Ther 21, 63 (2021).

<https://doi.org/10.1186/s12906-021-03235-z>

Background: The prevalence of CAM use is increasing. This integrative review investigated New Zealand healthcare professionals’ practice of, attitudes toward, and knowledge about complementary and alternative medicine (CAM).

Methods: Literature search was conducted in four databases from inception to April 2020. Studies were included if they reported results from primary data collection on practice of, attitudes toward, or knowledge about CAM amongst New Zealand healthcare professionals.

Results: Eleven studies (two of ‘high-quality’, seven of ‘moderate-quality’, and two of ‘low-quality’) were identified with 2060 healthcare professionals including general practitioners (GPs), nurses, midwives, pharmacists, physiotherapists, and medical specialists. New Zealand healthcare professionals were generally positive

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regarding CAM use, but have concerns on the scientific evidence, regulation, safety, financial costs of CAM, and encourage an evidence-based CAM practice and stronger CAM regulation. Findings indicated that around 25% of GPs practise CAM, and 82.3% refer patients to CAM practitioners. When treating pregnant women, 48.4% of physiotherapists practise acupuncture, and 37.3% of midwives recommend CAM. GPs believe that acupuncture is the most helpful CAM modality, and most commonly practiced and referred patients to acupuncture. Up to 58% of GPs and Plunket nurses wanted to receive further education on CAM, and up to 66.7% GPs favour the idea CAM should be included in medical curriculums.

Conclusions: Nine of the 11 included studies were of moderate to high quality, thus enhancing the reliability of the review findings. In order to better manage CAM in New Zealand New Zealand clinical settings, there is a need to invest in CAM research and education, and enhance CAM regulation. This review is a first step in developing an evidence base to offer insights for further development of effective CAM policies regarding safety, efficacy, regulation and integration in New Zealand.

For full article go to:

<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-021-03235-z>

3. A systematic review and quality assessment of complementary and alternative medicine recommendations in insomnia clinical practice guidelines.

Ng, J.Y., Parakh, N.D. BMC Complement Med Ther 21, 54 (2021).

<https://doi.org/10.1186/s12906-021-03223-3>

Background: Sleep disorders encompass a wide range of conditions which affect the quality and quantity of sleep, with insomnia being a specific type of sleep disorder of focus in this review. Complementary and alternative medicine (CAM) is often utilized for various sleep disorders. Approximately 4.5% of individuals diagnosed with insomnia in the United States have used a CAM therapy to treat their condition. This systematic review identifies the quantity and assesses the quality of clinical practice guidelines (CPGs) which contain CAM recommendations for insomnia.

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Methods: MEDLINE, EMBASE and CINAHL were systematically searched from 2009 to 2020, along with the Guidelines International Network, the National Center for Complementary and Integrative Health website, the National Institute for Health and Care Excellence, and the Emergency Care Research Institute. CPGs which focused on the treatment and/or management of insomnia in adults were assessed with the Appraisal of Guidelines, Research and Evaluation II (AGREE II) instrument.

Results: From 277 total results, 250 results were unique, 9 CPGs mentioned CAM for insomnia, and 6 out of the 9 made CAM recommendations relevant to insomnia. Scaled domain percentages from highest to lowest were scope and purpose, clarity of presentation, editorial independence, stakeholder involvement, rigour of development, and applicability. Quality varied within and across CPGs.

Conclusions: The CPGs which contained CAM recommendations for insomnia and which scored well could be used by health care professionals and patients to discuss the use of CAM therapies for the treatment/management of insomnia, while CPGs which scored lower could be improved in future updates according to AGREE II.

For full article go to:

<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-021-03223-3>

Websites

1. Psychology Today - Detailed listings for mental health professionals in Canada

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US, Canada and internationally.

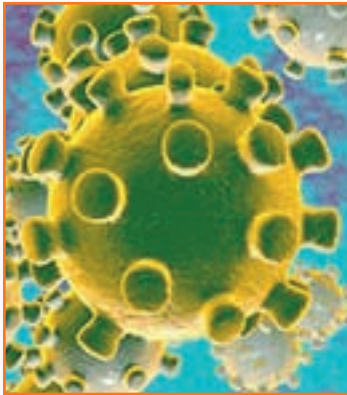
It sounds (and may look) simple, but the mechanism through which the directory does its magic--accurately displaying local providers through search--is the sum

of years of tech design and programming. Their goal is to constantly improve the service for potential clients, so they can be shown--as simply as possible--the alternatives open to them in their time of need.

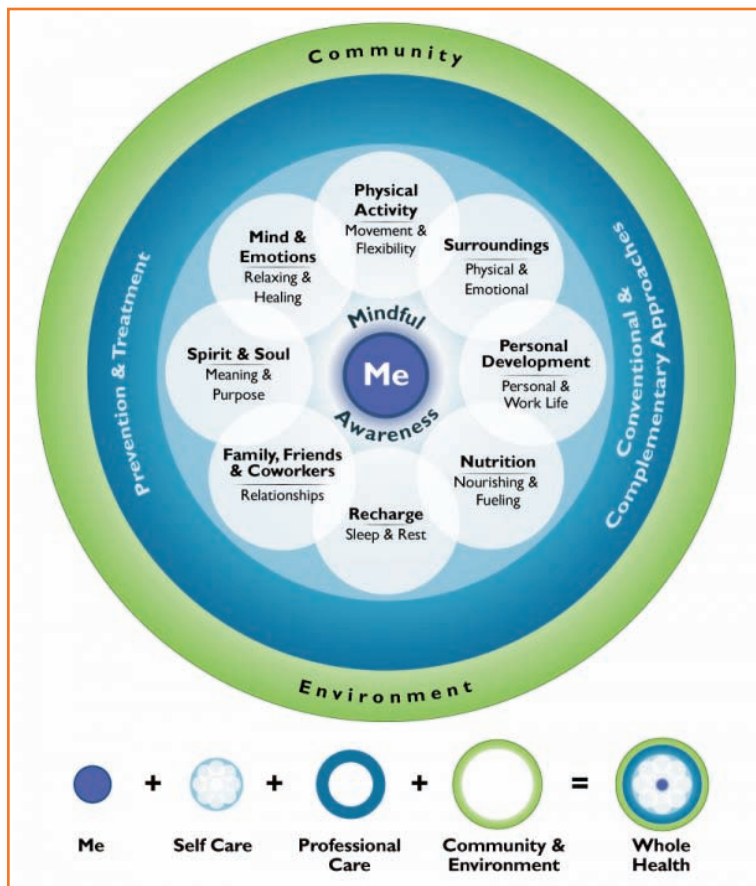
<https://www.psychologytoday.com/ca/therapists>

2. University of Wisconsin Resources for Integrative Medicine - Health, Wellness, and Resilience during COVID-19

During these unprecedented times, people are wondering what they can do to stay safe and healthy and minimize the risks of contracting COVID-19. This section will be updated regularly and contains resources for clinicians and patients on nutrition and lifestyle-related practices to fortify health, wellness, and resilience during this time.



The Integrative Health educational resources on this page are organized into Self-care and Professional care categories based on the Circle of Health graphic shown below.



Self-Care: Organized into eight components of pro-active self-care and focused on lifestyle strategies and skills to support the whole person, body, mind, and spirit.

Professional Care: Explore ways clinicians and others can enhance whole health and well-being for various conditions through an integrative approach while bringing the best clinical care to patients.

Complementary and Integrative Approaches: Explore therapeutic and lifestyle approaches to health that focus on the whole person, are informed by evidence, and are aimed at achieving optimal health and healing.

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Modules: All modules include a brief overview for clinicians, and several downloadable PDFs, including a more detailed handout for clinicians, a patient-focused handout, and one or more handouts on relevant topics for integrative approaches to care.

Handouts: These downloadable PDF files are patient-focused education on integrative self-care.

<https://www.fammed.wisc.edu/integrative/resources/modules/>

Inspirational Corner

A MEDICINE WOMAN'S PRAYER

I Will Not Rescue You.
For You Are Not Powerless.
I Will Not Fix You.
For You Are Not Broken.
I Will Not Heal You.
For I See In You, Your Wholeness.
I Will Walk With You Through The Darkness.
As You Remember Your Light.

@lofftan



CAMPERDOWN ELM #5

My Body Has Been Torn Apart
I Struggle To Feel My Wholeness
Pause And Be With Me
For A Minute Or An Hour
Your Presence Softens My Loneliness,
And My Cells Remember Joy.

*Gaia's Invitation-Poems from the Earth,
Andrea Mathieson (Raven Essences)*



RNAO commemorates the service of nurses during wartime on Remembrance Day.

Recipe



Hearty Kale Quinoa Apple Salad

INGREDIENTS

Salad:

- 1/2 cup tricolor dry quinoa
- 6 cups slightly packed chopped kale (it will take about 1 1/2 bunches. Remove thick ribs before chopping, 6 oz chopped.)
- 2 crisp sweet apples, cored and chopped
- 1 cup walnuts, lightly toasted and roughly chopped
- 1/2 cup dried cranberries
- 4 oz goat cheese, crumbled

Dressing:

- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 2 tbsp honey
- 1 1/2 tsp dijon mustard

Salt to taste

Yields about 7 servings

On The Lighter Side

About A Nursing Student



“I can always tell who the nursing students are. All they ask for is sleep, time and money!”

About A Nursing



“It’s the hospital. They want to know if it would be too much trouble to fly back to work a shift!”

About A Nursing



“You all came down with the flu at the same time. Do you, by chance, all work together?”



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