

TouchPOINTS

UBC

School of Nursing

PUTTING SCHOLARSHIP INTO PRACTICE

Advancing Nursing Practice Dr. Sally Thorne



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Student-led Program Benefits from Nursing Student's Leadership

Recent legislative and regulatory changes have opened the path toward new nursing practice roles in British Columbia, and the UBC School of Nursing is creating innovative new programs to respond to the primary care challenge. This past September, we admitted our first cohort of students in the Nurse Practitioner (NP) Program and since then we've been scrambling to keep up with them. Recognizing that this new form of practice will require maturity and confidence, especially in the early "contentious" years, we've handpicked a group of exceptional professionals, each with several years of experience in various clinical contexts and willing to serve as pioneers in a new kind of nursing role. They have already completed basic health assessment, statistics and core masters theory course requirements, and will be immersing themselves in pathophysiology, clinical diagnosis and primary care in the coming term. Their clinical practice learning will be supported by a range of professionals, including our interdisciplinary colleagues and partners in family practice medicine. These are difficult times for physicians, as we are all well aware from reading the public press, and so we especially applaud those with the courage and foresight to provide active support for nurse practitioner learning, sometimes risking censure by their colleagues.

As we move forward into supporting nurse practitioner education, its special challenges also provide us with an opportunity to reflect on the way we deliver our conventional programs. For example, because nurse practitioner students must demonstrate a sophisticated understanding of evidence-based claims with regard to such issues as drug dosages, screening guidelines and contested therapeutic recommendations, we



Students in the first class of the Nurse Practitioner Program are pioneers for a new nursing role in clinical practice.

are reconsidering the manner in which we teach numeracy, statistics and research across our various programs. Working intimately with the competencies inherent in nurse practitioner practice, we are able to review our basic and advanced practice competency expectations with fresh eyes, and to propose curriculum modifications that will effect smooth transitions between programs and across practices. Beyond the NP initiative, we are also fully committed to sustaining and developing our more conventional advanced practice leadership mandate, including the preparation of nurse leaders to meet the continuing need for clinical nurse specialists. We envision a future characterized by strong and integrated networks of nursing leaders in both primary care and clinical specialty positions, well supported by their continuing connection with the UBC School of Nursing, and playing a vital role in shaping the way we enact our mandate. We have seen the future, and we are ready for it!

Raising the Bar

Finding the “Joy” in Scholarship

There is not a much better example of someone who embodies the UBC School of Nursing’s motto, “Putting scholarship into practice”, than Dr. Joy Johnson. As one of the principal investigators in the Nursing and Health Behaviour Research (NAHBR) Unit, Doctoral Program Coordinator, and Associate Director of Graduate Programs and Research, Joy is an extremely hard-working and productive member of the faculty.

Her efforts were recently recognized with a Career Award totalling \$350,000 in salary support over five years from the Canadian Institutes of Health Research. It acknowledges the high level of research productivity she has sustained over the past several years, the success she has had in mentoring and supporting graduate students and trainees, and the potential of her research in the field of Nursing and Health Behaviours to make an impact on the health of Canadians. “It’s a great source of pride to have that work recognized,” says Joy. “As



Dr. Joy Johnson is a valuable leader in the School of Nursing.

we gain a more robust understanding of health behaviour we have come to understand how individual, social and environmental factors shape health.”

Joy’s workdays are long and full. However that’s exactly what keeps her motivated. “I absolutely love nursing and the work it involves,” enthuses Joy. “There is always a new horizon and the world of academics affords us the opportunity to pursue our own ideas, meet interesting and stimulating people and enjoy an incredible synergy.”

As Associate Director of Graduate Programs and Research, Joy says, “I’m very interested in exploring how we can serve our students well; it’s incredible to watch and learn along with them. My next step is to extend my gaze to the full menu of graduate programs and how we can ensure the research taking place in the school and the programs we offer work hand in glove,” she states.

Beyond the School of Nursing, Joy is very involved in shaping health research policy for all of B.C. In addition to being one of the founding members of the B.C. Centre of Excellence for Women’s Health, Joy is a founding member and current Chair of the Research Advisory Committee of the Michael Smith Foundation for Health

Research. “This committee brings 19 of the leading scientists in the province together and Joy handles the interface between this dynamic group with strong leadership skills. She brings a terrific combination of her nursing research background and ability to look at the broader issues in creating health policy for the future. She is a pleasure to work with,” states Dr. Aubrey Tingle, President of the Michael Smith Foundation.

As Joy looks back, she finds it hard to pinpoint any one achievement of which she is most proud; however, the synergies and relationships along the way are what mean the most. One current source of pride is infrastructure funding from the Michael Smith Foundation for a new research unit called Nexus, which brings together researchers from a variety of disciplines.

A true leader, Joy states her modest philosophy towards her career by saying, “For me, being a good academic citizen is about taking on activities, committing to good scholarship and service to our community.” The School of Nursing is proud to count Joy as one of its own as she contributes to the education and professional growth of future nursing leaders, and the health of our country.

Passings

The School of Nursing was saddened to learn of the recent death of two of its “Friends,” Margaret Klinger on December 26, 2003 and Esther Paulson on January 1, 2004.

Margaret (BSN '74)(1939-2003) was a UBC School of Nursing faculty member from 1981 to 1988, and subsequently went on to teach nursing at Kwantlen University College. Even as she battled breast cancer over recent years, Margaret never lost her characteristic optimism.

Esther (DipPHN '34) (1906-2004) was a longstanding B.C. nursing leader, serving as Nursing Director of the Tuberculosis Division, B.C. Department of Health and as Director of Nursing at Pearson Hospital until her retirement in 1966. She was a former president of the Registered Nurses Association of B.C. (1951-1953) and an honorary life member of the B.C. History of Nursing Group.

Teaching Excellence

Opening Doors

For many nurses in B.C., pursuing graduate education is only a dream. With families, jobs and established lives outside of the Lower Mainland, it can be overwhelming to consider uprooting everything in order to go back to university. That dream is now a possibility for nurses who live and work in the Interior of BC.

This fall, the UBC School of Nursing partnered with the University College of the Cariboo (UCC) to offer the UBC MSN program to the first cohort of 17 students based in the Kamloops area. Thanks to the provincial government's recognition of the need to provide education opportunities to expand the base of nurse educators for the province, support has been provided for an accessible program specializing in nursing education. Students take a combination of courses offered on-site at the UCC campus and in an online/distance format. The first cohort of students can complete their program as early as May 2005.

"When we began developing this program a year ago, we were very optimistic about providing nurse educators in the Kamloops area with educational preparation at the masters level. The demand for this program will determine future programming, and at this point we are looking forward to offering it to another cohort of students living in the Interior in 2004," explains Dr. Ann Hilton, Coordinator of the MSN program.

The benefits of a program like this are far-reaching. By providing graduate educational opportunities to nurses in their home communities, the UBC School of Nursing helps them apply that enhanced capacity within their local areas. Students

are able to maintain their careers and lifestyles while they invest in learning that will strengthen their profession and their communities. MSN candidate Janice Watt (UBC BSN '79), Staff Development Educator at Kelowna General Hospital, says, "I had not written a scholarly paper in many years and had not experienced online learning so I was a bit uncertain about that. I now look at each paper as a learning experience to build on, even though I've achieved high marks. Once I was familiar with my online course, I enjoyed the weekly discussions with my group. Learning is life-long and your practice as a nurse will be enriched by the process!"

The School of Nursing also benefits from this initiative by extending beyond its traditional boundaries to deliver alternative educational opportunities to an excellent group of future nurse leaders and to work collaboratively with the dynamic faculty at UCC. Adapting and expanding our teaching strategies to accommodate our Kamloops initiative has challenged us to explore creative new ways of delivering top quality learning experiences in new formats, which will also produce positive spin-offs for our on-site MSN program. By opening our doors to the province, we are making major strides toward preparing the next generation of nurse educators.



Students from the first cohort of the Kamloops MSN program enjoy a moment together in person.

For more information, an open meeting will be held in Kamloops:

Thursday February 19, 2004,

Time: 9:30 – 11:30am

Location: Room S375 (Sciences Building) UCC campus

For further information, contact Dr. Ann Hilton at UBC (604) 822-7498 or Sharon Simpson at UCC (250) 828-5420

About the Program

- The program makes it possible to deliver all core requirements and education electives so that students can complete the MSN program without leaving the Interior of BC.
- Students take two courses per term to complete the program in two years of study.
- Nursing education courses offer both theory and practice opportunities.
- Courses are delivered at the UCC campus in a convenient intensive format and using alternative distance/online approaches.
- Faculty from UCC are mentored by UBC School of Nursing faculty to support graduate education.

Development

From Alumnae Manor to Student Scholarships

VGH School of Nursing Alumnae Building Society contributes \$150,000 towards nursing scholarships

(This is an abridged version of the full story about the generous gift provided to the UBC School of Nursing. The full story should be read on our web site at www.nursing.ubc.ca)

Following the sale of the Alumnae Manor, a subsidized housing facility for retired nurses and other seniors in the Kitsilano area of Vancouver, the Directors of the VGH School of Nursing Alumnae Building Society have chosen the UBC School of Nursing as one of

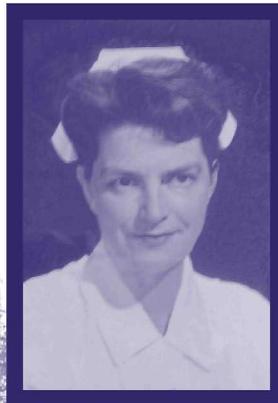
the honoured recipients of the proceeds of that sale. Directors Sheila Kirk, Eleanor McTaggart and Vivian Blake decided to contribute \$150,000 toward the established Dorothy Jean Logan Memorial Scholarship.

Dorothy Logan was a former Director of the VGH School of Nursing, and served as the president of the VGH School of Nursing Alumnae Association after her retirement as well. Her dedication to nursing and contribution to society, coupled with the fact that she was a personal mentor and friend, made the Dorothy Logan Scholarship a perfect choice for the Directors.

The VGH School of Nursing Alumnae Building Society was established in 1962 by a dedicated group of VGH School of Nursing Alumnae Association members out of the recognition that the pensions of retired nurses left many unable to find housing. For 40 years, this dedicated group ran the Manor before deciding to sell it to the City of Vancouver. The Association's constitution outlined that the proceeds of the sale were "to provide funding for educational programs for nurses" and required that the proceeds be contributed to "qualified donees" as allowed under the Income Tax Act. All the recipients of the Society's monies were therefore existing Endowment Funds (qualified donees) whose purposes are to provide funding for educational programs for nurses.

All of the Directors of the Building Society hope that their efforts will establish a legacy of education for nurses and will encourage others to support nursing education. They emphasize that "there is a great need for qualified nurses, now and in the future." Their gift will enable the School of Nursing to recognize many more excellent students and help with their education. It's something that past legions of hard-working volunteers would be proud of, pleased that their dedication will now help nurses and the future of health care in Canada.

Dorothy Jean Logan



The Alumnae Manor, which provided a welcome home for retired nurses and other seniors for 40 years, was recently sold to the City of Vancouver.



The UBC School of Nursing is grateful for the gift from the VGH School of Nursing Alumnae Building Society as proposed by Directors Vivian Blake, Eleanor McTaggart and Sheila Kirk.

Alumni

Pay It Forward

Almost any nursing alumnus you ask will say that one of the most rewarding aspects of their job is the opportunity to have a positive influence on someone following in their footsteps. This is true for international nursing consultant Nora Whyte (BSN '73) who contributes to student education as an adjunct professor, thesis committee member for graduate students and participant in the Guru Nanak School of Nursing Partnership Project. The importance of “paying it forward” became apparent to Nora as a child when another UBC graduate helped shape her future career aspirations and has served as a mentor throughout her interesting career.

“I will never forget when Florence Graham (class of 1935) spent an hour or so with me when I was in grade eight and working on a ‘what I want to be when I grow up’ assignment. I knew Florence then as the nurse who came to school to give us our immunizations, so that’s why I approached her. I loved the community outreach aspect of her job, the way it focused on keeping people healthy and the obvious enjoyment she had for it,” explains Nora. “Florence took the time to tell me about her job and sent me away armed with all sorts of brochures and information about becoming a nurse. She helped inspire me to pursue public health nursing as a career. As a UBC student, I went



Nora Whyte and her mentor Florence Graham share a love of public health nursing and encouraging those following in their footsteps.

back to my home town of Duncan, B.C. for my practicum and Florence, who was the senior public health nurse, was my supervisor.”

That role came naturally to Florence who always enjoyed talking to students as part of her job. “It’s just part and parcel of the job,” states Florence who trained many nurses over her long career. “You want to serve as a good role model and ensure that they get the best training and education they can get.”

It’s important to encourage those who follow in our footsteps. There is always time to remember those who helped us and then “pay it forward” by helping someone else. Nora summarizes this well by saying, “It is incredibly rewarding to see the delight on a person’s face when you have helped them with something. It feels great to be able to support future nurses in particular.”

The Alumni Association values the wealth of knowledge and expertise of the graduates of UBC School of Nursing. To recognize and honour these accomplishments, the Alumni Association hosts an evening at Cecil Green Park every spring. This year on March 31st from 7pm–10pm speakers, presentations, networking and refreshments will be part of our Evening of Knowledge and Innovation. Guests are welcome. RSVP to 604-822-7468.

Finding our Lost Elders

This spring, the UBC School of Nursing will be celebrating 85 years of excellence. As the first university nursing program in Canada, the history of the School is increasingly being recognized as one of its treasures. However, for much of that time, it was difficult to track graduates. As members of a female-dominated discipline, many nursing graduates changed names or left the workforce temporarily or permanently and were lost to our records. Now, we have the capability of trying to rebuild our community

of alumni so that we can acknowledge all who have shaped our history. We would greatly appreciate our readers’ assistance in finding some of those lost graduates so that we can add them to our Touchpoints mailing list and regain that connection.

Two specific plans have been made. The UBC Nursing Alumni Association will no longer be charging an annual membership fee. Although this may have helped create a small pocket of funds for programming, it made it difficult to keep large numbers of alumni involved. Secondly, in the springtime, we plan to have an event at which we

honour our elders, individually and collectively. We envision a dinner or reception in which we extend a special invitation to UBC nursing graduates from 1954 or earlier, and include as many alumni as possible. Stay tuned for more information.

Please feel free to let us know by phone (604-822-7748), FAX (604-822-7423), e-mail: becky@nursing.ubc.ca, or mail: UBC School of Nursing, 2211 Wesbrook Mall, Vancouver, BC V6T 2B5 if you know of any graduates who may not be getting Touchpoints or could have slipped off our radar over the years.

Graduate Profiles

Commitment to the Community

When Professor Joan Bottorff received a letter from Vancouver Mayor Larry Campbell announcing Sukhdev (Suki) Grewal as the 2003 individual recipient of the City of Vancouver's Cultural Harmony Award, she was thrilled but not surprised. Suki, who received her MSN degree in November 2003, has used her nursing skills, natural curiosity and initiative and genuine interest in people to make a powerful difference in the community for many years. As the citation read, "Sukhdev Grewal has worked effectively and persistently within the health system and with the community at large in ensuring culturally sensitive services are available to diverse cultural groups in the city."

Most significantly, she has developed programs and initiatives aimed at improving the health of South Asian women in Vancouver. While a labour and delivery nurse at B.C. Women's Hospital and later as a community health nurse, Suki recognized that South Asian women faced unique challenges in a range of health care situations. She has taken creative steps to reduce those by translating brochures into Hindi and Punjabi, creating community pre-natal education programs, developing highly effective breast health and cervical cancer screening clinics, and delivering powerful health education via Punjabi language radio and TV.

Using research to determine and understand the needs of the women she serves, and applying her research findings to education and care, Suki has demonstrated a true

commitment to supporting the South Asian community and helping its members enjoy healthier lives. "I was so fortunate to grow up with a father who always told me I could be whatever I wanted. Education was a focus in our home, and that continued with my own children. So if I can help these women, who aren't all as fortunate as I have been, then it is all worth it," says Suki.

Suki participated in research with the UBC School of Nursing even before she became a graduate student. With the training she obtained in her post-basic BSN and MSN programs, she has expanded her ability to apply research in the development of appropriate health services. Dr. Joan Bottorff, her masters thesis supervisor, says "Having someone like Suki as a student in the school has enhanced the school tremendously. She is highly respected in the South Asian community as well as both nursing and medical communities, and is often sought out for her knowledge and expertise as a community health nurse. Her willingness to share her expertise and experiences, and help others understand the health needs of South Asians is a tremendous asset to both students and faculty in the School."

Health care decisions made by South Asian women was the focus of Suki's masters project. Building on research developed in earlier studies with Drs. Joan Bottorff, Joy Johnson and Ann Hilton, Suki analyzed interviews conducted with almost 50 South Asian women to determine the factors that affect the decisions they make in accessing health services. Suki explains, "Many women put the needs of others before their own, so it is important to find ways to help them understand the value of taking care of themselves too."

The School of Nursing is proud of Suki's accomplishments and honoured to have played a role in the impact she has had on health services in this province. For Suki, the award was exciting, but it is the work itself that provides the greatest source of pride. "At the end of the day, it is a great feeling to say to myself 'Okay, I did well. I helped someone today.'"

- **The Cultural Harmony Awards annually honour individuals and organizations for outstanding contributions to the promotion of cultural harmony in the City of Vancouver.**
- **The Awards Ceremony took place on November 18, 2003 at Vancouver City Hall Council Chamber.**
- **Winners are also honoured with a tree planted in their name in the Cultural Harmony Grove, a special greenspace under the Burrard Bridge on the Kitsilano side.**

Vancouver Cultural Harmony Award winner Suki Grewal is a graduate of the MSN program and ardent supporter of the South Asian community.



Following Her Dreams

As a girl, Lisa Neufeld volunteered as a hospital candy striper in her small, rural Manitoba town and dreamed of becoming a nurse. It's been a long time since her candy striper days, and with another career and motherhood under her belt, Lisa entered the UBC School of Nursing in the upper division program. Since graduating in the fall (and now 38 years old), she is living her dream and works on the challenging HIV and general medicine unit at St. Paul's Hospital in Vancouver. This is a complex job, and only those with excellent nursing skills are successful in obtaining a position there.

The School of Nursing's upper division admission option, in which qualified students enter directly into the third year of the program, is geared towards those who have first pursued another career or field of study. "I feel so fortunate to have had the opportunity to switch careers," says Lisa. "I was initially attracted to the UBC nursing program because of its multiple entry options and the program itself helped prepare me for my new career in so many ways. The

variety of clinical experiences and the faculty's responsiveness to finding me experiences in my areas of interest, such as the Downtown Eastside, really helped."

It often happens that you excel at what you love, and Lisa is no exception; her outstanding efforts as a student have positioned her to succeed in her chosen profession. In her studies at UBC, Lisa excelled in both her theoretical courses and in clinical practice, which earned her a Flora Musgrave Scholarship and a Special University Scholarship. She was also accepted into the Sigma Theta Tau International Honor Society of Nursing. "I was very fortunate to receive the scholarships," says Lisa. For many students, Lisa included, because the financial burden of education is significant, scholarships recognizing hard work and dedication are greatly appreciated.

Lisa is passionately interested in working with the poor and those with multiple barriers to health, perhaps someday in a humanitarian project in a developing country. The practical experience she gained first as a nursing student and now in professional practice has helped prepare



Recent graduate Lisa Neufeld looks forward to a long career caring for underprivileged and marginalized communities.

her for that possibility. "My first priority, though, is to gain confidence in my nursing and assessment skills in acute care. I'm also considering obtaining my nurse practitioner certification and working in northern B.C.," she explains. For Lisa, the possibilities are endless as her solid training has laid the foundation for many opportunities. She is now well on her way to realising that goal.

To others considering entering nursing at a later stage in life, Lisa says, "It's never too late to follow your dreams." She truly believes that it is important to find your passion in life, and to follow your dreams toward success. The School of Nursing is proud to play a role in preparing future leaders like Lisa for important roles in health care.

New Faces in Research

Dr. Bernie Garrett

As computer-based learning becomes more prevalent, the UBC School of Nursing is delighted to have one of the tutors of the first online course in higher education in the United Kingdom now on faculty. With a background in nephrology nursing and a PhD in Information Sciences, Dr. Bernie Garrett recently joined the School as an Assistant Professor. "I was really interested in working at a North American university that actively supports nursing research, and I was so pleased to find a position at UBC," states Bernie.

During his doctoral studies Bernie developed research in simulation and artificial intelligence in computer-based learning, particularly related to clinical decision-making. Since then he has pursued a variety of research programs related to that and is now focused on online learning and the use of mobile computing to provide support to nurses.

Bernie's responsibilities also include teaching, and he has really enjoyed meeting the undergraduate and graduate students. "I am very impressed by the students at UBC; I find them enthusiastic and inspiring," he says. He has also found enthusiasm within the School for the contributions he can make to our Prior Learning Assessment and Recognition Program and evaluating the use of Personal Digital Assistants (such as Palm Pilots) with the nurse practitioner students.



Since moving to Vancouver from England with his wife and two daughters six months ago, getting settled into his new job and their new life has been Bernie's priority. Having just passed his RNABC exam and getting his Canadian driver's license, Bernie is starting to feel comfortable in his new home and looks forward to focusing on his teaching and research responsibilities.

Clinical Practice Innovation

Student-led Program Benefits from Nursing Student's Leadership

Twenty-four year old CHIUS (Community Health Initiative by University Students) co-chair Jamie Roots says she usually describes this one-of-a-kind program “as an inter-professional, student-driven, volunteer health promotion program that runs out of a clinic in the Downtown Eastside of Vancouver.” As a fourth year nursing student, Jamie has been involved with CHIUS for two years and plans to continue her work with underserved and marginalized communities after graduation.

“I first got involved with CHIUS to gain practical clinical skills. But I soon learned that there was so much more to gain; there are leadership skills, and inter-professional communication, collaboration and cooperation which are a big part of the program,” explains Jamie.

Dr. Peter Granger, Clinical Assistant Professor and Director of Inner City Health with the UBC Department of Family Practice is the physician-mentor for the program. He explains that CHIUS started four years ago with only medical students involved, but has evolved to include students from nine different disciplines—and nursing students play a key role. “Nursing students were the first of the other disciplines to get involved. They bring an important perspective to the work,” he says. “When Jamie was chosen as co-chair through the selection process, I was very pleased. She is an incredibly effective leader and just a wonderful person.”

There are many student-led initiatives that support the community, but few with the broad student involvement of CHIUS. Since its inception, over 600 students have been oriented to the program which now has about 200 active volunteers. Jamie, along with co-chair Joey Bonifacio from Medicine, is

responsible for the central coordination of all CHIUS activities. “Our aim is to promote quality and safe educational experiences for volunteers and clients alike,” she says.

While Jamie devotes at least ten hours a week to CHIUS, she is also a member of the Nursing Undergraduate Society Council, a BCNU student member, UBC's official delegate to the Canadian Nursing Students' Association, and is completing a work-study position as a research assistant in the Division of Inner City Health (with the Faculty of Medicine). Add to that her studies, spending time with her husband and friends, and she is one busy young woman. “It is difficult to balance everything,” explains Jamie. “But to keep my perspective, I always try to remember that we make time for what is important to us and that we should never start something that we're not willing to follow through.”

Outstanding student leaders like Jamie, are a source of pride for the School of Nursing. With the experience she has gained through her education and volunteer roles, there is no doubt that upon graduation Jamie will be well-poised to enlarge the contributions she is already making as she cares for those who are less fortunate in the world.

TouchPOINTS

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