



100 YEARS OF ADVOCACY

Officially founded in 1925, the RNAO has been proudly advocating for the nursing profession and the public for nearly 100 years. In 2025, the RNAO will officially be joining the centennial club and continue to stand up for RNs, NPs, and BScN students and the people we serve.

As your local chapter representatives, we want to hear from you about how you would like to recognise 100 years of service and advocacy by the RNAO. Follow our Facebook page and check out our website listed below to stay on top of news in Sudbury & District.

Land Acknowledgment RNAO's work and the work of our members takes place on traditional Indigenous territories across Ontario. RNAO Sudbury & District is located on the traditional lands of the Atikameksheng Anishnabek and Wanapitei First Nations. We are grateful to have the opportunity to live and work on this territory.

ANNUAL GENERAL MEETING

RNAO Sudbury & District (S&D) held its annual general meeting (AGM) on Wednesday, **January 31, 2025**. Keep reading for more info!

See Sudbury AGM - Page 3





https://chapters-igs.rnao.ca/chapter/4/about



THE NEV

WE NEED YOU!

The role of the Registered Nurses' Association of Ontario is to advocate for registered nurses, nurse practitioners, and BScN students as well as the patients/clients we work with. We are proud to say that we have been doing this for 100 years.

- Here is how you can help us to better advocate for you and your needs:
- Check your email settings to make sure that RNAO emails are not going to your SPAM Folder;
- Log into your myRNAO account and check the message history at the bottom of the landing page to ensure you have not missed important messages; •
- If you know of something important happening in Greater Sudbury & District related to the nursing profession? Reach
- out to us and let us know. Got published in the news or published a peer reviewed study for your work as a nurse? Email us and we will give you a shout out!
- Follow us on Facebook, like, and interact
- with us in the comments section to ensure you do not miss our posts.
- Attend member meetings and events when



File photo: If you have not been reading RNAO emails, your email provider may consider RNAO emails spam.

LOREM IPSUM

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RNAO Sudbury & District Newsletter

QUARTLY REPORT AND UPCOMING EVENTS

by Neil Stephen, CD, RN, CNP(Q) Communications ENO

Sudbury & District Annual General Meeting

The Executive of the RNAO S&D were proud to host members and RNAO President Llhamo Dolkar at our AGM. This year's Chapter AGM was held at the Caruso Club with dinner starting at 16:45. The evening's event was open to all members of the S&D Chapter including RNs, NPs, and BScN students and were encouraged to come enjoy a meal, get briefed on the latest work done by the RNAO S&D, and to network with fellow nurses and students.

The evening started with the Caruso Club's classic dinner buffet before RNAO President Llhamo Dolkar gave a presentation on the important role the RNAO has played in advocating for its members and the health of Ontarians since 1925. Dolkar spoke of the important roles that nurses play in advocating for evidence based health policies (even if we try to believe our work is not political) and the importance of using tools like social media to stay connected with our communities so we can better advocate for our members and patients by combating disinformation.

"We are 54 400+ voices and each of us has the power to reach at least 54 400 others by reaching out to just one person about the importance of what we do as nurses."

- NP Llhamo Dolkar, BScN(EC), MN, CCN



RNAO Sudbury & District members and ENOs pose for a photo with Llhamo Dolkar, RNAO Provincial President after January's AGM at the Caruso Club.



RNAO President Llhamo Dolkar presents Dr. Paul-André Gauthier his **RN Emeritus** award for his contributions through 40 years of regular membership. AGM Local Reports

Following Dolkar's presentation the S&D Executive Network Officer's presented their reports to the members in attendance to update them on all the work being done locally and provincially. Some of the key takeaways are:

President: S&D has been busy advocating

Membership: S&D has grown to 649 members. We would like to try to reach out to former members, new grads, and students this year to increase the reach of the organization and better represent the membership.

Policy and Political Action: With the coming provincial and federal elections, it is important that members review, share, and promote the **<u>RNAO Election Platform</u>** and encourage candidates to pursue policies based in science.

Social Media: Chapter website is available through members, "myRNAO" portal and regular posts are made to the Chapters Facebook page to try to keep members informed.

Communications: Increased coverage of RNAO advocacy by RNAO representatives regarding health and nursing issues in the last year including increased coverage in francophone media and the Chapter Newsletter has been restarted in recent months.

QUARTLY REPORT AND UPCOMING EVENTS

by Neil Stephen, CD, RN, CNP(Q) Communications ENO

Queen's Park on the Road

Part of the job of RNAO Executives is to meet regularly with members of provincial parliament and other leaders to keep them apprised of the priorities and challenges faced by registered nurses, nurse practitioners, and BScN students in the province, advocating for the healthcare system, and promotion of evidence based policies. This year, QPOR in Sudbury was held on 6 January, 2025 when S&D President Michael Roach, Communications ENO Neil Stephen, and President of the Clinical Nurse Specialists Interest Group Paul-André Gauthier met with MPPs Jamie West and France Gélinas over breakfast.

See "QPOR Topics Covered" on page 4



(From left to right) MPP France Gélinas, MPP Jamie West, Sudbury & District Chapter President Michael Roach, Communications ENO Neil Stephen, and President of the Clinical Nurse Specialists IG Dr. Paul-André Gauthier meet to address RNAO concerns and priorities for the Ontario healthcare system.

Queen's Park Day & Assembly Feb 26, 27, & 28

RNAO S&D President, Policy & Political Action Officer, Communications Officer will be headed to Toronto at the end of February for the annual Queen's Park Day. They will be joined by other members from Sudbury representing the Staff Nurses' Interest Group as well as the Clinical Nurse Specialist Association of Ontario Interest Group. With the 27th being Election Day in Ontario, there will be extra opportunities for education and networking throughout the assembly.

Nursing Week Celebrations May 12 - 18, 2025

National Nursing Week is back and gives us the opportunity to recognize the hard work by nurses of all stripes. This year is especially worth celebrating as it is the 100th anniversary of the RNAO.

We are working on plans to celebrate all the hard work you do but would appreciate your input. Is their anything you would like to see or do to celebrate this incredible milestone.

BACK TO WORK WITH THE WORKPLACE LIAISON

One of the most challenging tasks we have as RNAO representatives is to get input from our members in a timely manner. The role of the Workplace Liaison ENO is to help reach out and develop relationships with workplaces in the Chapter to help the concerns of registered nurses and nurse practitioners make it to the local executives of the RNAO in a timely manner.

The Workplace Liaison ENO as works closely with the Membership ENO in finding opportunities to recruit new members to the RNAO so we can better advocate for the needs of RNs, NPs, and BScN students. Durina the pandemic the role of the Workplace Liaison proved difficult to fill at the Chapter level as it became difficult to access workplaces and the nurses that work there.



Dorothy Klein, RN Workplace Liaison ENO

Which is why we are excited to introduce you to our new Workplace Liaison ENO Dot Klein. Dot has been a member of the RNAO for many years and has worked in community, at bedside, and has taught various levels of health care workers. "Nursing is more than a job and more than putting in time. I want to support RNs and NPs as we work together to build an accessible, equitable, [and] affordable public health care [system]" said Dot in an email she sent discussing her new position.

Welcome to the team Dot and if members are interested in reaching out to her they can email the local Chapter at RNAOSudbury@gmail.com

QUARTLY REPORT AND UPCOMING EVENTS (CONT'D)

by Neil Stephen, CD, RN, CNP(Q) Communications ENO

QUEEN'S PARK ON THE ROAD TOPICS COVERED

Housing Crisis

- The lack of affordable housing aggravates existing social issues that we are facing as a province. Ex:
 - Doug Ford's deregulation of rent controls in 2018;
 - Lack of affordable apartments;
 - Low wages;
 - Low payments for ODSP and OW
- Discussed the impact on individuals of increasing rent and lack of supply in Greater Sudbury & District.
- Provided recommendations based on RNAO research and local expertise.

RN Staffing Crisis

- Develop goals and strategies to address the need for increased recruiting and retention of nurses in healthcare.
- Create better working environments
 - More CNS to support nurses in their workplace considering the lack of nurse educators in hospitals
 - Privatization of healthcare in Ontario
 - Prevalence of burnout amongst the profession starting in nursing school.
- Need to address discrimination in nursing and it's deleterious impacts on staffing levels. Specifically addressing discrimination faced by black, indigenous, and 2SLGBTQi+ nurses.
- Provided local examples of discrimination and recommendations based on RNAO research.
- MPPs receptive, supportive, and watned to know if there was a hospital in Ontario that are doing better.

Climate Action

- Discussed concerns and the lack of involvement of the provincial government
- Provided recommendations based on RNAO research and local service.
- MPPs agree that climate change impacts healthcare and agree to sontinue to support work on these concerns.

Toxic Drug Crisis

- Toxic drug crisis affects Sudbury & District disproportionately compared to other jurisdictions in Ontario.
 - ~ <u>5-6 overdoses with 2-3 deaths a week</u>
- Provided education on the adulteration of street supply & the importance of evidence informed policies such as harm reduction programs, safe consumption sites, & safer supply programs
- Addressed the concerns about the <u>shift</u> <u>away from evidence based policies</u> by the provincial government
- Poor transition of care between hospital and community; correctional services and release; lack of primary care, lack of access to mental health resources
- Provided recommendations based on RNAO research and local expertise.
- MPPs support our concerns about the shift away from evidence based practices and agree to continue to support work on these concerns.

Local Concerns

- Public Health Sudbury & District
 - Planned cuts to public health services could have devastating impacts on the health of patients in the North.
- Lack of services for youth in the North
 - Sudbury Action Centre for Youth (SACY) was forced to close its doors in February 2024. SACY was the only youth specific shelter, harm reduction program, and food bank in Greater Sudbury & area
 - No provincial assistance in finding alternatives for this critical youth program.
- Concerns over a lack of French language services in Greater Sudbury from primary care to hospital and community services.

Click the hyperlinks above to see the RNAO resources provided for the RN Staffing Crisis, the Housing Crisis, and Climate Change.

RNAO Sudbury & District Newsletter

2SLGBTOI+ AFFIRMING CARE: A PATH TOWARD DIGNITY, HOPE, AND BELONGING IN HEALTHCARE

by Dr. Paul-André Gauthier, RN, CNS, PhD (Nursing)

Imagine walking into a physician's office and feeling invisible - or worse, unwelcome. For many 2SLGBTQi+ individuals, this has been their reality for far too long. Two-Spirit, lesbian, gay, bisexual, transgender, queer, intersex, and other diverse individuals often face **barriers and/or discrimination** that make accessing healthcare a daunting and, at times, alienating experience. Affirming care seeks to change that.

What is 2SLGBTQi+ Affirming Care?

At its heart, 2SLGBTQi+ affirming care is about **recognizing the humanity** of each person and creating a space where they feel safe, respected, and valued. It is about more than using the right pronouns (although that is a crucial start). It is about listening without judgment, understanding the unique needs of every individual, and standing as an ally in their health journey.

For someone who has been misgendered countless times or dismissed because of their sexual orientation, finding an affirming provider can be life changing. It signals **a shift** from mere tolerance to **genuine care**, **acceptance**, and partnership.

How does affirming care look in practice?

Affirming care does not require grand gestures - it starts with small, intentional changes:

- **Respecting names and pronouns**: A simple acknowledgment of someone's identity can be profoundly affirming.
- **Inclusive forms and policies**: Healthcare systems can signal inclusivity by normalizing questions about gender identity and sexual orientation.
- **Tailored services:** Providing access to genderaffirming treatments, inclusive reproductive healthcare, and mental health resources specific to 2SLGBTQi+ needs.

One client shared, "The first time my doctor asked me how I wanted to be addressed, I cried. It was the first time I felt like I mattered."

Stories like this underscore the transformative power of affirming care.

See "The importance of nursing" on page 5

"The first time my doctor asked me how I wanted to be addressed, I cried. It was the first time I felt like I mattered."



The numbers tell a stark story: higher rates of depression, anxiety, substance use, and suicide disproportionately affect 2SLGBTQi+ individuals. Many avoid medical care altogether for fear of discrimination... again. The consequences can be devastating – delayed diagnoses, untreated conditions, a deep sense of exclusion, and increased suicides.

Affirming care flips this narrative. It creates an environment where clients feel empowered to advocate for themselves, ask questions, and trust their providers. It acknowledges the systemic inequities that have long affected these communities and works to dismantle them, one compassionate interaction at a time.



Click the image above to sign the RNAO Action Alert and advocate for the rights of youth being targeted though disinformation and dangerous, stigmatizing laws that are based in populism and lack any scientific basis.

RNAO Sudbury & District Newsletter

2SLGBTOI+ AFFIRMING CARE: A PATH TOWARD DIGNITY, HOPE, AND BELONGING IN HEALTHCARE (CONT'D)

by Dr. Paul-André Gauthier, RN, CNS, PhD (Nursing)

The importance of nursing in healthcare

Nurses providing bedside care, for example, play a vital role in the healthcare system, serving as the cornerstone of compassionate, client-centred care. They are often the first to recognize subtle changes in a person's condition, ensuring timely interventions that can save lives. Beyond their clinical expertise, nurses offer emotional support, comfort, and advocacy, fostering trust and dignity during vulnerable moments. By building close relationships with clients and families, they create a healing environment that addresses both physical and emotional needs, making them indispensable in the delivery of holistic, high-quality care.

A collective responsibility

Affirming care is not just the responsibility of physicians and nurses - it is a commitment the entire health system must make. Policymakers, administrators, and community advocates all have a role to play in ensuring that 2SLGBTQi+ individuals receive the care they deserve.

This approach also challenges providers to look inward, confront their own biases, prejudices, stereotypes, and **continuously learn**. It reminds us that every person deserves to feel heard, understood, and supported - not **despite** of who they are, but **because** of who they are.

Dignity and hope

Healthcare has the power to heal in ways that go beyond physical ailments. When we embrace 2SLGBTQi+ affirming care, we are not just improving health outcomes - we are restoring dignity, rebuilding trust, and creating a world where everyone belongs.

In the words of one 2SLGBTQi+ advocate, "Affirming care is more than kindness—it's survival. And it's hope."

Let's make that hope a reality for all.

A call to action: Building a healthier, more inclusive future

The journey toward 2SLGBTQi+ affirming care is not just about improving health outcomes; it is about transforming lives. It is about ensuring that every person, no matter their identity, can walk into a healthcare setting and feel valued, safe, and understood. This work requires courage, compassion, and a commitment to equity from all of us - providers, institutions, and communities alike.

When we create spaces where people can access care without fear, we build a foundation for trust, healing, and resilience. Affirming care is not just good medicine and good nursing—it is a moral imperative.

Let's be the generation that redefines healthcare, centring it on dignity and belonging. Together, we can ensure that no one is left behind, and everyone feels empowered to live their healthiest, most authentic life.

For more information

<u>Ontario Health (2024). Quality standards: Gender-</u> <u>affirming care for gender-diverse people care for adults.</u> <u>Toronto, ON:</u>

Provincial Council for Maternal and Child Health (2023). <u>Tip sheet for healthcare providers: Providing inclusive,</u> <u>affirming and safer perinatal care to 2SLGBTQIA+</u> <u>individuals. Ontario.</u>

Purser, A., and collaborators (2024). Thriving & affirmed: Supporting positive 2SLGBTQI+ care experiences in British Columbia. University of Victoria, BC.

Vandermorris, A., & Metzger, D. L., (2023). An affirming approach to caring for transgender and gender-diverse youth. Canadian Paediatric Society Adolescent Health Committee.

FFIRM espect names & OHOMAS Acknowledging someone's identity can be profoundly affirming. It is critical to breaking down the barriers of stigma and discrimination nclusive forms and policies Normalize questions about gender identity and sexual orientation by integrating these questions into your healthcare systems, intake forms, and assessments services Provide access to gender-affirming treatments, inclusive reproductive healthcare, and mental health resources specific to 2SLGBTRit needs.

A GLIMPSE BEHIND THE CURTAIN: OUR STUDENT ENO CHECKS IN WITH LAURENTIAN BSCN STUDENTS

By Moiz Ahmad Shoukat, Student ENO, 3rd Year BScN Student

As the student representative for the RNAO Sudbury & District chapter, I wanted to share a glimpse into the life of a Laurentian nursing student - one that might resonate with many students out there, and hopefully shed some light on the challenges faced by BScN students and the support we **need**.

Being a nursing student today is much more than just attending classes and clinical placements. For many of us, it involves balancing a myriad of roles - academics, clinical shifts, volunteer work, and often advocating for ourselves and others. I recently had the opportunity to talk to several of my peers at Laurentian University, and some of the themes that come up repeatedly are ones we all know too well: lack of support during clinical placements, managing academic workload, and the toll that nursing education can take on our mental health.

Clinical Placements

Clinical placements are meant to be the cornerstone of our education – where everything we learn in theory is applied in practice. However, students often report that clinical placements are where we feel the least supported. This is not a critique of our preceptors or placement coordinators who do their best under a lot of pressure. Rather, it reflects the system itself, where preceptors may be overwhelmed, staff are stretched thin, and students are left feeling unsure or disconnected.

One of the biggest concerns we have discussed is how the learning environment can become so hectic that students may feel like more of a burden than a learner. This creates stress and directly impacts our confidence. I think it is crucial that we start a dialogue - not to point fingers but to understand how we can better support both students and preceptors to create a positive learning environment.

Mental Health

The mental health of nursing students is another significant concern. The pressure to perform academically while also dealing with the emotional intensity of clinical work can take a heavy toll. During exams or intensive clinical blocks, I have personally seen how anxiety and burnout are almost normalized among us. Yet, this shouldn't be the case.

It is essential that we have better access to mental health support within our nursing programs. Whether that means expanding access to psychotherapists, organizing peer support groups, or simply creating an environment where we feel comfortable expressing our struggles - it is time we acknowledge that nursing students need care, too.

Remembering the Positives

While it is easy to focus on the challenges, I also want to take a moment to recognize the incredible support that many of our professors have given us. Their dedication, despite all the hurdles, is deeply appreciated. As a student representative, I am constantly amazed at how much they advocate for us and stand by our side through the ups and downs.

I hope this story gives a voice to the struggles and successes of nursing students. My goal is to share our journey in a way that might resonate with others and bring attention to areas where we can improve, support, and uplift one another.

DISCLAIMER

Moiz sent out a questionnaire to his fellow students at Laurentian University to assess their priorities and challenges as students in the BScN program. Although the comments are not peer reviewed they echo challenges faced by BScN students over the last decades. Moiz hopes to continue to follow-up on this topic in subsequent newsletters.

For students and nurses who may want more information on the <u>Practice Education in Nursing Best</u> <u>Practice Guideline</u> click the hyperlink to be brought to the RNAO's website to download it. nts are

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Mental Health Resources for Nursing Students in Greater Sudbury

Laurentian University Université Laurentienne

Laurentian University offers a mix of in person and online <u>services</u>, including same day services for students in urgent need of help.

Book an appointment

By phone: (705) 673-6506 Email: counselling@laurentian.ca

Same Day Individual Counselling Monday to Friday 13:00-15:00

Indigenous Student Affairs By phone: (705) 675-1151 x 1048 Email: isa@laurentian.ca

The Inquiring Mind - Interactive Workshop Email theinquiringmind@laurentian.ca

Campus Security (Emergencies or Life Threatening Situation) (705) 673-6562

Boréal

Pour assurez votre succes comme étudiant, le collège Boréal ovre le counselling personnel, counseling scolaire, et le counseling de carrière. Les services sont disponibles du lundi au vendredit de 8h00 à 16h30.

prendre rendez-vous

By phone: 1-800-361-6673, poste 2020 Email: counseling@collegeboreal.ca

Application MonPSE

Application vous permets de vous connecter à des services de counseling par clavardage, des sessions téléphoniques, ou virtuelle.

Cambrian College

Cambrian College's Glenn Crombie Centre and Wabnode Centre for Indigenous Services both offer services for students.

Book an appointment

By phone: (705) 524-7311 (Room 2504) Email: gcc@cambriancollege.ca

Wabnode Centre for Indigenous Services

By phone: (705) 566-8101 x 7242 (Room 2133) Email: isa@laurentian.ca

TalkCampus App

Peer lead app where you can talk to other students around the world if you are struggling. All you need is your student email for free access to the app.

On-Campus Emergency (705) 566-8101 x 7911

(705) 566-8101 x 7911

HSN Crisis By phone: 1-877-841-1101 https://www.crisishelp.ca/

Suicide Crisis Helpline Call or Text: 988

<u>Good2Talk</u>

By phone: 1-866-925-5454 Text: GOOD2TALKON to 686868

<u>The Hope for Wellness Helpline</u> (Indigenous Helpline)

Call: 1-855-242-3310 Online chat: www.hopeforwellness.ca

SMALL STEPS TO AVOID BURNOUT

By Neil Stephen, CD, RN, CNP(Q) - Communications ENO

Recent RNAO research and publications continue to address the ongoing RN staffing crisis in Ontario. Depression, anxiety, (RNAO, 2024) and burnout within the profession continue to be some of the leading causes associated with nurses leaving the profession.

Burnout itself is a complicated issue that will require multifaceted approaches involving changes to the healthcare system, organizational structures and practices, team level interventions, and individual changes in practice and self-care to fully address and prevent.

While the RNAO continues to advocate for system and organization level change, there are a few well known practices that we can practice at the individual level to help prevent burnout.



Create career goals

RNAO. (2024). Fact Sheet: The RN crisis in Ontario. Retrieved from https://rnao.ca/media/7946/download? inline

Welsh, E., & Patel, M. (2024). How to prevent burnout: 16 tips from a therapist. Retrieved from https://www.choosingtherapy.com/how-to-prevent-burnout/

Work/Life Balance

Sleep



Excercise





Take your Vacations

Personal Life

Try Relaxing Activities

Strengthen Your Social Support Network



Set Personal & Professional Boundaries

Learn about Stress

RNAO Sudbury & District Newsletter

GREATER SUDBURY NURSES IN ACTION!! NURSES IN THE NEWS

<u>Sudbury paramedics, hospital roll our new</u> <u>approach to opioid overdose calls</u> - October 17, 2024	<u>Ontario proposes to allow nurse practitioners to oversee LTC medical care</u> - December 11, 2024
<u>Less COVID-19 testing available in Ontario leads to</u> <u>confusion about vaccines</u> - October 30, 2024	<u>Health Sciences North in Sudbury looking for nurses</u> and externs - January 23, 2024
<u>Registered Nurses join call for supervised</u> <u>consumption sites -</u> Novembe <mark>r</mark> 21, 2024	<u>Career nurse: Laurentian alumna's journey from</u> <u>mentee to mentor</u> - February 2, 2025
<u>Opinion Ontario finally has an opportunity to solve</u> <u>the primary care crisis. Bring in the NPs -</u> November 21, 2024	<u>Registered nurses group wants more nurse</u> <u>practitioner funding</u> - February 3, 2025
<u>Northern Ontario communities compete for limited</u> <u>number of HART Hubs</u> - November 22, 2024	<u>Behind ER doors: How this northeastern Ontario</u> <u>hospital is using non-financial incentives to recruit</u> <u>doctors</u> - February 4, 2025
<u>Ontario nurses call for patient caps to fix staffing</u> <u>crisis</u> - November 26, 2024	<u>Laurentian University's nursing programs advance</u> education and enhance healthcare excellence in <u>Sudbury, Northeastern Ontario and beyond</u> - n.d. (Sponsored content in SooToday.com)

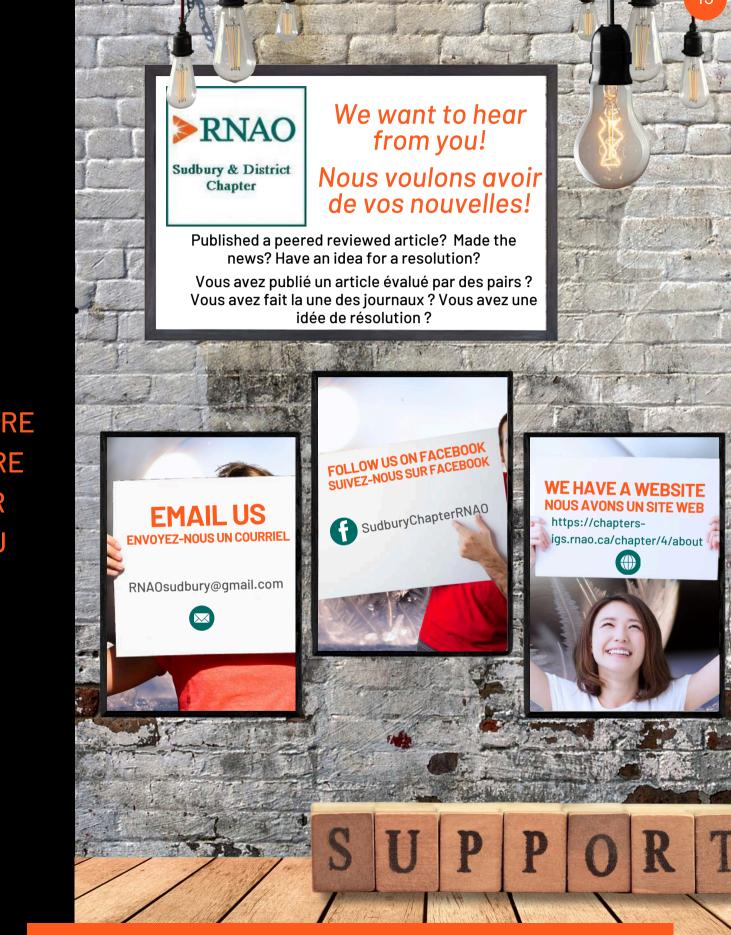
NEWLY PUBLISHED PEER REVIEWED ARTICLES & BOOKS

Gordon et al. (2025). Facilitator development for pre-	Killam et al. (2025). Development of a virtual poverty
registration health professions simulation: A	simulation experience for healthcare learners.
scoping review protocol. JBI Evidence Synthesis.	<i>Clinical Simulation in Nursing</i> 99(4):101678 doi:
doi: 10.11124/JBIES-24-00130	10.1016/j.ecns.2024.101678
Gauthier et al. (2024). Health equity consortium: Equity, diversity, and inclusion for black, indigenous, and 2SLGBTQIA+ nurses. Canadian Journal of Nursing Research. 2024; 0(0). doi: 10.1177/08445621241299999	Roles, S. & Kalia, K. (Eds.). (2024). The nurses' guide to psychotherapy: A reference book for nurses providing psychotherapy. Springer. doi: 10.1007/978-981-97-4738-2

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13 Read & share. VOTE RNAO Provincial Election Platform CLICK HERE Or go to OTE rnao.ca/policy/platform-provincial





RNAO Sudbury & District Newsletter

Winter 2025

WE'RE HERE FOR YOU