Message from the Dean

I am pleased to send greetings to our Alumni once again. It has been a productive year and I am happy to share this information with you.

This year at Homecoming we have an event planned with Dr Anne Katz, an Adjunct Professor with the Faculty and Sexuality Counselor at Cancercare Manitoba, who will speak and reflect on the many and varied roles for nurses. This event will be followed by a small reception. Should you attend this Homecoming event, we will be happy to update you on the master’s program and plans for the doctoral program to open to the first students in 2011, as well as our research and plans for the undergraduate curriculum revision.

Last spring, our first group of students and staff went to China on the first exchange program with Sichuan University. This was followed by a visit to the Faculty by our Chinese counterparts in the fall. Another group of students will be travelling to China this spring.

The Faculty Enhancement Fund 2010 is directed to supporting doctoral Fellowships and Dr. Bill Diehl-Jones has taken the initiative to stimulate faculty giving. We are working with Advancement and Development Services at the University of Manitoba to set up a site for Alumni and other donors to support our doctoral students as well.

In this issue of Transitions, you will also find a story about Peres, an African nursing student in Kenya that the students and staff are sponsoring. The Faculty is engaged in many new and exciting activities!

Finally, I would like to establish closer links with Alumni. As it so often happens, classes have organized events for themselves and this is a wonderful thing! I would appreciate your opinions about how to bring an Alumni Association together to benefit all of you and to maintain strong links with Faculty. I have appended my e-mail mail below so please send ideas along!

Alternately, as the Alumni attending our Faculty event last year requested, we have a web site for communication with the Faculty. Go to our home page atumanitoba.ca/nursing and follow the Affiliations link.

We have recently heard from two of our Alumni who have had some interesting experiences, as you can see in their stories in this newsletter. We would love to hear from you, so keep in touch!

Dauna Crooks, RN, DNSe
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The Master of Nursing program (exclusive of the Nurse Practitioner stream) was revised and approved by Senate in January, 2009. There are three streams available to students: i) administration, ii) education, and iii) clinical practice. The intent of the curriculum focuses the student on admission to the program and provides flexibility for students to develop in-depth knowledge in their substantive area of practice as they move through the program. Furthermore, the curriculum is designed to allow for individualization of students’ learning and choices which acknowledges their experiences and expertise, while moving them to a deeper understanding of their practice.

Core courses in research methodologies, evidenced informed practice, science and theory, and role development enable students to explore the literature related to their focus in each of these courses. A practice course at the end of the program connects the students with a preceptor in his/her area of practice. In this practice course, students who choose the thesis option are able to develop and refine their proposal so they are ready to move to proposal defense shortly after conclusion of the course work. Students who choose the comprehensive examination option are required to take an additional 6 credit hours of course work (27 credit hours in total) to support their focus. Faculty are working on the development of all core courses for blended delivery which will better meet the needs of students who work full time or do not live in Winnipeg. In this delivery format, students will come to the University for some classes, but most of their course work will be online.

A proposal for a PhD program in Nursing is currently under review by the Faculty of Graduate Studies. The purpose of the PhD in Nursing program is to promote the development of outstanding researchers who will engage in programs of research that will positively influence the health and health care of populations. In addition, graduates of this PhD program will be known as leaders in nursing research and will contribute to the vision of the University of Manitoba to be among the best universities in Canada. For many years the development of a PhD Program in Nursing has been part of the vision of the Faculty of Nursing. As the province’s leading research-intensive nursing education institution, the need for a PhD program in nursing is imperative to sustain and further develop the Faculty’s research capacity, support the foundation for the academic excellence of educational programs both at the undergraduate and graduate levels, and provide leadership in knowledge translation to nursing practice. The goal is to have an intake of 5 students to the PhD program in the fall of 2011.

If you would like more information about the Faculty’s graduate programs, please check our website at umanitoba.ca or email us at nursing_info@umanitoba.ca.

Giving Opportunity

The Faculty of Nursing’s current main priority is to raise funds for graduate student support. The Faculty is preparing to launch a Ph.D. program, and graduate fellowships at the doctoral level will help attract and retain outstanding doctoral students. For more information on giving, please go to http://umanitoba.ca/admin/dev_adv/where_give/index.html.
The University of Manitoba Faculty of Nursing is the province’s leading research-intensive nursing education institution. Several of our researchers are internationally recognized as leaders in their fields whilst others are developing and strengthening their respective research programs. The Manitoba Centre for Nursing and Health Research (MCNHR), housed within the Faculty of Nursing, has as its Mission: To create an environment that promotes and supports the conduct, dissemination and uptake of collaborative nursing and health research to benefit the health of Manitobans and beyond; and as its Vision: Members of the Manitoba Centre for Nursing and Health Research will be recognized for excellence and leadership in nursing and health research provincially, nationally and internationally.

Research Foci
The Faculty of Nursing has identified a number of major thrusts for research and research training based on the current research activity of our researchers, all of which occur within the context of population and public health to improve patient care.

**Professional Foundations:** Current research in this area includes theoretical and applied investigation of interprofessional education, ethics and decision-making, nursing worklife, informal caregivers, the history of nursing education, and student mental health, among others.

**Interventions:** Examples of research in this area include: using a social assistive robot with long-term care residents; developing and testing of a computer video-game for assessing and managing symptoms experiences of children with cancer; sequelae of breast cancer treatment; components and safety of breast milk; and the development of tools to assist self-management in individuals with mental illness.

**Health Services:** Examples of research in this area include examining services related to such topics as prenatal care among inner city women; parents living with mental illness; individuals living with developmental disabilities; aboriginal access to healthcare; and emergency mental health.

**MCNHR Services**
The MCNHR has a mandate to support and enhance the research and scholarly activities of members of the Centre and graduate students. Services available on a fee-for-service basis include: statistical support and research consultation; literature search and retrieval; assistance with grant development; management of research grant accounts; consultation and preparation of documents for ethical approval and institutional access; and preparation of reports, posters, and presentations. The MCNHR also oversees the competitions for the MCNHR Research Grant, the Fort Garry Royal Canadian Legion Poppy Trust Fund Grant, and the Kathleen and Winnifred Ruane Graduate Student Research Award. The Centre sponsors the Research Seminar Series (also available by TeleHealth), the Dr. Helen Glass Researcher in Residence Program, and Professional Development Series.

If you are interested in finding out more about the MCNHR, call Lisa at 474-9080 or visit our website at umanitoba.ca/nursing/research/mcnhr.
The Faculty of Nursing is in the process of reviewing the four year undergraduate program curriculum. At the end of 2009, a committee of faculty, students and external stakeholders was struck to consider the needs and activities required to evaluate the current undergraduate program at the Faculty of Nursing, University of Manitoba.

The rationale for curriculum reform at this time was based on:

- Professional trends for nurses to increasingly take on their roles as ‘knowledge’ practitioners who provide service based on the best evidence from physical and social sciences in increasingly complex settings, and advocates for healthy social policy and social justice especially in the populations of marginalized individuals and communities;
- Health care changes in illness complexity, lifestyle stressors, service priorities and delivery models in Manitoba, along with the established trend toward primary care community based care and population health;
- Advances in the development and delivery of knowledge to students and emerging professionals, where conventional teaching can be enhanced by transformational and interprofessional strategies;
- Significant time has elapsed since the last full curriculum reform took place, and newer methods of student development and evaluation warrant consideration.

A report from the committee retreat includes the following strategic directional considerations:
1. Immediate decisions to be undertaken (program length and layout)
2. Short Term (12 months) activities (endorsement of the conceptual curriculum and planning elements, communication plan, course review/development, admission criteria, delivery/teaching considerations, admission criteria, evaluation strategies)
3. Midrange (next 6 months) activities (faculty development plan, ongoing communication, special streams of applicants, Year 1 course detailing)
4. Longer Term (2012-2015) activities (Years 2-4 detailing, administrative processes, transitional plan)
5. Infrastructure considerations for successful achievement of the overall task.

The report and all updates will be posted on the Faculty’s website. Please follow the CDC Curriculum Development link on our home page. You may also send your feedback/suggestions/comments to the committee at nursing-cdc@lists.umanitoba.ca.

**Visit by Students from China**

The Faculty of Nursing hosted a group of six students and two instructors from Sichuan University, Chengdu, China. The students and instructors were here on a return visit after nursing students and instructors from the Faculty had visited them on an exchange in the spring. The visitors participated in Faculty of Nursing classes and learned about the Canadian health care system as part of an exchange program that the schools established in 2007. When not on campus, the nursing students toured city health facilities, including hospitals and community clinics, met the lieutenant-governor, and visited Siloam Mission. The visit began on September 28 and the students flew home on October 10.

A new group of students and instructors from the Faculty will be leaving for China in April.
In the spring of 2003, I completed a Bachelor of Nursing degree from the University of Manitoba. Immediately, I started a full-time position as a registered nurse on the High Risk Labour and Delivery ward at Health Sciences Centre. I was so excited to be working as a labour floor nurse, as well as happy to have a “real” income after seven years of post-secondary education (I completed a Bachelor of Arts from the University of Winnipeg in 2000). I spent two years working full-time at HSC, and have since continued to have a casual position on the ward. It was fabulous to be employed on the same ward that I did my senior practicum as I was able to transition from a nursing student, to a graduate nurse, and then to a registered nurse. I gained a solid basis of obstetrics experience here, including training as an obstetrics theatre nurse.

I had always wanted to work with MSF (Medecins Sans Frontieres/Doctors Without Borders) and knew that I must expand my work experience. I wrote the US nurse licensing exam and spent two years working as a travel nurse in California, Nevada, and the US Virgin Islands. Although this may sound quite exotic, I chose placements where I could gain experience to use overseas. For example, I worked at Martin Luther King Hospital in the Compton/Watts area of Los Angeles. This is considered one of the most violent areas in the United States. Our hospital had a police station inside as gang members made up fifty percent of the patients admitted. Although I was not working in a developing country, I was exposed to situations that helped prepare me for my career with MSF.

In the spring of 2007, I was accepted by MSF and left for my first mission in Southern Ethiopia, near the border with Somalia. It was an amazing experience, even with the evacuations and bomb blasts. The solid base of assessment skills that I developed through my U of M nursing education allowed me to be flexible to diagnose and treat patients with little but a stethoscope, blood pressure cuff, and a fetoscope. After my first mission, I was offered a position working in the medical clinic on board the Crystal Serenity Cruise Liner (considered one of the most luxurious ships in the world). As an officer on the ship, you have the same privileges as the guests. Although I enjoyed my experience on the ship, it was a difficult transition from poverty to luxury, so I decided to return to Canada. I took additional training so I would be able to work as a nurse/midwife with MSF. I have continued to work with MSF as a nurse/midwife, in Somalia, Darfur, and in India. As I am always trying to develop my nursing skills, between my assignment in Darfur and my project in India, I worked for eight months in Northern Manitoba at a nurse’s station. Now, I am able to assist with all of the medical programs MSF provides.

This spring, 2010, marks seven years that I have worked as a registered nurse. I have travelled the globe, working with so many different and amazing individuals. I definitely recommend nursing to anyone who desires an adventure in his or her life. After I complete my assignment in India, I plan to return to Canada and work as a flight nurse, before I start my Masters of Public Health and Tropical Medicine in Australia.

Wendy is currently working as the project coordinator for an educational exhibit that will be put on by MSF in Central Canada.
Truth be told, I have often been overheard by my fellow classmates stating that I truly feel the difference between training to become a nurse and training to become an officer in the Canadian Forces (completing boot camp) is a very fine one. This was usually said directly after returning from boot camp and at the start of a new school year. While said with a bit of tongue in cheek humour, there may not be in fact, any difference at all. After having experienced both, I feel I am qualified to say there is a definite parallel between them and that the principles and concepts held by each is truly one and the same.

With fresh eager minds, university students and officer cadets alike, arrive on the proverbial doorstep. While a doorstep in a literal sense, in reality, it is a step in life. Regardless of being a student or an officer cadet, that first step is one full of wonder, excitement, and fear all at the same time. It is a launch pad into another world, and without conscious awareness it is about to change our life in some way, shape, or form.

Just as every new experience nurtures growth, a true leader nurtures growth as well. Granted, while military training can be known for offering its own unique style of “nurturing” (I can still hear “Come on Officer Cadet Jesso...my 72 year old grandmother can run faster than you!”). Our leaders, both military and civilian, had been “in the battlefield” before us and the experience and knowledge that they brought forth was well recognized and respected. Whether in training to become a nurse or an officer: we are not here for ourselves, but for the persons in our care. While the type of clientele may differ, the fundamentals taught to us remain the same. Compassion prevails when a nurse holds the hand of a woman about to go under a general anaesthesia for a radical mastectomy back home in Canada, and when a military nurse is holding the hand of a soldier about to go under anaesthesia for an amputation of his leg from an improvised explosive device (IED) blast in Afghanistan. Civilian or military, each is in a personal war zone, for pain and anguish do not discriminate, nor do they have any borders.

Since my tour in Afghanistan began on October 1, 2009, I have had unique experiences: experiences in which I know we are extremely grateful for not having to experience back in our country. When asked what it was that I “hoped to accomplish” during a personal interview with my course officer Capt Bolduc (now Major Bolduc, an officer and a person I have a great respect for) during my Basic Officer Training Program (BOTP) in 2005, I replied that I hope to “make a difference”. This was not a cliché nor have these words I spoke wavered for me. They have only grown stronger. I make a conscious effort every day to make those words a reality as it was not only a promise to him, but to myself, and a promise to those in my care, patient or not. I have found my purpose. I feel honoured and privileged to have the opportunity to be taking care of my fellow Canadian soldiers, soldiers from all other nationalities and civilians here in Afghanistan and I am equally honoured to be able to do so back home in Canada. Aunt Jean...I am taking “very good care of your boys” (and women now too). A promise I made to you.

While situations in a war zone will be different from those at home, I feel there is a common thread that military and civilian nurses share: We all hope we “make a difference”. I feel that these are the ties that bind nurses together; these are the ties that bind my military and university training. And these are the very same ties that make us not so different after all.
Making a difference during the H1N1 pandemic... Nursing students respond to the call

In early September, the WRHA Population and Public Health (PPH) team asked for assistance to prepare for the impending H1N1 pandemic. A total of sixteen 4th year students in NURS 4430 (Clinical Nursing Practice VI) were assigned to the PPH team to focus on community education related to the pandemic. The students were dubbed the “FluCru”.

Students and staff also volunteered in the regular flu and H1NI vaccination clinics.

Guest Professor of the ISCM-H

Dr. Ruth Dean was awarded the special academic title of Guest Professor of the Higher Institute of Medical Sciences of Havana (ISCM-H), Cuba. In the ceremony, headed by Dr. Jorge González Pérez, Rector of the HIMS-H and Master Deysi Berdalles, Registered Nurse and Dean of Lidia Doce Nursing Faculty, where the event took place, Dr. González highlighted the hard work done by Dr. Dean to get approval for the project “Strengthening of the nursing practice in Cuba through education and investigation”.

Peres Opar

Peres Opar is an AIDS orphan attending nursing school in Kenya with the help of staff and students at the Faculty of Nursing. The Faculty heard about Peres through a graduate student from Kenya who sells arts and crafts from Kenya to support a group of AIDS orphans. She approached the Faculty to say that one of the orphans was interested in studying nursing and asked if the faculty and/or students would consider sponsorship. Peres began Nursing School at Nyabondo Training College in Aug 2008 and she is currently completing her second year of studies in the school.

Her tuition and support are approximately $4000.00 per year but there are often additional expenses for unforeseen needs. To raise funds for her sponsorship, staff and students have donated money and organized various fund-raising events, including a recent “Pasta for Peres” lunch and the raffling of donated items by staff. The next fund-raising event is a sale of used clothing donated by staff and students, with all items for sale at $1.00 a piece.

If alumni would like to support this initiative, donations would be welcome. Cheques should be made to University of Manitoba, marked for Kenya Nursing Student Support, and mailed to Advancement Services, 179 Extended Education Building, University of Manitoba, Winnipeg, R3T 2N2. Be sure to include your full name and mailing address as a tax receipt will be sent by postal mail.
Homecoming Invitation
The Faculty would like to invite all alumni to a presentation by Dr. Anne Katz:

Not “Just a Nurse”: Exploring the Boundaries of a Modern Nursing Career

From nurse-midwife in South Africa to published author and editor, Dr Anne Katz is currently an Adjunct Professor with the Faculty of Nursing at the University of Manitoba, and sexuality counselor at CancerCare Manitoba. She has published many articles in the nursing and medical literature, and chapters in books. She is also the author of 5 books, with a 6th underway.

But what she is most proud of is being a nurse, and not “just a nurse”.

Please join us to hear Dr Katz reflect on the many and varied roles for nurses - all of them challenging and meaningful.

Date: Friday, September 24, 2010
Time: 2:00 - 3:00 pm
Place: Room 370, Helen Glass Centre for Nursing

Coffee and dainties to follow presentation in Room 202. RSVP: 474-7452 by September 10, 2010

Dr. Helen Glass Researcher in Residence
The Research in Residence program was created to promote excellence in nursing research in the Province of Manitoba, by inviting researchers to visit the Faculty and be available to the nursing community. The choice of researcher is based on the current needs of the Faculty.

The Faculty of Nursing is pleased to announce that Dr. Margarete Sandelowski, Cary C. Boshamer Distinguished Professor, Faculty of Nursing, University of North Carolina at Chapel Hill will the 2010 Dr. Helen Glass Researcher in Residence.

This event will be held from May 18-21, 2010. Faculty, Students, and interested members of the professional community can book a consultation with Dr. Sandelowski by calling (204) 474-9080. For more information, please check the web at http://www.umanitoba.ca/faculties/nursing/research/484.htm.

For more information about Homecoming 2010 or if you wish to plan a reunion for your class, please check the information at umanitoba.ca/alumni/homecoming/ or call the Alumni Association at (204) 474-9946, toll-free, 1 (800) 668-4908.

Keep in Touch
We are in the process of developing a web page to keep Alumni informed. Please check the page by going to the Faculty’s home page at umanitoba.ca/nursing and follow the Affiliations link. To receive e-mails of events in the Faculty, please subscribe to nursing-alumni@lists.umanitoba.ca.

If you have any suggestions on how we can keep you informed or what you would like to see on the Alumnii web page, please email us at nursing_info@umanitoba.ca.