



THE GERONTOLOGICAL  
NURSING ASSOCIATION  
ONTARIO

## **GNAO CE Chapter Winter 2017 Newsletter**

*"Excellence is the gradual result of always striving to do better" ~ Pat Riley*

### **Message from Co-Presidents Melanie Kelly and Kim Ritchie Gerontological Nursing ... Striving for Excellence!**

It's hard to believe that another year has passed. Gerontological Nurses continue to have a strong voice and actively participate in enhancing education, practice and research to better support the care we provide the older person. This year the CGNA conference brought together an amazing group of nurses from across our country, all sharing a common theme of advocacy and passion. A few of us from our chapter were able to attend and we all left feeling energized and inspired.

As Gerontological nurses, it is our duty to have a voice and remain active in the ever-changing health care system, ensuring that we are focusing on best practices for the older person. This year our education sessions focused on two current issues: The Impact of the Opioid Crisis and Medical Cannabis on Vulnerable Seniors (spring session) and The Realities and Implications of MAID for the Gerontological Nurse (fall session). By enhancing our knowledge of these important issues, we are better able to: 1) provide accurate information to our clients and families, 2) seek opportunities to affect change through policy development. We look forward to what 2018 will bring.

As a chapter we would like to recognize those nurses writing and/or re-certifying their Gerontological Certification through the Canadian Nurses Association. This is a nationally recognized specialty credential demonstrating specialized knowledge and dedication. Congratulations and good luck!

We will continue to be a voice for our chapter membership on the provincial board and encourage you to come out to a meeting, an education event, drop us a line or even consider joining our executive. There is much we can do while striving for excellence!

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## **Message from Professional Advocacy Chair - Jen Calver Professional Advocacy Awareness**

What an exciting year to transition into the Professional Advocacy role at CE GNAO. This year we looked closely at current healthcare trends and challenges, and how we utilize our professional roles to support optimal health and wellness for the aging population.

Ontario recently implemented two legislations that impact the public and their healthcare providers. First, in 2016, the act for Medical Assistance in Dying (MAID) was amended and secondly, Access to Cannabis for Medical Purposes Regulations (ACMPR) came into effect. During this time Canada also continued to have growing concerns about the impact of the opioid crisis.

CE GNAO heard your concerns and took action to answer your questions.

On April 27<sup>th</sup>, we invited Cynthia Leung to join our spring education event to share information about the impact the opioid crises and medical cannabis is having on vulnerable seniors. Cynthia shared with us the new 2017 Canadian Opioid Prescribing Guidelines, which offer ten recommendations when treating (non-cancerous) chronic pain (see link below). She also provided information regarding medical cannabis products, indications, and adverse effects.

On September 28<sup>th</sup>, an interactive discussion panel came together to discuss the realities and implications of MAID for the Gerontological Nurse. Dr. Robin Waxman, Rosanna Macri (ethicist), and Francis Henke (NP) answered valuable questions and facilitated discussions to address practice concerns, ethical considerations, and changes to legislation.

A special thank you to the guest speakers and participants of this year's educational events and to all healthcare providers and associates who collaborate to make a positive difference in the lives of older people. I would love to hear from you! Please share your questions, comments, and experience with [jcalver@outlook.com](mailto:jcalver@outlook.com).

Link to 2017 Canadian Opioid Prescribing Guidelines:  
[http://www.cfpc.ca/uploadedFiles/CPD/Opioid%20poster\\_CFP\\_ENG.pdf](http://www.cfpc.ca/uploadedFiles/CPD/Opioid%20poster_CFP_ENG.pdf)

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## 2018 GNAO CE Chapter Education Meeting Dates

June 22 and October 26 - topics and speakers to be announced

### GNAO 2018 Biennial Conference

April 12 & 13, 2018 -Embassy Suites, Niagara Falls. Conference Theme - **It Takes A Village** to make a positive difference in the lives of older adults and the people who care for them. **Keynote Speaker - Dr. Samir Sinha.** *More details to follow in the upcoming months.*

[GNAO November Newsletter](#) - highlights include: status of several provincial chapters; use of technology and education; GNAO partnership with Canadian Deprescribing Network; GNAO Conference details.

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Have you visited the CGNA website lately? [Click Here](#) to view information on webinars and for access to *Perspectives* (CGNA peer-reviewed journal).

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**Best Wishes for the Holiday Season and for a New Year filled with Health, Happiness and Success**

*From the CE Chapter Executive:*

*Co-Presidents - Melanie Kelly and Kim Ritchie*

*Treasurer - Meredith dePaulsen*

*Secretary - Christopher Kask*

*Professional Advocacy - Jen Calver*

*Communications Chair - Darlene Legree*

*RPN Representative - Shirley Buell*