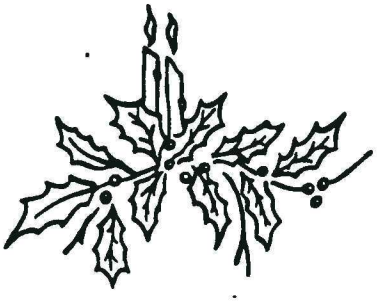
UBC NURSING TODAY



Greetings! Salut!

And a happy and prosperous New Year!

NEWS ITEMS

UBC NURSES WELL REPRESENTED IN CNF SCHOLARSHIPS

The UBC School of Nursing is once again well represented in the list of the scholarship awards of the Canadian Nurses Foundation. This year **Ann Hilton** and **Ruth Elliott**, both currently on leave from the School's faculty, were two of only six named to receive scholarships at the doctoral level.

As well, **Maureen Little**, a BSN graduate from UBC and a former Lecturer in the School now studying at the University of Toronto, was one of the nine recipients of master's level awards.

One baccalaureate award is made in each province and this year's award recipient in B.C., **Eileen R. Cook**, is enrolled in the Post-RN BSN program at UBC.

Prof. Hilton received the Katherine E. McLaggan Fellowship, the most prestigious award of the Foundation and made in honor of one of the founders of the CNF. She is in the second year of studies toward a PhD in Nursing at the University of Texas at Austin. A graduate of the UBC BSN program, she holds a MScN from the University of Toronto. She was a CNF scholar in 1972 and 1973 and was also awarded a National Health Research and Development Program Training Fellowship from National Health and Welfare in 1984.

Prof. Elliott (BScN, UofA; MS, U Calif.) received a CNF study award. She is enrolled in the PhD program at Simon Fraser University and is specializing in maternal-child health through a joint program with the University of Washington School of Nursing in Seattle. A CNF scholar in 1964 and 1983, in 1983 she was also Canadian nominee for the internationally-awarded 3M/ICN Fellowship.

LAURENTIAN PRESIDENT SPEAKS TO UBC NURSES ON DISTANCE EDUCATION -- FROM TORONTO AIRPORT

For the School of Nursing's Curriculum Day presentations this September, the theme was distance education and distance education it was! The keynote speaker was in Toronto airport -- as planned.

Curriculum Day is held annually to help make local health agencies aware of current School of Nursing programs and plans. The program this year was designed to initiate discussion about accessibility of the BSN program to nurses throughout the province and the UBC Nuring Outreach approach. Dr. Marilyn Willman, director of the School, opened the program with greetings.

Keynote speaker was Dr. John Daniels, President of the International Council for Distance Education and President of Laurentian University, in Sudbury, Ontario. Dr. Daniels had sent a video presentation of his speech on "The Process and Product of Distance Education." Following this, he entertained questions and supplied answers in a 20-minute telephone conference from a pay phone in the Toronto Airport.

"This exemplified some of the techniques, and especialy the flexibility of distance education programs -- a most important component," said Olive Simpson, director of UBC's Nursing Outreach and the chairman of the Curriculum Day planning committee. "It was a new experience for most, and a most interesting and informative demonstration."

Kathleen Forsyth, Executive Director, Lerning Systems for the Knowledge Network, gave a thought-provoking talk on "The Human Interface in Distance Education," which was followed by a lively and interesting discussion. Dr. Robert Smith, Vice-President, Academic for UBC, answered questions from the audience about funding for distance education courses in this province.

In the afternoon, the focus was on the School of Nursing's Outreach program. Prof. Simpson gave a brief overview of current courses offered and of future plans to assist registered nurses to achieve more of their BSN courses through distance education. Excerpts were shown from nursing programs prepared jointly by the UBC and UVIc schools of nursing and carried throughout the province on the Knowledge Network. Discussions were held about other approaches to meeting the needs of nurses outside the Vancouver area.

About 60 people attended, with representation from government, community colleges, hospitals, health units and the University of Victoria as well as faculty from UBC.

SCHOLARSHIP FUNDS NEED GIFTS TOO!

The December holiday seasons are gift-giving times. So this might be a time to consider at least a small gift to the School of Nursing Award Funds. This makes even more sense when you consider that such gifts are tax deductible and you have just time to slip them in before the end of the tax year.

The School of Nursing has a number of scholarships, bursaries, prizes and other awards that assist our students -- but nowhere near enough to meet the needs. We thought we might give an overview of

some of the 4 MSN scholarships, 19 BSN scholarships, 2 BSN bursaries and 3 BSN prizes that particularly need help and support at this time. All are administered through the Awards Office. Donations can be made through the UBC Alumni Office in Cecil Green Park and can be designated to any one of these scholarships.

This issue we review two MSN Scholarship funds that deserve support.

The **Frederick and Agnes Eatock Memorial Fellowship** was established in 1966 though a bequest in the will of Agnes Eatock. The annual income from her bequest sometimes is split, depending on the recommendations of the School. (The School has little information about the donors of this scholarship and would appreciate any information that faculty members or others could share with us.) In 1984, the awards went to **Della Roberts** and **Janice Thiessen.**

The **Ethel Johns and Isabel Maitland Stewart Memorial Scholarship** was established from funds begun in 1971 to honor two great Canadian pioneers in nursing. Ethels Johns, an incredibly active nursing leader in Canada and the US, became the first director of the UBC School of Nursing. Isabel Maitland Steward was a nursing classmate of Ethel Johns and a lifelong friend; she too was a well-known in North American nursing and was director of the department of nursing education at Teachers' College, Columbia University.

Funds for this scholarship originally came from the royalties from a book about Ethel Johns, called Watchfires on the Mountain, written by the School of Nursing's own **Margaret Street** (now associate professor emerita). These funds were augmented by a bequest from the will of Dr. Helen Gordon Stewart, sister of Isabel Maitland Stewart and a distinguished librarian and scholar in B.C. The fund has since received major donations from some of the UBC Nursing Alums, including Beatrice Wood, one of the early graduates from the School and a student of Miss Johns. The fund now provides an annual award of about $1,500 (depending on interest rates). However, this is, as Miss Street said recently, a long way from the $3,000 that is the usual basic graduate-level scholarship in other departments. The 1984 recipient of the award was **Margaret Olstead.**

WOODWARD LECTURE WELL ATTENDED

Dr. Anne J. Davis, who spoke on ethical issues in the health sciences, was greeted by a "packed house" at this year's Marion Woodward Lecture. A large public audience from local hospital and health agencies joined students and faculty from a wide variety of disciplines to fill IRC's Lecture Hall #2 to hear her presentatation.

This annual public lecture is sponsored by the School of Nursing and made possible by a grant from the Mr. and Mrs. P.A. Woodward's Foundation. The lecture is intended to help make both campus and off-campus audiences aware of current nursing issues.

During her visit to UBC, Dr. Davis met informally with faculty, MSN students and alumnae of the School of Nursing. As well, she was interviewed by Jack Webster on his BCTV television show and by Gail Hulnik on the CBC Radio Morning Show during her visit.

RESEARCH GRANT DEADLINES

Remember to take time out every once in a while to check deadlines for research grants. The deadlines for grants occur regularly throughout the year and those interested in research should take a few minutes each month to review the lists of grants available and the deadlines for applications for these.

A notice from UBC's Office of Research Services, showing agency deadlines for the following two months, is posted each month on the faculty bulletin board. A list of deadlines is also published monthly in UBC Reports. Computer users can check the Research Office's current listings on the MTS files. Access is OPRA followed by the official abbreviation for the two-month period (i.e., "OPRA:JAN/FEB").

Once you have identified grants you may be interested in, you can obtain background information and current application forms by calling the Office of Research Services at 228-3652.

CNE -- RECENT EVENTS

Continuing Nursing Education recently joined with Continuing Pharmacy Education for a program on "Mental Health Problems in the Elderly." The one-day program, held Nov. 16, attracted 208 registrants, of which about 65 per cent were nurses from a variety of extended and intermediate care facilities, private institutions and community agencies. Registrants came from 30 different localities throughout B.C. The program was chaired by **Louise Tenn** of Nursing and David Fielding of Pharmacy and included a variety of professionals as guest speakers. **Jo Ann Perry** and **Maureen Murphy** of the School's faculty took part with a presentation entitled "The Confused Elderly - A Nursing Perspective."

Starting January 8, 1985, Continuing Nursing Education will again offer its series on "The Application of Research to Nursing Practice." This series offers assistance to nurses who are interested in carrying out a research project but who need help with research techniques. Under guidance of instructors **Kathleen Simpson** and **Dan Jones**, both of the School of Nursing faculty, registrants each organize a research project and, under the guidance of the instructors and with discussion in the group meetings, go through the project from preparation of a proposal to finished product. The program was offered last spring and was most successful, with several of the registrants completing research for the first time.

The 1984-85 Critical Care Programs Level I and II have been granted approval from the Registered Nurses' Association of B.C. under its Continuing Education Aproval Committee. This approval recognizes the high level of curriculum development for this program, which is run by **Marilyn Porter** and her colleagues.

The workshop on written communication skills for first-level and intermediate-level nursing managers offered in October to a limited 25 registrants was repeated in November because of the number of

requests from registrants who had to be turned away from the first program. The one-day workshop, given by **Glennis Zilm**, received favorable reviews. There seems to be a continuing demand for such courses, particularly from those in head nurse positions.

WE GET LETTERS ...

Former student Nancy Yurkovich graduated from the BSN Post-RN program last May -- the same week as the 25th reunion of her graduation from her hospital program. She wrote recently to Marilyn Willman, Director of the School, to share her reflections on her two years at UBC and to express appreciation to the faculty members who had helped and encouraged her along the way. The following are exerpts from her letter:

"I have chosen not to work in the hospital setting but in the community ....Particularly because of my 4th year Independent Study (N 408), I was challenged to try group health teaching ....

"I have addressed groups of business executives on matters of health. I do this not only because I find it satisfying but also because I believe it is important to present nurses as health educators.

"Since the summer I have spent many hours preparing these programs. The lectures, workshops, seminars and discussion groups I attended have really come alive and taken on new meaning. I am able to synthesize the many topics we pursued and use them as I teach the public. Skills in planning workshops, research, contracting and evaluating have helped me, too. I am enjoying my new focus very much.

"The two years at UBC provided me with new skills and knowledge. They have given me the confidence to pursue my role of nurse in a new and challenging way."

FACULTY NEWS

Joan Anderson and **Pam Thompson** were on the Conference Planning Committee for "Immigrant Families: The Response of Health and Social Services." This was the sixth provincial conference of the B.C. Task Force on Immigrant Women and was held in Vancouver November 16-17.

Joan Anderson chaired one of the sessions at the Health Sciences Research Day held at UBC October 13. Two MSN students presented papers. Dr. Anderson is a member of the Health Sciences Reserch Committee, which is involved in the planning of these conferences.

Christine Bradley, a research associate working with Nursing faculty, has received a grant of $1,800 from the Canadian Research Institute for the Advancement of Women. The grant will assist in further manuscript analysis and manuscript preparations related to Project Prepare. Project Prepare was a longtitudinal study of the psychological aspects of pregnancy, birth and the first year following childbirth, which she completed in the spring of 1984. Dr.

Bradley was in Halifax in October to present a paper from the study, titled "Psychological Functioning During the Childbearing Year," at the First International Conference on Women's Health Issues.

Cheryl Entwistle and **Shirley Stephens** attended the 8th Annual Symposium on Computer Applications in Medical Care in Washington, D.C., November 4-7. Along with the program presentations there were demonstrations of existing software developed for computer assisted instruction. During the symposium, a meeting was held to establish a network for computer applications in nursing and UBC has now joined that network system.

Virginia Hayes has started a two-part teaching series related to her recent research project in pediatric oncology for staff at the Children's Hospital. The series developed out of a project involving parents' experiences during the hospitalization of their sick children. It allows the staff access to the findings of the research and an opportunity to discuss its application. A major portion of the series is six hours on communications skills.

Roberta Hewat and **Donelda Ellis** participated in a videotaped panel discussion on "Breastfeeding: Current Research and Issues" prepared for the Vancouver Health Department this summer. The tapes will be used for nursing education and orientation throughout the various health departments in the city. As well, **Prof. Ellis** recently spoke to physicians at Family Practice Rounds at Grace Hospital. He topic there was on practical advice that doctors can give to support women who want to breastfeed.

Carol Jillings has been appointed to the editorial board of **Critical Care Nurse** and has been asked to prepare a column for each issue of this bi-monthly professional journal. As well, she has been appointed to chair the nursing program for the Interamerican Congress of Cardiology, which will be held in Vancouver in June 1985. This fall, Prof. Jillings attended three meetings related to cardiovascular nursing: the B.C. Division of the Canadian Council of Cardiovascular Nurses in Vancouver in late September, the Canadian Council of Cardiovascular Nurses'annual meeting in Quebec City in mid-October and the American Heart Association annual meeting in Miami, Florida, in mid-November. She gave presentations on standards of cardivascular nursing practice at the B.C. and Canadian meetings.

Judith Lynam and **Louise Tenn** presented a paper entitled "Communicating with Parents, Teachers and Peers - Perspectives of Youth" at the Focus on Youth Conference held in Vancouver September 26, 1984. The year 1985 has been designated International Youth Year by the United Nations and the conference was held to help prepare health professionals, teachers, community workers and young people.

Barbara Milne gave two lectures to nurses attending the annual meeting of the American Cardiovascular Nurses in Clearwater, Florida, in November. Her presentations were on "Hypertension: An Overview" and "Hypertension: To Treat or Not to Treat."

Judith Mogan was guest speaker for the November meeting of the B.C. Nursing Research Interest Group. Her paper was on "Mother-Infant Interaction During Feeding: Does it Affect Obesity?"

Kathleen Simpson presented a paper at the 13th annual Scientific and Educational Meeting of the Canadian Association of Gerontology, which met in Vancouver Nov. 1-4. Title of the paper was "Post-Care Questionnaire: An Opportunity for Older Clients to Express their Views." Response to the paper was excellent and she is now receiving requests from across North America for copies.

Sally Thorne presented a paper on "The Flip Side of the Fitness Coin" at the First International Congress on Women's Health in Halifax October 1-3, 1984. Her paper dealt with "psychosocial implications of fitness addiction and ethical issues of the fitness industry -- including health care." While there, she was also interviewed on a CBC Halifax television show, called "Feeling Good," about "overdoing it." **Connie Canam, Clarissa Green** and **Alison Rice** were also speakers at the Conference.

Anne Wyness took part in the poster presentations at the Scientific Sessions of the Canadian Council of Cardiovascular Nurses annual meeting in Quebec City October 15-16. Title of her presentation was "The Development of Patient Education Materials: A Challenge," which reported on a part of her research project being carried out at the Vancouver General Hospital. The project is particularly concerned with evaluation of an education program for patients taking warfarin sodium at home.

Nursing faculty members have been appearing rather regularly on and in local media this year....**Janet Ericksen** was a guest on CKVU's "Vancouver Show" in mid-November during a discussion on ethical dilemmas facing health workers....**Pam Thompson** appeared on "Vancouver Women," a regular portion of the "Vancouver Show" at the end of November. She and two immigrant women were interviewed about the health and social service needs of immigrant women....**Virginia Hayes** was interviewed on the Patrick Munro show on CBC radio about her new CHildhood Asthma Project. An item on this project also appeared iin Marilyn Stusiak's "Parent Advisory" column in The Vancouver Sun in mid-November.

COMING EVENTS

February 15-16, 1985 -- "Cardiovascular Crises: 1985 Cardiac Symposium" sponsored by the B.C. Heart Foundation. Hyatt Regency Hotel, Vancouver. For further information and registration forms, call 681-5226.

February 17-19, 1985 -- Annual meeting of the Western Region of the Canadian Association of University Schools of Nursing (CAUSN) Annual Meeting. Theme of the conference is "Nurses in Academia: Expectations, Options and Reality. University of Alberta, Edmonton. For further information: Judith Mogan at 228-7426.

February 22-23, 1985 -- "Promoting Health -- Can We Afford Not To?" This two-day (Friday and Saturday) interdisciplinary professional program is sponsored by UBC Continuing Education in the Health Sciences. IRC Lecture Hall #5. Prof. Clarissa Green of the School of Nursing is one of the panelists in the opening presentation. All other health disciplines on the campus are taking part and nursing representation would be welcomed. Information on the Bulletin Board. For further information and brochures, call Continuing Nursing Education 228-3055.

April 9-11, 1985 -- 10th National Nursing Research Conference, sponsored by the University of Toronto Faculty of Nursing. Sheraton Hotel, Toronto. For further information: Faculty Bulletin Board.

IN PRINT

CHRISTINE F. BRADLEY. "Psychological Consequences of Intervention in the Birth Process." Canadian Journal of Behavioral Science, Vol. 51, No. 4, 1983, pp. 422-438.

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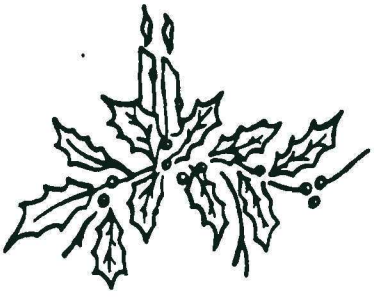
CAROL JILLINGS. "Psychosocial Aspects of Critical Care Nursing: Introduction to a New Department." Critical Care Nurse, Vol. 4, No. 5, September/October 1984, p. 13.

LINDA G. LEONARD. "Pregnancy and the Underweight Woman." Maternal Child Nursing, Vol. 9, No. 6, September/October 1984, pp. 331-335.

LINDA G. LEONARD. "Eating for Three." Double Talk, Vol. 4, No. 2, Summer 1984, pp. 37-39.

WINNIFRED C. MILLS. "Alienation: A Basic Concept Underlying Social Isolation." In M.J. Kim, G.K. McFarland & A.M. McLane (eds.), Classification of Nursing Diagnosies: Proceedings of the Fifth National Conference. St. Louis, C.V. Mosby, 1984, pp. 343-351.

MARILYN MARDIROS. "A View Toward Hospitalization: The Mexican American Experience." Journal of Advanced Nursing, Vol. 9, 1984, pp. 469-478.

JUDITH MOGAN. "Using Relaxatio to Manage Postoperative Pain." (Research Page) The Canadian Nurse, Vol. 80, No. 10, November 1984, p. 15.

SHELAGH J. SMITH and Stephen M. Drance. "Difficulties Patients have at Home after Cataract Surgery." Canadian Journal of Ophthalmology, Vol. 19, No. 1, 1984, pp. 6-9.