

RPNews

Registered Psychiatric Nurses Association of Saskatchewan

Spring 2004

Volume 17 No. 1

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INSERTS:

RPNAS AGM

HEALTH QUALITY
COUNCIL

SASK PSYCHIATRIC
ASSOCIATION EDUCA-
TION CONFERENCE

RPN DAY May 10, 2004

Registered Psychiatric Nurses Day is coming up on May 10, 2004. Branches and facilities are encouraged to plan special activities to recognize the work of RPN's. If your branch or facility does hold a special event be sure and send a report to head office so that we may share it with other members in the next newsletter.

Nursing: Knowledge and Commitment at Work

Nursing Week • May 10-16, 2004

National Mental Health Week

May 2-8, 2004

Emerging into Light and Making
Connections

EMERGING
INTO
LIGHT

RPNAS

Annual General Meeting and Education Days

SURVIVOR

RPNAS

June 7 & 8, 2004 North Battleford, SK
Details and Registration Form Inside.

RPN Scholarships and Bursaries

The RPNAS recognizes that costs for education programs continue to rise. To assist RPNs in education pursuits, the RPNAS provides a number of bursaries and scholarships. To find out what scholarships and bursaries are available and to receive application forms please contact central office or visit the website. **The deadline for applications is May 1, 2004.**



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The Registered Psychiatric Nurses Association is the regulatory body for the province's 1,000 RPNs.

RPNAS distributes this newsletter to each of its practicing, non-practicing and student members. *RPNews* is published four times per year. 2003-2004 deadlines are: Dec. 1, Mar. 1, June 1 and Sept. 1.

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RPNAS Central Office Hours

Sept. 1-June 30 0830-1630

July 1-Aug. 31 0830-1600

Closed noon Dec. 24, 2003 through
Jan. 1, 2004 and Statutory Holidays



President's Pen

By Candace Alston, RPN

Hello to all. Since the last newsletter Mental Health has been recognized in many areas. This years SHEA awards didn't recognize RPNs specifically but three awards were given to people and programs that enrich the lives of mental health clients in the community. Also, the unit at the Regina General Hospital received a Stellar Award from the Health Quality Council for a treatment pathway relating to personality disorders. I would like to congratulate these people for advancing the profile of Mental Health by winning such prestigious awards.

The Resolution Committee, Dr. Michel Tarko, RPN, PhD, Terry Hutchinson, RPN, Robert Allen and myself representing RPNAS, had our first meeting in Saskatoon at the Wanuskewin Interpretive Center, despite inclement weather and icy roads. I feel positive about the meeting and all parties appeared willing to be open minded and allow the consultant flexibility to do his work. Before I close I would like to encourage as many of our members as possible to attend the World Congress in Winnipeg as a number of our members are presenting at the conference. Hope to see you there!

Have you visited the website lately?



www.rpnas.com

Watch your mailbox for details and instructions for the new
Members Forum coming soon



In an effort to improve communications we are asking members to provide us with their email addresses so we have a faster method of reaching them on important issues. If you provided your email address on your 2004 Registration Renewal Form - Thank you! If you didn't and would like to be added to our email list, please send an email to scoward@rpnas.com with the word **email** in the subject line. Be sure to include your name and Registration number.

Executive Director's Update

By Robert Allen

Spring is slowly arriving and this is always a busy time of year for this office. While trying to prioritize the important information for this edition of the newsletter I again feel overwhelmed with the number of activities and areas of work we are involved in.

Plans are underway in many areas that have an impact on the quality of care we deliver, and those processes that in the end define the care and attention received by the recipients of Mental Health services. Work being done by CIHI and the Nursing Sector Study at a National level continue to draw on our time and resources. If you have not participated in the surveys being done I strongly encourage you to make the effort as these studies will have a direct impact on our profession and the work environments, as well as the quality of Mental Health services.

The obvious priority at this time continues to be the re-establishment of a Psychiatric Nursing education program. The initial meeting of the Resolution Committee was held at Wanuskewin, Saskatoon on March 18th and 19th. RPNAS representatives are Dr. Mike Tarko RPN, Candace Alston RPN, Terry Hutchison RPN, and Executive Director Robert Allen.

The initial meeting was very productive and the following is a brief outline of the work that will be undertaken by the participants and the Consultant prior to the next meeting in May.

Key points from the RPNAS/ NEPS resolution committee meeting of March 18th and 19th, 2004 included:

- RPNAS expressing its interest in working collaboratively with NEPS in the resolution of the current position between the two bodies.
- The development of draft #3 Terms of Reference to be circulated to RPNAS/ NEPS resolution committee members in the next two weeks.
- Dialogue regarding the current NEPS curriculum model of nursing education with graduates choosing which regulatory body registration exams they would sit at the end of their program.
- Dialogue regarding the establishment of a separate psychiatric nursing stream within the NEPS curriculum model that students would identify at the beginning of the program with targeted seats for psychiatric nursing as a separate stream from the general nursing stream.
- Clarification that the 2001 program approval was based upon the RPNAS 1993 competencies and not the Competency Profile for RPNs (2001) Saskatchewan Version.
- Dialogue about the program criteria for approval and the criteria that were met, partially met, and not met.
- Dialogue about being unable to meet the 1:7 RPN to RN faculty requirement based on University policy re: tenured faculty positions. NEPS reports that RPNs with Doctoral preparation have not applied for positions on faculty. NEPS acknowledged one RPN with a Doctorate being considered for a faculty position???
- Dialogue about the consultant conducting a GAP analysis in relation to the NEPS program outcome (competencies) and the RPNAS 1993 competencies, with the 2001 program evaluation as the central reference document
- NEPS to share program philosophy, curriculum conceptual framework, program goals and outcomes, and curriculum guidelines with RPNAS committee representatives for the purpose of reviewing documents; reviewing the program evaluation report and recommendations, and offer recommendations for addressing the limitations of the curriculum in order to meet the program approval criteria re: curriculum.
- NEPS expressed its interest in working collaboratively with RPNAS in the resolution of the current position between the two bodies.

Continued on Page 4

Executive Director's Report

Continued from Page 3

The ongoing work that is seen as priority includes the following;

Collaborative Environments- working with the SRNA and SALPN to ensure understandings and processes that lead to all professionals working to full scope of practice. Working together allows for sharing and pooling of resources and results in better outcomes for all.

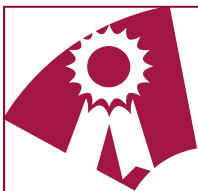
Mental Health Sector Study – ongoing review of the recommendations of the Conway Report with a goal of ensuring effective services and resources in the Mental Health Sector.

Primary Health Care – a variety of working groups and activities to build support and resources in a Primary Health Care system. Many new and innovative practices are being developed and this will continue to increase.

The ongoing internal work has been demanding but very satisfying. Our new website www.rpnas.com has been a great success and we will be launching phase two in April 2004. This will be announced in a communiqué within a few weeks and we are hopeful that a large percentage of members will register for this exclusive site. The possibilities are endless.

I remind you that RPN day is May 10th which officially starts Nursing week in Saskatchewan. We encourage all Branches to celebrate the day and the week in some manner.

Please plan to attend our AGM in North Battleford this year. We are looking forward to a great time and the hospitality of our members from North Battleford. We hope to see you there.



Acknowledging the Important Contributions of RPN's

The RPNAS is calling for nominations for the RPN Award. This award is presented to Registered Psychiatric Nurses nominated by their peers and selected by a selection committee.

Intent of the Award

1. To acknowledge contributions of RPN's to the profession in specific areas of the profession and community service.
2. To provide public recognition which will enhance the image of the profession.
3. To inform the public of services and contributions made by RPN's.

Eligibility

The nominee, nominator and seconded must be members in good standing (active practicing or non-practicing status) with the RPNAS.

Criteria

RPN's who have contributed to the profession in one or more of the following ways:

1. Promoted awareness of mental health and human service issues.
2. Contributed in other areas deemed appropriate by nominator, seconder.
3. Demonstrated leadership within an area of service delivery.
4. Contributed to the furtherance of Association goals, objectives and ac-

tivities.

5. Demonstrated leadership within the professional association.
6. Developed and/or implemented innovative programs.
7. Written and published major papers articles, books or pamphlets that benefit the profession, clients, health care workers and-or the general public.

Deadline April 30, 2004

Applications for nominations are available from Central Office. Call Shayna at 306-586-4617 or email scoward@rpnas.com to request a form. The deadline for receipt of all nominations for RPN Awards is **April 30, 2004**.

Direct Payment Plan

For those RPNs enrolled in the Direct Payment Plan for payment of their 2005 fees, please remember that payments will commence April 15, 2004.

**SPOTLIGHT
ON****BARBARA WILSON, RPN**

The contributions that Psychiatric Nurses make to their clients, in the workplace and in the community are often taken for granted. The Registered Psychiatric Nurses Association of Saskatchewan would like to draw attention to and applaud the contributions made by its members. The *Spotlight On* column will become a regular feature of the RPNEWS. For it's first spot we thought it would be appropriate to highlight the accomplishments of our Registrar, Barbara Wilson, RPN.

Barbara took her psychiatric nursing training at Riverview Hospital in Essondale, BC (and later obtained her Certificate in Health Care Administration at the University of Saskatchewan). She was an RPN in British Columbia until the early 80s when she, and her family, moved to Saskatchewan. She has been an active member of the RPNAS since 1984.

After relocating to Saskatchewan, Barbara began a lengthy and rewarding career with Regina Pioneer Village. Here, Barbara designed, directed and piloted one of the first Adult Day Program for cognitively impaired seniors in Saskatchewan. Her initiative and strong leadership skills made this program an integral focus for Regina Pioneer Village and beyond into several other facilities across the province.

In 2002, after many years of commitment and a long list of accomplishments with Regina Pioneer Village, Barbara retired from her position there. When the position of Registrar with the RPNAS became available, Barbara knew this would be a good fit. Not only did she have valuable skills to bring to the RPNAS, she was eager to take on the challenges this position would face. Not quite retirement after all, but at half time Barbara would have more time to

spend on her other pursuits.

Speaking of other pursuits, Barbara's involvement in the community and with other associations throughout her career has been significant. She has served on several boards – the Regina Paratransit Committee, Alzheimer Society of Canada and the Alzheimer Society of Saskatchewan (past president). She has given presentations at several conferences and for several organizations on the provincial, national and international level. Barbara's involvement with the RPNAS, prior to taking on the Registrar position, has also been significant, serving on the Legislative Committee, presenting at an RPNAS conference and being honored with the RPN Award for Nursing Education. Barbara also received the Governor General of Canada Commemorative Medalist Award in recognition of significant contributions to "Compatriots, Community and to Canada". She was also nominated for the YWCA Women of Distinction Award in the field of Health Care. This past October, she joined me in the Run For the Cure for breast cancer research.

I have had the pleasure of working with Barbara at the RPNAS for close to two years now. The dedication, optimism and professionalism she brings to the Registrar position and to the association has been extremely valuable. Barbara took on this position at a time when the RPNAS was, and still is, facing many challenges. Along with Council, the Executive Director and myself, she has faced those challenges with a positive attitude and the determination to succeed. Barbara has become an integral part of this team and we look forward to her continued contributions to the association.

Submitted by Shayna Coward, Office Manager

If you have a **SPOTLIGHT ON** submission for our next edition or know of someone you would like to see recognized in this column, please forward the information to Central Office.

REGISTRAR'S REVIEW

- Barbara Wilson, RPN -



PSYCHAITRIC NURSING R-ENTRY PROGRAM

Abraham Lincoln said, "WHATEVER YOU ARE, BE A GOOD ONE"! I couldn't help but think of this quote as I marked the Examinations of those folks who have written our exam over this past year and in particular those Psychiatric Nurses who have completed the Psychiatric Nursing Re-entry Program by Distance. What a grand group of Psychiatric Nurses they are! At times, against many trials, interruptions and just daily living, they persevered, completed the course and EXCELLED. The marks that these nurses obtained is a credit to their own dedication but also, pays tribute to the Course Content, Instruction and the Instructors themselves at SIAST.

Our staff wish to offer CONGRATULATIONS to all those who are apart of this learning initiative and to those Psychiatric Nurses who have significantly ACHIEVED, are REGISTERED and are now, making a huge contribution to the people we serve in our Province.

The Psychiatric Nursing Re-Entry Program by Distance through SIAST offers "REAL LIFE LEARNING" and truly does strive for "EXCELLENCE IN NURSING EDUCATION". For further information on 'RE-ENTRY' call our office or SIAST.

MH-OASIS PROJECT (Mental Health among Older Adult: Social, Intellectual, Spiritual)

As you will recall, this is a project that we partnered with Mental Health and several other agencies. This study is going to print and will be published within the next few days. Jayne Whyte, Project Facilitator, will be doing a Poster Presentation at the World Congress for Psychiatric Nurses in Winnipeg, May 7-8, 2004 on her findings. She has also been asked to present at several other conferences, as the issues coming out of this study on Mental Health consumers as they age are huge. Those of you who will be attending will not want to miss her presentation.

EDUCATION ADVISORY COMMITTEE

This dedicated group of your RPN colleagues continues to work diligently on your behalf at the 3 year evaluation of our Continuing Professional Development. As we know, this initiative has become a national priority. The College of Registered Psychiatric Nurses of Manitoba has just recently released their program to their members. B.C.'s Health Professions Act requires that the College of Registered Psychiatric Nurses maintain their Continuing Competency Program which has been in place since March 2000. Alberta is presently working to establish their Continuing Professional Development Program. We are gathering from talks with other Regulatory Bodies that they either have or are working to establish a Competency Program for Professionals in their jurisdictions. Having said all this, RPNAS will be providing further updates as this CPD process goes on.

Looking forward to seeing you all at WORLD CONGRESS, in Manitoba and, of course, our RPNAS EDUCATION Day and AGM in North Battleford.

Open Forum Discussion

An opportunity will be provided for members to raise issues of concern through an Open Forum at the Annual Meeting June 8, 2004.

Specific time will be set aside for 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 chairperson, after written submissions are discussed and considered, and will be subject to the time limit identified in the rules of order.

An application for Discussion Request is available from Central Office and must be returned no later than May 1, 2004.

SASKATCHEWAN HEALTHCARE EXCELLENCE AWARDS (SHEA)

The Saskatchewan Healthcare Excellence Awards recognize those in healthcare who have shown excellence in their field, commitment to their work and respect among their peers and the public.

The SHEA banquet and award presentation was held on January 30, 2004. Although no RPNs were directly nominated this year the field of mental health was well recognized.

RPNAS would like to congratulate the Randall Kinship Centre, Carole Eaton, Executive Director of Phoenix Residential Society and Dr. Charles Messer, psychiatrist, on receiving this distinguished award.

RPNAS was pleased to offer its support once again to SHEA by sponsoring a table and attending the banquet and awards ceremony. We are also pleased this year to help members of the Randall Kinship Centre team attend the ceremonies by donating two tickets.

STELLAR AWARDS FOR QUALITY

The Health Quality Council developed the **Stellar Awards for Quality** as a way to recognize and share the achievements of individuals and organizations promoting quality improvement in Saskatchewan.

We are pleased to congratulate the GROW Pathway Development Program for receiving the Stellar Award in the category of Quality Improvement Champion.

The focus of this new program is providing better treatment for patients with personality disorders. The Regina Qu'Appelle Health Region mental health team found that about 35% of their patients had a personality disorder but there was no clear or specific program to treat them. The mental health team identified best practices which they used to develop the GROW model.

GROW is an acronym for Goals-Reframe-Options-Wellness and is the framework for the clinical pathway. It involves patient education and more timely intervention. Patients are involved right from the beginning, through a patient-team agreement, It sets out what the team is willing to provide and what the client is willing to do. Patients in the program spend seven days in the hospital then are connected with a community worker. Clients identify areas they need to work on and are provided with educational materials to guide their work.

The GROW program began last year with 26 patients and has already experienced success. Patients response to the program has been positive and the average length of hospital stay has been decreased by two days.

GROW was recently invited to present at the World Congress of Psychiatric Nurses in Winnipeg.



Please attend the RPNAS Annual Meeting and Education Days to learn more about the GROW Pathway Development Program.

GROW team members are (RPNs listed in red): **Giselle Burnay**, Sue Grandish, **Candace Alston**, **Sue Krogsgaard**, Dwight Nelson, **Dan Fraser**, **Jean Nelson**, **Ruby Tuharsky**,

Not in picture: Dr. Verma, Brenda Burt, **Marcie DeBaets**, Lori Carlson, Judith Chuika, **Jeff Gibson**, **Roberta Jors** and John Labatt.

Saskatchewan's nurses: knowledge and commitment

SIAST's Nursing Division salutes Saskatchewan nurses for their knowledge and commitment to the people they care for and to the profession. Through knowledge, expertise, compassion and decision-making, nurses contribute to quality of life and quality of health care. And through support, mentoring and coaching, they make a significant contribution to the education of our nursing students.

At the Nursing Division, we're proud to advance the nursing profession through excellence in education – both for a new generation of nurses and through continuing education for practicing and returning professionals.

SIAST's Nursing Division offers the following programs:

- **Nursing Education Program of Saskatchewan (NEPS)** in collaboration with the First Nations University of Canada and the University of Saskatchewan (degree)
- **Practical Nursing** (certificate)
- **Continuing Nursing Education Programs**
 - Primary Care Nurse Practitioner (advanced certificate)
 - Basic Critical Care Nursing (advanced certificate)
 - Gerontological Nursing (advanced certificate)
 - Perioperative Nursing (advanced certificate)
 - Nursing Re-entry (applied certificate)
 - Practical Nurse Re-entry (applied certificate)

- Psychiatric Nursing Re-entry (applied certificate)
- Basic Diabetes Education for Health Care Providers (applied certificate)
- Advanced Diabetes Education for Health Care Providers (advanced certificate)

For more information visit our web site or contact:

| | |
|---------------------------------------|--------------------------|
| NEPS Kelsey Campus, Saskatoon | 306-933-8056 |
| NEPS Wascana Campus, Regina | 306-798-8040 |
| Practical Nursing | 306-798-9794 |
| | or 1-800-667-7730 |
| Continuing Nursing Education Programs | 306-798-3560 |
| | or 1-800-667-7730 |

For more information on teaching opportunities contact the office of the dean of nursing at 306-933-8437

www.goSIAST.com

SIAST
Putting knowledge to work.

Street Drugs, Alcohol and Schizophrenia.....What is the Connection?

Will be the theme of the Spring Conference hosted by the Schizophrenia Society of Saskatchewan Inc.

Friday May 14, 2004

Hotel Saskatchewan Radisson Plaza

Registration Fee: \$50 non members—No charge for members

Contact: SSS Inc. Box 305 Regina, SK S4P 3A1 306-584-2620 sssprov@sasktel.net

The Saskatchewan Psychiatric Association is Please to Present:

Iceberg on the Horizon:

Improving the Quality of Life for Older Adults

Thursday April 22, 2004 7:00 pm - 8:30 pm

Auditorium—Wascana Rehabilitation Centre

Speakers: Kathleen Thompson, Schizophrenia Society of Saskatchewan
Jayne White, Canadian Mental Health Association

Moderator: Carla Bolen, Manager, Mental Health Promotion, Mental Health & Addictions Services
Regina Qu'Appelle Health Region

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