

# The Gerontological Nursing Association Ontario



The Mission of the GNAO is to make a positive difference in the lives of older people and the nurses who care for them.

Our Vision: All older people in the province of Ontario are cared for by nurses whose practice is evidence-informed, relationship-centered and meets gerontological nursing standards.

## GNAO Newsletter

Volume 1 Issue 1 May, 2013



Gerontological Nursing Association Ontario

### Announcing the GNAO Newsletter

We are excited to be sending you the inaugural GNAO Newsletter, a new communication strategy to help us connect with our members. We will be sharing relevant and important news and information, interesting articles and event announcements. We hope you find the newsletter beneficial to you and your gerontological practice. Enjoy!

#### Happy Nurses Week



*Thank you for making a positive difference in the lives of older people.*

### From the President: Lori's Key Messages

#### Key Message #1: Exciting Times are Ahead for Gerontological Nurses in our Province!

It is evident from the varying reports that are being released that there will be exciting opportunities for gerontological nurses arising in the near future. The *Living Longer, Living Well* report submitted to the Minister of Health and Long-Term Care and the Minister Responsible for Seniors by Dr. Samir Sinha, Provincial Lead, Ontario's Seniors Strategy has fascinating implications for the practice development of our unique specialty of nursing. Included in the report are key recommendations such as:

1. Develop and launch of the Hospital at Home model in Ontario;
2. Promote the continued adop-

tion of Senior Friendly Hospital principles to aid in the development of more enhanced care environments for hospitalized older adults;

3. Develop a new LTC home-based service model that enhances short-stay, respite and convalescent-care programs;
4. Develop a new LTC model that will enable LTC homes to provide care to residents with a higher level of acuity and complexity;
5. Explore the ability of LTC homes to serve as community-care hubs;
6. Enhance the utilizations of Nurse-Led Outreach Teams into LTC homes;
7. Provide more support to the aging health care sector's front-line staff, such as the Personal Support Worker (PSW) workforce by strengthening its new PSW registry, requiring a common educational standard



Lori Schindel Martin, President, GNAO

for all future registrants, and developing a complaints process that can protect the public and the profession.

We will need an increasing number of practitioners who have expertise in gerontological nursing as the acuity and complexity of the health care needs increase along with our aging population. The summary document and full report are both available at this link: [http://www.health.gov.on.ca/en/common/ministry/publications/reports/seniors\\_strategy/](http://www.health.gov.on.ca/en/common/ministry/publications/reports/seniors_strategy/)

(cont'd page 2)

### New GNAO Mission and Vision

At the GNAO AGM on Nov. 2, 2012 a new mission and vision were approved. The mission reflects our primary purpose and objectives. The vision is what we are striving to achieve in the future. We hope you share this view and that it inspires you to envision the exciting possibilities of your gerontological practice!

#### Mission

**The mission of GNAO is to make a positive difference in the lives of older people and the nurses who care for them**

#### Vision

**All older people in the province of Ontario are cared for by nurses whose practice is evidence-informed, relationship-centered and meets gerontological nursing standards.**

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**Happy  
Nurses  
Week  
2013 to  
all GNAO  
members!**

## From the President: Lori's Key Messages

### Key Message #1 (cont'd)

These recommendations will provide many gerontological nurses with opportunities to influence the direction of healthy public policy, professional practice curriculum for the education of new nursing practitioners, career development for gerontological nurses who wish to expand into advanced practice roles, as well as be as collaborate with other disciplines who specialize in aging on committees at the community level who are involved in the development of new care delivery models. Please communicate with GNAO if you are involved in any of these initiatives so that we can share our experiences and assist our nursing colleagues to join in as we move forward into this exciting time of professional practice change.

### Key Message #2: Be an ambassador for gerontological nursing with EVERY nursing student you meet!

One of my special interests in gerontological nursing is mentoring and encouraging student nurses and novice nurse practitioners to give serious consideration to gerontological nursing as they build their careers. To that end, I have created a powerpoint document that has been presented to 3<sup>rd</sup> and 4<sup>th</sup> year Daphne Cockwell School of Nursing students, and pre-consolidation students in the RPN program at Mohawk College, so that they understand the various learning opportunities that are available during their student clinical placements in LTC homes within the province. This ppt presentation has been posted on the GNAO website (see below for link.) Please feel free to use it should you be in a position to interact with students as a preceptor,

mentor, and a nursing educator. If you have ideas that will help us all grow in our capacity as mentors and supports for novice gerontological students and nurses, please contact GNAO at [admin.gna@gmail.com](mailto:admin.gna@gmail.com)

Yours in gerontological nursing:  
Lori Schindel Martin,  
President, GNAO



Daphne Cockwell  
SCHOOL OF NURSING

**Caring for Older Persons –Resources  
& Learning Opportunities**

Lori Schindel Martin, RN, PhD  
Associate Professor, DCSN  
President, GNAO  
Spring 2013



RYERSON UNIVERSITY  
Everyone Makes a Mark

Older Persons in Canada

- Demographics
  - Aging population (2014 > 5 million Canadians will be over 65, by 2031 > 8.5 million Canadians will be over 65)
  - Chronic illness

↓ ↓ ↓

**Health and social consequences:  
a nurse's typical patient is and will continue to be  
an older adult**



Daphne Cockwell  
SCHOOL OF NURSING

RYERSON UNIVERSITY  
Everyone Makes a Mark

Find the full PPT slideshow by clicking [here](#)



Gerontological Nursing Association Ontario

Tag Line ... ????

## Tag Line Update and Feedback Request

GNAO members from across the province got their creative juices flowing to answer the call to help create a tag line for our association. A tag line or a slogan tells people what GNAO has to offer. It is a short, catchy phrase that clearly communicates our mission. All great associations have one to let the world know what they are all about.

From September to November of 2012, 132 suggestions were received!

Thank you to all who emailed

their ideas; your passion and creativity was inspiring!

The 132 suggestions were grouped into themes and measured against our mission and vision to ensure philosophical alignment. The common themes included expertise and healthy aging, reflecting our members' assertion that gerontological nursing is a specialized practice and refutes negative stereotypes about older age equating to poor health.

The following 5 tag lines are exemplars of these themes and

of the types of submissions that were received. In other words, these 5 composite examples reflect the themes from the 132 tag lines submitted. Now we are asking for your input again. See below for tag lines for your consideration:

*Which one of these tag lines rings true to you?*

*Which one best reflects GNAO's mission and vision?*

*Seeing the five samples, does a new tag line come to mind for you?*

## Five Tag Lines for your consideration:

### 1. Partnering for healthy aging

As noted above, healthy aging was included by many contributors. The notion of partnering is key in the practice of gerontological nursing as we embrace person-centred care.

### 2. Leaders in aging and health

This tag line features the expertise that gerontological nurses possess in leading change and positive outcomes for older adults. The separation of 'aging' and 'health' here allows room for many of us who are working with older adults who are not in good health yet are striving for healthy outcomes.

### 3. Expert care. Every nurse. Every older person.

This tag line combines the focus on expertise with our vision statement about what gerontological nurses

want the future of health care to become: a place where every nurse and older adult encounters across the health system is able to care for them expertly.

### 4. Expert leaders in aging and health

Very similar to tag line number 2, this tag line adds the notion of expert to this sentiment. Also, this tag line alludes to the fact that we are leaders in different aspects of nursing care, encompassing research or teaching or administration.

### 5. Building a future for aging well

This tag line again is inspired by our dream of a future state where all older adults are cared for by skilled nurses. It also speaks to our leadership and inspirational abilities as gerontological nurses to move this agenda forward.

Looking forward to your continued involvement as we build GNAO's tag line.

Again, please send your feedback directly to Melissa Northwood at

[melissa.northwood@sympatico.ca](mailto:melissa.northwood@sympatico.ca)

until **June 15, 2013**.

The new tag line will be announced on our website and via email in July 2013!

*Which Tag Line  
best reflects  
GNAO's  
mission and  
vision?*

***The new tag line  
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## GNAO Members Active in "Queens Park on the Road"

**GNAO members have been active** across the province, advocating for improved health care for older adults by supporting the RNAO's initiative "Queen's Park on the Road".

Every year, RNs participate in the RNAO's "Queen's Park Day" but with the proroguing of the legislature late last year many MPPs were not in their Queen's Park offices. Not to be deterred, nurses gathered with MPPs locally.

Using the RNAO's new platform, *Why Your Health Matters*, and providing examples from our own clinical practice and/or workplaces, we had the opportunity to make recommendations to help improve the overall health of Ontarians, and our health-care system.

The following GNAO members were involved in these meetings across the province: Beryl Cable-Williams, Kathy King (Nippising Chapter President); Debbie Hewitt-Colborne; Pat Morden; and Sofie Pauwels.

GNAO President Lori Schindel Martin and myself met with Minister Ted McMeekin (riding of Ancaster-Dundas-Flamborough-Westdale) where we spoke to the pressing issues in long-term care in light of the tragic death of a resident in a Scarborough long-term care home.

At the end of May, Minister McMeekin will be joining me and other GNAO members in a visit to a long-term care home in our riding as part of the RNAO's Take Your MPP to Work™ Event.



(L-R) Minister Ted McMeekin and GNAO Professional Advocacy Chair, Melissa Northwood

## Northwest Chapter Hosts Successful Webcast

On April 15<sup>th</sup> Northwest Chapter sponsored an OTN Event – the first webcast for GNAO! Dr. Katherine McGilton presented "Improving Outcomes for Seniors Using a Person Centered Approach." The webcast drew participants from across the province and feedback was very positive.

*"Thank you for hosting the McGilton video-cast on April 15, 2013. As a new graduate nurse, who works in both acute care and long term care, I enjoyed*

*the presentation. Dr. McGilton provided great examples using the person centred approach, especially the 48-6 rule, to enhancing the care for our growing geriatric population and their unique needs.*

*Throughout the presentation I was satisfied and proud to note that my Hospital and Nursing Home both have ambulation programs in place, to maintain and increase mobility. Since the presentation, I have been inspired to work with administration to develop an admission*

*sheet that is specific to the older client and I am currently awaiting approval of this project. Thank you for the opportunity which has sparked a new project in my practice."*

Joshua Pfaff, NS, EFR. President Nursing Society University of Windsor

**"As a new graduate nurse, who works in both acute care and long term care, I enjoyed the presentation."**

## Media Release: GNAO Response to Tragic Event in LTC Home

Dear Editor,

*In light of the recent death of a long-term care home resident in Scarborough, the Gerontological Nursing Association Ontario (GNAO) is highlighting the need for adequate numbers of expert staff in these homes. Health care providers must have the right mix of knowledge and skills to prevent this type of catastrophic event. This terrible loss has shown how complex the care being*

*delivered in long-term care has become.*

*Health care system pressures have created unreasonable demands on homes to accept adults of all ages, including individuals with serious mental health concerns. This type of resident has very different needs than the older adult who is living with Alzheimer disease or recovering from a stroke.*

*Older adults living in long-term care homes deserve the best possible care. Resources provided to long-term care homes must be intensified in order to ensure what was a preventable tragedy in Scarborough from ever happening again.*

Sincerely,

Lori Schindel Martin, President, GNAO





Gerontological Nursing Association Ontario

## GNAO Newsletter

[www.gnaontario.org](http://www.gnaontario.org)

Contact us: [admin.gna@gmail.com](mailto:admin.gna@gmail.com)

Suggestions for newsletter submissions can be sent to [dlegree@silvermeridian.com](mailto:dlegree@silvermeridian.com)



## Have you liked the CGNA Facebook?

[www.facebook.com/  
CanadianGerontologicalNursingAssociation](http://www.facebook.com/CanadianGerontologicalNursingAssociation)

## Meet the Board

Lori Schindel Martin - President

Susan Ward-Moser - Past President

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Gwen Harris - Treasurer

Tina Leung - Student/New Graduate Liaison Representative

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Bluewater President - Charlotte Bumstead

Durham President - Heather Campbell

Hamilton President - Sally Rakas

Kingston President - Linda Galarneau

Lambton President - Holly Tesselaar

London President - Kathleen Holdsworth

Niagara Co-Presidents - Maureen Shantz and Julie Rubel

Nipissing President - Kathy King

Northwest President - Heather Woodbeck

Ottawa President - Linda Haley

Toronto President - Helen Alemany

## Membership

As of April 2013 we have 1932 members, representing RNs and RPNs from across the province. Membership in the GNAO includes an automatic membership with CGNA, including "Perspectives" the CGNA peer-reviewed electronic journal. Remember to use GNAO educational events as CL hours when renewing your GNC®.

### Local Chapters

There are eleven chapters throughout Ontario. Each chapter holds regular meetings for members as well as educational events and activities to enhance your professional practice.

Visit our website at [www.gnaontario.org/chapters.html](http://www.gnaontario.org/chapters.html) to find chapter events

### Student Members

The GNAO is an affiliate group with RNAO and a Special Interest Group with RPNAO. All nursing students who are members of their professional association have their GNAO membership fees waived. Currently we have 826 student members!

**Tina Leung** is the Student/New Graduate Liaison on our board. She would welcome any questions or thoughts you might have as a student or new graduate interested in gerontology. You can contact her at [tina.leung218@gmail.com](mailto:tina.leung218@gmail.com)

## Save the Date

Upcoming 38th Annual GNAO Conference, "**Pursuing Excellence in Geriatrics 2013**" September 18, 19 & 20, 2013. Clarion Resort Pinewood Park, North Bay. Hosted by the GNAO Nipissing Chapter in partnership with North East Geriatrics Care. Click here for details <http://www.gnaontario.org/events.html>

