

Open Letter to Nurses

July 2008



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Change happens. Change for direct care staff happens often. In fact, changes across the system, in hospitals, personal care homes, and community care can be hard to keep up with, but keeping up-to-date is essential for coping with change and continuing quality direct care service. That's why it's important for each of us to keep current and help keep each other current. Reading this is a great start, but it's only the start. There are many other valuable resources in the region for gaining information on changes, trends and educational options. Investigate them further and share the information with other direct care staff team members. Share back to *Open Letter* too - let it be a resource for your new information, questions and answers.

Changes in practice may be the most noticeable adjustments to nursing activity. Some recent examples include community IV clinics, home ventilator beds, and wound management. Online resources are a great way to find information on these and other changes in practice. On INSITE, information on current and closed projects that may affect nursing practice can be found at <http://home.wrha.mb.ca/pmo>. Copies of the PMO newsletter *In Scope* can be obtained by calling 926-7179. Regional policies are on INSITE at <http://home.wrha.mb.ca/corp/policy>.

A new clinical practice guideline (CPG) document has been developed within the Winnipeg Health Region with the goal of providing regional guidelines for pain assessment and management based on current evidence and expert opinion. Given the prevalence of persistent pain in all health care settings from infancy to old age, a guide for the routine screening, rating, assessing, managing and documenting of pain will greatly assist in effective and high quality care. Implementation and evaluation are the next steps that sites, clinical programs and services are initiating. Implementation teams within each site, that will span across clinical programs, will work together with a **Pain Assessment and Management CPG** resource team to share the tools and strategies. The goal for complete implementation is March 2009. Further information is available from Lori Embleton at 237-2371 or Caroline Dekeyster at 632-3478.

Measuring health care trends is something the region is looking at further with a system called **Canadian Health Outcomes for Better Information and Care (C-HOBIC)**. The system can provide real-time information to nurses about how patients are benefiting from care and the information collected by participating nurses can be used to better understand health system planning, resource allocation, performance measurement and research. Electronic records in home care and the personal care home sector will collect patient outcome information on functional status, therapeutic self-care (readiness for discharge), symptom management (such as pain, nausea, fatigue, dyspnea), safety outcomes (falls, pressure ulcers) and patient satisfaction with care. More information on C-HOBIC in the Winnipeg Health Region will come in the fall, but to learn about the system in other provinces visit www.cna-aiic.ca/c-hobic.

Continued education is one of the best ways to keep up-to-date on new practices, information and trends. The Winnipeg Health Region is assessing alternative methods for delivery of interdisciplinary continuing clinical education. Further information will soon be available in *Open Letter*.

To keep educating yourself, find studies and reports on various aspects of direct care nursing from Longwoods Publishing at www.longwoods.com. Also, the University of Manitoba Health Sciences Libraries are responsible for serving staff of WRHA and hold a number of nursing skills books and online papers. To access the library visit www.umanitoba.ca/libraries/health. To learn library tips or how to get a Health Sciences Libraries card visit INSITE at http://home.wrha.mb.ca/research/library_card.php.

Details on a variety of current educational opportunities in the region can be found on INSITE at <http://home.wrha.mb.ca/education/index.php>. Some information is available through the Organization and Staff Development webpage at www.hsc.mb.ca/osd or by calling the OSD office at 787-1582. The CNA certification process is another way for RNs to advance within their specialty. Many nurses are supported by their managers and continuing education funds. Information on the continuing education fund can be located on the health region's public website at www.wrha.mb.ca/staff/nursing/education.php.

You may also consider being part of a **Nursing Practice Council (NPC)** in your area. NPCs review, develop and provide feedback to other nurses on issues of clinical practice with the goal to improve care through discussing patient safety issues, clarifying variations in practice, and reviewing best practices. Learn how to join a NPC by talking with your manager, or contact *Open Letter to Nurses*.

Feedback helps all nurses to continue learning and having new questions answered. Share **your thoughts** with *Open Letter to Nurses* - your feedback supports the goal of *Open Letter* to provide new and clear information to all nurses in the region.

Your newsworthy stories, comments on what you have read, and questions to be answered are all important - so fax them to 204-926-7007 or e-mail to jcurrie@wrha.mb.ca.



Jan Currie

By now you know 2008 marks the Canadian Nurses Association 100th anniversary, but did you know:

CNA started in Manitoba and Ontario in 1908

Manitoba was the first province to legislate regulation in nursing (the start of CRNM)

The first CNA offices were in Winnipeg until 1932 when they moved to Ottawa

Registration fees were raised in 1930 from 50 to 75 cents!

In 1938, hours of work were regulated at 96 hours in 2 weeks (now we work 77.5)

The World Health Organization (WHO) was founded in 1948 and it wasn't until 1978 when health was declared by WHO to be a fundamental human right.

We have sure come a long way!

Recently in Ottawa, June 16 - 18, the business meeting of the CNA was held. **Kaaren Neufeld** was installed as **President of the CNA** and gave her inaugural speech in support of the conference theme *Be the Changes*.

The Winnipeg Health Region proudly congratulates Kaaren Neufeld, Winnipeg Regional Health Authority Chief Quality Officer, on the start of her two-year term as President of the Canadian Nurses Association.

Passionate leaders and courageous advocates have come from Manitoba - maybe the next one can be you!

Congratulations to the home care team at Leila, led by Valerie Alvarez, who were recognized by CNA with an employer Recognition Award for Innovation for their involvement in the CNA Certification Program.

Access to the current issue and past issues of Open Letter to Nurses is available on INSITE.

Submissions and comments are welcome.

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