

TouchPOINTS

UBC

School of
Nursing

PUTTING SCHOLARSHIP INTO PRACTICE

Pioneering Policy Dr. Sally Thorne



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These are complex times in health care and concern about the health care system is in the minds of many Canadians. In this context, nursing is increasingly finding its voice in shaping the policies and practices that affect the acute care of sick people, the convalescent needs of those who are striving for recovery, and the information needs of those who are learning to protect and maintain their own health within our diverse communities.

At the School of Nursing, we are privileged to have faculty members and students working in a range of policy processes. Our faculty members are developing knowledge toward supporting child health strategies throughout health regions, creating support systems for new families, identifying and reaching out to vulnerable and marginalized youth, sustaining families who care for their aging members at home or in residential facilities, and facilitating effective self-care among those affected by chronic disease. Increasingly, our policy work involves us not only in local and provincial health policy processes, but also in the discussions that affect us nationally and internationally. These are exciting times, and the perspective that nursing brings to these important discussions is increasingly sought out and valued. When policy makers want to know how nursing can contribute to the betterment of health systems and services, we want them to look to the UBC School of Nursing as a key site for expert knowledge.

Despite the fact that this kind of involvement stretches us in new ways, it is important to remember that Canadian nursing has had a long tradition of policy leadership. In learning how to speak up and be heard within the policy arena, we have benefitted tremendously from the pioneering efforts of national treasures such as Dr. Verna Huffman Splane. Verna built



Dr. Verna Huffman Splane celebrates her 90th birthday and the School acknowledges her contributions to the nursing profession.

upon a platform of public health nursing expertise to become Canada's first Principal Nursing Officer, holding the highest office of any nurse in the country and intimately involved with articulating nursing's perspective to the leaders in federal government. She is also a former vice-president of the International Council of Nurses, and a passionate internationalist who enacted her international nursing commitment by way of various assignments across the globe on behalf of the World Health Organization.

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Raising the Bar

Glennis Zilm, Honourary Professor of the School of Nursing is the first nurse to receive the John B. Neilson/Spaulding Award from Associated Medical Services Incorporated for contributions to the history of health care in Canada.

“The history of any profession is important to members of that profession,” says Glennis Zilm, RN, freelance editor/writer/consultant and honorary professor at the UBC School of Nursing. “It provides a sense of continuity, background and a sense of pride.”

Glennis is the recent recipient of the John B. Neilson/Spaulding Award—an award given to a non-professional historian who promotes the preservation of health care history in Canada. This year, for the first time, the Associated Medical Services accepted nominations from health care members who were not physicians. “I was honoured to be nominated,” says Glennis, noting that the nominations opened up as a direct result of the publicity and advocacy around developments in the history of nursing.

“Throughout the years, UBC has been a major leader in health care and has developed historical points of tremendous proportion,” she says, “but it is only recently that UBC has started to tell its story.” One important way in which the UBC School of Nursing tells its story is through the book Glennis co-authored with Assistant Professor Emerita

Ethel Warbinek entitled, *Legacy: History of Nursing Education at the University of British Columbia, 1919-1994*. Glennis believes that book is the major reason she won the Neilson award. “*Legacy* is a fabulous book because it tries to put the history of the School in the context of political, social, and economic changes. Those pressures changed nursing, but nursing changed those pressures too.” *Legacy* is now a reference in university libraries across the country.

Perusing her list of publications, it is obvious that promoting the history of nursing in Canada is a strong passion in Glennis’s life. “I scream and yell and carry on because nurses have to write their story.” As a graduate of the UBC School of Nursing’s class of ‘58, Glennis has examples of fellow nursing students moving on to do great things—some visible to great public acclaim and some visible to one patient at a time. Glennis cites Alice Baumgart as a good example of leadership. “She was our little Alice who went through UBC with us. She went on to become the President of the Canadian Nurses Association and later became Canada’s first female Vice President Academic at Queens University.”

And, yet, there are other, less well-known nurses who make significant contributions by gaining experience in the field. A firm believer that history comes not only from leaders in nursing, but also from nurses at the grass roots level, Glennis tries to study and promote nurses who were “just doing their job” as well as those who might have attracted more public attention.

One of Glennis’s current research projects, along with UBC School of Nursing affiliate professor, Sheila Rankin Zerr, is a nursing memoir of Gertrude Richards Ladner (1879-1976). Gertrude trained at the Royal Jubilee Hospital in Victoria from 1902-1905 and practiced as a private and hospital nurse until 1908. “The reason she’s important is not because she was a nursing leader,” says Glennis, “she didn’t do major things. She was typical of the time—she left nursing when she got married.”

However, Gertrude did go on to influence nursing and health care, and received the recognition of *life member* of Burnaby General Hospital in 1970 because of her work as a founding member, her help in establishing the hospital and organizing the women’s auxiliary to raise money and awareness at the grass roots level for the hospital. “Working with Gertrude’s memoirs helps us today not only break down some of the myths of what nursing was like, but helps nursing students look at the future years and how they need to change and adapt to the future,” Glennis says. “Nurses need to realize they can make changes as individuals, not just as leaders.”

Glennis’s passion for advocating nursing history comes from a life of witnessing “regular” people effecting change and contributing to groundbreaking events in the field of nursing. “Let’s show members of the profession that nurses, not just leaders, have made a huge difference. Leaders are the tip of a whole movement of grass roots nurses who make the history and prepare the foundation.”

Glennis’s first job after graduation was teaching and, at the time, the most junior teachers were assigned to teach the history of nursing. Glennis stumbled on a good idea by accident. “I had members



Associated Medical Services President, Dr. Bill Seidelman congratulates Glennis Zilm on winning the John B. Neilson award for the preservation of health care history in Canada.

of the class get in touch with graduates of any previous year and had the nursing alumni association help.” The students were not only exposed to contact with the alumni association but also had the chance to interview graduates about their training, experiences, and why they may have left the nursing profession. “Students had a ball! Alumni had a ball,” says Glennis. “At that point I decided history of nursing was terribly important.”

Squirreling away money from that first job to travel to Australia, Glennis secured a job as a public health nurse for a new initiative by the New South Wales School Board. She was the only nurse and the only female at a series of

two-week summer camps for boys aged 9 to 12. “They learned swimming and physical fitness. They were roughing it in the bush and I was in a white uniform and veil.” Amidst the physical activity, Glennis was able to apply some of her UBC training to the rustic sensibility of New South Wales, and began to run urine screening tests for diabetes on the boys.

In a diverse career, including serving on the editorial staff of the *Canadian Nurse* and of the *Canadian Press*, Glennis has made unique and creative contributions to the profession, and left her own mark on its history.

2004 Graduates

In this, its 85th anniversary year, the UBC School of Nursing was proud to celebrate the degree completion of 228 graduates. In its May and November Congregation ceremonies the university granted the following nursing degrees:

115 BSN (Basic Program)

78 BSN (Post-RN Program)

32 MSN

3 PhD

Teaching Excellence

A Mentor of Distinction

Dr. Joan Anderson, RN, PhD, professor, School of Nursing, was awarded one of two of the University of British Columbia’s first ever *Killam Graduate Mentoring Prize* at the university’s November congregation ceremonies.

This new award was established to recognize outstanding performance by faculty in the mentoring of graduate students. Although the university has a long tradition of honouring excellence in teaching, this award acknowledges graduate mentorship as a form of excellent teaching that is distinct from the classroom context. In order to be eligible for this award, the faculty member must have demonstrated sustained mentorship activity of the highest quality over many years involving many students. Competition for this new award was intense, and so it was with great pride that the School learned Joan would be one of the recipients of this distinct honour.

According to Dr. Sally Thorne, Director of the UBC School of Nursing, “Joan Anderson is a senior scholar, highly acclaimed within her field, whose leadership and mentorship have been exemplary throughout a long academic career.” She has been a pioneer within

qualitative health research and the application of critical social theorizing to health problems. Forging new territory in her scholarship at every stage throughout her career, she has brought along a generation of graduate students who have further developed her ideas and branched out into critically

important areas of health policy research, social disparity analysis, and knowledge transfer. Through this process, she fosters in her students a commitment to excellence, and a sense of responsibility to work towards the common good and social justice. Many of the 44 graduate students for whom she has been a principal research supervisor have gone on to assume positions in academe, policy and administration, and in turn, are assuming leadership roles in research and health care.

Joan believes that university schools of nursing have a social responsibility to educate leaders who are capable of charting the course in Canada’s health care system. To this end, she has been committed to the mentorship of students to prepare them to take on this role in the future. Through her mentoring relationships with students, Joan provides them with opportunities, guides them into new discoveries and, through her own scholarship and research, demonstrates that the privilege of a university education carries a responsibility of service to the larger society.

Development

Holistic Generosity

Lily Lee graduated with her BSN from UBC in 1956 and has participated in the School's development ever since. A well-known member of British Columbia's business and professional community, Lily has also played an active role in supporting academic excellence in the University of British Columbia, attending alumni achievement events, and traveling with UBC's Continuing Studies. In 2000, Lily was invited to join the School's Advisory Council, a high level forum from which she offers ideas and support to assist in the development of the School's future mission, vision, and mandate.

"Lily is a strong supporter of the School," says Director, Dr. Sally Thorne. "I've had many opportunities to meet with her and discuss our educational and research initiatives. She has consistently pressed the School to play a major role in advancements around such issues as culturally sensitive care across an increasingly diverse community, and the study of complementary and alternative (or non-Western) therapeutic approaches to health promotion and chronic illness care. She has wonderful ideas and is always challenging the School to expand its scope into new and innovative domains of practice."

This past year, Lily decided to add financial assistance to the excellent support she already gives the School. Toward this end, she established an endowment that will fund scholarships to help students entering the nursing program. "It is to provide for those students who might otherwise not have the resources to fulfill their dreams of going to university," she says.

According to Sally Thorne, "Lily Lee's wisdom has been invaluable to us, and we are thrilled that she has now come forward with a major donation in support of nursing students." The award has been modeled on a similar one established by Lily's husband, former UBC Chancellor Robert Lee, for the Sauder School of Business, which was previously known



Alumna, Lily Lee, establishes entrance scholarship for School of Nursing students.

as the Faculty of Commerce and Business Administration. Lily, her husband, and the entire Lee family have made exceptional contributions in so many ways over the years to support their alma mater.

The UBC School of Nursing extends its sincere appreciation to Lily for all the hard work she has put into furthering nursing practice and education over the past several years. Her wisdom and advocacy on behalf of the School have been invaluable and this latest contribution will be a lasting legacy that will honour the widespread generosity of spirit that Lily and her family have shown.

The School of Nursing is privileged to have an excellent base of "Friends" who show a sustaining interest in our activities. What we ask of them is "wisdom, advocacy, or financial support." Lily is one of those rare people able to contribute all three in equal measure! The School looks forward to continuing to receive the benefits of her friendship and to being an effective steward for her timely contribution to future nursing students.

Pioneering Policy Continued from page 1



Nancy Garrett, Sally Thorne, Richard Splane, Verna Splane and Shirley Stinson in an historic, reflective dialogue at the University of British Columbia.

In "retirement," she and husband Dick Splane continued their efforts to document and advocate the "Chief Nursing Officer Movement" to ensure that nurses had input into government policy in as many parts of the world as possible.

A longtime friend and supporter of the UBC School of Nursing, Verna currently holds the position of Honourary Professor and maintains an active role in the activities of the School. In November, 2004, the School of Nursing was delighted to be able to celebrate with her the "first 90 years" of her remarkable

career. In honour of the occasion, we hosted an "Afternoon of Dialogue and Reflection" in which a selected group of senior nursing dignitaries and historians reflected upon the meaning of Verna's contributions and brainstormed the ways in which the insights derived from her exceptional career might be applied to today's policy challenges. The School of Nursing salutes Dr. Verna Huffman Splane, and looks forward to her continuing mentorship as nursing takes its rightful place in shaping the policies that influence the health of the world's populations.

Undergraduate Profile

Nursing for Social Justice

Listed at the top of Meaghan Thumath's resume is one of her core beliefs. She is a firm believer in holistic, evidence-based nursing practice. "At UBC I learned to respect the whole person," says Meaghan. "The determinants of health care are important. Clients are not just a pregnancy or a case of herpes, they are living people and part of a family." It's essential to Meaghan to discover a client's top priority through communication and self-assessment. "Maybe their next meal is more important than their gonorrhea."

Experiences such as her time as a Youth AIDS mentor at the Chilliwack needle exchange and meeting with nurses at the Healthy Beginnings (HB) project have helped fuel her desire to work for social justice. Although she originally planned on a career in international relations, her interactions with the nurses at HB following the birth of her son sparked the realization that nurses can be activists. "It didn't occur to me that nursing could be such a political act," Meaghan says. "I didn't even register that my needle exchange supervisor was a nurse." She respected these nurses because "they lived and breathed the social activist theories I admired but didn't know how to put into action." And the HB nurses didn't just treat illness; they promoted health to healthy people in order to prevent illness. "These nurses did a lot of teaching," she says. "They helped and supported my partner and me and respected the knowledge we already had."

In her undergraduate program at the UBC School of Nursing, this holistic, evidence-based approach was further reinforced by her preceptorship at St. Paul's Hospital in Vancouver in the unit specializing in HIV-AIDS. "It was inspiring to be there because it was social justice and activist theories come to life. Nursing is a political act, working with and for marginalized people."

While at St. Paul's, Meaghan made contact with Dr. Jeremy Penner who has run a partnership for the last two years with la Clinique de



Meaghan Thumath, RN, BSN and Dr. Penner work with Haitian nurses to run clinics and educate communities on HIV.

Sante Lumiere (CSL) in Les Cayes, Haiti to help treat and educate health care professionals and the public about HIV and STDs. "The program needed help developing HIV health care and invited me to consult and learn through the nursing portion of the project." Meaghan participated in pre- and post-test counseling for HIV, took mobile testing units and medication to rural areas, and did education sessions for not only nursing staff but also housekeepers, cleaning staff, HIV support groups and others. "The idea was to decrease the stigma about HIV and teach HIV basics." They taught nutrition and health promotion, and gave out free medication. Each clinic saw 85 to 200 people in areas not normally served by doctors or nurses.

"In Haiti, clients have to pay about \$2 US to see a physician," says Meaghan. This makes consultations with physicians inaccessible to anyone lower than middle class, thus extending the detection of HIV until cases are in advanced states. "But," she says, "to see a nurse is free, so the scope of practice a nurse in Haiti has is much wider." By developing treatment guidelines for nurse-led primary care for HIV, Dr. Penner, Meaghan, and the team were able to train nurses to run HIV tests and recognize and diagnose symptoms in the early stages.

"We brought our clinic to them," says Meaghan, "to the churches, the other HIV clinics, and the rural areas. We talked to HIV support groups and invited them to come to our clinic." Meaghan describes an inspirational meeting with Maxon, a man who was an unofficial employee of CSL, a father, husband,

and a man living with HIV. He further motivated Meaghan because "he was doing everything I'd ever read in the literature about how to run a program." Without ever having heard of them, he was practicing application of the determinants of health. He did a needs assessment on each community he visited, tried to get the basic needs—like food—met, and communicated directly with the people. "He knew that the best way for the clinics to provide meaningful service to HIV groups was to include them," says Meaghan. "'Social development theory' was alive in Maxon. He was NURS 413: Community Health Nursing and Population Health."

For Meaghan, a big part of community health nursing is networking and supporting people like Maxon and his project, Assistance de Secours. During her BSN studies, Meaghan was encouraged to explore global networking when she was awarded the Helen Mussallem travel bursary to attend the International Council of Nurses Biennial Conference in Geneva, Switzerland in 2003. There Meaghan met and interacted with some of the most prominent leaders in international nursing. She also gained a sense of nursing activities relating to international health issues on such topics as health policy and nursing shortages. "I got a good sense of nursing in the world and was inspired that a nurse has a voice in health care and can influence policy."

Putting her scholarship into practice, Meaghan knows that the implementation of health care projects is a long term initiative, which is why

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Graduate Profile

What's in a Decision?

Does it seem natural that someone who grew up in the Interior of BC would struggle to choose between a career in forestry or nursing? Family and friends told Fuchsia Howard that she'd make a good nurse. She knew she liked people, so nursing seemed like the right choice. Fuchsia chose the University of Alberta for her undergraduate work. "I loved the sunrises and sunsets," she says, "but it was too cold!"

After four years of working in an acute care unit at Vancouver General Hospital, Fuchsia got the itch for school once again. "I loved working with the people and enjoyed the high pace. It was never dull." VGH even funded

her critical care program course at BCIT which led to her work in the Trauma Special Care area. "Those patients were more acutely ill," Fuchsia says. "I only had one or two patients so I really got to know them. I could spend the time I wanted with them." Eventually, her love of learning drew her back to the university to expand her scope of nursing knowledge, and she entered the MSN program at UBC. "I was terrified," she says. "I was scared I'd forgotten how to write."

At the same time that Fuchsia was considering a return to school, School of Nursing Professor, Dr. Joan Bottorff, and her team were offering a fellowship for a master's student to assist with their study of breast symptoms in South Asian women. Fuchsia had always been interested in women's health. "I had some background in surgical oncology and that is where I wanted to focus my research." The fellowship through the Nursing and Health Behaviour Research Unit and the Canadian Breast Cancer Research Alliance allowed Fuchsia to work as a research assistant. "For my master's thesis I was able to investigate Punjabi immigrant women's experiences of breast cancer."

Her master's thesis focused on the importance of family—how a woman's individual decision is made within the family and how her breast cancer happens to the whole family. "Community and family are so important." Fuchsia's findings provided suggestions to nurses and other health professionals on how to better interact with these women and provide culturally sensitive care.

Had it not been for her funding, Fuchsia would not have been able to accomplish all she has. "I was able to do my MSN full time which opened doors for me. I was able to be involved with things happening in the School, attend lectures, participate in events outside of class, and meet people doing research in similar areas." As one of the MSN representatives to Faculty Caucus, Fuchsia gained insight into the larger context of the UBC School of Nursing and the importance of working as a team. "The School does this well," she says. "There is a commitment to working through things and doing them right."

Along with her research fellowship, Fuchsia received a Graduate Entrance Scholarship and the Golden Jubilee Scholarship from the School of Nursing. In addition, Dr. Bottorff's research program was able to provide her with travel support, allowing her to attend the International Conference on Cancer Nursing in Australia this past summer where she presented her qualitative meta-study, *Experiences of Breast Cancer in Ethno-Cultural Groups*. "The financial support is huge," says Fuchsia. "I wouldn't have been able to be a full-time student without it. I didn't once have to stop thinking of my studies." Further, the recognition reinforced for Fuchsia that the School valued her as a student and believed in her abilities.

Graduating with her MSN degree in late 2004, Fuchsia has continued on into the doctoral program, and will continue to develop her capacity as a researcher in the field of breast cancer. "I'm working in the field of psychosocial oncology, which has to do with how people cope and adapt to cancer. Nowadays women who have a family history of breast cancer and meet specific criteria can opt to have genetic testing. I'm interested in how women who learn they carry the genetic susceptibility gene, BRCA 1/2, come to make decisions about risk-reducing mastectomy." Currently, women have few resources for decision-making in relation to their options. They can watch and wait with increased screening, opt to have the breast and/or ovaries removed or opt to have drug therapy. "It's not clear how women come to these decisions," says Fuchsia. "By knowing more about how they do so, we can help them make the best decision for them." As an experienced practitioner, Fuchsia knows how useful this knowledge will be in helping nurses provide care that really helps women cope with these complex new scientific and ethical challenges in the best way possible. The School of Nursing is delighted to have graduate students such as Fuchsia who are passionate about nursing practice and committed to generating knowledge that will enhance the capacity of nurses to make a real difference. We are awfully glad she didn't decide on forestry!



MSN graduation means "halfway there" for PhD student Fuchsia Howard, RN, MSN.

New Faces in Research

Geertje Boschma, RN, PhD A Fascination for History

Dr. Geertje Boschma, Assistant Professor, comes to UBC from the University of Calgary, where her latest book, *Faculty of Nursing on the Move: Nursing at the University of Calgary 1969-2004*, has just been released. “Historical research into the evolution of academic nursing looks at how the events of nursing in the past inform how we know nursing today,” says Geertje.

Geertje hopes to further develop her program of historical research in nursing and mental health care, and emphasizes that the UBC School of Nursing’s support and enthusiasm for the exploration of nursing history was one of the reasons she wanted to teach at UBC. “Part of coming here was the opportunity to make historical topics more available to students.”

In her earlier book, *The Rise of Mental Health Nursing: A History of Psychiatric Care in Dutch Asylums, 1890-1920*, which won the 2003 Lavinia L. Dock Award of the American Association for the History of Nursing,

Geertje revealed some important findings. Although she had expected to find that mental health nursing in Dutch asylums was shaped by psychological knowledge, instead she learned about the extent to which it was shaped by a general hospital example.

Geertje’s most recent project has been funded by the Social Sciences and Humanities Research Council of Canada (SSHRC) and focuses on how families and the public in general have experienced mental health care. In the future she hopes to organize a seminar series, with the help of the BC History of Nursing Professional Practice Group, on a variety of historical topics and to make these discussions open to faculty and students.



Dr. Geertje Boschma, assistant professor, looks toward a future of history.

“I’m enthusiastic about historical research because it helps us gain a perspective on where we are today. It’s hard to understand what’s happening in nursing without a historical perspective” Geertje notes. “In my teaching of undergraduate and graduate students, I hope that I can enrich the program by including historical research into an understanding of nursing today. With a historical context, students get a broader perspective of where nurses come from, something that has often been excluded over the last decade in many nursing programs.” In this 85th anniversary year of the UBC School of Nursing’s legacy, it is most fitting that we have a new historical research champion in our midst.

Undergraduate Profile Continued from page 5

she will return to Haiti next summer. Meaghan appreciates Dr. Penner’s commitment to visit Haiti every four months and says “It’s the model of development I most respect. Longer term and partnership works—it’s all about me learning from the nurses there as much as teaching them.”

Meaghan learned a few techniques from GHESKIO, the National Haitian HIV and STD research and policy development body, which she’d like to adapt to her practice in Canada. “They had a great training model,” she says, for putting lab technicians, physicians and clinic staff through HIV training to develop consistency. “We have guidelines too, but they did a really good assessment

of the client and of finding out what the client already knew before they administered the HIV test. They had a neutral way of delivering a positive result.” After each positive result they ensured that a person living with AIDS and hired by the clinic was available to talk to the new patient.

Meaghan also gained diagnostic knowledge that will help her in her work at St. Paul’s. “Before I left for Haiti, I didn’t really have any knowledge of malaria, typhoid, and other tropical illnesses.” And, because HIV goes untreated for long periods of time in Haiti, Meaghan saw lots of end-stage HIV. “Now that I’ve seen what happens when it’s left untreated, I can better detect the signs here at St. Paul’s.”

From coordinating the Vancouver Native Health site for the 2003 Papalooza Women’s Health Week in the Downtown Eastside to volunteering as the vice chairperson of the Vancouver Community Health Advisory Committee, Meaghan strives for social justice for all members of society. “It’s a real honour to work with these people. I learn so much and I feel almost selfish because my clients are amazing. The things they do everyday are incredible. People are grateful to me, but I am the one who is grateful.”

At UBC School of Nursing, we are thrilled that students like Meaghan find the educational foundation they seek. And as you might imagine, the School is left so much richer for the inspiration they leave behind.

Clinical Practice Innovation

Breaking Down Barriers Between Hospital and Community Health

"I believe we have a huge personal responsibility in our own health," says Holly Kennedy-Symonds, RN, MHS, and Clinical Nurse Specialist for Heart Health and Chronic Disease Management for the Fraser Health Authority. "Some people take better care of their cars than they do of themselves." One way we can get people to take care of themselves is to educate them. The Fraser Health Authority Healthy Heart Program is a cardiac prevention, rehabilitation, and education program that works with a variety of community partners to do just that.

In the early 1990s, Holly began to build Healthy Heart, a cardiac health management program, at Shaughnessy Hospital in Vancouver, drawing upon knowledge gained in her Master's degree in Health Sciences at McMaster University in Hamilton, Ontario. Due to hospital closure, the program and staff, along with Dr. Schamberger and Holly, moved to St. Paul's Hospital. At the same time, Burnaby Hospital received a "Closer to Home" community partnership grant to develop a cardiac prevention and rehabilitation program based in community development. The project triggered multiple partnerships with the City of Burnaby, Parks and Recreation Department and Health Department, Burnaby Hospital, and Burnaby School Board. "Community development is of high interest to me," says Holly. "I've consulted on program development for Richmond Hospital, Peace Arch Hospital, Surrey Memorial, Prince George, Prince Rupert,

Vancouver Hospital, Victoria and Kelowna." In her role as an adjunct professor with the UBC School of Nursing, she also supports students wanting to learn more about cardiac health promotion and management.

Over time, the Fraser Health Authority Healthy Heart program has evolved from the singular focus on cardiac rehabilitation to Healthy Heart Risk Reduction, including diabetes care. "The program services include a cardiac rehabilitation program with RN case management, surveillance and group exercise training, heart function clinic, lipid clinic, stress management, smoking cessation, 24-hour blood pressure, and weight management nurse clinic," says Holly. "We have a pre-diabetes program that assists people to identify insulin resistance and reduce risk for diabetes, a diabetes management program including diabetes and pregnancy, management strategies for Type I and II diabetes and insulin therapy/adjustments." Some people have both heart disease and diabetes. They join the exercise program, learn to be volunteers and stay within the community long after their treatment is done.

Holly believes that there are many more people who could benefit from this kind of program than are currently referred to it by their family doctor. She is eager to overcome barriers of geography, attitude, and service delivery structure to reach as many people as possible. Those who have taken part in the program have demonstrated a high level of satisfaction with what they have learned. They report learning the skills of self-care from the training and coaching they receive and a greater sense of confidence in their ability to make good decisions about their health. Importantly, they also identify the many ways



A healthy heart is a happy heart as far as Holly Kennedy-Symonds, adjunct professor, School of Nursing, is concerned.

in which the program creates cost savings to both patients and the health care system.

"We focus on what a patient's needs are," says Holly. "When we do the assessment we ask, 'What do you know about your health? What are your risk factors? Your targets?' We respect the people who come in here. And we are committed to being the 'guide on the side' instead of the 'sage on the stage' through engaging our patients in partnership in health."

The UBC School of Nursing is proud of the commitment of clinical practice experts like Holly, and celebrates the contribution they make to our learning team.

Touchpoints

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