

2010

December 2010

The Canadian Nursing Students' Association (CNSA) is the national voice of Canadian nursing students. Our goal is to increase the legal, ethical, professional, and educational aspects, which are an integral part of nursing. My name is Jamie Kyriacou and I am the Ontario Regional Director. Over the past few months I have been advocating on behalf of nursing students in Ontario on different issues that arise throughout the year, as well as making students aware of the several nursing events, workshops, and additional educational opportunities taking place across Ontario. I am also responsible for continuously engaging and welcoming members into the association. In addition, I also collaborate with various nursing associations to discuss the many issues affecting current and future nurses and the impact these issues will have on nursing students.

CNSA Board of Directors, and members are currently preparing for the 40th Annual National Conference. The theme of this year's conference is "Discover the Opportunities, Find Your Passion". The conference is being held January 26th to January 29th in Hamilton, Ontario at the Hamilton Convention Centre. Over 600 students will gather from across Canada to participate in professional development and networking with peers, presenters and potential employers. With changing dynamics in health care today, and expanding scopes of practice and greater demands nursing is evolving. The theme allows participants to explore the many opportunities available and students will uncover their potential, and start fulfilling it now. This years keynote speakers include Jean Watson, Tilda Shalof, and Cathy Crowe.

Students depend on their nursing faculty and deans to help promote and support student involvement in CNSA. It is always important for them to be aware of the various educational opportunities and professional development available at the national conference. Students can benefit from this experience, as well as network with other peers, presenters and stakeholders. This in turn creates a stronger more developed nursing student(s) and association. If you have any further questions or concerns please email ontario@cnsa.ca

Jamie Kyriacou
Laurentian University / Université Laurentienne
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October 2010

The Canadian Nursing Students' Association (CNSA) is the voice for nursing students throughout Canada. As the Atlantic Regional Director, I have been working actively to ensure all schools throughout the Atlantic Regional are able to include their voice. Our area includes Prince Edward Island, Nova Scotia, New Brunswick, Newfoundland, and Nunavat. We currently have eight out of 16 schools that are current members of CNSA that are benefiting by being connected through communication, have access to conferences to inspire growth and leadership in nursing, and many awards and scholarships that they are eligible for.

Since I have started my position, I have started recruiting the 50% of the schools that are not active member and three are attending our upcoming conference in Antigonish, N.S. Currently I am emailing and visiting (locally) schools to provide information about CNSA and assisting them in getting started with the collection of fees for membership. Three of the schools that have contacted me to send information to their Dean's and Directors as they are an integral part of helping the students get this process off the ground. We feel, as students and members, that our Dean's and Directors are beneficial in helping us grow academically and professionally and the CNSA is an asset in this process.

If you have any questions or advice, and you are from the Atlantic Regional area, please feel free to contact me at abryan@upe.ca. Thank you, Angela Bryan – Atlantic Regional Director.

September 2010

This summer has been busy for the Canadian Nursing Students' Association (CNSA). Our Board of Directors (BOD) held their second meeting as a board on August 25th and 26th in our nations' capital. This meeting provided us with an opportunity to discuss and collaborate on new recruitment and retention strategies that could potentially benefit our members.

With school back into full swing, it is crucial for us to reach out to our members, and to expand and develop new chapters. To do this, September Packages have been developed to supply member schools with essential information that they will require throughout the year, such as new scholarships and awards, new endeavors such as Buy-A-Net Campaign, and resources available to our members such as NurseOne Portal, and our discussion forum. To recruit new members, we will be distributing Recruitment Packages to potential chapters with the necessities and basic steps of how to start a member school, and what CNSA has to offer.

It is important as faculty to be familiar with these documents to increase awareness at a local level, and to encourage your students to take advantage of the numerous benefits and resources that are available through CNSA. This could help to create a stronger voice, in turn creating a stronger association.

If you have any questions or concerns about our recruitment and retention strategies, or how to become involved, please e-mail myself at services@cnsa.ca.

Thank you,

Carla Pittman
Memorial University – Centre for Nursing Studies
Director of Membership Services, 2010-2011
Canadian Nursing Students' Association (CNSA)

August 2010

This past summer has been a busy one for the Canadian Nursing Students' Association (CNSA). The CNSA Board of Directors (BOD) spent June 9th to the 12th in Halifax, NS for their first meeting as the new board. The week together was kick-started by

attending the CNSA sponsored luncheon at the CNA Biennial. The luncheon provided a great opportunity for the new CNSA Board to meet and mingle with nurses from all over Canada.

The BOD welcomes new and returning CNSA members as many nursing programs return to full swing in September. Quickly approaching fall regional conferences offer a great opportunity to unite members from across the five regions to discuss issues, opportunities, future goals, regional accomplishments, and much more.

Having more students actively involved in the CNSA creates a stronger association which can speak more clearly as the voice of the nursing students. As students, we depend on their nursing faculty and deans to help promote and support student involvement in the CNSA.

In upcoming CNSA submissions, you will hear from our regional directors who will be telling you how they are actively trying to recruit and retain members and how you might be able to help. If you have questions about whether your school of nursing is already a chapter or how they can become one please email Carla Pittman – Director of Membership Services services@cnsa.ca

May 2010

The Canadian Nursing Students' Association (CNSA) is the national voice of Canadian nursing students, with a goal to increase the legal, ethical, professional and educational aspect integral to nursing. We represent approximately 25,000 baccalaureate, practical and psychiatric nursing students from coast-to-coast. The CNSA is represented on the CASN Board of Directors by Robyn Powers, our Vice-President & Director of Inter/Intra-Professional Education and Research, who attends the Memorial University – Centre for Nursing Students in St. John's, Newfoundland.

The 2010-2011 CNSA Board of Directors has a busy year ahead of us. This operating year is a strategic planning year, in which we will map out our course for the organization's future. Strategic planning will be part of an action-packed Board of Directors meeting taking place in Halifax, Nova Scotia after the Canadian Nurses' Association Biennial Convention. First, all board members will be attending the CNSA-

sponsored luncheon at the Biennial Convention on 09 June 2010. Following that, the June Board of Directors meeting will take place 10 June 2010 through 12 June 2010.

Preparations are also well underway for our always much anticipated National Conference, this year being held in Hamilton, Ontario by the McMaster-Mohawk-Conestoga CNSA Chapter. A hard working team from these three schools is already working on making this year's conference even more successful than the last.

Something new for CNSA is that we can now be found on Facebook and followed on twitter. Become a fan or follow us today to keep up to date on CNSA news, events and announcements. I also welcome any questions that you may have, and look forward to hearing from you! You may email me directly at president@cnsa.ca.

The 2010-2011 CNSA Board of Directors:

President - Branden Shepitka (Laurentian University)

Vice President & Director of Inter/IntraProfessional Education and Research - Robyn Power (Memorial University - Centre for Nursing Studies)

Director of Communications - Cyndi Jones (St. Lawrence College - Kingston Campus / Laurentian University)

Director of Membership Services - Carla Pittman (Memorial University - Centre for Nursing)

Director of Bilingualism and Translation - Alexandre Pare (Université de Moncton)

Director of International Health - Betty Ng (University of Alberta)

Director of National Career and Leadership Development - Jesse Woodward (Grant MacEwan University)

National Conference Director - Matthew Smith (McMaster University)

Atlantic Regional Director - Angela Bryan (University of Prince Edward Island)

Quebec Regional Director - Jessica Gramont (McGill University)

Ontario Regional Director - Jamie Kyriacou (Laurentian University)

Prairies Regional Director - Supriya Nishtala (University College of the North)

Western Regional Director - Queenie Lee (University of Alberta)

Past President - Tyler Kuhk BScN, GN (Lakehead University)

Administrative Officer - Andrea Pinsent-Martineau

National Community and Public Health Officer - Hannah McCuen (St. Lawrence College - Brockville Campus / Laurentian University)

Diversity Officer - Mary Strain (McMaster University)

Publications Officer - Harmeet Minhas (University of Alberta)

Officer of Education and Scholarship - Krista Smith (Cape Breton University)

National Community and Public Health Officer



Greetings,

My name is Kara Moore and this past December I graduated with a Bachelor of Science in Nursing degree from the University of Saskatchewan. I am currently living in Regina,

Saskatchewan; where I have started my first job on a general surgery ward in a mentorship program.

My position on the Canadian Nursing Students Association (CNSA) is the National Community and Public Health Officer (NCPHO). This position within the CNSA has given me a wealth of opportunities and experiences that I will share with you. As the NCPHO, I am responsible for liaising with the Canadian Public Health Association (CPHA). This past summer I had the opportunity to represent the CNSA at the CPHA annual conference in Winnipeg, Manitoba. It was great to be there representing the nursing student voice at a national interdisciplinary conference.

As the NCPHO, I chair the Community and Public Health Committee and this year I have successfully recruited seven nursing students from across Canada. We have been working on the development of an environmental health position statement for the CNSA. In regards to environmental health, I have also been liaising with the Canadian Nurses Association (CNA) on environmental health issues. This year at the CNSA national conference in Quebec City, we had a speaker from the CNA give a presentation on environmental health!

I also helped the Director of International Health make the “Buy a Net for Malaria” campaign possible. This gave Canadian nursing students a chance to take leadership roles in their communities by raising awareness and money for Malaria prevention.

My journey this year with the CNSA has been unforgettable; I have acquired valuable experience and knowledge that will empower me throughout my nursing career. It has provided me with the opportunity to network with other nursing students from across Canada and various professional associations in a student leadership capacity. The CNSA truly is the voice of nursing students across Canada and I am so happy to say that I have been a part of such a wonderful association. I encourage all nursing students to get involved, be leaders and make a difference; because together we can continue to strengthen the voice of nursing students across Canada!

Kara Moore

National Community and Public Health Officer / Officière nationale de la sante publique
et de la communauté 2009-2010

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Profile of Laura Highmoor

Happy New Year!

My name is Laura Highmoor and I am a University of Saskatchewan student enrolled in the Nursing Education Program of Saskatchewan (NEPS) in Regina, Saskatchewan. I am currently in my fourth and final year of the program and am very excited to begin the journey of a Registered Nurse!

I am one of the newest members of the Canadian Nursing Students Association (CNSA) Board of Directors as I commenced my position as Prairies Regional Director in September of 2009. As Prairies Regional Director I work directly with Licensed Practical, Registered Psychiatric and Registered Nursing students from the Saskatchewan and Manitoba prairie region. The purpose of my position is to convey issues and concerns of the prairie region nursing students to the Board of Directors and to nursing students across Canada.

Current chapter member schools within Saskatchewan include the University of Saskatchewan and Kelsey Campus and within Manitoba the University College of the North, and University of Manitoba.

We are pleased to announce that the First Nations University of Canada chapter in Prince Albert, Saskatchewan is our newest chapter school to join CNSA and we look forward to working with this school! Recruitment of new schools within Saskatchewan and Manitoba remains a priority within the prairie region. Many nursing schools within the prairie region have expressed interest in becoming CNSA members!

The current H1N1 pandemic has affected nurses and nursing students worldwide. The CNSA has advocated for the ethical recruitment and preparation of Canadian nursing students who participate in mass H1N1 immunization. Specifically, the CNSA has worked to help raise awareness of this issue within nursing schools to address the rights of students who are asked to immunize and the potential liability associated with the practice of student immunization. The efforts of the CNSA have informed the

development of risk management protocols for nursing students' immunization education and Registered Nurse supervision of students who administer vaccines.

The Western/Prairie Regional Conference, a venue for western Canadian nursing students and the Western/Prairie Regional Executive meeting, was held in Edmonton on October 23rd and 24th. The Conference offered a career fair, workshop by Janice Waddell, and many inspirational speakers discussing topics such as of nursing leadership. Official and Associate Western and Prairie Region delegates met at the Western/Prairie Regional Executive meeting to discuss updates pertaining to how schools are involved in H1N1 pandemic planning, Alberta Health Services, how students are preparing for National Conference to be held in Quebec City in January, and work to help address any issues nursing students may be facing within their particular school or province.

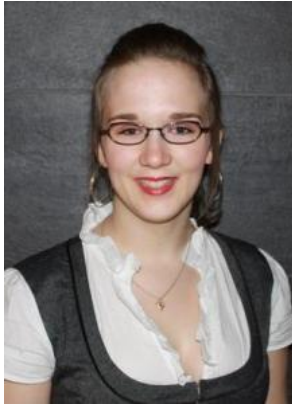
One of the major issues addressed at the Executive meeting was the effect of Alberta's current and fiscal deficit on its health care system. The executive dialogued about factors associated with public fiscal deficit and the implications that consequent government fiscal allocation policy has for the health and safety of Albertans. The outcome of this dialogue was a letter raising awareness of Alberta's current health care issue sent to Albertan and other provincial government officials. The CNSA Board of Directors has worked diligently to raise awareness of government fiscal deficit policy, how it is affecting nurses and nursing students in Alberta and across Canada, and ultimately the risk it poses to our Canadian Public Health Care System.

Special thanks to Kristen Fulton and Jenn Parsonag as well as the whole regional conference planning committee for a wonderful and unforgettable conference!

The 2010 CNSA National Conference will be held in Quebec City, Quebec at the Universite Laval from January 26th to January 30th. The Prairies Region has been hard at work preparing for the conference as well as promoting the conference to students in their schools!

I am very privileged to serve as the 2009/2010 Prairies Regional Director for the CNSA and look forward to continuing to work closely with fellow nursing students across Canada. For more information regarding the CNSA or becoming CNSA members please visit our website at www.cnsa.ca or contact me directly at prairie@cnsa.ca . I hope to see you in Quebec City!

Profile Catherine Gauthier



Hello everyone,

My name is Catherine Gauthier and I am the 2010 Canadian Nursing Students' Association's (CNSA) National Conference Director. I am a third year student at the Université Laval Faculty of Nursing, in Québec City. It's with great pleasure that I contact you as the conference will be taking place in less than two months, between the 26th and the 30th of January, 2010.

A year ago, I decided to get more involved in CNSA activities and I put together a team of ten students to help me in the immense task of organizing the National Conference. Ever since, the project came together piece by piece. Of course, a few details remain to be ironed out, but it will soon be over. We have tackled plenty of obstacles but we will offer an exceptional conference to the over 400 students who will be present!

My task as Director have been to ensure the project moves towards completion, to be the spokesperson of the organizing committee to the Board of Directors and vice-versa, and to communicate with the major stakeholders and CNSA members. This year, we are taking advantage of the fact that the conference is being held in Quebec to highlight the bilingual mission of the CNSA. Holding the conference here is a great opportunity for students from across Canada to appreciate the plus-value brought to the Association by our bilingual status. Some workshops and some speakers presentations will be presented in French, but Anglophone delegates will be able to attend and participate by various means. I am working in tight collaboration with the Director of Bilingualism and Translation to make this a very successful bilingual event!

This year's theme: Moving Forward, Change is Here! Touches the new practical realities in nursing today, and the major issues for students and nurses, in the context where

nursing is in constant change across the country. The anticipated retirement of many experienced nurses and the massive influx of new graduates creates a special dynamic in the workplace. However, as the theme suggests, **we must not wait for change, but make it happen!** Participants will be invited to reflect on what they contribute as future nurses.

This year, there will be a new presentation offered to delegates in collaboration with Nursing the Future. The theme of the presentation, which will be given on Tuesday January 26th, is: Professional Role Transition: From Surviving to Thriving. There will also be a new workshop on legal and ethical issues in nursing, as well as one about wound care. Of course, the usual workshops will be offered, including: professional career development, CRNE prep, a leadership workshop and prep for the Canadian RPN examination.

As for speakers, we will have several famous speakers, each more interesting than the last. They will focus on several subjects including: Health insurance in Canada, environmental health, interprofessional collaboration, politics and health care in Canada, the development of the nursing profession and the transition of new grads to the workforce. As mentioned above, these subjects will be presented in such a way as to help current students understand their own role in the greater scheme of things and what they can do to contribute positively to the changes coming our way.

There is less than one month left to register, so until January 8th, 2010. So far, 520 participants have signed up. I invite you to keep up this momentum and contribute to the success of this conference. Come learn and be better leaders and actors of change!

Sincerely,

Catherine Gauthier

Directrice du Congrès National 2010 / 2010 National Conference Director

Association des étudiant(e)s infirmier(ère)s du Canada (AEIC) / Canadian Nursing Students' Association (CNSA)

Profile of Valérie Saillant , Québec Regional Director



Greetings,

My name is Valérie Saillant and I am studying at the School of Nursing at Laval University, in Québec. I am beginning my third and final year of studying with a lot of enthusiasm and my head full of projects. Since I started at Laval in 2007, I have been involved in the Canadian Nursing Students Association (CNSA) and it is with great pleasure that I accepted, in April 2009, the position of Québec Regional Director within this association. In this position, I take part in CNSA's board of directors which meets three times a year. It is a very enriching leadership experience which allows me to learn and to share on many levels, on all subjects, related to our profession and to act as an official spokesperson among students from the province of Québec.

The Canadian Nursing Students' Association plays an important role for students. It acts as an official spokesperson between students and governments, professional healthcare groups, and the media and it also provides a wide variety of tools to improve success in healthcare.

In the province of Québec, there are only two schools that are members of the CNSA, Université Laval and McGill University. As the delegate for the province of Quebec, my first goal is to promote the CNSA and recruit new schools so that the greatest number of students possible may benefit of joining such an association and being involved in it. Each year, the official and associate delegates of Quebec work hard to promote CNSA at their schools. This way, year after year, more than forty students from the province of Quebec can participate at the National Conference which is held once a year in January.

One of my other priorities is to work in close collaboration with the various professional associations and to promote the students' interests of the province of Quebec and also to support our other colleagues from across the country. This is why this week I will participate in the conference of the Ordre des Infirmières et Infirmiers du Québec (OIIQ) which will be held in Quebec City. I will establish a contact with representatives

from nursing schools and I will seize the occasion to inform them about the advantages of becoming a member of the CNSA.

For the second year in a row, McGill University is hosting the Regional Conference under the theme “Cultiver les horizons / Reaching Out...” and we are proud to offer an entirely bilingual conference to the students. The conference will be held from October 30th to November 1st 2009 in Montreal. Keynotes speakers will explore the various possibilities of our profession and will make the students aware of those possibilities which are offered to them. I would like to take this opportunity to congratulate Jeanette Verleun and her team for their non-stop work to make this conference an unforgettable success.

During the last National Conference held in Charlottetown in January 2009, my team and I have proved our leadership and boldness by submitting Quebec City’s candidacy to host the next National Conference of the CNSA. It is with great pleasure and pride that I announce that, for the first time, Université Laval will be the host of the National Conference of the CNSA in the wonderful Quebec City from January 26th to 30th 2010. Under the theme “Moving Forward Change is Here!”, more than 400 students from across Canada will share on issues related to nursing and its stakes. The main themes will be the state of healthcare insurance, interprofessional collaboration and the importance to acknowledge the presence of nurses in research. It is an important event not to be missed!

Hoping to welcome you to one of our various activities, I thank you for your valuable time and encourage you to communicate with me to learn more about the CNSA. It will be my pleasure to talk about important subjects and stakes that are directly or indirectly related to our profession which is in constant evolution.

I am looking forward to meet you!

Valérie Saillant
Quebec Regional Director
Faculté des Sciences Infirmières de l’Université Laval
quebec@cnsa.ca / www.aeic.ca

Profile Jason Gabel

Hello,



My name is Jason Gabel, and I am the Director of Bilingualism and Translation for the Canadian Nursing Students' Association (CNSA). I am currently in my fourth year of the French nursing program at Laurentian University, in Sudbury, Ontario. Being a francophone nursing student in an Anglophone majority community has its challenges. Everything we learn in class is in French, however in the hospital setting we must communicate and chart in English. But it is very rewarding when patients are able to thank us for providing them care in their mother tongue.

Making sure all of our documents are properly translated into both official languages is a major part of my role. Being a bilingual association in Canada is essential to reaching out to members from coast to coast. Over the last few years, we have invested a lot of time and energy into translation. No communication is sent out to our members or to the general public before first being translated by our dedicated translation committee. We take a lot of pride in the fact that we have become one of the most bilingual associations in Canada, all the while being run entirely by students.

Every presentation, debate as well as the national assembly of our annual national conference are simultaneously translated, so that both Francophones and Anglophones can participate in dialogue and debate in their own language. This year, our national conference will be held at the heart of the francophone community, right in Quebec City.

I also serve as the liaison between francophone schools and English speaking Regional Directors in the CNSA, to help them in the recruitment and retention of members in these schools.

My goals for the rest of my term are the completion of the website translation and revamping our bilingualism policy, to reflect our current, and much improved, bilingual situation.

Sincerely,

Jason Gabel

Directeur du bilinguisme et de la traduction /Director of Bilingualism and Translation

Association des étudiant(e)s infirmier(ère)s du Canada (AEIC)/

Canadian Nursing Students' Association (CNSA)

ICN Durban – A Celebration of Nursing!



This year in Durban South Africa, the ICN held its 24th quadrennial congress with the theme “Leading Change: Building Healthier Nations”. There were more than five thousand nurses from 134 countries gathered at the Congress to celebrate nursing and network with each other. It was the first ICN in African, and there was a strong African presence: of the 5,000 nurses attending, 3,300 were from Africa.

The opening ceremonies of the congress were an empowering experience for the nurse. The Canadian nurses sat together, waving flags, and singing traditional Canadian songs, as the diverse assembly of nations mingled and danced together waiting for the official start of a week celebrating the diversity and the strength of nursing.

The student presence at the congress was also felt. The ICN student network had a group session on Monday June 29, which was well attended, with students from Denmark, Norway, South Africa, Sweden, Ghana, United States, South Korea, New Zealand and other countries. Canada and the CNSA were represented by Stephanie Williams, the Director of International Health, who sat on an international student’s panel to share with the students the work CNSA does. On Tuesday, the ICN student network held its first ever network meeting, following the first official democratic elections which took place online this spring, 2009. The meeting ended with an address by the one new member of the CSG that was in attendance from Denmark, Ms. Judit Kyed Jensen. The ICN provided a venue for students to meet, share ideas, and to celebrate our chosen profession of nursing!

There were many inspirational keynote speakers throughout the week, and a multitude of research sessions. There are so many nurses around the globe who are passionate

about their profession and their studies; and the congress allowed these individuals a chance to showcase their hard work and dedication to the profession. Partnerships were formed, and friendships were forged. The ICN also held its general assembly. Sitting in on their meetings as an observer gave an interesting perspective on the needs of nations, and the idea of what nursing will do for the world in the future.

Overall the ICN congress was a chance to reflect on the nature and future of our profession and the impact it has on peoples from around the globe. Yes, some changes may need to be made, and difficult challenges lie ahead for many nurses, but working together nurses can be proud of our profession. We need to listen to each other and to our patients, we need to work with each other and other healthcare professions, and we need to respect the job that we have chosen. After attending this conference, and entering my last year of nursing school, it is like being on the edge of a precipice, a bit frightening but ready to plunge into new choices, challenges, and life-changing experiences.

Stephanie Williams,
Director of International Health
CNSA

Profile : Tyler Kuhk



CNSA-AEIC It is both a challenging and exciting time to be a nursing student in Canada. With the vast advancements in health care and research, nursing students are taking part in a unique and unforgettable educational experience to prepare them to be the future of health care in this wonderful country of ours.

The challenges we face in our education, coupled with our busy lifestyles can greatly influence our empowerment to be the agents of change in a time where we hear so much of economic hardships and health care system restructuring. Nursing students need that

empowerment, and I have been so fortunate to find my vehicle to passion through my involvement with the CNSA.

As the new President for the Association, I almost always reflect on my journey thus far in my nursing career, and it often feels surreal to be in a position with such honour, to represent students in a profession that is so dear to my heart.

As I enter my final year of my BScN at Lakehead University, I can truly say that it has not only been the experience of a lifetime, but also an amazing introduction to my journey within the health care system.

I am sure I am not alone when I say that CNSA has been a definite force of empowerment to me, and I feel that when uniting as one voice, the power we can exert to make the changes in our nation that will better the health of all Canadians is a very real and attainable goal.

As I continue my term as President, and begin my final year, I will always look back on all of the experiences I was fortunate to have as a nursing student. I look forward to embracing the changes and dealing with the challenges I am about to experience in my career, but I will always remember that with any challenge, comes opportunity.

Tyler Kuhk

President/Président

Canadian Nursing Students' Association (CNSA)/

Association des étudiant(e)s infirmier(ère)s du Canada (AEIC)

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Co-Chair/Co-Président

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Réseau des nouveaux professionnels de la santé (RNPS)

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