

# 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

Summer Edition

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Gerontological Nursing Association Ontario

### Our New GNAO Tag Line

#### Partnering for healthy aging

We received over one hundred emails with feedback regarding the development of a tag line. Thank you to all who participated! The majority of members felt that **Partnering for healthy aging** resonated with them as reflective of GNAO's mission and vision and the work we do in our gerontological nursing practice.

Members stated that partnering refers to the person-centred care we provide to our clients and their families as well as partnering with the interdisciplinary team and even our efforts in community advocacy. Including the word "healthy" in our tag line also spoke to members as it debunks the myth that aging is synonymous with poor health. Finally, although not all the clients we serve are "healthy", gerontological nurses work to achieve optimal health outcomes for every client.

Melissa Northwood  
Chair, Professional Advocacy

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## From the President: Lori's Key Messages

**Summer is here, the weather is hot, and gerontological nursing is facing hot topics!**

**Key Message #1:** The need for gerontological nursing expertise in end-of-life care is great. The data tells us that during the time frame of 2011-12, acute care hospitals in the province of Ontario admitted 831 patients in the end stages of life from long-term care homes. Eighty-two percent of these individuals died in the hospital (Preyra, 2013) away from their extended social support networks and front-line staff familiar with their personal story. It is clear that we need to explore ways to enhance end-of-life for older adults across all health sectors. Consider taking an end-of-life care course today!

**Key Message #2:** We have a new tag line! Please read Melissa's message in the left banner. Thank you to all who communicated with us offering your suggestions and providing your specific recommendations.

**Key Message #3:** The long-term care act is being explored for important amendments with respect to the administration of medication by nursing students (RPN and RN) during their clinical placements. The Ministry of Health/Long-Term Care has been working very hard with a number of key stakeholders including representatives from such organizations as RNAO, RPNAO, OLTC, OAHNSS, Colleges Ontario, COUPN, and the Provincial Chief Nursing Officer. GNAO participated in preparatory advocacy efforts on behalf of our members to ensure that nursing students would be able to take full advantage of the



Lori Schindel Martin,  
President, GNAO

educational opportunities available to them during clinical placements in LTCHs. At this time, ALL stakeholders who participated in a meeting held 2013-06-28, are satisfied with the wording of the amendments proposed to Regulation 79 of the act. Next steps will be: The amended regulation 1) goes to cabinet for approval; 2) is signed by the Lieutenant-Governor and "filed"; 3) the MOHLTC sends out a notice to all parties to notify them that the new regulation is in place.

You can view a summary of the proposal and the proposed amendment (cont'd Page 2)

## GNAO 38th Annual Provincial AGM & Conference

### Pursuing Excellence in Geriatrics 2013

September 18th, 19th & 20th, 2013

**The Nipissing Chapter** is pleased to be hosting this year's GNAO Annual Provincial AGM & Conference! We have partnered with the biennial North East Geriatric Care Conference to offer a 2½ day inter-disciplinary conference.

Plan to join us for an exceptional lineup of key note and concurrent session speakers!

All GNAO members who attend the conference will be receiving a special gift of acknowledgement at the GNAO AGM on the Friday morning!

We look forward to seeing you this fall in beautiful North Bay!

Debbie Hewitt Colborne  
Conference Co-chair

Kathy King  
Nipissing GNAO President



### Conference Registration Now Open!

For more conference information and to register, visit the GNAO website conference page [click here](#)

## From the President: Lori's Key Messages (cont'd from Page 1)

on the GNAO website by [clicking here](#)

**Key Message #4:** Attend the 38<sup>th</sup> Annual GNAO Provincial AGM & Conference "Pursing Excellence in Geriatrics 2013" hosted by the Nipissing Chapter in partnership with the North East Geriatric Care Conference to be held in North Bay, September 18, 19 & 20, 2013. The conference outline is very impressive. The lineup of keynote and concurrent speakers is excellent. We are especially proud that Dr. Katherine McGilton will be addressing all conference delegates – she is one of our gerontological nurse experts. Registrants who are members of GNAO will receive a special gift of acknowledgement (stay tuned - this is top secret).

**Key Message #5: We Need You!!!** – If you are reading this line, then know the GNAO Board is speaking directly to YOU! We have several Board executive positions available: Incoming President and Professional Advocacy Director. YES – YOU do indeed have the skills and the passion to serve your provincial colleagues as a GNAO Board member. We are a very supportive, vital group and we also have a lot of fun. Be in touch with Melissa Northwood at [melissa.northwood@sympatico.ca](mailto:melissa.northwood@sympatico.ca) if you have any questions regard-

ing the Professional Advocacy role and she can share with you the job description, including a breakdown of the annual time commitment. For the Incoming President position, read further details in Susan Ward-Moser's (GNAO Past President) message to the provincial membership on Page 3. If you have any questions, and would just like to talk about the possibility of serving your provincial colleagues, don't hesitate to contact either Susan, Melissa or Lori. These positions will be effective September 20, 2013 (after our AGM).

**Key Message #6:** Report on CGNA 17<sup>th</sup> biennial conference, May 2013 – Vancouver. GNABC hosted an absolutely excellent conference this spring in Richmond, BC. The conference included presentations from across the country, and it was wonderful to hear presentations and look at posters about HOT gerontological topics. For example, Molly Cole (GNAAlberta); Sylvie Lafreniere (Quebec); and Anita Wahl (GNABC) presented important new facts and programs during a panel titled "Delirium from the Lens of an Older Adult". This panel presentation was superb and provided clear evidence of how nursing care is instrumental in the treatment of delirium. GNABC

are to be congratulated for their superb planning related to this successful conference. They were very person-centred and creative – the conference included a presentation from Margaret McPhee titled "Story – Living with Frailty" that was engaging and powerful, and outlined her experiences with health care providers through long-time chronic illness that ultimately resulted in her resilience and hopefulness for her future. The CGNA Board meeting was held just prior to the conference, and GNAO, on your behalf, requested the following:

1. CGNA adopt a national advocacy campaign addressing common issues across the country, for example, we have no NATIONAL dementia strategy; we have no NATIONAL seniors wellness strategy.
2. CGNA consider a survey of all members with respect to satisfaction with delivery of PERSPECTIVES in its present on-line format.

Lynn McCleary, incoming CGNA President took note of these requests during the board meeting.

### BOARD EXECUTIVE POSITIONS

#### For More Information Contact:

Lori Schindel Martin  
[lori.schindelmartin@ryerson.ca](mailto:lori.schindelmartin@ryerson.ca)

Susan Ward-Moser  
[susanwm6@gmail.com](mailto:susanwm6@gmail.com)

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

### FAST FACTS

**As of May 29, 2013,  
CGNA has 2,578  
members across the  
country, and 1,954  
of these are from  
Ontario.**

### Key Message #7

**Last but certainly not least:** The GNAO board would like to announce the beginning of our very own "Gerontological Nurses Read" campaign. If you have a favourite book (either fiction or nonfiction) please forward the title to me [lori.schindelmartin@ryerson.ca](mailto:lori.schindelmartin@ryerson.ca) for posting on our website. The only proviso – the book needs to be affordable, available in softcover, and must contain an element about community relationships and older people in it.

My personal favourite, a novel, is titled "Reading in Bed" by Sue Gee. This lovely little book is an easy read, and I must say, has one of the very best descriptions in a novel of an older woman with dementia living in her own country home, beloved but a little brusque, who has very interesting encounters with her home care coordinator and personal care workers. Set in Great Britain, it also has the necessary quirky characters and the little bit of romance

that makes it a fun summer read. GNAO looks forward to hearing about your favourite reads.

Enjoy your summer and we very much look forward to seeing you at the Provincial Conference September 18th, 19th and 20th .

Yours in gerontological nursing:

Lori Schindel Martin,  
President, GNAO

### "Gerontological Nurses Read"



## Message from Susan Ward-Moser: GNAO Board Executive Positions

### GREETINGS ALL GNAO MEMBERS!

**O**ne of my responsibilities as Past President of GNAO is to fill executive positions. The term of our current President, Lori Schindel Martin, is coming to its conclusion. So, it is time to recruit for an Incoming President who can be mentored by Lori and the Board over the period of the next year. I need every GNAO member's help to discover this special person from within our provincial membership. **YOU** are the very people who know the talents and skill of the nurses who you work alongside and who are involved in your local GNAO chapter activities. Your work experience can be in any sector of the healthcare system in Ontario – you just need to be passionate about the health care needs of older people and the educational and professional development needs of the nurses who care for them.

Do you know of a member who, or are you yourself a member who:

- ◆ Gains energy when visioning about the future
- ◆ Enjoys linking with other professionals across the country
- ◆ Is skilled at developing new & fostering established partnership
- ◆ Motivates while guiding others
- ◆ Can communicate passionately & articulately
- ◆ Is aspiring to develop her/his career

This is the person we are seeking for our next GNAO President. If you thought of a GNAO member as you read the bullets please forward their name and contact information to me. And - Consider nominating yourself! As nurses we tend to be humble and therefore downplay our own talents – However, as Martin Luther King stated: "Do not hide your light under a barrel – let it shine for everyone to see, you impoverish the world if you do not let it show." The beautiful thing about becoming President is that you are not alone. As our new tag line indicates, you are *Partnering for healthy aging* with the other members of the board.

If you have questions about the role, don't hesitate to contact me. If you have suggestions for potential recruits to this position, please contact me [susanwm6@gmail.com](mailto:susanwm6@gmail.com) and I will follow up on your suggestions.

This is such a critical time in GNAO's growth. We need a President who will continue to lead us into our next phase of professional development.

Sincerely, Susan Ward-Moser, Past President, GNAO

## Meet Tina Leung GNAO Student/New Graduate Liaison

My passion in gerontology began in my undergraduate studies as I studied nursing at Queen's University. This passion for gerontology continued and increased with my enrollment in the Master of Public Health program at Queen's University. I have found that despite demographic trends demonstrating the desperate demand for high quality care to seniors, aging is rarely the top career choice for students. My position as a Student Liaison Officer at the Gerontological Nursing Association Ontario is to work with both the executive team and nursing students across Ontario to explore various approaches to engage students and stimulate their interests in caring for seniors so that they can find their passion for gerontology.



Tina Leung

**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)

### 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 836 student members!



## Conference Announcements

**The Board has agreed to sponsor some  
conference registrations.  
Stay tuned for more details!**

**LOOKING TO CARPOOL TO THE  
CONFERENCE?**

**Please email Melissa Northwood at  
[melissa.northwood@sympatico.ca](mailto:melissa.northwood@sympatico.ca) and she will connect  
you electronically with others across  
the province looking to share travel.**

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?

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