

CAPWHN Newsletter



Spring 2014

Canadian Association of Perinatal and Women's Health Nurses

President's Message

Dear CAPWHN colleagues,

Hopefully everyone has been able to stay warm this winter in what has been an incredibly snowy and cold season across most of the country. Many of us are hoping that spring will soon be here and with that there will be a time for renewal and new growth. We are at an exciting time within CAPWHN when our organization has sown the seeds for growth into the future. I often reflect on the many benefits of membership CAPWHN. The sharing and networking across the country is invaluable and with increased members from every area of perinatal and women's health nursing we will increase our visibility and voice for the care of mothers and families across the country. I challenge every member to recruit one new member to CAPWHN this year.

The CAPWHN board will be busy renewing our bylaws this year to ensure they are in line with the new Not for Profit Act guidelines. We will also continue to develop new policies that assist us in our work within the board. This year also sees us at the end of our Strategic Plan and therefore we will spend time focusing on the future direction of CAPWHN for the next several years.

We are excited to announce that a new interest group has started - the global women's health group. This group's role is to increase member's awareness of current issues affecting women globally and to provide opportunities for members to participate in activities that will contribute to the health of women and their families in local, national, and international settings. Please contact Leanne Johnson if you are interested in joining this exciting group. leanne.johnson@ualberta.ca

The Regina committee is hard at work on planning the 4th National Conference to be held Oct 23-25th. This is an exciting time to network with friends and to make new contacts in perinatal and women's health nursing. We challenge all health care facilities to think about



something innovative that your program is doing and to consider submitting an abstract to share this with others across the country. We also look forward to hearing from the many researchers who have information to share with us. The abstract deadline will be in March. We hope to see many of you in Regina.

The Niagara Falls conference was a huge success and a report is included in this newsletter.

We would like to welcome our new members to the Board of Directors who are highlighted in this newsletter and are looking forward to the knowledge and energy they will add to the Board. Debbie Mansell from Calgary and Sharon Dore from Hamilton are our new Director's at Large. We also have Kathryn Banks (Treasurer) from Prince George, BC and Patricia Gregory (Director - Manitoba, Saskatchewan, Northwest Territories). With new Board members come a few retirements. We would like to thank Susan Harrison, Catherine Scheffer and Angele Robillard who have completed their terms and we have appreciated all the work they have done. Melanie Basso is also finished her term as past president. Melanie has provided the Board with tremendous leadership over the past several years through our transition from AWHONN to CAPWHN. We will miss her knowledge, experience and passion.

I am excited to be your president this year and look forward to the continued growth of our organization.

Sincerely,

Lisa Keenan-Lindsay RN, MN, PNC(C)

CAPWHN President



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2013 Excellence in Leadership Award



Marié Josée Trépanier, the Regional Director in the Champlain Maternal Newborn Regional Program (CMNRP), was recognized by the Canadian Association of Perinatal and Women's Health Nurses (CAPWHN) with the 2013 Excellence

in Leadership Award. Ms. Trépanier received the award at the Annual Business Meeting held on November 23rd, 2013 in conjunction with the CAPWHN National Conference in Niagara Falls, Ontario.

Ms. Trépanier's nomination described the many ways why she was a deserving recipient for this award. The 2013 CAPWHN Excellence in Leadership Award is granted to a nurse who, throughout their career has demonstrated excellence in leadership in the care of women, newborns and families. The nomination which we received from her colleagues Debbie Aylward, Christina Cantin, Ariane Cloutier, Tanya Forward, Louise Gervais, Jack Gustafson, Susan Lepine, Martha Mason-Ward, France Morin, Pat O'Flaherty and Lauren Rivard, described many of the qualities which are outlined in the criteria for the Excellence in Leadership Award and which exemplify the highest standards of care in clinical practice, education, research, community service, and/or professional advocacy.

Throughout her career, Ms. Trépanier has excelled in several domains of nursing. There were many examples provided which demonstrated how she has distinguished herself from her peers. Among the highlights identified in Ms. Trépanier's nomination:

- Marie-Josée was actively involved in the 3rd Annual CAPWHN Conference Planning Committee (2013). She demonstrates her ongoing commitment to sharing knowledge with perinatal health care providers as a presenter at multiple venues at the regional, provincial and national level.

- She sits as the Ontario Regional Director on the CAPWHN Board of Directors and provides leadership to the members of CAPWHN at the Provincial level.

- As Regional Director for CMNRP, she is an exemplar of excellence in leadership as demonstrated through her ongoing professional commitment to improving the health of mothers, babies and families in the region.

- Her commitment to perinatal care has been demonstrated through the various positions she has held throughout her career such as a staff nurse on labour and delivery, prenatal instructor, clinical consultant, research coordinator, clinical nurse specialist, nursing manager, and executive director.

- She provides ongoing leadership to several current perinatal initiatives such as promoting normal birth and decreasing caesarean section rates (regional and provincial level) and promoting the implementation of mother-baby dyad care.

- She plays an integral role in the implementation of the neonatal nurse practitioners in the Champlain LHIN, and advancement of the midwifery-led birthing centre pilot project in Ontario.

- Marié-Josée has served as a mentor and supervisor for several graduate students at the University of Ottawa. She provides ongoing guidance and support to her co-workers at CMNRP empowering them to enhance the quality of care provided to mothers, newborns and families in the region.

We are proud to have members who are passionate about nursing and engaged in their profession and their community. On behalf of the CAPWHN Board of Directors, we once again extend our congratulations to Ms. Marié-Josée Trépanier. As well, we would also like to thank her colleagues at the CMNRP for supporting her involvement in our professional association and for their excellent nomination letter. She is a colleague, a mentor and a role model to our members and we celebrate her achievements.

Respectfully submitted,

Melanie Basso, RN, MSN, PNC(C)

2013 CAPWHN Past President

2013 Chair - Nominations Committee

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Membership Update

Just a reminder for all members who have not renewed your membership, complete your membership application today so you do not miss out on all the member benefits. New this year is that memberships are valid for 12 months from when you sign up. All members who have not renewed will not have access to the CAPWHN website as of March 1, 2014.

CAPWHN at Canadian Nursing Student Association Conference

The Canadian Nursing Student Association conference was in Vancouver in January this year. There was an incredible turn out of over 800 registrants. Melanie Basso and Pam O'Sullivan set up the CAPWHN booth on January 24th and were able to meet and engage with many future nurses. There was a strong interest in perinatal practice. They shared the CAPWHN strategic plan and membership information and held a draw for a membership which was won by Breanna Boros of Edmonton.

It was amazing to feel the enthusiasm and energy of this group. Based on their comments and interest Melanie and Pam felt the future of perinatal and women's health nursing is in very good hands.



Save the Date: 2014 Conference

The 4th National CAPWHN Conference will be held October 23-25, 2014 in Regina, Saskatchewan. This year's conference theme: *Expanding Horizons, Grounding Practice*, is sure to provide opportunities for enhancing knowledge related to perinatal and women's health.

Planning is well underway, but we continue to welcome any Manitoba/Saskatchewan members interested in volunteering to help with conference planning. Please contact Robin Evans (robin.evans@uregina.ca) or Jodie Bigalky (jodie.bigalky@usask.ca) if interested. Hotel information and a call for abstracts will be coming soon.

We look forward to seeing you in Regina in 2014!

Robin Evans & Jodie Bigalky
Co-chairs
2014 CAPWHN National Conference Planning Committee



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We are pleased to introduce new members to the Board of Directors



Treasurer
Kathryn Banks RN, MSN, PhD

Kathryn Banks started her nursing career in a metropolitan children's hospital working with children and families; during this time she completed her Bachelor of Nursing degree. Once she graduated she worked in Nursing Stations and Health Centres in First Nations and Inuit communities. Kathy then entered the Master of Science in Nursing program. She has worked in a variety of ambulatory care clinics in large teaching hospitals. As well Kathy has worked in a diversity of Community Health Nursing roles including: Occupational Health, Youth Clinics, Elementary and Secondary School Nurse, Health Beginnings (visiting new mothers and babies), Nurse Agent for telephone health information, and as a Sexual Assault Nurse Examiner. Kathy completed her PhD in Nursing in 2012.

As a faculty member in the School of Nursing Kathy brings both a clinical practice perspective and an understanding of how research and public policy influence the lives of individuals and community members. Her program of research is focused on women's reproductive health and the social determinants of health. Her most recent research was a qualitative study exploring women's experience of intimate partner violence and abuse during pregnancy.



Director (Manitoba, Saskatchewan, Northwest Territories)
Patricia Gregory, RN, PhD

Patricia Gregory is currently the Program Director for Women's Health with the Winnipeg Regional Health Authority, Director of Patient Services for Women's Hospital at the Health Sciences Centre Winnipeg, and is an Assistant Professor in the Faculty of Nursing at the University of Manitoba. Pat has held various positions throughout her career including teaching at the University of Manitoba, as an educator in acute care, a community health nurse in women's health, a primary health leader in the community, and as a policy consultant in government. She has a Master's Degree in Nursing and a PhD in Applied Health Sciences from the University of Manitoba. Pat has conducted and participated in several research studies with a focus on prenatal care and health services. Pat has been a member of CAPWHN since its inception and particularly values the online and conference networking opportunities through CAPWHN. She has presented at several of the CAPWHN conferences. Pat is passionate about Women's Health and looks forward to sharing that passion with others in CAPWHN.



Director at Large
Sharon Dore RN, PhD

Sharon is an RN with advanced degrees in Education (M Ed), Nursing and Psychology (PhD). She has practiced Women's Health nursing in community and hospitals (post partum, L&D and antenatal units) as a staff nurse and educator. Most recently, Sharon has worked at Hamilton Health Sciences as a Clinical Nurse Specialist (Advance Practice Nurse) responsible for L&D, the high-risk clinic, and the ante/post partum and gynecology units. Sharon is an Associate Clinical Professor in graduate and undergraduate programs in the School of Nursing and in the Department of Obstetrics and Gynecology McMaster University with responsibilities for education for students in graduate and neonatal nurse practitioner programs, medical students and obstetrical residents.

Sharon's research interests as a primary and co-investigator have included clinical (e.g.: newborn cord care, postop CS nutrition, midwifery, staff & family attitudes) education (e.g. approaches to learning, evaluation) and quality assurance (electronic quality reviews). She has served on numerous provincial, national and international committees, has been invited as an educational/clinical consultant within Canada and internationally, and

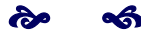
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functioned as a medical legal expert. Sharon has been Canadian chair of AWHONN (Association of Women's Health, Obstetric and Neonatal Nurses) and president of the Canadian Association of Advance Practice Nurses. She is a current faculty and committee member for the SOGC ALARM program and the Obstetrical Content Review committee as well as the nursing national member of the SOGC Association of Professionals in Obs/Gyn (APOG). Sharon also chaired the 2013 CAPWHN National Conference in Niagara Falls.



**Director at Large
Deborah Mansell, RN, MN**

Deborah is a graduate of the Bachelor of Nursing (University of Calgary, 1999) and Master of Nursing (University of Calgary, 2004). Her clinical practice experiences range from holding staff nurse positions as Labour and Delivery Nurse and Public Health Nurse (Maternal/Child team) to management positions on a Labour and Delivery/Women's Health Unit, Complaints Management/Quality Specialist, and Site Manager for a major tertiary care centre within Alberta Health Services. All of those experiences led Deborah to undertake a teaching position with the University of Calgary and Mount Royal University (present). Teaching quickly became a passion for Deborah, where she has taught in undergraduate courses including: Childbearing Families, Leadership, Community Health, and Health Assessment. It is within her teaching role where Deborah won a Teaching Excellence Award (University of Calgary, 2009) and an Effective Team Award (Mount Royal University, 2013).



Report on CAPWHN 3rd Annual Conference



What a stimulating conference we had in Niagara Falls!! For those of us who had the opportunity to attend, we heard fantastic keynote speakers and the abstracts covered many diverse topics. Conference evaluations commented on the variety and high quality of speakers, the topics presented, the overall organization and the flow of the conference. There were many opportunities for networking and this was noted as a key conference benefit for many. The tailgate party was attended by many attendees and it was a fun night of socializing and dancing. The food was outstanding – participants gave the culinary staff at the hotel a spontaneous standing ovation.

The keynotes brought an international perspective – we heard about work in Afghanistan from Dr. Karima Velji, President elect of the Canadian Nurses Association, and her personal involvement in the well being of a newborn. We also had the opportunity to hear from work of Save the Mothers in Uganda from Dr. Jean Chamberlain. Virginia Plan, a successful graduate of the Save the Mothers program also joined us and we were able to view the work she had done using song and dance to sensitize her young elementary students to the needs of mothers and babies.

Abstract and poster presentations and the specialty sessions provided diverse and timely information on a wide range of topics. We heard about cutting edge research and innovations that provided key information for all of us to take back to our colleagues and our clinical practices. Thank you to all who took the time to share their wisdom. CAPWHN participants supported our designated charities and we raised over \$1500.00 for Save the Mothers and Hannah House through our silent auction, toonie trot and donations. Well done folks!!

None of this could have happened without the hard work of many behind the scenes volunteers who started planning a year in advance. Their willingness to give their time and expertise on top of their full time work was what made this fantastic conference. Thanks to all of the committee chairs and members, participants, speakers and a big thank you to CAPWHN executive director Rita – we will look forward to seeing you in Regina

Sharon Dore, Conference Chair



Did you know that...

New Research on Fetal Exposure to Nicotine says that:

Many women are encouraged to quit smoking when they become pregnant using nicotine replacement therapy (NRT) whether as gum, transdermal patches, nasal spray or lozenges. But new research from Western University in London, Ontario, has shown that nicotine from either smoking or NRT causes a wide range of long-term adverse reactions for the offspring, including an increased risk of obesity and metabolic syndrome by influencing the liver to produce more triglyceride. The research, led by Daniel Hardy, PhD, is published online in the journal "*Toxicology and Applied Pharmacology*."

"We knew smoking was bad during pregnancy. But the problem is one fifth of pregnant women in Canada continue to smoke, and 30 prospective studies have shown us that that babies born to smoking mothers have a 47 per cent increase in the odds of becoming overweight. And here's the interesting thing, that's even after adjusting for mom's diet and socioeconomic status," says Hardy, an assistant professor in the Departments of Obstetrics and Gynaecology, and Physiology and Pharmacology "Our studies were designed to find if there is a biological basis between nicotine exposure from either NRT or smoking, and obesity and metabolic syndrome later in the offspring's life.

New Resource on Obesity in Preconception and Pregnancy

Best Start has just released a new resource on the risks of obesity during the preconception period as well as potential interventions that can be implemented prior to and during pregnancy. The resource is multicultural and has several excellent charts displaying information on intergenerational risks as well.

It can be downloaded from: http://www.beststart.org/resources/preconception/BSRC_obesity_report_Jan2014.pdf

Parenting in Canadian Aboriginal Cultures

Benzies. K. (2014). Parenting across cultures. [*Science Across Cultures: The History of Non-Western Science*, 7, 379-392.](#)

Aboriginal children and parents in Canada experience conditions unique to their cultural group. There are large inequalities in social determinants of health for Aboriginal peoples. Aboriginal children are more likely than non-Aboriginals to be born to an adolescent mother, to be raised in foster care and almost half live below the poverty line. The impact of colonialism on Aboriginal parenting must also be taken into account. The colonialist practice of forced re-education in the early twentieth century interrupted and obscured knowledge of traditional parenting practices. General principles to support parenting in Canadian Aboriginal cultures include respect for the diversity of Aboriginal culture and its traditions and values. Two-generation programs that provide early learning and care, and nutritious meals for children concurrent with parenting and life skills training for adults have shown promise, as they support the economic and social needs of Aboriginal parents.

http://link.springer.com/chapter/10.1007/978-94-007-7503-9_28#page-1

Aboriginal resources for preconception and parenting:

Best Start also has several resources specifically for Aboriginal peoples for use in prenatal education as well as parenting classes: One of them is entitled Supporting the Sacred Journey and describes a number of culturally sensitive wellness strategies specific to pregnancy:

http://www.beststart.org/resources/rep_health/pdf/SupportingtheSacredJourney.pdf

Domestic Violence Resource:

Here is a great resource regarding Domestic Violence – 101 Sources for Domestic Violence Prevention and while they are from a Social Work website they are many that are applicable to nurses <http://www.socialworkdegree.net/domestic-violence-prevention/>

CAPWHN Member - DISCUSSION FORUM - FAQ's

Why does it look like my question isn't posting?

It may take up to 3 hours after you click "POST" before your message appears on the discussion forum. If you are unsure whether your post was successful, check your e-mail inbox for a message from CAPWHN with the following subject: *CAPWHN Message Board: New Topic*. Once you see the e-mail, you will know your post was successful.

Why am I getting multiple e-mails of the POST?

Since there may be a lag time for the post and confirmation to appear, authors may think the post was not successful and click 'POST REPLY' again. This results in multiple postings and e-mails. As there is no confirmation sent after posting to inform you that your message was sent, you will not know until you see the e-mail.

How do I reply to a POST?

Go on the website *Discussion Forum* to reply to a posting. Once there, simply click on POST REPLY and type in your comments. **Once you click SUBMIT you're DONE!** You will NOT receive a confirmation that your message was sent.

NOTE: Please do not reply to the e-mail notification *CAPWHN Message Board: New Topic*, as this will send your reply to the CAPWHN office instead of the forum participants.

How can I POST documents/attachments?

Currently, you are unable to post attachments in the reply posted on the forums. We have another option available. Please send your attachment (with the posted question topic in the header) via e-mail to admin@capwhn.ca. The document will be posted in the following location on the website:

Member-to-Member Forum Resources will be posted on the website under *Documents*, then *Forum Resources*. Please note that documents posted on the website do not indicate association endorsement on the member-to-member forum. (We are continuing to explore more advanced options to allow members to post attachments directly onto the forum attached to your reply).

How can I control the postings that I receive?

You can change e-mail alert settings on the main page of the *Discussion Forum* for general mail-outs. Check "Alert me when new topics are posted below" if you want to be notified by e-mail of any new postings; AND/OR check "Alert me when members reply" on any specific topics in the discussion forum to be informed via e-mail of replies to those specific topics.

For more information or answers to questions not listed above, please contact CAPWHN at admin@capwhn.ca OR k.dart@live.ca