

# RPNews

REGISTERED PSYCHIATRIC NURSES ASSOCIATION OF SASKATCHEWAN

Volume 15, Number 1

Spring 2002

## Invitational conference discusses education options

Over 100 Registered Psychiatric Nurses and guests met on March 1, 2002 to discuss education options for psychiatric nursing in Saskatchewan. The agenda included a review of the history of psychiatric nursing in Saskatchewan by RPNAS President Linda Raby; a presentation on "Thinking Outside the Box" by John Crawford, RPN, from the faculty at Douglas College; and the presentation of some partnership possibilities by Dr. Linda Ross, Dean of Health Studies at Brandon University.

Guests who participated included: Lois Berry, Program Head, NEPS, SIAST--Kelsey Campus; Dr. John Conway, clinical psychologist, currently undertaking the mental health needs assessment for the province; John Crawford, RPN, Educator in the psychiatric nursing program at Douglas College; Rod Gantfoer, MLA for Melford-Tisdale and Opposition Health Critic; Phillip Horkey, RPN, member of the Board of Directors, College of Registered Psychiatric Nurses of Manitoba; Rosalee Longmoore, President, Saskatchewan Union of Nurses; David Nelson, RPN, Acting Director, Canadian Mental Health Association (Saskatchewan Division); Wendy Robillard, RPN, on behalf of the Registered Psychiatric

Nurses of Alberta; Dr. Linda Ross, Dean of Health Studies, Brandon University; Dr. Marlene Smadu, Principal Nursing Advisor, Saskatchewan Health; Yvonne Warnes, Program Head, Continuing Nursing Education, SIAST; Norma Wildeman, Program Head, NEPS, SIAST-Wascana Campus; Jayne Whyte, consumer and member of the Advocacy Committee, Canadian Mental Health Association; and Wendy Wright, Post-Secondary Education and Skills Training.

This long list of guests is provided to demonstrate the importance of this meeting. There were also several student members of RPNAS in attendance, along with active practising RPNs from across the province.

The discussion focused on two important issues: What do we value and want? How do we get there? A wide range of ideas were presented, in writing and verbally. It was emphasized to the assembly that **all** options are open to consideration--from revisions to the NEPS program to brokering a program from another province.

The information from the day will be compiled into a report in March and a copy will be sent to all participants.

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From the report will come ideas and recommendations for Council to consider in pursuing a psychiatric nursing education program for this province.

The next immediate steps for Council will be to meet with the Ministers of Health and Post-Secondary Education to discuss the decision and possibilities for the future. Council is fully aware that this is a very complicated issue, with numerous implications, for Saskatchewan but also for all of Western Canada.

Members who were unable to attend the Invitational Conference but who would like the information from the conference can obtain a copy of the report by calling Central Office after April 1, 2002.



**Optimal mental health  
for all people of  
Saskatchewan.**

**Volume 15, No. 1      Spring 2002**  
The Registered Psychiatric Nurses Association of Saskatchewan is the regulatory body for the province's 1,000 registered psychiatric nurses.

RPNAS distributes this newsletter to each of its registered practising and non-practising members. The newsletter discusses issues about the regulation of psychiatric nursing and the decisions of the RPNAS Council. RPNAS is published four times per year. 2002 copy deadlines: March 1, June 1, Sept. 1 and Dec. 1.

**Publication Agreement # 1460021**

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## President's Pen

By Linda Rabyj, RPN

Roger Crawford's publication, *How High Can You Bounce? Turn Setbacks into Comebacks* provides "Food for Thought" following the unanimous and unprecedented decision to deny approval to a psychiatric nursing program in Saskatchewan. The Council for RPNAS focused on its primary purpose, protection of the public, while demonstrating a resilient attitude that Crawford's writing succinctly describes when he acknowledges that: "Challenges are inevitable; defeat is optional." Crawford recognizes that courage is an individual commitment that is often contagious to committees. RPNAS Council members, "...you've been more courageous than you know."

The recent Invitational Conference on Psychiatric Nursing Education in Saskatchewan attracted RPNs from Alberta, British Columbia, Manitoba and Saskatchewan. The attendance from Saskatchewan RPNs was remarkable! Kudos to the public, government officials and RPNs who seized the opportunity to share directly with Council their notions relating to future psychiatric nursing education in Saskatchewan. The diverse contributions provided rich ideas for RPNAS Council to reflect upon. The conference was intentionally focused positively on the future to assist participants to engage in what Roger Crawford recognizes as "resilient thinking" that can promote the discovery of "possibilities you didn't notice before." Saskatchewan RPNs validated one guest speaker's ideas relating to the importance of graduate and doctoral education in psychiatric nursing for RPNs in Canada. This is concrete evidence of progress in our thinking! Further, the concept of a Centre of Excellence in Psychiatric Nursing seemed timely, given the increasing statistical data relating to disability and illness of Canadians who are affected by mental health/illness issues annually.

The founding members of the Saskatchewan Registered Psychiatric Nurses Association were to chart the course for the profession in the province. The current Council of the Registered Psychiatric Nurses Association of Saskatchewan should remain focused on building upon the magnum opus of the original Saskatchewan RPNs. The Council anticipates the opportunity to meet with the Ministers of Health and Post-Secondary Education to discuss opportunities for psychiatric nursing education in Saskatchewan.

The RPNAS Council elections are pending. The number of candidates who have expressed an interest in allowing their name to stand is impressive. RPNs, consider exercising your voice through casting your ballot to select the new Council members. The Swift Current Branch has generously offered to host the Annual General Meeting in June. Council members anticipate the opportunity to "meet and greet" the public and the membership.

## Executive Director's Update

By Joy Johnson, PhD

According to the calendar, Spring is here. With this season comes a renewal and refreshing of nature. So, too, Spring brings new challenges with the changing weather. RPNAS is entering a new Spring in its life, as the Association faces new opportunities and sends its roots into new territory.

Among the challenges facing the RPNAS are: the establishment of a psychiatric nursing education program, the recruitment and retention of RPNs in this province, the development of new Guidelines for Psychiatric Nursing Practice, participation and partnership in the World Congress for Psychiatric Nurses, and ongoing issues related to investigation, work place environments, and member communication.

Are Registered Psychiatric Nurses in Saskatchewan up to these challenges? Most certainly. I was overwhelmed at the response to the March 1 Education Conference. Over 10 per cent of the RPNAS membership attended and participated in the discussions! The leadership of the Association is obviously very important to members as 13 people have been nominated for four positions on Council. Many organizations are happy to simply have an election.

I have received many encouraging e-mails and phone calls in January and February. This support is tremendously appreciated and your commitment to the profession of psychiatric nursing is not taken lightly. Thank you to those who took the time to pass along a few positive words.

I would also like to give a special thank you to Roberta Jors, RPN. Roberta has served the Association as volunteer Registrar for the past two years. She has done a conscientious and outstanding job of sorting through questions and applications. We look forward to having her continue to contribute to the Association in projects dealing with registration issues. Thank you, Roberta!

March 31 marks the end of another year for RPNAS. As we enter into a new budget cycle, I hope we do so with optimism and expectation. I am certain that, if we work together for the profession of psychiatric nursing, we will come out triumphant in the end.

## March Council Activity

Council was pleased to welcome three student members as observers to its March 2, 2002 meeting.

Council reviewed several policies, including GP-10 "Council Linkage with Public and Members." Council discussed the lack of activity in some branches. The Legislative Committee was asked to look at the policy on Branches and make recommendations on what actions should be taken.

Council discussed a proposal from the students that would allow NEPS graduates of 2003 to write the RPN registration examination. The students were asked to present their views. Council approved the proposal in principle, and will consider a proposal impacting graduates of 2004 and 2005 at the June Council meeting.

A letter from Weyburn Branch, requesting to host the 2003 Annual Meeting was reviewed. Weyburn was awarded the Annual Meeting to be held June 2-3, 2003.

The World Congress for Psychiatric Nurses will be held May 10-11, 2002 in Coquitlam (Vancouver). Two RPNs from Saskatchewan and one consumer will be presenting. Council approved funding to send Council representation to the World Congress.

Council reviewed key concepts for a submission to the Commission on Health Care. The submission will be sent electronically in the next week or two.

For the "Ownership Linkage" portion of the meeting, Council met with Elyse Fisher of the Alzheimer Society of Saskatchewan, to discuss ways in which RPNAS and the Society can partner in the interests of the people of Saskatchewan.

**All RPNAS Council meetings are open to the public. The next meeting is June 15, 2002 in Regina at Central Office. Please call Central Office at least two weeks prior to the meeting to ensure that space is available and to receive a copy of meeting materials.**

### RPNAS Central Office Hours

Sept. 1 -- June 30 0830 -- 1630  
July 1 -- August 31 0830 -- 1600

Closed June 3-5, 2002 for RPNAS Annual Meeting

Closed noon Dec. 24, 2002 through Jan. 1, 2003  
and Statutory Holidays

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## Readership survey results for *RPNews*

Last November, readership surveys were sent to 100 Registered Psychiatric Nurses chosen at random from the membership data base. This survey asked specific questions regarding the *RPNews* and whether it is meeting the needs of members. The response rate was 34 per cent. Here are some of the results from that survey:

### Reading habits

When asked "how do you read the *RPNews*", 100 per cent responded that they read it in some way: 62 per cent read the entire newsletter; 29 per cent read only certain sections; and nine per cent briefly scan the newsletter. It is very important to know that members are reading the newsletter.

When asked, "What do you do with the *RPNews* when you have finished with it?" 12 percent give it to a friend or colleague to read. Since all RPNs receive the newsletter, it would be appropriate to conclude that these "friends" are not RPNs. Another 29 per cent file the entire newsletter for future reference. This would indicate that 41 per cent of the membership place a very high value on the newsletter--enough to give it to someone else to read or to keep permanently.

Members were then asked, "How long do you keep each issue?" The 29 per cent who file it, keep it permanently. Another 50 per cent keep it for a few weeks. Thus it can be concluded that the value of the newsletter lasts more than just a few days

### Format and publication

Respondents were asked about the length of the newsletter. 50 per cent felt that the length should vary while 26 per cent felt that the current eight pages was fine. 21 per cent had no opinion, while three per cent liked the idea of 16 pages for each issue.

When asked whether advertising should be included in the newsletter, 59 per cent responded "yes." The majority of those responses added the stipulation, "only if it enables the Association to save on costs." This would indicate that members endorse paid advertising vs free advertising.

When asked how often the *RPnews* should be published, 44 per cent liked the current four times per year. while 26 per cent would like to see the newsletter six times per year. Eighteen per cent prefer two times per year, nine per cent want a monthly publication, and three per cent prefer to have the publication discontinued.

The question regarding which format members would prefer to receive the newsletter overwhelmingly received a response of "paper format, as is done now" by 85 per cent of respondents. Only 15 per cent wanted to receive the newsletter by e-mail. No one indicated a preference to receive it via the website of the RPNAS only. Many respondents commented that they did not have access to e-mail or preferred a paper version.

### Communication with members

It is important to evaluate the tools used in communicating with members. Participants were asked, "In addition to the current publication of *RPNews*, in what other ways can RPNAS Council and staff communicate with members in a timely manner?"

Letter mailouts received a response of 41 per cent, with regular single page news updates receiving a response of 29 percent. E-mail is the preferred mode of communication for 24 per cent, while only three per cent prefer a notice board on the RPNAS website.

When asked about the quality of information presented in the *RPNews*, 99 percent felt the information is timely, complete or fairly recent and adequate. No one indicated that the news was old and incomplete. One person responded, "I don't know."

Respondents clearly indicated that the newsletter is an important communication tool. When asked to rate the importance of the newsletter from a budget perspective, 53 per cent said it was a high priority, with 41 per cent seeing it as a middle priority. Only six per cent considered the newsletter a low priority or not a priority at all. Again, this demonstrates that the newsletter has value to the members and is worth the cost to the Association.

The final question could have several "accurate" answers: "What do you believe is the primary reason that you receive the *RPNews*?" An overwhelming 91 per cent view the newsletter as a communication tool for RPNAS. Three per cent believed that it is offered because members want it while another three per cent see it as a promotional tool for RPNAS. A final three per cent view it as a requirement in the RPNAS bylaws. All these answers are technically correct, however it is significant that the value of the *RPNews* is most highly recognized as a communication tool. This makes the thoughtful and well-constructed publication of each issue even more important.

Council will be receiving a more detailed report of findings from the readership survey for discussion at the June Council meeting. Conclusions, implications and action plans for staff and Council communications to members will be included in the report

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# Education Day: RPNs in our health care system

The RPNAS Education Day will be held in the afternoon of June 3 and the afternoon of June 4, 2002 at the Days Inn in Swift Current. The theme for the day is "RPNs--Essential Links on the Health Care Track"

The planning committee has been very busy getting ready for this event. The day will begin with an address by Marg Synyshyn, President of the College of Registered Psychiatric Nurses of Manitoba and Past-President of the Registered Psychiatric Nurses of Canada. Marg will speak to the topic of "Strengthening our Links" by focusing on what was, is and could happen in Western Canada to build stronger connections between the provinces.

Following Marg's address, a panel of RPN experts will speak to the topic of "Preventive Maintenance"--how can, should, do RPNs keep their skills and competencies sharp. Each panelist will have 15 minutes, with about 15 minutes left for questions and discussion. The questions to be addressed by each speaker are: 1) what have

you discovered about maintaining competence in your work or education program?; 2) what ideas/suggestions do you have for RPNs in maintaining competence?; 3) what do you do personally to continue to increase your own competence?

The Minister of Health, the Honourable John Nilson has been invited to speak to the assembly on the topic of "Clearing the Tracks"--the role of RPNs in the Saskatchewan Action Plan for Health.

The Annual Meeting of the Registered Psychiatric Nurses Association of Saskatchewan will be held the morning of June 4.

The Education Day will resume with a buffet lunch (included in registration fee). Then a panel will discuss "Avoiding Derailment"--how can, should, do RPNs keep focussed and work together as a team. This panel will address the questions: 1) what challenges do you find in your workplace that could derail you from your focus?; 2) how do you work in a team that is

focussed on your clients?; 3) what strategies/ideas have you implemented that help you stay focussed and prevent derailment?

A few parts of the agenda are still to be confirmed, but members won't want to miss an exciting day of challenging speakers and networking.

Student members are invited to attend the Education Day for a fee of \$15.00. Student members are encouraged to use this day as an RPNAS event in order to be eligible to apply for some RPNAS bursaries and scholarships. Students are reminded that only students who are student members have the right to speak to the assembly by virtue of membership.

The cost of the Education Day (afternoons of June 3 and 4) is only \$75.00, which includes a buffet lunch on June 4. **There is no charge to attend the Annual Meeting** and a continental breakfast will be available beginning at 0800. Registration for June 3 begins at 1230. Registration for the Annual Meeting, June 4, begins at 0800.

## Is the Direct Payment Plan viable?

With the health districts paying the licensing fees for most active practising RPNs, the question of whether the direct payment plan is viable must be asked. Fewer and fewer RPNs are enrolled in this program, which costs the Association in bank fees and staff time.

Staff will be taking a serious look at whether we should be continuing with the direct payment plan in the next few weeks. It is very important to hear from members regarding the necessity of this service.

Any RPNs that want to withdraw from the plan should inform Central Office of this **in writing** prior to April 1, 2002. A decision will be made by staff prior to the first payment date of April 15, 2002 regarding the viability of the Direct Payment Plan and the continued offering of this payment option.

If the plan is to be eliminated, all members still enrolled will be notified in writing as soon as the decision is made. The major consideration as to the continuation of the plan is its financial impact on the RPNAS.

## President's Awards Banquet

The Annual President's Awards Banquet will be held the evening of June 3, 2002 at the Days Inn, Swift Current. A reception (cash bar) will begin at 0600, with the banquet beginning at 0630.

Several RPNs will be recognized for their valuable contributions to the profession of psychiatric nursing. For the first time, a doctorate scholarship will be awarded. Cost for the banquet is \$25.00.

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## RPN Awards deadline March 30

Nominations are now being accepted for RPN Awards for Registered Psychiatric Nurses who have excelled in one or more of the areas of: psychiatric nursing practice, psychiatric nursing education, psychiatric nursing research, psychiatric nursing administration, and community service.

Applicants may be nominated by RPNAS Branches, individual RPNs or a group of RPNs. The nominee must be registered with the RPNAS, either as a practising or nonpractising member.

Nominees shall have contributed to the profession in one or more of the following ways:

- Promoted awareness of mental health and human service issues;
- Demonstrated leadership within the professional Association;
- Contributed to the furtherance of Association goals, objectives and activities;

- Developed and/or implemented innovated programs;
- Demonstrated leadership within an area of service delivery;
- Written/published major papers, articles, books or pamphlets that benefit the profession, clients, health care workers and/or the general public.

Selection of award recipients shall be made by a staff advisory team, with a maximum of four recipients selected. Recipients shall be informed as soon as possible after the selection is made.

Recipients shall receive an appropriate plaque, usually presented in conjunction with the Annual Meeting of the Association.

**Deadline for nominations is March 30, 2002.** Application forms can be obtained by calling Central Office at (306) 586-4617 or e-mail Shayna at [scoward@rpnas.com](mailto:scoward@rpnas.com).

## Open Forum

An opportunity is provided for members to raise issues of concern through an Open Forum planned as an agenda item at the RPNAS Annual Meeting. On June 4, 2002, specific time will be set aside for individual members to bring forward items of concern or interest affecting the profession and/or the general membership.

Members are invited to submit items for discussion prior to the meeting to ensure sufficient time is planned in the agenda. Items raised from the floor will be dealt with at the discretion of the chair, after written submissions are discussed and considered, and will be subject to the time limits identified in the rules of order.

An application for Discussion Request is available from Central Office and must be received by Central Office no later than May 20, 2002. For an application, please call (306) 586-4617 or e-mail [scoward@rpnas.com](mailto:scoward@rpnas.com).

## Bursary & Scholarship Information

The Registered Psychiatric Nurses Association of Saskatchewan recognizes that costs for education programs continue to rise. To assist students and RPNs in education pursuits, the RPNAS provides a number of bursaries and scholarships.

The Association is very pleased to offer the following scholarships and bursaries to student members and RPNs:

- Terrence B. Christiansen Memorial Bursary for Year II: \$200.00
- Joyce P. Long Memorial Bursary for Year III: \$300.00
- NEPS Year III Bursary (3): \$300.00
- NEPS Year IV Scholarship: \$1000.00
- Registered Psychiatric Nurse Bursary (2): \$500.00
- Baccalaureate Scholarship: \$1000.00
- Masters Scholarship (2): \$1000.00
- Doctorate Scholarship: \$2000.00

The deadline for applications is **May 1, 2002**. Complete criteria and application forms are available from RPNAS, 2055 Lorne St., Regina S4P 2M4, or call (306) 586-4617 to have the application information mailed to you.

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# ANNUAL MEETING AND EDUCATION DAY

**June 3 & 4, 2002**  
**Days Inn, Swift Current, SK**

## **RPNs--ESSENTIAL LINKS ON THE HEALTH CARE TRACK**



- **STRENGTHENING OUR LINKS**
- **PREVENTIVE MAINTENANCE**
- **AVOIDING DERAILMENT**
- **CLEARING THE TRACKS**
- **STOKING THE FURNACE**

**COST: \$75.00 Education Day (\$15 Student members)**  
**\$25.00 President's Awards Banquet (June 3)**  
**There is no charge to attend the Annual Meeting (June 4)**

### **Hotel Accommodations:**

A block of rooms has been reserved at the Days Inn for \$65.00/night double or single  
To book a room, please call 773-4643

### **REGISTRATION FORM**

Please complete and mail to address below.

Registration for Education Day must be received at Central Office no later than 1630, May 24, 2002

NAME \_\_\_\_\_ RPN # \_\_\_\_\_

ADDRESS \_\_\_\_\_  
Street City Prov. Postal Code

PHONE: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

E-mail address \_\_\_\_\_

I will attend:

- Education Day \$75.00 (\$15 student members)
- President's Awards Banquet \$25.00
- Annual Meeting No charge

**Registered Psychiatric Nurses  
Association of Saskatchewan**  
2055 Lorne St., Regina, SK S4P 2M4  
Fax: (306) 586-6000  
E-mail: [scoward@rpnas.com](mailto:scoward@rpnas.com)

Total enclosed \$ \_\_\_\_\_

# Professional Development Opportunities

<p>The Catholic Health Association of Saskatchewan presents</p> <p><b>The Power of Compassion in Rehabilitation Healing</b></p> <p>April 12, 2002 Providence Place 100 - 2nd Ave NE Moose Jaw</p> <p>For more information, contact 306-655-5330 or e-mail cath.health@sk.sympatico.ca</p>	<p><b>Professional Assault Response Training Instructor's Recertification Course</b></p> <p>May 2, 2002</p> <p>Manitou Spring Resort Manitou Beach</p> <p>For more information, contact: SAHO Educational Services 1445 Park Street Regina, SK S4N 4C5 Phone: (306) 347-5528</p>	<p><b>World Congress for Psychiatric Nurses</b></p> <p>May 10-11, 2002</p> <p>Executive Inn Coquitlam, BC</p> <p>Sponsored by: RPNAS RPNAM RPNAA CRPNBC</p> <p>For more information call: Mary MacInnes (604)- 944-4941</p>
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**Practical Treatment Approaches in Dissociative Identity Disorder**

May 31- June 1, 2002  
Royal University Hospital  
Saskatoon, SK

For more information or to register, contact:  
Continuing Medical Education and Professional Development  
(306) 966-7795

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