Update from the CAPWHN Board of Directors

Recorded Webinars Available
Webinars are now back online and available to CAPWHN members again. Thank you for your patience as we worked through these technical challenges.

Our most recent webinar was on January 25th, 2017, and titled “Spontaneous Labour Matters—Evidence Based Practices” and reviewed the updated Clinical Practice Guideline from the SOGC.

Recent Activities on Behalf of CAPWHN by Board Members
The New Board for 2016-2017 met briefly during the Calgary conference—we are excited to welcome so many new and enthusiastic board members. Board members have a variety of responsibilities and are listed below. Board member info and pictures are posted to the CAPWHN website.

Regional Directors link to the membership in their geographic area and report to the board about what is happening in their area. Our Regional Director for Manitoba, Saskatchewan, and Northwest Territories is Jodie Bigalky. Additionally, the Regional Directors include: Pam O’Sullivan (BC, Alberta, Yukon) is the Board link to the Advocacy and Health Policy Committee and chair of the Nomination committee; Lisa Bland (Atlantic, Nunavut) is Program Chair for the Halifax conference, has a baby due in March and is putting together the newsletter; Jennifer Marandola (Quebec) is working with the CNA to develop questions for the Perinatal Certification Exam.

Directors at Large have specific responsibilities:
Marilyn Evans is working with Global Health as the link to the Board. Anne Simmonds is working with our Executive Director, Rita, to develop and host our webinars, she also is the Board link to the Research Committee, and Rural and Remote Working Group; Leeanne Lauzon is working on the newsletter and also working on the Halifax conference as co-chair of the Abstract Working Group; Lyndsay Martin is our technology expert and helping with Tweets, Facebook postings and the web page; Catherine Sheffer is a member of the executive, and the Board link /chair for the membership committee. She is also member of the conference planning committee and working hard on the Halifax conference.

The Executive consists of the President Sharon Dore, Treasurer Fabienne Morton, Director At Large Catherine Sheffer, and Executive Director Rita Assabgui. Sharon Dore liaises with SOGC, CAM, SALUS, NANN, CANN, and sits on the CNA specialty nursing group. She is responsible for agendas, linking with outside organizations, and industry; Fabienne works with our executive director on finances, and is responsible for various budgets; Rita Assabgui is our executive director responsible for holding us together, maintaining our financial records, communicating with multiples individuals and organizations, coordinating conference work and much more. Most importantly she provides wise guidance to the rest of us.
The Canadian Association of Perinatal and Women’s Health Nurses (CAPWHN) 6th National Conference was held in Calgary on October 21-23, 2016. There were 236 attendees; with approximately 100 delegates from Alberta and the rest were from elsewhere in Canada. The location of the conference was the Westin Calgary and the weather was terrific!!

The plenary speeches started off with a great interactive workshop that inspired the curiosity of the attendees. Dr. Dorothy Shaw took us on a world tour with recent progress in global maternal and newborn health. Dr. Manon Roger told her awe-inspiring story of how she journeyed from bedside nursing to laboratory.

The Specialty sessions, (2-hour sessions) allowed delegates to have a deeper understanding of a wide breadth of topics including: (a) Enhancing Patient Safety Through Incorporation of Simulation Based Learning, (b) Perinatal Mental Healthcare: Why, When, and How, (c) Intrapartum Fetal Health Surveillance, (d) Non-Invasive Prenatal Testing (NIPT) Based on cfDNA: Possibilities and Pitfalls, and (e) Baby Friendly Initiative – Change is Easy (Said No One). Abstracts were presented in seven thematic areas: (a) Breastfeeding and Milk Banking, (b) Professional Practice, (c) Promoting Health in Unique Populations, (d) Health Services, (e) Innovations in Therapeutics, (f) Safety and Privacy, and (g) Parental Support and Education.

Of the 62 Abstracts presented at the conference, 20 (32.3%) were presented by undergraduate and graduate nursing students. True to the western theme, delegates donned jeans, cowboy hats and kerchiefs and learned how to line dance. After line dancing the night away, energetic delegates arose to play the Brain Architecture Game and learned about the risk factors associated with child and family resiliency.

Of those delegates who completed evaluation forms, 49% had attended a previous CAPWHN Conference. Delegates provided an overall rating of 3.72 out of a maximum score of 4, which is 93% satisfied with the conference. Keep your hats on for next year’s national conference in Halifax, which promises to be even better!

Written by Dr. Karen Benzies and Melanie Basso, Calgary Conference Co-Chairs
Conference Fun Facts (or, what you didn’t know you didn’t know)

Volunteering to work on the CAPWHN Annual Clinical, Education, Research Conference is a lot of fun but also provides the hard working volunteers with new insight about what it takes in time, money, networking and linkages to make the conference come together as an educationally positive experience. We are so lucky to have CAPWHN members who volunteer thousands of hours of their time to organize and host the annual conference. Many associations have a full time conference planner, while CAPWHN’s Executive Director organizes the conference along with the planning committee as a part of her many responsibilities.

Past volunteers have commented that they have learned much about the goings on of the conference by working with the planning committee (e.g., the cost of a conference, the work of recruiting keynote speakers, and planning social events, to name a few). To help you better understand our conference process we thought we would share a few of these insights with our members.

Why do we hold a national conference?

As nurses we have a great deal of information, clinical tips, research updates and creative thinking to share. Look at the discussion forum to see just a glimpse of all the wisdom that comes from across the country. The national conference provides opportunities for sharing and highlighting the great work everyone is doing. It is also provides a chance to network, catch up with old and new friends, learn about new products and also have some fun.

In addition to all of the above, we also make some money to pay the ongoing expenses of running a non-profit association — and it definitely is non-profit. Membership fees cover only a small percentage of our expenses — without the money raised at the conference through registration fees and exhibits, and corporate sponsorship, CAPWHN would not exist.

Why does the conference cost so much money to run?

Conferences cost a lot — here are some of the items that may surprise you:

In order to use hotel or conference space we sign a contract for use of the space – the contract requires us to spend a minimum of many thousands of dollars on food and beverage in order to secure the meeting space.

Food is expensive. For example, at the Westin Calgary, the cost of breakfast was $30-35 per person, and lunch was $40-45. A cold breakfast costs as much as a hot breakfast. The Wild Wild West dinner cost $71 per person for food alone, plus 5% GST and a 20% service charge.

A can of pop or bottle of juice costs about $6 plus tax and 15-20% service charge, so we limit the beverage options to coffee, tea, and water.

Audio Visual (AV) costs are also a huge expense. The cost of AV per breakout room is about $1,000 per day. CAPWHN spends around $25,000 in AV for the conference.

Good speakers cost money in terms of travel, accommodation, honorariums.

Printing costs for the program are significant.

Translation of materials to French or to English cost are several thousand – while CAPWHN internally translates some of the smaller items, we are required to use a formal translation service for most of the materials.

If the opportunity presents—get involved with conference planning—you meet great nurses and have a wonderful time learning more about the conference process.

Submitted by Sharon Dore (President), and Rita Asssabgui (Executive Director)
What’s the deal with the Knowledge Theatre (KT)?

In 2013, CAPWHN created a new option for industry partners to provide educational options to conference attendees. We offer one time slot per conference for this session. It is not accredited, nor mandatory, and it is funded by the sponsor. This is similar to what is done at other professional conferences in order to provide speakers and evidence that otherwise the association might not be able to provide.

In 2013, Johnson & Johnson held a baby shower themed session about the new AWHONN Neonatal Skin Care Evidence-Based Clinical Practice Guideline. Johnson’s brought in Joanne Kuller, Member of the AWHONN Guideline Development Committee, and Neonatal Clinical Nurse Specialist at Children’s Hospital and Research Centre in Oakland, CA to present.

In 2014, Mount Sinai Services held a session regarding Non-Invasive Prenatal Testing, and supported the attendance of Dr. Nan Okun, Maternal Fetal Medicine specialist, Mount Sinai Hospital Division Head and University of Toronto.

In 2016, Kimberly-Clark, the makers of Huggies diapers held a session entitled “Diapering: Why Physiological and Psychological Development Care are Relevant”. The session was presented by Dr. Sharon Dore, CAPWHN President and member of the Huggies Nursing Advisory Council, which consists of expert nurses from the United States and Canada. This group has created an evidence-based diapering protocol, the first such initiative on diapering. Information was shared in the April 2016 CAPWHN Newsletter. This format and KT was also presented at Canadian Association of Paediatric Health Centres, National Association Neonatal Nurses and Association of Women’s Health, Obstetric and Neonatal Nurses.

The sessions are supported through sponsorship, but this does not imply endorsement of specific products by CAPWHN. The topics are approved by CAPWHN and must be educational in nature. The sessions are held in the main plenary meeting room to minimize additional costs, but attendance is completely voluntary.

- submitted by Sharon Dore, President, and Rita Assabgui, Executive Director
National Leadership Spotlights

CAPWHN’s role in guideline development and review

CAPWHN members have played a significant role in the development, review and, when appropriate, endorsement of perinatal and women’s health guidelines. We are often approached by other professional organization to review material at various points in the creation of the material. Some recent examples include:

- **Guidelines for institutional implementation of developmental neuroprotective care in the NICU.**
  Primary author: Isabelle Milette, Sainte-Justine Mother and Child University Hospital Center
  - reviewed, edited and endorsed by CANN, CAPWHN, NANN and COINN.
- **Canadian Consensus On Female Nutrition: Adolescence, Reproduction, Menopause And Beyond**
  Contributing Author: CAPWHN member, Angela Bowen
- **Prenatal Education Modules by Health Nexus** – for review and comment

It is so helpful that members identify their areas of interest/expertise so that when requests are received we can contact members who will provide the support needed to ensure CAPWHN has a voice and visibility in the process.

If you have an interest in involvement in these sorts of reviews, please ensure your “areas of interest/expertise” are up to date on your membership file.

You can also contact Rita Assabgui, our Executive Director, at admin@capwhn.ca

- submitted by Sharon Dore, President of CAPWHN

Regional Networking—Montreal, Quebec

On January 25, 2017 Quebec Regional Director Jennifer Marandola hosted a networking session for CAPWHN members in the Montreal area. Amy Renaud, CAPWHN member and birthing centre nurse at the McGill University Health Centre, shared with the group tales and memories of the volunteer work her and fellow CAPWHN member Meggie Carpél had done in Haiti as a part of "Midwives for Haiti". The group included nurses from several areas of perinatal nursing as well as students interested in pursuing a career in the field. **Our next networking session is planned for June, 2017.** Hope to see you there.

- submitted by Jennifer Marandola, Regional Director, Quebec

To reach Jennifer for future networking events in the Quebec region, please email her at jen.marandola@gmail.com
The 2017 CAPWHN Conference Planning Committee has been hard at work planning the 7th CAPWHN Annual Clinical, Education, Research Conference in Halifax from October 12th to 14th with pre-conference workshops being held on October 11th. This conference will provide educational opportunities where participants can acknowledge and celebrate nursing expertise with a focus on advancing the care of women and their families through:

1. Providing the gateway for networking that facilitates the sharing of knowledge and fosters building collaborative relationships.
2. Enhancing nursing practice and the care of women and their families through the lens of diversity and equity.
3. Exploring strategies and methods that optimize the integration of knowledge and innovation into quality nursing practice to improve quality and patient safety outcomes.
4. Sharing exemplars where research evidence has been meaningfully and successfully translated into nursing practice.

The theme of this year’s conference is “A Gateway for Diversity, Equity, and Innovation”. The call for abstracts is available now, and abstracts can be submitted until February 28th, 2017. The abstract submission form is available by clicking here.

The conference, held at the World Trade and Convention Centre Halifax is situated in the heart of one of Canada’s most vibrant cities, close to plenty of downtown shopping, dining, and entertainment.

Check out the CAPWHN website for more information. We look forward to seeing you in Halifax!

Members of the 2016 and 2017 CAPWHN National Conference Planning Committees share a meal and chat about the important tasks of conference planning. (Photo by: Martine Frigon)
Advocacy and Health Policy Committee

Advocacy and Health Policy Committee – This committee serves to define and address local, provincial and national issues/policies significant to the health of women and newborns. The AHPC strives to create excellence and sustain an environment in which members can work effectively to improve health outcomes for women and newborns.

After transition of the previous chair and recruitment of 2 new co-chairs, the committee began to look at the key initiatives and strategies of the committee. We also hope to build capacity of our committee members through education around advocacy and influencing policy makers. Members have worked on various initiatives over the last few years. Examples include letters to support reinstatement of health care services for refugees; promote establishment of breast milk banks; increase awareness of the impact of maternal obesity with a webinar presentation; and a draft position paper on cultural safety.

New Priorities – increase our knowledge on Advocacy; awareness of the Truth and Reconciliation Commission and implementation of calls to action, including for birth trauma and normalizing birth, and birth in rural communities.

In order to be a well-functioning committee, we need to expand and diversify our membership. If you live in Ontario, Quebec, Nunavut and the Atlantic provinces and are interested in the work we will do – WE NEED YOU! Please contact admin@capwhn.ca to show your expression of interest. If you have any questions, you can contact either Leah Thorp leah.thorp@rqhealth.ca or Janet Walker jwalker@phsa.ca

Submitted by Janet Walker and Leah Thorp

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**RECONCILIATION THROUGH INDIGENOUS EDUCATION**

Are you interested in learning more about Truth and Reconciliation? The Advocacy and Health Policy Committee has shared this course offered through edX and the University of British Columbia with us. It is available for FREE to audit. Click Here to view more information about the course.

“Advancing reconciliation in classrooms, organizations, and communities through the teaching and learning of Indigenous ways of knowing.”

**What you'll learn:**
- Explore personal and professional histories and assumptions in relationship to Indigenous peoples histories and worldviews
- Deepen understanding and knowledge of colonial histories and current realities of Indigenous people
- Engage with Indigenous worldviews and perspectives that contextualize and support your understanding of the theories and practices of Indigenous education
- Develop strategies that contribute to the enhancement of Indigenous-settler relations in schools, organizations, and communities
- Explore Indigenous worldviews and learning approaches for their application to the classroom or community learning setting
- Engage in personal and professional discussions in an online environment with others committed to understanding and advancing reconciliation
What’s Hot on the Discussion Forum

CAPWHN members have been busy on the online discussion forums. These forums cover topics of interest regarding pregnancy, labour and birth, postpartum care, newborn care, women’s health, health policy and much more. These forums are a great way for members to network with others, pose questions, get questions answered, and share ideas.

Here are some highlights of what our members from across the country have been discussing recently:

- **Staffing on Postpartum Units:**
  - Discussion has focused on staff to patient ratios for areas, such as OB triage, L&B, postpartum, and antepartum across the country. Most recently the discussion has surrounded the patient to nurse ratio and the nurse mix (i.e. RN only, RN and LPN/RPN) - of note, most health centres responding seem to have RN only, and a 1:4 nurse:patient ratio.
  - Challenges highlighted include the difficulty of accounting for patient acuity.

- **Use of Cytotec (Misoprostol) and Safe Handling Precautions:**
  - Recent changes nationally to the safe handling of drugs that have classification of either "reproductive toxicity", or "non-cytotoxic hazardous" have spurred this topic to look at hospital guidelines for when, and how Misoprostol is used, handled, and/or disposed of.
  - The NIOSH 2014 guidelines were shared and are available at https://www.cdc.gov/niosh/docs/2014-138/
  - This is an active discussion topic so stay tuned to more discussions on this as policies change across the country!

- **Length of Stay audits for postpartum areas**— interesting to see what is happening across the country.
  - At the 2016 CAPWHN Conference, length of stay was a topic presented by the IWK Health Centre’s Cynthia Mann and Erin Fiander ("Reconsidering Discharge From an In-Patient Postpartum Unit: Trying to Reach an Appropriate Length of Stay"), and by Sunnybrook Health Sciences Centre’s Monica Nicholson and Carrie Winslade ("Day One Discharge for Caesarean Sections")

- **Other hot topics that are new this month and just getting started:**
  - Early Pregnancy Loss and Compassionate Care in the Emergency Department
  - Scrubs for nurses in Labour and Birth Units
  - Perineal Care in PACU post Caesarean Section
Immunize Canada

Introduction to Immunize Canada  (Immunize.ca)

I had the privilege of representing our association at the Immunize Canada Annual General Meeting last November in Ottawa. I am currently working as a Nurse Educator at The Ottawa Hospital Family Health Team, where vaccine preventable diseases are a very important focus. It was amazing to meet a room full of professionals from a host of national organizations who are all passionate about promoting excellence in this area of preventive health care.

As we were entering flu season, I learned about a number of interesting resources, specific to promoting the flu vaccine in our population. Hopefully you received and reviewed the email that was shared with our members with the list of these resources.

Going forward, Immunize Canada is interested in learning how they can better support our members in promoting immunization. For instance if questions arise - would it be helpful to send those forward and an evidence-based response can be provided. There are still many myths and other barriers that prevent women and families from embracing immunization. In the immunization world this is called - vaccine hesitancy - and creative, respectful approaches are necessary with women and families. I would welcome your ideas as to how Immunize Canada can support you in your practice. Please don’t hesitate to contact me at:  vbassett@toh.ca

APP UPDATES

One last note – you may be familiar with the app that can be downloaded for individuals to track their immunization status. This app is being rebranded as CANimmunize and should be launched in the near future. Check it out at:  http://www.canimmunize.ca/en

Prepared by: Vicki Bassett, CAPWHN representative to Immunize Canada

UPCOMING: National Immunization Awareness Week


#VaccinesWork
#GetVax
#CelebrateVaccines
#NIAW2017
Flu Season Resources for CAPWHN Members

Did You Know?
Flu Season peaks between December and March, although in some regions influenza can occur through to May!
(https://www.cdc.gov/flu/about/season/flu-season-2016-2017.htm)

Flu Resources Shared with CAPWHN Members (November 15th, 2016)

As a new member of Immunize Canada, CAPWHN felt it was important to share resources regarding the flu. CAPWHN’s representative to Immunize Canada, Vicki Bassett from Ottawa, pulled together some resources for your reference. Please let us know if you have any questions.

Canadian Paediatric Society – Practice Point:

Flu season is upon us. The Canadian Paediatric Society continues to encourage annual influenza vaccination for all children and youth ≥6 months of age. A new flu vaccine video, produced in partnership with the Eastern Ontario Health Unit, is now available on the Caring for Kids website. It is a timely resource to share with colleagues, parents and caregivers. The video addresses three common myths about the flu vaccine and reinforces the importance of getting the shot each year to protect yourself and others.

Public Health Agency of Canada Resources with information regarding pregnant women:

Healthcare Providers Seasonal Info Pocket Guide (excerpts from the NACI Guidelines)

Flu Fact Sheet

Immunize Canada products:

Lower Your Flu Risk (pregnancy poster)

Planning a Pregnancy?
Why did you join CAPWHN?

“I joined CAPWHN after I attended my first conference in 2014. I was interested in being surrounded by positive and passionate professionals in the perinatal field and sharing information across the country on different endeavours. I love the interactions I see on the forum and the easy access I have to a wealth of resources across the country that can help me advance in my career and apply best practice to my every day issues. It’s also nice to bounce ideas of one-another and get opinions about some of the struggles I meet on a daily basis. “

-Jennifer Marandola, Regional Director, Quebec

SHARE WHAT CAPWHN MEMBERSHIP MEANS TO YOU

The Board of Directors often hears our members tell us so many positive things about why they are members of CAPWHN. The Membership Committee is asking you to put your thoughts in an email or a video (e.g. iPhone) regarding why you feel being a member of CAPWHN is beneficial. Perhaps the reason you love being a member is: access to the discussion forums where you are able to obtain national input on care practices; the cutting edge webinar information; the networking at educational events; or the opportunity to join national multidisciplinary groups to plan care – whatever excites you – we would like to hear from you. We will publish your thoughts in our newsletter or on our Facebook page. By sending us your feedback you are providing us with permission to share with others. Thank you for supporting CAPWHN in this way so we can share the benefits of membership with others.
Upcoming Nursing Conferences...

REGISTER NOW!

Celebrating Canada 150:
CARING FOR NEWBORNs TODAY

Canadian Association of Neonatal Nurses 2017 Conference
May 7 & 8, 2017  Shaw Centre, OTTAWA, ONTARIO

JOIN US FOR HOT NEONATAL TOPICS AND TO CELEBRATE CANADA’S 150TH

Session topics will include:
- S.T.A.B.L.E. Pre-Conference Workshop
- Hypoxic Ischemic Encephalopathy
- Hyperbilirubinemia
- Panel Discussion – Oral Feeding
- Indigenous Health – What is Jordan’s Principle?
- Exclusive Human Milk Open Forum – Short and Long Term Impact
- Neonatal Feeding Intolerance
- Developmental Care Strategies
- Breastfeeding Support Programs in the NICU and Pediatric Unit
- Roundtable – Celebrating Multicultural Births

Interested in presenting a poster?
Contact the CANN Secretariat at info@neonatalcann.ca

Visit www.neonatalcann.ca for all program and conference details & information.
Newsletter Submissions

The CAPWHN Newsletter is issued quarterly. The next issue will be distributed in the Spring of 2017. Submission Deadline is April 15th, 2017.

To submit an article for consideration, please email your submission to admin@capwhn.ca.

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Advertising Rates

CAPWHN provides the opportunity for organizations to advertise career opportunities.

**Newsletter** advertising rates (plus applicable taxes):
- 1/4 page $200
- 1/2 page $350
- Full page $500

**Website** advertising rate (plus applicable taxes):
- $100/month

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Canadian Association of Perinatal and Women's Health Nurses

CAPWHN represents women's health, obstetric and newborn nurses from across Canada. CAPWHN aims to promote excellence in nursing practice, leadership, education and research in the areas of perinatal and women’s health care.

**Become a Member today!**

**Contact us!**

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