



March 2013

Nurses' Notes

Newsletter of the Yukon Registered Nurses Association

MESSAGE FROM THE PRESIDENT

Sean Secord, RN, MN



There are many indicators of change and new beginnings. Here, in the North, the return of the longer days is one of those, and celebrated in many ways –from Winter Solstice celebrations, to our Yukon Sourdough Rendezvous.

Another is the license renewal process for Registered Nurses. This often seems to sneak up on

us, and this year many were not only surprised that it was that time of year again, but surprised as well by the fee increase that was voted in by the membership at last spring's Annual General Meeting.

For those who were unable to attend the AGM last year, there was a thorough discussion at that meeting of the challenges for our professional organization to meet its current and future demands on the fees as they stood.

Patricia McGarr presented on what the YRNA staff were able to accomplish, and divided it into what must be done legally, what must be done according to the vision and mission of our Association, and what was expected of our Association but not mandated. The disconnect was obvious between these obligations and expectations, the limited staff hours we could currently afford, and the remuneration of the staff that was (and continues to) lag behind nursing peers and increased cost of living.

Donna Rowland (out-going treasurer) presented on the current financial reality and the rationale for a need to increase membership fees. These included increases in affiliation fees for the Canadian Nurses Protective Society, a need to contribute towards our Association's Professional Conduct Review funds, the need to meet staff's sick leave requirements, provision of health benefits

for staff, the need for succession planning, and the need to ensure continued sustainability of our Association.

The options that were available to our Association had been explored and debated not only at the AGM, but also at many meetings of our executive leading up to the

Association governance and management is a challenging endeavour...

...there are a few upcoming events that I encourage you to become involved in.

AGM. Our financial problems were real, and something needed to be done. What the membership voted in was a \$150 increase in 2013, a \$75 increase in 2014, then a \$50 increase in each of 2015, 2016, and 2017. Comparing with other jurisdictions, this still does not make our fees the most ex-

pensive in Canada. The increase in revenue will help to alleviate the challenges that are outlined above, as well as other challenges that continue to rise. Your executive has been working diligently to find ways to keep our Association as efficient and effective as possible.

Association governance and management is a challenging endeavour, and one that is explored in a book called *Race for Relevance: 5 Radical Changes for Associations* by Harrison Coerver and Mary Byers. These two authors explore the many challenges that organizations face in today's busy world with respect to competing demands on time, generational changes, value

INSIDE

- Notice of 2013 AGM
- From the Executive Director
- *Employment Opportunity:* Coordinator of Regulatory Programs
- YRNA's QEII Jubilee Award Winner!
- QEII Diamond Jubilee Award
- And Repeat! Continuing Competence Program Update
- WWWealth of Knowledge
- Report of Nominations Committee
- Warfarin Therapy — An article from CADTH

... and more

(Continued on page 2)

President's Message (continued)

shifts, and a technological age that demands different approaches. YRNA is fortunate in that we are small. This allows us to be more effective, and potentially weather positive change easier (although it does mean more expensive fees). Our goal is to utilize the increased revenue to allow YRNA to accomplish its legal obligations, as well as be a responsive professional organization to you, its membership.

This still requires an engaged membership, however. Some of the other 'radical changes' outlined in this book involve empowering the right people in the right roles, but those right people will need to be nurses in the Yukon. This could mean you!

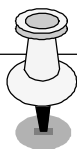
Even if becoming an empowered leader isn't in the cards

for you right now, there are still a few upcoming events that I encourage you to become involved in. First, YRNA's Annual General Meeting will be held April 19th and 20th. Please plan to be there as important resolutions are often made (like fee increases).

Second, Nurse's Week is May 6th to 12th. The Canadian Nurses Association has chosen the theme *Nursing: A Leading Force for Change*. I always have high hopes for a vibrant Yukon Nurse's Week celebration, but usually leave it too late. A few more people with energy and ideas may change that this year.

Finally, while the energy and the ideas are flowing, remember, next year—2014, marks YRNA's 20th Anniversary. This will also take some planning and involvement to make it the celebration it deserves to be.

Sean Secord, RN, MN



19th Annual General Meeting

High Country Inn, Whitehorse

Friday, April 19th - Saturday, April 20th

Social Evening
Friday Evening
7:00—9:00

Wine, Cheese & Conversation
Meet CNA President-Elect
Karima Velji

Business Meeting
Saturday Morning
8:30—12:00

Registration begins at 8:30 am
Reports from Board,
Committees, Staff
Election of Board Members

Back to the Future: Setting the path for Yukon's nursing future
Saturday Afternoon

1:00—4:00

The afternoon session will feature a multidisciplinary team speaking on the future of healthcare

RSVP appreciated – 667 4062

This is a scent free event

www.yrna.ca

Check us out!

The YRNA newsletter is published four times a year. Publication dates are February 28th, May 31st, August 31st and November 30th. Deadline for submissions is the 1st day of the month of publication.

Articles and letters are welcome and should be addressed to the Editor. Inclusion of items in the newsletter does not imply endorsement or approval by the YRNA.

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YRNA BOARD MEMBERS

President Sean Secord
Past President Peggy Heynen
Secretary Sue Starks
Treasurer Brittany Koulouris
Members-at-Large: Rachel Burkhart
Myra Iles
Susan Walton
Public Representative: Sylvia Riessner

From the Executive Director

Joy Peacock, RN, MSc.

Crucial Conversations

Picture this: you are sitting in an office, listening to your manager reviewing your employee evaluation. You are engrossed as she describes your work as a nurse, your attention to detail, your keen patient centered approach. The evaluation is positive. Everything is good. You feel a great sense of relief. And just as you are about to leave she asks you a question. "If you could change one thing about my leadership style, what would it be?"

This happened to me during my first evaluation as an ICU nurse. I considered the manager to be a role model and I admired her greatly. I wasn't sure what to say. So I said I would have to think it over and get back to her. She smiled. I decided then and there not to take a risk; that the risk in responding to her question outweighed any potential benefit.

A pivotal moment came later when I read *Leadership, the Essentials* by Rosemary Parse (1997). Parse's writings taught me that 99.9% of being a professional nurse leader involve building relationships with others; relationships built on mutual trust and respect. Not that we will always agree with others, or be deferential. But that we need to engage others, ask challenging questions, listen carefully and most of all,

respect the knowledge of others.

Later, it occurred to me that my manager was honestly asking me how she could be a better leader. I think her question took courage. Over the years, she continued to support and challenge me, opened doors and shared a vision of nursing

As nurses, we are positioned to help reshape the way healthcare is delivered in Canada. And we need to actively participate in the conversation.

excellence. After we became colleagues we talked about the question she had asked and the challenge it presented for our professional growth.

Since arriving in the Yukon, I've had the chance to meet many nurses, physicians, politicians, government advisors and jurisdictional counterparts. Some of our discussions have been crucial. And all have been helpful in promoting nursing, health policies and practices in the interest of professional, safe and



ethical care. It's clear that change is in the air.

A Nursing Call to Action (2012), the final report from the Canadian Nurses Association National Expert Commission, suggests a fundamental shift needs to occur in how healthcare is funded, managed and delivered in Canada. Collaborative primary healthcare teams, founded on the interdisciplinary care model, will be key in our healthcare future.

This year's AGM on April 19th and 20th will provide an opportunity for all YRNA members to contribute to crucial conversations. Canada is facing an important next step in our Medicare history. Our current Health Accord expires in 2014. We have heard that there are plans to negotiate a single national Health Accord, not separate agreements. The new Accord may be linked to accountability agreements.

As nurses, we are positioned to help reshape the way healthcare is delivered in Canada. And we need to actively participate in the conversation.



Leadership Opportunity

Coordinator of Regulatory Programs

This is an exciting and transformational time for self-regulation in nursing

The **Yukon Registered Nurses Association (YRNA)** is the regulatory body and professional association for registered nurses in the Yukon. YRNA is responsible for establishing and promoting standards of practice for registered nurses, for regulating nursing practice and for advancing professional excellence in the interest of the public. YRNA advocates for nursing and health policies and practices which support safe and ethical care and promotes healthy public policy.

STATEMENT OF QUALIFICATIONS

- A good understanding of legislative and regulatory issues
- Knowledge of nursing and health policy
- A demonstrated ability in leadership, communication, interpersonal and critical thinking skills
- An ability to manage competing priorities
- Considerable independent judgment and decision-making skills
- Ability to understand broad policy implications, yet ensure attention to detail
- Experience working with governing bodies and committees
- Administrative experience is desirable
- Minimum of five years nursing practice
- Practising registration with YRNA

For more information, please contact the YRNA office. **Please note this position is half-time.**

Résumés should be addressed to Joy Peacock, RN, MSc., Executive Director of YRNA. Applications may be submitted in person, by mail, email or fax.

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Website: www.yrna.ca

Nomination Committee Report

In accordance with Bylaw 25 (2) (a) of the Yukon Registered Nurses Association, a call for nominations went out to members in the December 2012 newsletter for the positions of President-elect, Secretary and Member-at-Large (Rural). Deadline for nominations was February 1st, 2013.

One nomination was received for Member-at-Large (Rural). Deb Crosby has acknowledged and accepted this nomination, and has therefore been acclaimed to the position.

There were no nominations received for the positions of President-elect or Secretary. Therefore, according to Bylaw 10 (10), these positions may be filled by nomination and election at the Annual General Meeting.

Respectfully submitted:
Frieda Rolfe
Lynne Harris

Queen Elizabeth II Diamond Jubilee Medal

In honour of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne, a one-time commemorative medal was created—the *Queen Elizabeth II Diamond Jubilee Medal*. This medal serves to honour significant contributions and achievements by Canadians. During the year, 60,000 deserving Canadians will be recognized by the Governor General as award recipients.

The Canadian Nurses Association was granted 30 medals to distribute. Of these, YRNA was allotted one medal to recognize an outstanding Yukon nurse. A call for nominations for Yukon award candidates went out in the Aug/Sep newsletter. Three Yukon RNs were nominated by their peers. All three embodied the criteria which included holding current YRNA licensure; being a Canadian citizen or a permanent resident of Canada and residing in Yukon; making a significant contribution to nursing or health care in the Yukon and not having previously received an award from YRNA. The criteria also stated that preference would be given to outstanding emerging/mid-career nurses.

With great difficulty the Board selected one candidate to receive the *Queen Elizabeth II Diamond Jubilee Medal*. **Heather Johnson** will be presented with the award at a ceremony at CNA House in Ottawa in April. Following is a portion of the supporting document submitted by Heather's nominator, Catherine Bradbury.

Heather Johnson, RN, MN

The nursing profession is in very good hands with nurses like **Heather Johnson** in practice. From the time she arrived in Whitehorse many years ago, Heather has been remarkable for her knowledge, compassion and deep interest in nursing excellence. She has demonstrated a holistic view of her practice, her patients and her environment.

Heather continues to seek knowledge, and has demonstrated that by completing a Masters degree in the last few years. While working on her Masters, she has continued to work in a number of settings, including Home Care. To each setting she brings respect for all persons and a high level of compassion and ethical behaviour.

Heather is also often seen about our city engaged in volunteer work with groups that protect our vulnerable citizens and the fragile environment.

Today Heather's practice reflects her primary commitment and passion: the provision of culturally competent, quality health care to those so often left behind by the system, the marginalized population of Whitehorse. She continues to be a consistent care provider on the Outreach Van and is an effective advocate for those who have little voice or influence as they struggle to meet their basic needs.

One of the most meaningful and hopeful local initiatives for care of the marginalized is the new outreach clinic based at the downtown Salvation Army. Put simply, this clinic exists because of Heather's vision, optimism and very hard work.

Heather Johnson has made a unique contribution to our profession, and more importantly, to the people of the Yukon. She embodies Gandhi's simple, powerful words: "*You must be the change you want to see in the world.*"

The other two Yukon nurses who were nominated---**Sandra Graham** and **Angie MacNeil**---will be featured in a new 'Nurse to Know' series in future issues of *Nurses' Notes*.

EDITOR'S NOTE:

Do you work with a colleague who inspires you through her/his expertise, innovation, attitude or passion for nursing? Acknowledge your colleague as a 'Nurse to Know'. Submit an article (with the permission of the subject) to Nurses' Notes for publication in future issues.

And Repeat!

The Continuing Competence Program

The nursing process is a great tool. I wonder how often since graduation we have incorporated it into our lives without giving it a moment's thought. As we are doing our everyday tasks or as we sit on committees and are involved with volunteer work and the like, the four words drilled in during our education - assess, plan, implement and evaluate – have perhaps become second nature.

The Nursing Practice Committee of YRNA began to work on the Continuing Competence Program in 2007. Initially, we assessed all other Canadian jurisdiction programs. We then planned our own program based on our review of those assessments. The program was implemented in 2011 as a trial and became mandatory in 2012. Following the 2012 audit sessions, the audit group noted that at times we were not getting the required information from our registrants. As previously planned, we then chose to re-evaluate our initial document. During this last year we worked to try and see the document with fresh eyes and to take it, for use of comparison, from a bit of a more verbose 'PC' model to a cleaner more concise 'MAC' model complete with less packaging and less wording.

Concurrently, over the last several years, the YRNA Nursing Standards of Practice were also undergoing a change. A Collaborative Working Group made up of five jurisdictions (Newfoundland/Labrador, Prince Edward Island, New Bruns-

wick, Northwest Territories/Nunavut and the Yukon) chose to revamp the previous six nursing standards down to four and YRNA adopted these as our new Standards. All four standards of practice, which clarify nursing concepts, are uniformly pertinent to all nursing domains.

As a result of these evaluations and reassessments, the Continuing Competence documents you download this year will look a bit different. Be sure to take note of the new instructions and new standards. Our intention is that the changes made will further ease your understanding of what is required by the program. A program that simply asks you to apply the nursing process to your own practice.

Susan Walton R.N., Chair
Nursing Practice Committee
(2007-present)

NOTE:

Go to the YRNA website and click on the Registration tab to view and download your CCP documents. The Nursing Practice Committee is actively working on having the CCP available for our members in a writable PDF format – stay tuned.

At any time if you require assistance or have any questions please call YRNA offices at 667-4062 or drop in to the office Mon-Fri between 9:00 am – 1:00 pm.

Annual License Renewal


The current license year ends on March 31st. All applications for RN (Practising) license renewal received at the YRNA office by March 1st, and accompanied by the required Continuing Competence Program (CCP) Annual Reporting Form and fee payment, will be

processed by mid-March. A new RN card/receipt will be mailed to members at that time.

Applications for license renewal received after March 1st must be accompanied by a 'late renewal' fee of \$52.50

as well as the license fee and CCP documentation.

All renewing members will receive a copy of the new "Standards of Practice for Registered Nurses" with their license this year.



**YRNA's 19th
Annual General Meeting**
Friday, April 19th &
Saturday, April 20th, 2013
High Country Inn, Whitehorse



<http://www.yrna.ca>
[@YRNAExec](https://twitter.com/YRNAExec)
Yukon Registered Nurses Association

WWWealth of Knowledge

New National Standards for Psychological Health and Safety in the Workplace

On January 16th, 2013 new national standards were released by the *Canadian Standards Association*, (CSA) and its francophone counterpart, the *Bureau de normalization du Quebec*, (BNC), to address the "perfect storm" of workplace mental health issues. Claims regarding mental health issues are inundating disability insurers. Large private and public sector employers, labour organizations, and independent occupational health and safety agencies worked together under the auspices of the *Mental Health Commission of Canada*, (MHCC), to develop these voluntary standards which all employers are being encouraged to implement.

The Standards are available to download as a .pdf file at www.csa.ca and I believe they are free of charge in that format. (Please contact me for an alternative source if that is not the case. LH) Assistance to employers in implementing the Standards is available at no cost from the MHCC - the title of the .pdf document is "Psychological Health & Safety: An Action Guide for Employers" and it can be found on the MHCC's home page, www.mentalhealthcommission.ca by scrolling down to the bottom.

The motivation for the development of these standards arises primarily from legal settlements where employers were found to be negligent in matters of workplace mental health, ever-increasing disability benefit payouts by disability insurance companies, and is well-described in specialist Dr. Martin Shain's updated report, "Tracking the Perfect Legal Storm: The Shain Reports on Psychological Safety in the Workplace – A Summary" which is also available at the MHCC website as a .pdf file. (Just enter *Perfect Storm* in the search tool on the home page.)

The content of this issue's WWWealth of Knowledge compliments that of last issue's, wherein best practice guidelines available from the Registered Nurses Association of Ontario, (www.rnao.org), on matters of nurse well-being, fatigue and patient safety, and addressing violence in the workplace, were presented.

As working nurses - front line, supervisory, managerial, administrative, or ministerial - it is in the best interests of ourselves, our colleagues and our patients and clients to give attention to our workplace mental well-being. I hope you will investigate these resources and bring them forward in your workplace Health & Safety meetings for scrutiny and application.

B. Lynne Harris, RN,
(a Primary Health Care Nurse at the Ross River Health Centre)
fido.house@northwestel.net

This is the third in a series of brief articles introducing nurse-friendly, practice-enabling resources available free of charge on the Web. Some of these sites grant CE certificates of use for continuing competency activities. When the YRNA newsletter becomes available electronically, the listed websites will be actively linked.

Empowering Yukon's Seniors and Elders – Planning and Prevention Tools Project

Are you a retired RN?

Would you be interested in a new legal education project for seniors and elders?

Would you be interested in educational opportunities as a volunteer facilitator in offering your ongoing advice?

What is this project about?

The Yukon Public Legal Education Association (YPLEA) is a non-profit organization that received New Horizons for Seniors Program funding to March 31, 2015 from the federal government. The purpose of the project is to

provide education about such issues as abuse of older adults, and legal matters such as wills, advanced directives for health care and personal care decisions, enduring power of attorney for financial decisions, and support in making decisions if you need help with it.

If you are interested, join us for an open discussion and refreshments! Hear about this project and contribute your ideas about how we can most effectively reach seniors/elders, and the kind of information that you and other seniors/elders would find useful.

"Empowering Yukon's Seniors and Elders – Planning and Prevention Tools Project"

When: Monday, March 11 from 1:00 to 3:00 pm
Where: Golden Age Activity Centre

For more details contact:
Lillian Nakamura Maguire
Seniors Project Coordinator
Yukon Public Legal Education Association
Andrew Phillipsen Law Centre, Law Library
(Monday to Thursdays from 10:30 to 4:30)
332-6799 or ylea.seniors@gmail.com

If you're unable to attend the meeting, I'd still appreciate hearing from you!



Think you know all there is to know about managing warfarin therapy? Think again.

You know that warfarin has been used for more than 60 years to prevent stroke and other blood clots in patients with atrial fibrillation. And you know that it works; its effectiveness is well-established. You're probably also aware that warfarin therapy can be challenging — with diet restrictions, drug interactions, and the need for regular International Normalized Ratio, or INR, monitoring. But if you think you know all there is to know about how best to manage warfarin therapy in patients with atrial fibrillation, you might be in for a surprise.

Decision-makers in health care have questioned the best way to manage warfarin therapy in patients. Is usual care the best model, when patients are followed by their family doctors who monitor their levels of anticoagulation and make dosage adjustments when needed? Some regions have specialized anticoagulation clinics. Are these better in managing warfarin therapy than usual care? Is the best option for warfarin management different in rural and remote areas than it is in urban centres? What about having patients test their own INRs and adjust their doses themselves?

The Canadian Agency for Drugs and Technologies in Health (CADTH) — an independent, not-for-profit agency that delivers timely, evidence-based information on drugs and other health technologies — recognizes the importance of these questions.

To determine how best to manage warfarin therapy, a systematic review of the clinical evidence was undertaken by CADTH, as well as a review of the eco-

nomie evidence for the different models of care. Focus groups and interviews with medical specialists, family doctors, nurses, pharmacists, and patients provided an opportunity to understand what is currently happening in the field with warfarin management. An expert panel reviewed the evidence and made recommendations for improving warfarin management.

Did You Know?

In focus group tests with patients:

- MOST *did not know* that they were taking warfarin to prevent stroke.
- MANY attributed benefits or side effects to warfarin that were unlikely to be due to the drug.

“My heart feels better when I take my warfarin.”

Despite this, MOST patients felt confident in their level of knowledge concerning their warfarin therapy.

Based on the best available evidence, it turns out that there isn't a lot of difference in patient outcomes between the different models of care. What does matter is that you manage your patient's warfarin therapy by following a structured plan — whether the care is given in a family doctor's office, a specialized clinic, a specialist's office, or other setting. The warfarin management plan needs to outline the frequency of patient follow-up and INR testing, how dose adjustments will be managed, and how you will monitor your patient for complications and side effects. The plan should incorporate the use of dosing tools, which have been

shown to improve treatment outcomes and vary from simple, paper-based nomograms to sophisticated computer software.

Don't forget that the plan should indicate how and when caregivers and other health care professionals will be engaged in your patient's warfarin management. Finally, ongoing patient education is a key part of the plan and is important in optimizing the management of warfarin therapy in your patients (see “Did You Know?”).

The evidence on patient self-testing and patient self-monitoring was mixed and although these strategies may be an option for some patients, they are not recommended for most. There was not enough evidence to make specific recommendations for rural and remote locations — and this is definitely one area where more research is needed.

The bottom line is that warfarin has been around for a long time, and it works to prevent strokes in patients with atrial fibrillation. But, by following a structured plan when caring for your patients taking warfarin, you can help ensure that they are being managed in the best possible way.

For more information about CADTH and the Warfarin Management project, please contact **Dawn Priestley**, the CADTH Liaison Officer for the Yukon at: DawnP@cadth.ca.

The CADTH website is www.cadth.ca and the reports on optimizing warfarin management can be found here: <http://www.cadth.ca/en/products/optimal-use/warfarin-management/reports>.



FACILITATING LEARNING THAT PROMOTES COLLABORATION, LEADERSHIP AND PRODUCTIVITY

WORKSHOPS COMING TO WHITEHORSE IN APRIL

EMOTIONAL INTELLIGENCE

- Value in the Workplace

April 9, 2013 (early rate deadline March 19)

Emotional intelligence (EI) refers to the ability to identify and assess the emotions of oneself and others and then to use that information to guide one's actions. Participants of this workshop will learn to utilize emotional intelligence more effectively through both self-assessment and skill development exercises, resulting in an increased sense of how to engage more effectively with others.

Some of the topics covered:

- The Difference Between IQ and EI
- The Impact of Emotions in the Workplace
- Assessing Your Emotional Intelligence
- Recognizing Others' Emotions
- Influencing Others' Emotions

TO REGISTER OR FOR MORE INFORMATION:

204.452.0180

www.achievecentre.com

info@achievecentre.com

DEALING WITH DIFFICULT PEOPLE

April 10, 2013 (early rate deadline March 20)

This workshop will analyze what is happening in exchanges with difficult people and demonstrate how people can adapt their strategies to bring about more productive conversations with those they find difficult. Participants will also learn how to change their interactions with difficult people in order to influence their behaviour, resulting in more positive outcomes.

Some of the topics covered:

- The Angry Person - De-escalating Anger
- The Resistant Person - Breaking through Resistance
- The Passive-Aggressive Person - Getting to the Truth
- The Bullying Person - Stopping the Problem Behaviour
- How you can Exert Influence

Workshop Fees:
(per workshop)

Early rate \$195
Regular rate \$235



Continuing Nurse Education Fund Update

The Education Fund Management Committee will meet during the first week of March to review applications for funding received by the February 28th deadline.

Due to very strict management of the funds, there is enough left in the 'pot' for this final review the fiscal year,

unlike 2012 when funds had been fully expended at this point.

The demand on the continuing nurse education funds is high. As we enter the final year of the current 3 year funding agreement, the committee will again have to be very strict in screening applicants according to the criteria cur-

rently in place. This criteria will be reviewed/revised as we begin a new funding year in April.

There is always a need for members on the Education Fund Management Committee. If you're interested in learning more about this work, contact the YRNA office at 867-667-4062.

Warfarin Management Plan Checklist

Things to consider when developing a structured plan of care

- Patient follow-up
- INR monitoring
- Dose adjustments (including dosing tool)
- Other health care professionals involved in
- Patient education — ongoing
- Caregiver engagement
- Monitoring for complications/side effects

Canadian Agency for Drugs and Technologies in Health



STAGES BILINGUES AU YUKON / BILINGUAL INTERNSHIP in the YUKON

WANTED/RECHERCHÉS

Hébergement pour des stagiaires en santé et services sociaux. Le Partenariat communauté en santé (PCS) et l'Association franco-yukonnaise (AFY) cherchent à créer une banque de professionnels. Les de la santé et des services sociaux bilingues établis au Yukon qui seraient intéressés à héberger des stagiaires bilingues dans le domaine de la santé et des services sociaux pour la durée de leur stage. Ce programme de jumelage permettra à ces stagiaires un meilleur accueil et une connaissance accrue du milieu de la santé via l'hébergement chez une professionnelle qui pratique déjà au Yukon. Qui sait? Peut-être que ces stagiaires choisiront de pratiquer ensuite leur profession au Yukon! L'hébergement est rémunéré par le/la stagiaire ou son établissement d'enseignement. Renseignements : PCS 668-2663 poste 800 ou pcs@francosante.ca

The Francophone Health Network (PCS) and L'Association franco-yukonnaise (AFY) are looking for **lodging with Health and Social Services professionals** willing to host a bilingual student or graduate at home for the duration of their internship. We hope that pairing students or graduate with actual Health and Social Services professionals, the interns will get a better feeling of our Health System and will be able to fully benefit from the experience in the Yukon. And why not? Come back and be part of our team! Financial contribution from the students/institution is expected for the host. To register as a lodging option in our data base : PCS 668-2663 ext.800 or pcs@francosante.ca

VIDÉOCONFÉRENCES PEP FREE FRENCH VIDEOCONFERENCES Through the Consortium/Ottawa University/Montfort Hospital

En collaboration avec le SOFA, PCS et le ministère de la santé et des affaires sociales du Yukon
Offered through Adult training and Employment (AFY), Francophone Health Network (PCS) and MHSS Yukon.

Salle de télésanté, Hôpital général de Whitehorse
Salle de formation, 1^{er} étage, Bâtiment numéro 2, Route de l'hôpital, 8h30-10h. Gratuit
Inscriptions: dagmar.borchardt@gov.yk.ca ou 335-0556

NOTE : Aussi disponibles par le Web (web streaming). Pour s'y inscrire: France Clément par courriel cfnsmft@uottawa.ca au moins 24 heures à l'avance.

HORAIRE/ SCHEDULE

7 mars 2013

La pratique pédiatrique et la fatigue de compassion, témoignage et stratégies/ Pediatric practice and compassion fatigue- Testimonials and strategies- Laurice Henry, MSc.CCC/SLP, Reg. CASLPO, *Orthophoniste*)

11 avril 2013

Les défis des professionnels de la santé et des services sociaux en francophonie minoritaire : une offre active de services en français / Challenges for health and social services professionals within francophone minorities: an active offer of French-Language Services- Marie Drolet, Ph.D., T.S. *Professeure agrégée, École de service social et Josée Benoît, Ph.D.,EAO Associée de recherche / Chargée de cours, École de service social et École des sciences de la réadaptation/*

30 avril 2013

Portrait et déterminants de la santé de familles francophones en situation minoritaire qui donnent naissance dans la région d'Ottawa/ Profile and determinants of health among minority francophone families who give birth in the Ottawa region -Viola Polomeno, inf./R.N.,Ph.D et Denise Moreau, inf., Ph.D *Professeures Agrégées, École des sciences infirmières, Chercheuses à l'IRHM (Institut de Recherche de l'Hôpital Montfort*

TRAINING/ FORMATION

ACTIVE OFFER FRENCH HEALTH SERVICES/ OFFRE active de services de santé en français!

Learn why and how you can make a difference in offering health and social services to the French population. Active offer is based on excellence in the health care professions, helping professionals to become aware and use easy tools and knowledge in order to provide culturally and linguistically adequate care to a diversity of population. Emphasis will be around French services. Training and material provided are in French. Facts and fun guaranteed! FREE
March, 27 from 6-8h30 pm
Centre de la francophonie, 302 Strickland, Whitehorse
Registrations: SOFA 668-2663 ext 223
Note: An English session for health care managers will be offered next Fall.

SOIGNEZ VOS PATIENTS EN FRANÇAIS/ French for health care and social services professionals

For intermediate-Advanced French students or Francophones who have been trained or practicing mainly in English in the past years. These are 13 interactive modules offered online each one covering a specific area of expertise (ex: trauma, mental health, seniors, sleep, nutrition, etc). You can study at your own pace, with the possibility of recording yourself and hearing pronunciations. Videos, games, vocabulary, documentaries, quizzes, bilingual lexicon and visual anatomy are available. A facilitator is also available for specific questions or needs.

Available online, through iPhone and iPad as well (Free). See Apple store or contact Educacentre College.

Collège Educacentre (Vancouver):
sante@educacentre.com or phone 1800-747-4825

RÉPERTOIRE/ Directory of Bilingual services Services de santé et services sociaux en français au Yukon

Le PCS est en train de faire la mise à jour du répertoire des services de santé et des services sociaux en français au Yukon. Si vous offrez des services de santé/services sociaux en français, que ce soit dans les secteurs privés, publics ou communautaires, laissez-le nous savoir! La prochaine mosaïque présentera les photos et coordonnées des pros de la santé bilingues du Yukon dans l'Aurore boréale de mars 2013. Affichez-vous, c'est gratuit!

You are a bilingual (French/English) health professional? Let us know! We are publishing a directory in March! It's free and it really helps francophones to know where they can get information on health through knowledgeable people like you! It makes a difference, it helps caring and curing, it saves lives. Let us know who you are or refer us someone you know!

Information/Renseignements: Myriam pcsprojet@francosante.ca ou 668-2663 poste/ext 830



Programme d'excellence professionnelle



Loss, Grief and Healing in the Workplace Practical Tools for Front-line Workers

May 29 & 30, 2013

This two day workshop explores the challenges of loss in the workplace.

As professionals you will come away more solid in your knowledge of the grief process and confident in your ability to support yourselves, your clients, co-workers and community.

Special emphasis will be given to self care and wellness, including practical tools to use throughout your work day.

Guest speaker: Jackie MacLaren RN, BScN, EFT Advanced Practitioner

Location: Vista Outdoor Learning Centre

\$325 + GST **Lunch is provided**

For more information call Hospice Yukon 667-7429

This workshop is offered by Hospice Yukon in partnership with the Northern Institute of Social Justice.

To register, phone:
Yukon College 668-8710
Course Reg#: 30036



Moving? Please let us know . . .

Name: _____

NEW Address: _____

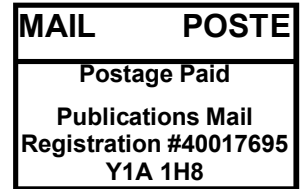
Postal Code: _____ Phone: _____

Old Address: _____

Send to:
YRNA, 204—4133—4th Avenue, Whitehorse, Yukon Y1A 1H8
Phone: 867-667-4062 Fax: 867-668-5123 e-mail: admin@yrna.ca

Yukon Registered Nurses Association

204—4133—4th Avenue
Whitehorse, Yukon Y1A 1H8
Phone: 867-667-4062 Fax: 867-668-5123
E-mail: admin@yrna.ca Web: www.yrna.ca



Coming Events . . .

- Jan 29-30, 2013 *Delaying Use of Substances in Adolescents Who are Connected to Social Media.* Yukon Alcohol & Drug Services Training Session. FREE. **Whitehorse.** Contact ADS at 867-667-5405.
- Feb 27-Mar 2, 2013 *5th International Conference on Fetal Alcohol Spectrum Disorder.* Westin Bayshore, Vancouver. Contact UBC Interprofessional Continuing Education at www.interprofessional.ubc.ca or 1-855-827-3112
- March 1, 2013** **DEADLINE for RN (Practising) license renewal applications to be received at the YRNA office. Renewal applications received after March 1st will be charged a late fee of \$52.50. Contact the YRNA office for more information. admin@yrna.ca 867-667-4062**
- March 6-7, 2013 *Recognizing and Addressing Prescription Drug Misuse.* Yukon Alcohol & Drug Services Training Session. FREE. **Whitehorse.** Contact ADS at 867-667-5405.
- March 19, 2013 *Understanding Mental Illness.* Presented by Crisis & Trauma Resource Institute Inc. **Whitehorse.** For more information: info@ctrinstitute.com
- April 11-13, 2013 *A Breath of Fresh Air.* 6th Annual Canadian Respiratory Conference. Quebec City. For more information: www.lung.ca/crc
- April 19-20, 2013** **YRNA ANNUAL GENERAL MEETING. Friday evening 7:00-9:00pm. Saturday 8:30—4:00. High Country Inn. Whitehorse. Call for more information 867-667-4062.**
- April 22-25, 2013 *Diabetes Educator Course.* Comprehensive 4 day course. Vancouver. Contact UBC Interprofessional Continuing Education: www.interprofessional.ubc.ca; 1-855-827-3112. This course will be offered in Winnipeg from May 3-6.
- May 8-10, 2013 *Nurse Practitioners: Aiming for Health in BC.* Annual BCNPA Conference. Keynote speaker Brian Goldman. Richmond, BC Contact: www.bcnpa.org.
- May 18-23, 2013 *Equity and Access to Health Care.* 25th Quadrennial Congress International Council of Nurses. Melbourne, Australia. Contact: www.icn2013.ch
- June 17-19, 2013 *Blueprint for Action: Influence, Inform and Inspire.* 7th National Community Health Nurses Conference. Kelowna, BC. Contact: www.chnc.ca/annual-nursing-conference.cfm.
- June 28-30, 2013 *Stanton Hospital Reunion.* Were you a Stanton Yellowknife Hospital employee prior to August 1988? Contact www.stantonyk25.com. Email stantonyk25@gmail.com.