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TouchPOINTS

Putting Scholarship into Practice

NURSING UBC est. 1919

Where Will We Be at 100?

Sally Thorne, Director

The year 2009 marks the 90th anniversary of the advent of nursing education at The University of British Columbia. The UBC School of Nursing takes great pride in its history of being the first university nursing degree program in Canada (and in what was at that time the entire British Empire).

In 1919, nursing education was almost universally a function of the hospital sector, and characterized by significant service learning and apprenticeship. However, the impressive contributions of Canadian nurses during World War I (1914-1918) had brought the value of excellent nursing to the forefront of public attention. The global Spanish influenza epidemic of 1918-1919 created the context in which the potential contribution of a knowledgeable nursing workforce to the resolution of complex public health problems became increasingly apparent. A visionary nursing leader of her time, Ethel Johns, was able to convince the government of the day to take the revolutionary step of bringing nursing into the university as an academic discipline – a move that was not followed in most parts of the world until many decades later. Miss Johns' courageous advocacy, and the wise decision-making of both the provincial government and university administration to take what must have seemed a rather bold course of action, launched a program that has evolved into one of the world's flagship academic nursing centres and an internationally recognized leader in nursing education and knowledge development.

In its first 90 years, the UBC School of Nursing (or the Department of Nursing & Health, as it was known until 1950) has generated a community of over 8100 graduates as well as many hundreds of former faculty, staff, partners and friends. All who have passed through the halls of the School in its various buildings and settings over those 90 years own a place in its remarkable history, and are justified in feeling a sense of pride in its accomplishments. Among the School's alumni are the "Who's Who" of internationally acclaimed nurses in all fields of practice, education, administration, policy leadership and research. Some graduates never practiced the profession, but maintained a sense of pride in their nursing knowledge and skills, applying them informally to a lifetime of problem-solving in matters pertaining to health as well as to so many other dimensions of society. Others served the public in a wide range of practice contexts with an incredible diversity of patient populations, in B.C., across Canada, or in so many regions across the globe.

Nursing uniform worn by students of the Class of 1958 (left), new student uniform introduced in 2008 (right).

As one component of our 90th anniversary celebration, we hope to hear many more stories from our amazing alumni. In this volume of TouchPoints, we showcase a few graduates from various eras of the School's history, bringing their individual stories to light as an evolving legacy collection. In so doing, we hope to inspire a barrage of other great stories about our graduates across the spectrum. The marvels of a digital age permit the building of a web-based showcase for the lives and/or careers that evolved from a UBC nursing education. As a double graduate myself (Post-RN BSN '79 and MSN '83) I have been eternally thankful for the solid grounding obtained during my UBC student experiences. I am convinced that it positioned me in a manner second to none for a meaningful professional career. As Director of the School over the past seven years, I have been privileged to hear the stories of hundreds of other alumni who feel equally passionate about what the UBC School of Nursing has meant in their lives. By inviting each and every one of you to submit your own story and stories of other alums that you know, we intend to bring the marvellous tale of alumni achievement to a wider audience, and ensure that this treasure becomes part of the historical legacy of the School.

The UBC School of Nursing's first 90 years have been exceptional in every way. This anniversary year prompts us to ensure that we not continue to rest on past laurels but to look to the future, envisioning where we ought to be when the time comes to celebrate our centennial in 2019. We hope that every member of the School of Nursing community joins with us in this future thinking and creative forecasting, as we reflect on the world of today and imagine where we will be at 100!

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Amazing Alumni

As part of the UBC School of Nursing's 90th anniversary, we wish to focus on and celebrate our alumni. With over 8,100 graduates, the School has produced some of the major leaders and innovators in health care, not only in B.C. or Canada, but around the world. While this issue of *TouchPoints* focuses on only a few of our fabulous alumni, we plan to highlight many more throughout the year. We encourage you to share your stories and experiences and have established a section of our online alumni pages dedicated to this purpose.

Foundation for the Future

When Val Cartmel (BSN '75) enrolled in her first year of sciences at UBC, she had no idea that she was going to be a nurse. Now, she holds a graduate degree in nursing, is the Regional Leader in Clinical Informatics for Vancouver Coastal Health (VCH), and has become the President of the College of Registered Nurses of British Columbia (CRNBC), the regulatory body for more than 39,000 registered nurses, nurse practitioners and licensed graduate nurses in the province.

The thought of actually being a nurse didn't occur to Val until the summer between her first and second years. After developing appendicitis and having surgery, "it was like a light bulb went off," she said. "I realized 'that's what I want to be. I want to be a nurse!'" Having no nurses among her family or close community, she had toyed with the idea of going into medicine, but decided on nursing when she saw what nurses actually do in the hospital.

Val recalls two particularly influential faculty mentors. "Rose Murakami was one of the people that helped shape my profession. I can still visualize the things she taught us – role-playing the part of the patient or nurse to help us actually see what we were supposed to do before we had to go out and do it. In those days there was limited technology, so this kind of teaching was really invaluable." She also has vivid memories of Beth McCann. "Beth was UBC," she says. "She was so passionate and enthusiastic about nursing and the program that it was hard not to feel real pride in the School."

Recovery room experience gained through a student clinical placement at Vancouver General Hospital enabled Val to obtain her first nursing position in that context at Lions Gate Hospital, a posting that was almost unheard of for a new graduate at that time. She stayed on for three years before accepting a teaching position with the British Columbia Institute of Technology (BCIT), which she held for 12 years. However, she missed the hospital setting and in 1989 became a nursing manager on a surgical unit at Lions Gate. Computer integration with nursing practice was just beginning, and Val became involved in a computer implementation project. This ultimately led to her current position of leadership in the area of clinical informatics, which she describes as "making sure that technology supports practice and not the other way around. Technology needs to work for the nurses."

Val wore the number 11 jersey on the T-Cup team of '73

As President of CRNBC, Val has the opportunity to be the eyes and ears of nurses in the province, "to make sure that we have a voice and that people understand what nursing is and what nurses do. This role allows me to go into the nursing community to support nurses in their practice and ensure they meet provincial standards so that the safety of the public is protected."

Val appreciates the School not only for the way in which it prepared her for an exciting career, but also for its expansive contributions to nursing globally. "When you look at the contributions that the UBC School of Nursing has made over the years, it has been phenomenal. When I return each year for the Marion Woodward Lecture, I think 'Wow! What an amazing group of people! I am so proud to be part of such a significant community.'"

90 Years Submit Alumni Stories Here

To submit your own amazing alumni story, visit **www.nursing.ubc.ca** and click on the above link on the right side of your screeen

Program Pioneers

Esther Naden Gardom was an alumna of the first graduating class of the new baccalaureate degree program at UBC. She had always wanted to be a nurse and, despite serious objections from her parents, she registered for the nursing program in her second year of study at UBC. Although scheduled to graduate in 1923, her completion was postponed as her mother had taken gravely ill. Thus, she graduated the following year with the class of 1924.

As a newly minted public health nurse, Esther went on to run the Moss Clinic in Saanich. The Model A Ford she drove on visits to her patients during those years leads to several amusing recollections. Due to the car's inability to function in reverse gear, she was often forced to drive in circles to manoeuvre in and out of situations. On one occasion, it became necessary to deliver a baby in that same car; she tucked the infant close to her chest to keep it warm until she was able to reach the intended destination.

Esther was described by her daughter, Marguerite Lawson of Victoria, as a "tough bird" who loved the work of public health. However, under the conditions of the day, she was unable to continue the work after marriage because she had an employed husband. However, she assumed a role in the community as the person who was always called on for any type of health-related assistance. Esther became the matriarch of a large and vibrant clan. One of her nephews, Garde Gardom, rose to prominence as the 26th Lieutenant Governor of British Columbia. Before her death, Esther contributed an oral history, which has become part of the collection of the BC History of Nursing Society.

Esther with her Model A Ford

1921 class photo: Esther (left) and Beatrice (right) highlighted

Beatrice Johnson (later Wood)

Beatrice was another member of that class of 1923. While a student at UBC, she was active in the drama club and later married Prof. Frederick Wood, founder of the UBC Players Club. Many alumni will have fond memories of the Freddy Wood Theatre, which continues to provide high calibre performances and entertainment to this day.

A Leader Among a Class of Leaders

This past September, 24 of the 28 surviving members of the BSN Class of 1958 returned to the School of Nursing to celebrate their 50th anniversary year. This remarkable class, many of whom have made prominent contributions to nursing and health care, or who have been influential in their various communities, have remained in active contact with the School through both formal and informal reunion activities over the years.

As part of its anniversary celebrations, the Class of '58 is working with the School to establish a Graduating Class of Nursing 1958 Emergency Fund as a lasting endowment to assist nursing students in financial need.

Dr. Alice Baumgart, internationally recognized as a leader in nursing, health care and academic administration, is among the members of the Class of '58. Upon graduation, Alice taught at the School from 1959 to 1962 when she departed to pursue her master's degree at McGill University. She then returned as a member of the faculty from1964 to 1973 before leaving to obtain a doctorate in behavioural science from the University of Toronto.

"One of the dominant influences as a student and in my years on the UBC Nursing faculty was Director Evelyn Mallory" says Alice. "She was a great influence on many of us – a very wise woman with a good sense of humour, through whom I was able to acquire excellent skills in writing, in addition to a genuine desire to participate and contribute to the advancement of the profession."

Alice has held numerous prestigious positions as a nursing leader. At Queen's University, she served as Dean of the School of Nursing and was later named its Vice Principal, Human Services – the first woman to achieve such a senior position at Queens University. She also served as President of the Canadian Nurses Association (CNA) as well as the Canadian Association of University Schools of Nursing (CAUSN) and was an elected member-at-large for the International Council of Nurses. She co-authored a major nursing text, Canadian Nursing Faces the Future (1988), and has been keynote speaker at numerous international conferences. In 1990, she was recognized with the UBC Alumni Association's 75th Anniversary Award of Merit, and in 2000 received additional acknowledgment from UBC with an honorary Doctor of Laws degree.

Dr. Alice Baumgart has been a leader in excellence for nursing. Her career has resulted in a significant impact on the education and utilization of nurses, and she continues in "retirement" to support and inspire nurses throughout Canada and the United States. And Alice would be the first to attribute her remarkable success in nursing leadership to her good fortune in being a member of the remarkable UBC Class of '58.

Raising the Bar

Continuing the Legacy of Nursing Educational Scholarship

Beth McCann's time in the School was marked by inspirational educational leadership. Although she stepped in to serve as Acting Director when called upon to do so, Beth's first priority and love was always teaching. Her students and colleagues held her in the highest esteem, and she developed a reputation as a provincial and national leader in teaching scholarship.

Elizabeth Kenny McCann is a well-known figure in the history of the School of Nursing, having been a student, a faculty member, and an acting director before assuming emeritus status shortly before her death in 1986. Beth McCann (as she was always known to her friends and colleagues) began her own nursing education at the age of 16, enrolling in UBC's seven-year double degree program and graduating in 1940 with both BA and BSN degrees. In 1947, she joined the faculty, where she increasingly assumed leadership positions until the time of her retirement in 1982.

Beth's time in the School was marked by inspirational educational leadership. In the post-war boom of the late 1940s she was the first instructor to work with students both on and off campus (at VGH). Her promotion to the rank of Professor in 1967 marked the first time that a nursing faculty member other than a director had achieved that status. Although she stepped in to serve as Acting Director when called upon to do so, Beth's first priority and love was always teaching. Her students and colleagues held her in the highest esteem, and she developed a reputation as a provincial and national leader in teaching scholarship.

At the time of her untimely death, her colleagues established an endowment fund in her honour. Eventually that fund grew to a size capable of supporting a Professorship, which was held by Dr. Joan Anderson for several years. In order to capitalize on Beth McCann's educational leadership vision and to support next steps in the School's development, the proceeds from the endowment fund will be used over the next two years to support Senior Instructor Marion Clauson, who has been appointed holder of the Elizabeth Kenny McCann Scholar Award. In that capacity, Marion will take leadership in various initiatives to enhance teaching and educational scholarship during a time of curricular and pedagogical transition within the School.

Professor Marion Clauson interacting with students after class.

Marion Clauson (BSN '71 and MSN '92), completed her undergraduate studies during Beth's term as Acting Director. Although she admits to not having a clear understanding of what academic leaders did back then, she was aware of Beth's influence on her own educational development. Marion especially remembers Beth's teaching in the history of nursing course. "When she taught, there was an element of the dramatic, and everyone remembered the material. She had flair, and brought nursing history to life." Marion also remembers her being very much student-oriented. "Beth was a very visible faculty member, who always came to social events and interacted with students. She had a presence that allowed students to feel connected to her, even when she was in the acting director role."

The Elizabeth Kenny McCann Scholar Award will allow Marion to build on the existing strengths and capacity within the School of Nursing faculty to achieve even greater excellence in teaching. Providing time and funding for specific initiatives, the Scholar Award will support an engaged and interactive process toward fully capitalizing on the diversity and prior qualifications of our unique student body. It will ensure that the School sustains the highest quality learning environment within the context of a research intensive university program.

"I feel very honoured to accept this role" says Marion, "I love teaching and look forward to using the time the award enables me to provide a level of support to the teaching of my colleagues and the School that I could not otherwise achieve."

Gerri MacLean, one of Marion's students, attests to her exceptional skill as a teacher. "Marion does an excellent job of tying concepts together. Inevitably you end up with a weaving of information and you see a picture and you think, okay, I get that. It really does make sense!"

Building on her clear passion for nursing education, Marion sees herself not as the leader of teaching innovation but as having the privilege of being able to facilitate processes through which the collaborative energies of the talented faculty in the School will create advances in educational innovation beyond what would be possible without the additional support. She sees the Scholar Award as an excellent resource to align the opportunity of

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A Modern Military Career

Kirsta, in uniform, receiving a long service award at the National Defence Medical Centre in Ottawa, 2004

"Military nursing and its unique challenges are what drew me into health care," says Kirsta MacIsaac (BSN '95). Although not a common career path among UBC nursing graduates in recent years, Kirsta's career with the Canadian Forces is reminiscent of the interconnection between nursing and the military over much of the profession's history.

The Canadian Forces sponsored Kirsta's studies at UBC and provided the context through which she entered the School of Nursing. Aspects of the program that were most directly applicable in preparing her for a career in the military included a surgical rotation in sports medicine, an independent study project in HIV/AIDS education, and a community learning experience with the mental health team in Vancouver's Downtown Eastside. However, in retrospect, she considers the greatest influence upon her career development to have come from what she learned in the more theoretically-oriented courses.

"One of the great benefits of serving almost 20 years with the Canadian Forces, is the opportunity to work alongside nursing professionals from programs all across Canada. I've learned that there is incredible diversity in philosophy and program design, but that a common thread exists among all – the pursuit of professional excellence. The UBC program reflects of its geopolitical region, and unique provincial health care needs. It highlights a holistic view of health, an emphasis on population health, and the importance of tertiary care excellence as well as primary care development."

"It is important for undergraduates to understand that those first years in school are the building blocks for a wealth of professional opportunity," says Kirsta. "Nursing professionals now have many valued circles of influence in the community, including the clinical setting, academia, government, law and business. The first step on that journey is learning to nurture a personal vision through professional collaboration and a commitment to life-long learning."

The academic foundation Kirsta obtained at the School assisted her in her early roles as a clinical nurse with the Canadian Forces and contributes to her current day-to-day practice as a health care executive. She currently manages a health services centre in Wainwright, Alberta where soldiers are trained by a multidisciplinary team prior to their deployment to Afghanistan. Kirsta is an example of a nurse who has found a distinctive and meaningful career, applying nursing principles with individuals, groups and systems. It is reassuring to know that Canadian service men and women have guardians like Kirsta to support their health and safety in these challenging times.

Supporting Our History

Congratulations to the newly renamed and reconstituted BC History of Nursing Society. Formerly the BC Nursing History Group, a professional practice group of the RNABC, this society is among the leading nursing history organizations in the country. Their website, **www.bcnursinghistory.ca** is a treasure trove of information and a wonderful resource for documenting the legacy of nurses across the province. The UBC School of Nursing is a proud supporter of the BC History of Nursing Society, providing office and archival space to support its ongoing activities. And we are equally proud to have represented a constituent part of the remarkable BC nursing history it celebrates.

Beth McCann, con't.

a new curriculum, scheduled for implementation in the fall of 2009, with a range of pedagogical advances.

"The Beth McCann Scholar Award will allow me to find those areas in which we can improve" says Marion. "As a whole faculty, we can work to make changes that will benefit the entire program. While we already do a lot that is great, there is always room for growth in our thinking about how students learn and how best to help them wrestle with the ideas that will serve their nursing practice. This is the magic of excellent teaching."

We think Beth McCann would have been delighted to know that the commitment to nursing educational excellence continues, and that a leader like Marion Clauson will be spearheading new innovations in her name. The inspirational vision of Beth's legacy remains as bright today as it was during her remarkable time in the School.

Beth McCann

Undergraduate Profile

A Passion for Humanity

"Bella Coola and its people strengthened my love of nursing," says Aaron. "I learned to be more human and, I think, a better nurse. Practice in Bella Coola was an ideal complement to the education I received at UBC. It also highlighted for me the reality that Canada is not immune to the struggles I experienced while working in Guatemala."

Aaron Bates, (BSN '08), looks to his future with hope and determination. The path that led him to the graduation ceremony this past November is a diverse mixture of languages (English, Spanish and French), study (nursing, sociology, international relations) and life experiences.

Aaron applied to the UBC BSN program from Guatemala, the small country which he says, "has broken my heart and opened my eyes." As the country representative for Pueblo Partisans – a small Vancouver Island-based non-governmental organization – he designed a community development strategy for a displaced indigenous population and provided cultural interpretation, leadership and Spanish-English interpretation for visiting nurses doing clinical training there. His decision to become a nurse developed from those experiences.

"I provided translations of traumas and the rudimentary framework to understand the context of an individual's particular pains, yet it was the nurses who were able to make these patients feel better by providing some physical relief," he recalls. "I wished to integrate my experiences in Guatemala and translate them into meaningful social action. I could think of no better way of doing so than by dedicating myself to a career in nursing."

During his program, Aaron had the opportunity for direct clinical learning in a variety of diverse settings. Perhaps the most influential was the Bella Coola General Hospital in the Bella Coola Valley on the central coast of British Columbia during his final clinical course. "It was a slice of our country that I had not previously experienced. While appreciative of the opportunities I had in Guatemala, I had begun to find it almost embarrassing that I was much more familiar with challenges faced by indigenous populations in Central America than those of aboriginal populations in my own country. In Bella Coola, I saw the human side of conditions we had been guided to explore at UBC. I was able to offer my nursing knowledge to a population that, nearly without exception, was welcoming and appreciative of my efforts."

Aaron Bates speaking on behalf of students at the 2008 Faculty of Applied Science graduation ceremony

As a new graduate, Aaron is continuing to seek opportunities that will challenge him to explore his capacity to make a difference as a registered nurse. He has taken a position at Dartmouth General Hospital in Nova Scotia. "I've enjoyed this, perhaps more than any nursing I have yet done. We see all of humanity. We never really know what is going to happen. We don't see people at their best, yet we have the privilege of entering into the most intimate parts of peoples' lives and assisting in their care. In the hectic world of the emergency department, I have the privilege of working with nurses with 25 years of experience, nurses with five or fewer years of experience and others, like myself, who are just entering the profession. Colleagues seem genuinely pleased to offer mentorship and to share their knowledge. Nurses, physicians and other staff respect each other's unique knowledge and unique roles. And, there is so much to learn."

At the Faculty of Applied Science congregation ceremony in November, Aaron was chosen as the student speaker for the 2008 graduating class. In his address, he spoke to his own passion for nursing and recognized comparable commitment that all graduates within the Faculty of Applied Science – which includes nursing, architecture and landscape architecture, and engineering – have for their interconnected capacity to contribute meaningfully to the betterment of society. "We are as diverse as those whom we strive to serve. We are motivated by so much, in our choice of this caring, and trying, profession. We recognize that our universal humanity is perhaps best expressed when we are at our most vulnerable, and require the intimate care of strangers."

"So much of what we do as nurses depends on you, the engineers, architects and landscape architects. We may understand the physiological changes that occur with diabetes and heart disease, and even understand how neighbourhoods and highways affect the distribution of these diseases. Yet, we neither build highways nor do we design neighbourhoods. So we will need to work together, to combine your passions with ours. We must work across disciplines if we wish to contribute to solving some of the most pressing issues on the planet, and in our neighbourhoods."

Graduate Profile

Linking Research With Clinical Practice

"I didn't realize that I would still be a part of this academic community once I finished my program — that I would be able to make my transition and develop my independence as a nurse scholar while still being mentored at the same time."

In her dual role as Clinical Assistant Professor with the School of Nursing and Education Leader with the BC Centre for Disease Control (BCCDC) in Sexually Transmitted Infections (STI) and HIV Prevention and Control, Vicky Bungay (PhD '08) combines her PhD research experience with clinical practice. In this unique new position she has the ability to establish and build innovations in nursing education and research.

Eight years ago, Vicky decided to pursue her PhD and began research to explore options for a program that would let her define her own priorities while at the same time providing learning opportunities beyond her initial expectations. Topics of concern to Vicky included poverty, women's health, violence and discrimination; she wanted to learn more about why women get sick and what can be done in a public health context for prevention. After comparing programs, Vicky felt that UBC would afford her the best opportunity to really focus on these issues and acquire mentorship from experts in a manner that would give her a sound skill-set as a nurse scientist.

"You come in with one set of expectations" says Bungay, "and as you start to study you actually begin to reconfigure your thinking. I had all kinds of assumptions that doctoral learning would be a much more linear process, and it's not." As a result of excellent mentoring and support from UBC Nursing faculty, Vicky was able to secure highly competitive research funding from Canadian Institutes of Health Research (CIHR), which gave her amazing opportunities to work toward her scholarly ideals. Because of these funding opportunities, she was able to take the lead on projects while at the same time feeling secure in the network of support provided in the School.

"The PhD program at the School of Nursing met my expectations, reconfigured them and completely exceeded them! I was able to get so much more out of it than I had anticipated." Vicky graduated from the program prepared to successfully carry out an independent program of research in today's competitive world. UBC Nursing helps graduate students become "incredible critical thinkers who can tear a concept apart and look at it from a variety of different angles," says Vicky. She affirms that the School of Nursing faculty have incredibly strong programs of research. She also notes that, "While the ability to be either an exceptional researcher or an exceptional teacher is rare, most people will be skilled at one; here at UBC there are quite a number of faculty who are exceptional at both."

Vicky's current position as Education Leader in the area of STI and HIV Prevention at the BC Centre for Disease Control is unique. While many doctorally-prepared nurses take up positions in an academic environment, few return full-time to clinical work. Vicky's position takes advantage of her research expertise to expand the scope of clinical practice in this area to create a program that not only addresses the current needs of nurses, but can project into the future. The work she is involved in will ensure that BC nurses have the skills to support vulnerable populations in the future.

In her current role, Vicky works on multidisciplinary projects in which she is the only nurse. She intends to build a program of nursing research in collaboration with the UBC School of Nursing, using the School's expertise to facilitate research growth at BCCDC. "There are great programs of research there, but they do not necessarily address the questions I am interested in exploring. The new program will and create an opportunity for nursing students to have clinical or research experiences in those particular areas. My current appointment allows me to support that. Although there has been room for similar activity at BCCDC, they have had no one to lead and move it forward. Being employed by BCCDC and affiliated with UBC allows me to create those opportunities."

Vicky's new appointment as a Clinical Assistant Professor establishes a link between the School of Nursing and the BCCDC, building relationships and collaborating so that the expertise of each institution can be shared to mutual benefit. Vicky is a stellar example of a nurse who has taken full advantage of her graduate education at UBC to move forward with an important public health agenda. She represents the kind of future thinking of which the School is justifiably proud.

Clinical Practice Innovation

Devoted to Informed Healing

"I love talking to and meeting with students and am so glad I didn't choose a different profession! I'm always interested in hearing student perceptions of their impending careers. I try to be a positive role model for them and help guide them to know what roles are available and how to choose the right one for their goals and interests."

In her role as a Clinical Nurse Specialist (CNS) in Wound Care at Providence Health Care, Leah Shapera (MSN '90) exemplifies all the characteristics of an outstanding nurse.

Leah refers to gerontology as her "big love" and says that when she first came to Vancouver in 1981, finding an academic program that would best allow her to pursue that love was at the forefront of choosing the baccalaureate program in nursing at UBC. Looking at the various health care programs available, she saw that nursing provided the greatest breadth of options for working with the elderly. And thus, she entered the baccalaureate program with a vision of going on to do a master's degree with a clinical specialty in geriatrics.

Leah enrolled in graduate studies directly following graduation. Although not completely certain that she was up for the challenge, she remembers being encouraged by faculty mentor Janet Gormick in moving towards her goal. "I was under-confident, and she was instrumental in helping me see my strengths and that I was capable of much more than I thought," said Leah. "She really mentored me and helped me feel more confident about the knowledge and skills I possessed. I always appreciated that." Leah spent the next four years working full-time as a nurse while pursuing master's studies on a part-time basis. She said "attending grad school was the best decision I could have made; I have never regretted it."

As a CNS, Leah initially specialized in gerontology, and has since moved from a more general gerontological focus to a specialty practice related to skin and wound care. Leah's expertise with older adults provides a wealth of knowledge applicable to the special circumstances of skin and wound care challenges. Her personal approach, which she promotes through her research and teaching, is that it is imperative to envision the patient as a whole person rather than just a set of presenting symptoms.

Leah's role with Providence Health Care involves direct clinical consultations as well as clinical education and research. In her educational role, Leah is constantly searching for ways to improve the practice of teaching students and practicing nurses. In the past year she conducted research to determine which of four different teaching strategies resulted in the highest degree of knowledge transfer for nurses. She hopes to take this particular study a step further to determine what degree of knowledge transfer is actually translated into clinical practice at the bedside.

"As a CNS" says Leah, "you are counted on to be a nursing leader, not just in your specialty but in nursing in general." Leah's open and compassionate leadership style allows staff to feel comfortable approaching her with practice issues and concerns at times when the idea of approaching a superior may seem daunting.

Along with her clinical leadership, Leah serves as an affiliate member of the School of Nursing faculty as an Adjunct Professor. In this capacity, Leah offers her wound care expertise and provides meaningful learning opportunities to students. Since first appointed in 1990, she has facilitated many exceptional student placements, practica and clinical preceptorships. She is currently working with faculty member Dr. Paul Galdas to include a three-hour lecture on wound care as a core component of his senior-year course on Nursing Practice with Acute and Chronically Ill Populations.

In addition to her work with Providence Health Care and UBC, Leah actively participates in the nursing community as much as possible. She served on the Board of Directors of the Canadian Association of Wound Care from 2000 to 2007 and has been an invited speaker at numerous provincial, national and international conferences.

Leah Shapera consulting with a colleague between appointments

Leah is an exceptional clinical innovator and leader. Like many of the incredible cadre of clinical nurse specialists in BC, she looks to UBC Nursing not only as her alma mater but also as an ongoing academic partner. Always eager to explore expansion of her adjunct role, "I would embrace opportunities to look at further collaborative linkages with UBC that would ultimately improve patient care," she says. Leah is committed to sharing her passion for the care of older adults and for wound care with as many students as possible. Her passion shines brightly as a priceless resource for the School and for the future of nursing.

New Faces in Research

Location is Everything

"From my very first interactions with the School, everyone was supportive and genuinely interested in helping me feel comfortable with the transition," says Craig Phillips. "After coming to Vancouver, meeting with the School faculty, and seeing the University and the surrounding environment, I was sold!"

Showcasing his research at the Council for the Advancement of Nursing Science (CANS) conference in Washington, D.C., 2008.

Dr. Phillips is the newest Assistant Professor to join the School of Nursing faculty. His primary research area is the social context and environment within which vulnerable persons make decisions around self-care management, with a particular focus on adherence to antiretroviral therapy (ART) in vulnerable populations of persons with HIV infection. He admits that it would have been easy to stay in Miami, having established professional networks and community access to facilitate his research; however, he realised that relocation to a new health care system and cultural context would allow him to expand his research and consider a new range of key variables of interest to nursing approaches within HIV-infected populations.

On the basis of his former role as a nurse practitioner with expertise in mental health, Craig recognized early on that the care of people with HIV required an understanding of complex legal issues that presented themselves in acute care settings. Thus, he added to his collection of nursing degrees an LLM degree in human rights law, and has used its social and legal framework to guide his continuing research practice.

Here in Vancouver, Craig's research will focus heavily on the populations of the Downtown Eastside, where he finds many similarities to those of inner-city Miami. He is eager to discover similarities and differences between the two populations, and to learn whether a publicly funded health care system such as Canada's provides more benefit to vulnerable patients than does the primarily private system in the United States.

Craig sees nurses' location within the health care system as ideal to work closely with people who are HIV positive to help facilitate optimal ART adherence and better health outcomes. "Because nurses typically spend more time with the patient than would the doctor" says Craig, "they are well positioned to be able to talk to patients about the importance of adherence to these medications and to assess and analyse whether or not the medications are suitable for that individual at that particular point in time. Nurses can help to mitigate some of the interfering circumstances and introduce patients to resources available to them in the community."

Craig is looking forward to bringing his research into the classroom at UBC, and to mentoring students in the clinical care of patients. "Sometimes the only way to work with students in inner city clinics and homeless shelters is to mentor and role model." The instructor must, for example, be able to show students how to interact with aggressive persons, helping students to recognize that, although acting out and violent, they still have a "right to have their health care needs met and still are human beings deserving dignity and respect. Those are things you can't really convey in a lecture. You have to be able to be there in the moment and be able to talk through those issues."

Craig also sees possibilities for taking advantage of the School's unique configuration within the Faculty of Applied Science. Thinking about disadvantaged inner-city neighbourhoods, he sees the manner in which they influence people's capacity for health choices. He envisions working with creative engineers and architects to consider such issues as lighting, wheelchair access and green space that could increase both civic and community pride in run-down areas, reducing the stigma and negative perceptions of the inhabitants.

Clearly, Craig is excited about continuing to develop his research and professional scholarship here in Vancouver. He takes inspiration from the incredible beauty of our geographic location and from the challenging social problems within which nursing can play a leading role. According to Craig, "there are no words that can fully describe the importance of the opportunities available here at the UBC School of Nursing."

Transitions

- **Dr. JoAnn Perry** retired from the School in June after a 31-year career in the professoriate.
- **Prof. Elaine Carty,** a faculty member for 26 years, retired in August.

Although we'll miss the exceptional contributions of these key faculty members, as with those of a number of other longstanding faculty who have retired in recent years, we certainly wish them well in this new stage of life and hope to continue to gain from their wisdom and knowledge.

Development

Lyle Creelman (right) in the UNRRA uniform before leaving for duties in Europe (London, 1944)

Legacy of a Global Citizen

Lyle Creelman was a distinguished nursing leader whose career had profound implications for nursing and health care on provincial, national and international levels.

An alumna of the class of 1936, Creelman's legacy stems from not only her amazing accomplishments in practice, but also her compassion and determination in all she did.

Lyle is one of the most well-known Canadian nurses in the world, and it is a true privilege to celebrate her as one of our own. And indeed, she in return believed that the UBC School of Nursing was an important contributor to her career and was proud to consider herself an alumna.

After graduating from UBC, Creelman's first position was as a public health nurse in Cranbrook, British Columbia and then Director of Nursing at the Metropolitan Health Committee (later the Vancouver Health Department) and became President of the Registered Nurses Association of British Columbia (now CRNBC) in 1944.

In 1948, Lyle began collaboration with J.H. Ballie on a major study of Canadian public health services. This study led to the publication of the Baillie-Creelman Report in 1950 which was considered for many years to be the main reference for the preparation of public health professionals in Canada.

Her international nursing role began in 1944 when she joined the United Nations Relief and Rehabilitation Administration and evolved as she became a nursing consultant for the World Health Organization (WHO) in 1949, and later Chief Nursing Officer in 1954. She spent 14 years in this position, developing and innovating nursing standards and practice that would ensure many countries' ability to achieve and maintain self-sufficiency in health care. According to the news journal of the International Council of Nurses in Geneva, "In these years she [had] probably achieved more for nursing throughout the world than any other nurse of her time."

Although she retired from WHO in 1968, she continued to pursue nursing excellence and was commissioned to study maternal and child health services in Southeast Asia as well as continuing to be a mentor and role model to colleagues.

Lyle has been greatly celebrated for her outstanding accomplishments in nursing. Among the recognitions she has received are the Medal of Service of the Order of Canada in 1971, the Canadian Centennial Medal in 1967, the Jeanne Mance Award (which is the highest honour of the Canadian Nurses Association), an honorary Doctorate of Laws from the University of New Brunswick in 1963, and in 1992, UBC awarded her an honorary Doctorate of Science, the first graduate of the School of Nursing to receive such an honour.

Lyle passed away in early 2007 in West Vancouver at the age of 98. The Lyle Creelman Research Endowment Fund has been established through a major gift from her estate which will be used to fund research by the School of Nursing in the area of public health and the prevention of disease.

She also gifted the School with a number of historic artifacts gathered during her international activities and some of her most prized awards. These artifacts will serve as meaningful reminders of the global commitment toward which UBC Nursing aspires, and we look forward to being able to create a permanent display within the University.

Lyle Creelman: The Official Biography

Susan Armstrong-Reid, an independent scholar based in Guelph, Ontario, is currently working on Lyle Creelman's biography.

Under the working title, Lyle Creelman: Nursing Beyond the Nation State, Armstrong-Reid uses Creelman's life story to explore the transnational linkages that shaped the transformation of modern nursing both in Canada and internationally.

The biography is expected to be published in 2010.

Are You Going Bananas?

The School of Nursing will use the Lyle Creelman Research Endowment Fund to support innovations and new directions in public health research. This is welcome news for the School's creative faculty, who have no shortage of good ideas deserving of support. An example of a such a creative public health project, developed by faculty member Paula Tognazzini and conducted by a number of our undergraduate students over the past few years is: ***Are You Going Bananas?*** This is a mental health promotion initiative aimed at university students – a population at significant risk for stress-related conditions due to the many changes they are going through at this stage in their lives.

2006 Two UBC nursing students were inspired to set up education booths with the slogan ***Are You Going Bananas?*** engaging students in conversations about all aspects of mental health including societal stigma and myths.

2007 ***Are You Going Bananas?*** **Dealing with Stress.** UBC nursing students engaged grades 8 to 10 students in the promotion of mental health and healthy stress management strategies.

2008 As part of their community health course, the entire NURS 413 class was invited to participate in ***Are You Going Bananas?*** UBC Nursing students brought the mental health promotion message to young adults they engaged with in UBC residences, secondary schools in Vancouver, flu clinics and parenting groups within the public health system.

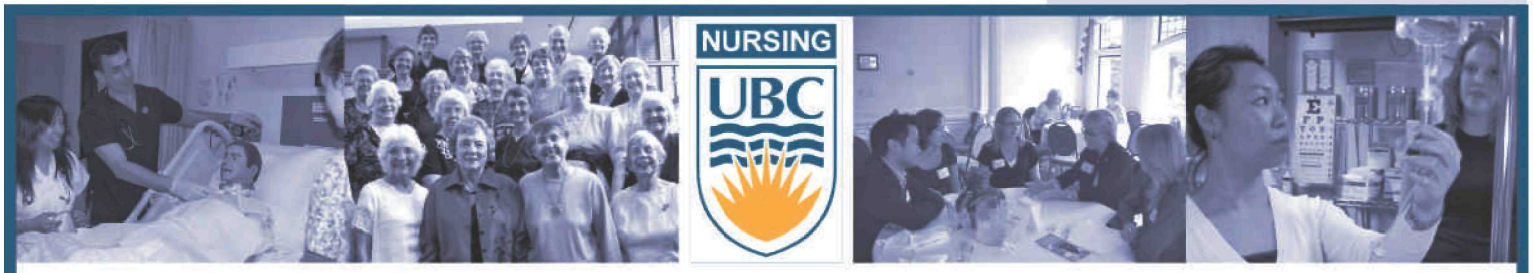
2009 ***Are You Going Bananas?*** will continue to expand and seek out more audiences.

For more information on this project, or to support this or other projects at the School of Nursing, email clare.kiernan@nursing.ubc.ca

In Memoriam

Jean Dorgan (BSN '34) died peacefully in hospital, among family and friends on December 2, 2008. Jean studied nursing at UBC during the Depression, and after graduating, became a public health nurse in East Vancouver. In World War II she volunteered as a nursing sister, and enlisted in 1942. Upon return from service, she obtained a master's degree at the University of Toronto and for many years was Head of the Department of Mental Hygiene in Ottawa.

The School of Nursing extends condolences to the family and wishes to express appreciation for a life so wonderfully lived. Jean was a longstanding friend and supporter of the School, and a senior mentor to several generations of younger nurses. Her remarkable feisty spirit epitomized the best of public health nursing. We were cheered to hear that she was able to remain so productive and independent to her final days—an accomplishment all public health nurses would aspire to!



ALUMNI WEEKEND 2009 - SAVE THE DATE!

Then and Now: Celebrating 90 Years

Join us on Saturday May 23, 2009 and connect with your alma mater.
Activities will include guest speakers, the annual luncheon at Cecil Green Park, and more...

For more information, please contact Cathy Ebbehoj, at Cathy.Ebbehoj@nursing.ubc.ca or phone 604.822.7468.

Final Touches

The Class of 1968 gathered this past September for their 40th reunion. We would like to acknowledge and thank the class for generously donating to endowment funds in the names of Helen Shore and Beth McCann—two of their former professors.

From The Field

It was with a mixture of sadness and excitement that Julie Lees departed from the School this past September after three years as its Communications Coordinator. Over that period, she had the opportunity to engage with many alumni, faculty, students and "friends of the School" in showcasing the contributions of UBC nurses. Currently, Julie is at the Vancouver School of Theology deepening her knowledge of scripture and spirituality. It is among her hopes that this course of study will help her foster meaningful dialogue between religious and secular professional communities. The School of Nursing appreciates Julie's contributions – both professional and social – and we wish her great success in her chosen path.

In October, we welcomed a new Communications Coordinator—Clare Kiernan. Clare is eager to connect with all members of the School of Nursing's broad community and looks forward to interacting with many of you. To contact Clare, please email: **clare.kiernan@nursing.ubc.ca**, or call **604.822.0373.**

Funding the Future for Excellence

Greetings to all UBC Nursing Alumni and donors!

As we continue to build a strong base of financial support for Nursing, your generosity continues to be so very important in furthering UBC's tradition of excellence, particularly in these uncertain financial times.

My colleagues and I have been particularly honoured to work under the leadership of the Class of '58 as they organize a class gift with the goal of endowing a new emergency fund for nursing students. To work with alumni who are thinking about the needs of current UBC students more than 50 years after graduation is truly inspiring for us all.

As well, in this issue of TouchPoints, you will read about the new Lyle Creelman Endowment Fund in Public Health. As was her vision, this generous gift from Dr. Creelman and those who donated in her memory will facilitate much-needed nursing work in perpetuity. UBC Nursing is privileged to be the steward of such a gift and I will welcome calls with questions regarding either endowments or bequests. As well, you may be interested to know that any UBC alumni or donor can access UBC staff with expertise in a wide range of estate planning options and
I would encourage you to please feel free to call upon us.

Should you wish to ask a question, make a donation, pass along some fundraising advice, or simply reconnect with UBC, please do not hesitate to contact me—I'd be glad to hear from you!

CELESTE TAYLOR, Major Gifts Officer
604.822.9959

TouchPOINTS

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