Report from the Chair

Aileen Knip RN BScN MN CCHN(c) CDE

After the AGM, May 7th, I stepped down as Chair of DNIG. I wish the DNIG interest group lots of best wishes as you move forward with RNAO in this very important and timely group.

I do have mixed feelings as I write this note of resignation from the Chair position of DNIG and from the Executive. As with any organization, when you become involved it opens many new doors of learning, understanding, and friendship. I have enjoyed my time as Chair of the DNIG Executive and feel I have learned a great deal about RNAO governance and operations.

I feel that due to my ongoing commitments such as taking on the Vice Chair role of our local hospital Board of Director’s (which I have found out consumes many hours each week), teaching in Michener’s Diabetes Graduate Certificate program, Chapter Author “Diabetes in the Elderly” for the 2018 CPG’s and working full time that I am just getting too overwhelmed with all my commitments. Having children living in Australia, Germany and BC also contributes to time away and many hours spent on Skype and face time.

I am happy to report that Lisa Herlehy is moving into the Chair for the upcoming year. She will be supported by a strong executive. Look forward to hearing from her in the next newsletter.

In other DNIG activities Alwyn Moyer, Sanja Viskeruna and Judy Tang, our student volunteer executive member, attended the RNAO AGM. This, as always was a very interesting event. During the opening session we heard our Minister of Health, Eric Hoskins talk about the exciting news of independent RN prescribing. For further information please see Alwyn’s article in this newsletter. Judy Tang has written a piece on her first experience as a student attending the RNAO AGM. Sanja has written an article on attending Queens Park. Lots of interesting information to read and peruse!

--Aileen

When enough people care about autism or diabetes or global warming, it helps everyone, even if only a tiny fraction actively participate.

Seth Godin
Stay connected to your nursing colleagues—renew now.

DNIG Executive Team

Lisa Herlehy — Chair
Margaret Little — Treasurer
Alwyn Moyer — Membership and Services ENO
Toba Miller — Communications ENO
Romy Burgess Burfitt — Advanced Foot Care
Sandhya Goge — Co-chair communications
Sanja Visekruna — Political Action ENO

Student Members:
Larissa Scimmi
Judy Tang
Anissa Ramchatesingh
Navleen Gill
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“Stay connected to your nursing colleagues—renew now”

Busy? Don’t have time for to keep update on the latest? Did you know that RNAO has an updates page with quick links to the latest? Check it out and bookmark it. Get the most from your organization.

In the News

No doubt many of you have heard the news that Dr. Vanessa Burkoski, RNAO’s immediate past-president was fired from her role as Chief Nursing Executive and Vice President of Professional Scholarly Practice at London Health Sciences Centre (LHSC) shortly after speaking out about concerns for patient safety.

Learn more and support the call for an independent investigation.

Region 6 takes MMP Han Dong from Trinity-Spadina to breakfast.
DNIG Bursaries

DNIG Research Award $3,000: Holly Tschirhart, McMaster U;
DNIG Scholarship $2,000: Amanda Ottley, U of Toronto;
M. Myers Clinical Practice Award $1,000: Hilary Hall, U of Toronto
MA Murphy Diabetes Award $1,000: Angela Koipuram, McMaster U.

All bursaries were awarded through RNFOO award this year.

Scholarships and Bursaries—Thinking ahead for 2017

DNIG offers three bursaries each year which are managed by the Registered Nurses Foundation of Ontario (RNFOO). For application forms, please go to RNFOO Awards and Scholarships. Successful applicants will receive their award at the RNAO Assembly and AGM in April.

The Mary Ann Murphy Memorial Diabetes Education Bursary
Awarded annually to an RN pursuing graduate education, whose research focus is diabetes education and care for persons with type 1 diabetes, and who has demonstrated a significant commitment to the cause of diabetes. Potential value: $1,000

The Margaret Myers Diabetes Clinical Practice Bursary
Awarded to an RN who has demonstrated a significant interest in diabetes research, education, and care and is currently practicing in the field. The purpose of the award is to support an evidence-based project or initiative that will positively impact on nursing clinical practice and on the health outcomes of people with diabetes. Potential value: $1,000

The DNIG Aboriginal Diabetes Award
Awarded to an RN pursuing diverse continuing education in the area of diabetes education and care specific to type 2 diabetes in the Aboriginal population. The applicant must have demonstrated a significant commitment to diabetes education and care in the Aboriginal population and be currently practicing in an Aboriginal community. This award is funded by DNIG. Potential value: $2,000

DNIG Research Award
This award supports a graduate level student in either a PhD, MScN or MN program who is conducting research focused on an aspect of nursing related to either education, prevention, or management of diabetes. Applicants must have have completed a research proposal that has been submitted for ethics approval. Applicants must be a member of the Diabetes Nursing Interest Group.
On May 5-6, I had the privilege of attending the RNAO AGM in downtown Toronto for the first time. Not only was the RNAO AGM extremely informative, it was also inspiring to see how far the nursing field has grown in the span of a few years. Perhaps the most pivotal development in the nursing profession is their newfound political influence over controversial subjects and their power to advocate for issues relevant to the field.

The presentations on the evening of May 5 were especially interesting and educational. The speeches from the Minster of Health, Provincial Chief of Nursing Officer, political leader, other MMPs, CEOs, CNOs, and so forth, discussed their plans to further strengthen and develop the nursing profession, such as RN prescribing, signing death certificates, and continuing to advocate on behalf of nursing students. The May 6 meeting consisted of proposed resolutions, with a portion specifically pertaining to students. It was great to see how much advocacy and support there is for the future nurses. The student luncheon was yet another way to network with other students and talk about our current situations. I would recommend students and nurses to attend the AGM and fully experience the process of it.

If you are interested in seeing the highlights from the event, the videos are accessible through the RNAO website: [http://rnao.ca/content/agm-2016-highlights](http://rnao.ca/content/agm-2016-highlights)

Judy Tang, BScN Student

Visitors to the DNIG information table at the AGM had their names entered into a draw for our annual cookbook giveaway.

**Congratulations to**

**Leila Carnegie**  
**Janet Hunt and**  
**Crystal Heplain**

Happy Cooking!!!
Policy and Politics - Nurses have their say

Nurses Engaging in Policy and Politics at Queen’s Park
Sanja Visekruna, RN, MSc, PhD Student
DNIG Executive Policy and Political Action ENO

This past February 25, 2016, I had the opportunity to participate in my first RNAO Queen’s Park Day at the Ontario Legislature. For me, the experience re-instilled the importance of nurses staying informed of both current and future government priorities, advocating for the nursing profession, dialoguing in the political environment with members of provincial parliament (MPP) and nurse colleagues, as well as raising issues that are important to nurses and the profession.

Highlights of the day for me include listening to “Question Period”, where MPPs debated about different political topics/issues including nursing employment in Ontario. It was also insightful listening to representatives from the three political parties: Dr. Eric Hoskins (Minister of Health, Liberal Party), Jeff Yurek (PC Health Critic), Jagmeet Singh (NPD Deputy Party Leader) and Cindy Forester (NDP MPP), as well as the Auditor General of Ontario, Bonnie Lysyk, speak about their government’s priorities/perspectives on health care and nursing in Ontario, as well as engage in dialogue with nurses.

For more information about the event, RNAO released a media release on February 23, 2016, which can be found here: http://rnao.ca/fr/news/media-releases/2016/02/23/nurses-visit-queens-park-discuss-health-system-improvements

Following this event, DNIG Executive members and the RNAO engaged in discussion about how the DNIG can become more engaged politically and from a policy standpoint.

DNIG members come from widespread practice areas with varying levels of expertise, thus policy topics are likely variant and multidimensional in some cases as well. To this end, we would like to hear from you – this fall, we will be circulating a short online survey to DNIG members, with a request for you to identify policy topics/issues critical to your diabetes nursing practice, to help shape a policy agenda for the interest group to focus on in the coming year.

Update on RN Prescribing
Alwyn Moyer RN, PhD
DNIG Executive Membership and Services ENO

In Ontario The Health Professions Regulatory Prescribing Council (HPRAC) completed its assessment of three models of nurse prescribing (Independent Prescribing; Supplementary Prescribing, and Use of Protocols) and reported back to Minister of Health, Eric Hoskins on March 31st, 2016.

Minister Hoskins expressed his intention to move forward on the report at the RNAO AGM in May 2016.

The HPRAC report has not been made public; but you can view a summary of Stakeholder feedback on the HPRAC website. Go to: http://www.hprac.org/en/resources/Summary-of-Stakeholder-Comments-Revised-FINAL-2016-04-21.pdf
As a fourth year nursing student, the NCLEX was one of the main focuses. My peers and I would frequently discuss our fear, dread, and anxiety associated with the NCLEX. It is the last hurdle before attaining the ultimate RN title. Each of us came to a point when we faced our fears, focused, and began the journey to passing the NCLEX.

The road to the NCLEX is as much of a personal journey as it is an academic journey. I went through a whirlwind of emotions before I wrote the exam. I rotated through feeling confident, nervous, apprehensive, and excited. I am lucky to have very supportive friends, family, and university faculty. They gave me the support I needed and provided me with tips and strategies to be successful in this process. Throughout this journey I gained confidence in my abilities and learned different strategies to successfully pass the NCLEX. The following is a list of strategies that aided me in passing the NCLEX.

Be confident in your abilities
You just completed four years of school for nursing. You have the ability to pass the NCLEX.

Know your weaknesses and work to improve them
If you do not remember anything from your pediatrics class and have never had a pediatrics placement, it is a good idea to review milestones and safety measures for children. You cannot know everything, but you can always broaden your knowledge base.

Have a support system
Whether it is friends, family, and/or professors, you need a support system to comfort you in your most stressful moments and congratulate you when you accomplish a goal.

Come up with a study plan
Plan your studying and hold yourself accountable to it. This is the most important exam in your near future. Focusing your time will pay off. This large time commitment is temporary and will be over once you pass the NCLEX. Utilize a prep course/question bank. Knowing content is very important, but it is just as important to become familiar with NCLEX style questions. You need to be able to dissect questions in order to find the correct answers. To add, you need to become familiar with writing an exam ranging from 75 to 265 questions. Continuing to build on your test taking stamina can prevent unexpected burnout the day of the exam.

Know lab values and safety for each pharmacological category.
Lab values are important in assessing the status of a patient. If you can point out the abnormal values, you can move towards selecting the correct answer. Pharmacology is a large portion of the NCLEX. It helped me to become familiar with prefix/suffixes of each category and safety measures for each category.

Stay healthy (mentally and physically)
Continue to do things that you did before studying that made you feel great. Eat healthy, exercise, and make sure to have fun on your down time.
When writing the NCLEX, I found that these tips helped me to pass.
Find the root of the question. You cannot find the correct answer if you do not know what the question is really asking.
Read every answer (multiple times if needed). If you cannot recognize what the question is asking, the answers can provide hints.

Eliminate incorrect answers.
Use your ABC’s! Airway, breathing, and circulation help to prioritize.
Remember that safety is the priority!
Always re-read the question and the answer(s) you selected. Does your selection make sense? If so, confidently submit and move to the next question.

Every individual studies and takes tests in a different manner. Use what you learned about yourself during your schooling to make an appropriate individualized plan. Believe in yourself, trust your instincts, and know that the NCLEX is not as daunting as we perceive at times. The NCLEX is passable.
Some great advice that a professor gave to my class is to never give up. It doesn’t matter if you are on question 75 or 265. As long as you are answering questions, you still have the opportunity to pass!

RN Prescribing—How do we change Scope of Practice?

An ACT is a law that has been introduced in the Legislative Assembly as a Bill, has passed three readings and committee study by the Legislative Assembly, and received Royal Assent. A REGULATION is “subordinate legislation: authorized by an Act and made by Cabinet, a Minister, or a board or other body.

How an Ontario Bill becomes a Law


Bill 179, the Regulated Health Professions Statute Law Amendment Act, 2009 amended 26 health-related statutes many of which are reflected in The Nursing Act. Changes proclaimed relate mainly to Nurse Practitioner’s Scope of Practice. A further bill to amend the scope of practice for RNs to prescribe would have to be introduced and then each section proclaimed which can sometimes take time and may require pressure from stakeholders.

As a regulatory body, the College of Nurses of Ontario enforces what is laid out in the Act or law. It is the responsibility of the College to protect the public by working with the Ministry of Health and Long Term Care to interpret the Act and ensure that all licensed members are aware of changes, are competent to perform said changes and then follow the law.

L. Herlehy RN, NP (C), CDE
Check out conference opportunities and apply early.

DNIG 2016 Conference Funding - New deadline for fall funding July 14, 2016!!!

We are pleased to report that once again we have funding to support three members to attend diabetes focused conferences in 2016. Applications will be reviewed and granted March 31st and September 31st.

Following are application details.

**Purpose:** The purpose of this funding is to support DNIG member to attend a Diabetes Conference taking place 2016.

**Amount:** The funding will cover costs of travel, accommodation, and meals, up to a maximum of $1000 per member. All original receipts must be submitted no later than 30 days following the conference.

**Selection:** The selection committee will be comprised of DNIG Executive Team Members.

**Process:** A completed funding application must consist of:

A. DNIG Member funding for Conference Attendance Application Form

B. A brief personal summary (500 words as

Successful applicants will also be asked to write a brief summary of their experiences and learning from participation for a future issue of the DNIG newsletter.

Eligibility Criteria: Applicant must have been an RN member of DNIG for a minimum of one year

Personal Summary Selection Criteria: Brief personal summary must include:

1. Identified professional objectives for attending the diabetes conference.
2. Identified involvement (past/present) in diabetes professional practice/ DNIG
3. Identified strategy for sharing learning with nursing colleagues.

Please send completed scanned applications and any questions to:

Lisa Herlehy

We have two members who have applied a second time for conference funding. New applications are accepted and will be given priority so don’t wait. Apply today!
Have a Great Summer

Read a book, take long walks, enjoy your family. We’ll see you back in September.

And remember. This group is here for YOU! So check out the website, post your conferences or things of interests and send in your suggestions for the newsletter.

Look for the next issue in the fall but contact your Diabetes Nursing Interest Group any time.
Conference Funding Application

Name: _______________________________________________
Address: _______________________________________________
_______________________________________________
Email: ________________________________________________
Phone: ________________________________________________

RNAO membership # _______________
DNIG Membership duration __________

Employment status: FT   PT
Employer ______________________________________________

Please tell us about the conference you wish to attend, approximate distance and your anticipated mode of transportation.
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

*NOTE: For reimbursement agreed upon amount, an expense report and all receipts are to be submitted to DNIG no later than 1 month following conference completion.

Please attach a 1-page document (maximum 500 words) outlining why you qualify for this funding.

Be sure to:
   Describe your professional objectives for attending the conference.
   Describe your involvement (past/present) in your professional association/DNIG
   Describe your employment status, location, role in diabetes nursing
   Describe how you will share what you have learned with your nursing colleagues

Please supply one professional reference.

Name: _____________________________        Phone number: _____________________

I certify that all information contained I this application is true and accurate.

Applicant signature ________________________________    Date: ________________

Please scan completed application and e-mail to liher233@yahoo.com