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School of Nursing Newsletter

August 2023 (Issue #1)

Message from the Dean

I am delighted at the launch of the SON Newsletter! The goal is to share highlights of the many wonderful activities and events within our school community and celebrate the people who make that happen! Thank you to Michelle Friesen and Sourajita Panda for being the editors and getting it launched. We welcome your ideas and contributions to shape the newsletter and use it as a means of communication within our school but also with the broader TRU community and our partners. The frequency and format will evolve over the next year based on your feedback.



The summer of 2023 has been a busy one in the NPH building! We have been renovating: the Dean's meeting room has had minor modifications to the kitchenette and now boasts a lovely big conference table; Room 247 on the 2nd floor is transforming from a storage space to NP lab with 5 'clinic' stations; Room 314 and 316 have undergone a technology upgrade to allow for greater connectivity and hybrid teaching. An upcoming goal over the next few months is to make our physical space more inclusive and reflective of the cultural diversity of our physical spaces. Your suggestions and participation are needed!! Please forward all ideas to Sheri Ressler.

We have also been hosting our space and facilities have hosted many tours – of TRU colleagues, donors, and community members. The summer started off with a wonderful donor reception in the ground floor atrium and, in August, we hosted the BC Simulation Network annual conference for over 80 attendees that included a pre-conference reception and two tracks of concurrent sessions!!

As we start off the new academic year, you will notice some new faces (and old faces in new roles) – some are here on a short-term basis and others in more permanent roles. Please take a moment to introduce yourself, welcome them to TRU SON, and get to know them! Fostering a culture of belonging and inclusion at SON is not just a stated value but something that we live every day!

Rani H. Srivastava, RN, PhD

New Faces & New Roles

Welcome to SON!



On April 1, 2023, the SON welcomed **Dr. Lisa Creelman**, DNP, MSCN, NP(F), as Assistant Professor for the MN-NP program. She is recognized for her commitment to rural care and her current practice is with Rural Central Secwepemc Program, Interior Health Authority in partnership with First Nations Health Authority with a focus on primary health care across, rural and remote health care, and Indigenous health.



On April 4, 2023, the SON welcomed **Dr. James Rankin** RN, ACNP, PhD as full-time faculty in the MN-NP program. Dr. Rankin had formerly held the position of Professor at the University of Calgary. He practiced as an ACNP in the Bone & Joint Program with Alberta Health Services and continues to be active in research and scholarship with Faculty of Nursing, UC and the Cumming School of Medicine at Calgary. Most recently, Dr. Rankin had been working with us at the TRU SON as a sessional instructor in the development of MN-NP courses.



On June 26, 2023, the SON welcomed back **Jaime Gallaher** RN, MSN from her parental leave. Jaime is a simulation instructional support faculty member. This role works closely with the Director, Sim educator, faculty, course/ program leads, and staff to develop, coordinate implement, and evaluate evidence informed Simulation Based Learning across programs within the SON.



On June 5, 2023, the SON welcomed **Ms. Sourajita Panda** as an Administrative Assistant to the Dean. Sourajita is a seasoned human resource professional, has cultivated a diverse work experience spanning across India, Europe, the Middle East, and Africa, with a particular focus on Equity, Diversity, and Inclusion. Currently, she serves as a Board Member on the Equity Committee of TRUSU and is pursuing her postbaccalaureate degree in Human Resources.



On September 1, 2023, the SON will welcome **Ms. Aashima Thapar**, a co-op student with a focus on Marketing and Communications. She comes with more than 5+ years of experience in marketing and people management, communication training, profile research and client relationship management. Aashima will be with the SON from September to December 2023.



New Faces & New Roles



Dr. Sarah Dewell comes to TRU as an Assistant Professor at the School of Nursing. Clinically, Sarah has worked in mental health with a focus on geriatric mental health. Her research “explores the development of precision health through scholarship focused on nursing education, research, and practice with a focus on foundational genomic knowledge for all nurses” and has built an extensive network of national and international genomics nurse educators and researchers with whom she works on several projects. Dr. Dewell will begin her position here at TRU on August 1.



Ms. Amber Archibald has been a sessional instructor at TRU and at Nicola Valley Institute of Technology since 2016. She has taught in BScN, PN and HCA programs. She has experience at Royal Inland Hospital as a medical nurse as well as experience in home and community nursing in Merritt and Kamloops. Amber completed her Master of Public Health at University of Victoria with a focus on Indigenous health. Amber begins work with the TRU SON August 14, 2023.



Ms. Bhupinder Nagra BScN, RN, MSN, is currently a University Instructor at TRU. Pinder has been a sessional instructor at TRU since 2015 and has taught in the BScN and HCA programs as well as Open Learning Return to Practice nursing program. Her clinical experience has been in home and community care as well as rehabilitation, convalescent care, and medical nursing. Pinder received her BScN from TRU and MSN from UBC, with a focus on Nursing Education. Pinder’s new role as Assistant Teaching Professor with TRU is effective July 15, 2023.



Ms. Laurel Macgray joins TRU as a Limited Term Contract Assistant Teaching Professor effective August 1, 2023. She is currently a sessional instructor with TRU SON where she has taught since 2021. Her clinical background is varied and includes working as a rural emergency and obstetrics nurse, hospital post-anesthesia care unit, as well as travel nursing. Laurel has been a member of the Canadian Coast Guard working in Arctic communities as well as inshore search and rescue.



On September 6, 2023 the SON will welcome **Mr. Hiren Nayee** as our new biomedical engineering simulation technician. This position will work closely with the Director, Simulation Educator, and Simulation instructional support providing advice and support in using patient care simulation equipment and operation of equipment in the simulation Centre. Hiren comes to us with a biomedical engineering education and 2 years’ experience in the field. In his past role he was responsible for maintenance, repair, and installation of lab related equipment along with quality control running that equipment.



News From Our Programs

Master of Nursing - Nurse Practitioner Official Start

The British Columbia College of Nurses and Midwives (BCCNM) Education Program Review Committee (ERPC) provided their final approval on the Master of Nursing - Nurse Practitioner (MN-NP) program. This was the last approval that was required to make the program officially recognized by the healthcare regulatory body for the next five years without terms or conditions.

May 1, 2023 the SON welcomed it's first cohort of 17 students into the MN-NP program. Applications had opened March 1st and the school received an astounding 85 applications for it's initial start.

MN-NP students will have access to their own specialized lab area in the Nursing & Population Health Building. Students will also have options to specialize in various areas of interest such as Indigenous health, senior's care or mental health.

Congratulations to our 2023 Grads

The School of Nursing celebrates the graduation of our Health Care Assistant, Bachelor of Science in Nursing, Master of Nursing, and Return to Registered Nursing certificate students in TRU's spring convocation.

We welcome the following to healthcare:

45 - Health Care Assistants

78 - Bachelor of Science in Nursing students

10 - Master of Nursing Students

6 - Return to Registered Nursing students

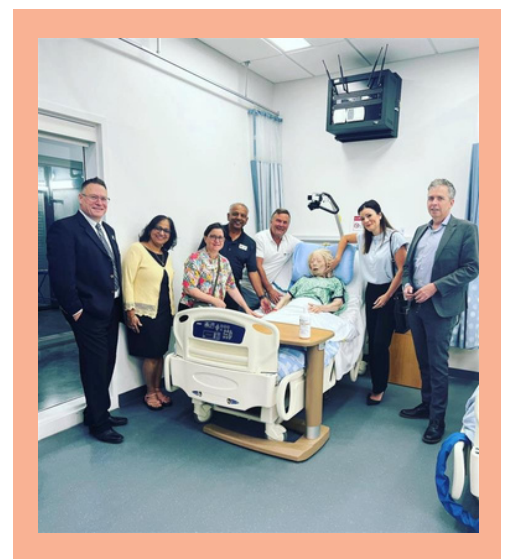


Visit from City Council Officials

On August 24, 2023 the School of Nursing was visited by Kamloops City Council members. The members toured the Nursing and Populations Health Building, including the various simulation labs. Members got to meet and interact with the SON's 'senior' manikin, Vivian, and Sim Man 3G.



Left to Right - Kelly Hall, Nancy Bepple, Bill Sarai, Katie Neustaeter



Left to Right - Michael Lundin, Rani Srivastava, Nancy Bepple, Bill Sarai, Kelly Hall, Katie Neustaeter, and Brian Daly.

News From Our Programs

SON Returns to Nepal

Students returned to Nepal this May to complete their consolidated practice experience (CPE 3) at the end of year three in the BScN program.



This past year, the TRU School of Nursing renewed a decades old nursing partnership with Dhulikhel Hospital in Nepal. As a result, a group of third year students spent one month in Dhulikhel for their CPE III field school. This was a unique opportunity to experience health care, culture, and professional nursing practice in a context much different than Canada. Furthermore, the field school highlighted global health concepts, the chance to develop cultural competency, to participate in cultural activities and lastly to see multiple UNESCO World Heritage Sites in the Kathmandu valley.

-Shari Caputo, Nepal CPE3 Instructor

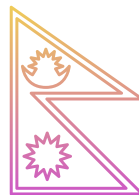
Left to right - Nakayla Van Tongeren, Whitney Pereira, Sadie Evans, Brittany Funk, Amna Qazi and Thomas Bosman.



Nakayla Van Tongeren with Subasna Strestha Makaju, Clinical Director at Dhulikhel Hospital

"Nepal is a beautiful country that will provide you with a unique perspective on nursing practice and you will be enriched with cultural experiences that cannot be learned in a textbook."

-Brittany, BScN Yr.4



Left to right - Whitney Pereira, Roshani Shrestha (Charge Nurse of Medical ICU , and Sadie Evans



News From Our Programs

Thank You to Our Donors

On June 5, TRU hosted the Nursing Dean's Reception where we were able to thank in person many of the generous donors who contributed to the creation of the Chappell Family Building for Nursing and Population Health and who continue to support nursing students and programs at TRU. For all you give, thank you! Here are a few photos from the event.



Left to right: Brian Daly, Gillian Balfour, Roland Neave, Anne Neave



Left to right: Lisa Denis, Carol Fenton, Bradley Bostock, Rani Srivastava, Rajiv Srivastava

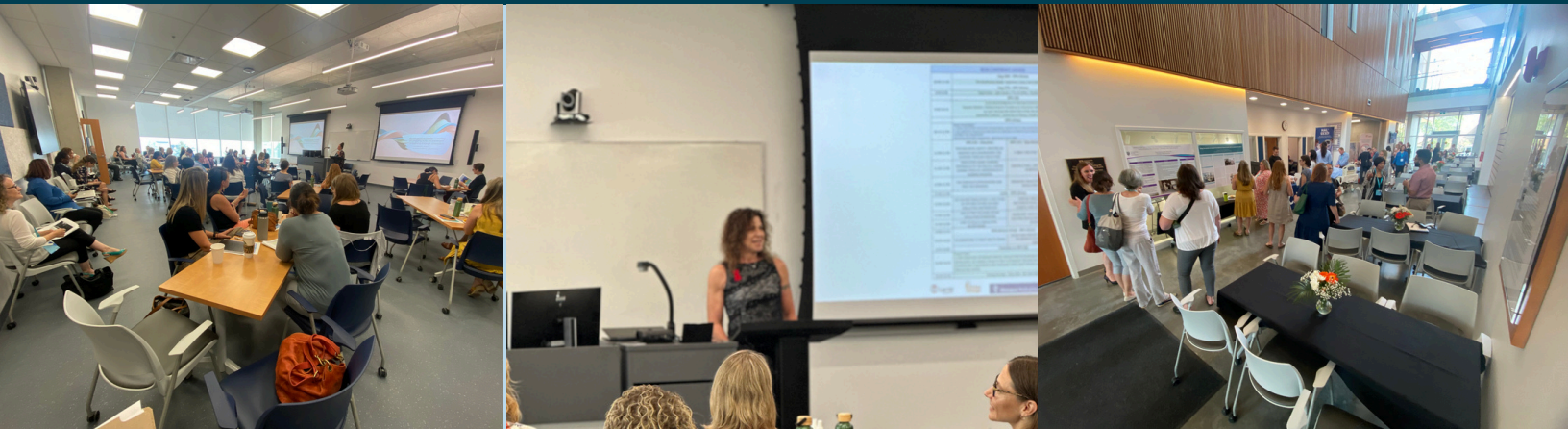


Left to right: Alyson Glynn, Floriann Fehr, Michelle Borgland, Tracy Hoot



Left to right: James Rankin, Jaime Piner, Brienna Wells, Lisa Creelman

News From SIM Center



TRU School of Nursing - Hosts Inaugural British Columbia Clinical Simulation Network Conference

In a landmark event for the simulation community, Thompson Rivers University recently held the first-ever British Columbia Simulation Network conference. With a remarkable turnout of over 80 participants hailing from 14 simulation programs across the province, alongside the presence of 4 prominent vendors, the conference stood as a pioneering platform for collaboration, learning, and the exchange of knowledge.

Attendees were treated to a wealth of opportunities, including engaging with several insightful presentations, immersive networking sessions, dynamic vendor demonstrations, and exclusive tours of the state-of-the-art Simulation resources housed within the Nursing Population Health building. “From inception in early April to execution in August leading the simulation conference was a great privilege” says Michael Lundin “simulation champions from across BC, local faculty, and staff rallied together contributing to a successful event”

This groundbreaking conference not only underscored the vital role of simulation across various domains but also established a strong foundation for future gatherings. By fostering a sense of community and shared expertise among simulation professionals and enthusiasts, the event emphasized the significance of pushing the boundaries of simulation in diverse fields. Thompson Rivers University's inaugural British Columbia Clinical Simulation Network conference has set the stage for continued growth, innovation, and impactful collaboration in this dynamic field.

- Michael Lundin
Director, Simulation Based Learning Centre, School of Nursing



Left to Right: Michael Lundin, Jane Tyerman

Thank you to our sponsors:



Committee News

Wellness Committee

Our Wellness Committee has worked hard to make space for health, connection, and fun! This involved hosting regular events for faculty, staff, and students like “Mindfulness Mondays” and “Walking Wednesdays” as well as special events like Pumpkin Carving, Movember, Soup Circles, Bell Let’s Talk, Valentine’s Day Candygrams, and Paint Night. Our students got a new designated study space, “The Nursing Nook” in NPH which had its grand opening this year. We also got a new Keurig machine and treats for our student lounge. The Wellness Committee picked a wellness-related theme for each month and kept the NPH decorated accordingly.

A big part of this push for wellness involved communication - getting the word out about what was happening, and staying connected with one another. We started advertising our events and themes on our new Instagram account @trunursing which was very helpful!



Various students and faculty

In addition to fun, the Wellness Committee also worked to provide some education around mental health resources, exam anxiety, and grounding techniques. At the end of the year, our faculty and staff participated in a retreat at Sun Peaks hosted in part by the Wellness Committee. This involved the now infamous, “School of Nursing Olympics” as well as a team charter exercise done using an appreciative inquiry method.

Our job in the School of Nursing is caring for others in hospitals, homes, and communities - our Wellness Committee ensured that we also took time to care for ourselves. We are dedicated to supporting and lifting up our community. It was a wonderful year of wellness and we are looking forward to the year ahead.

-Maggie Shamro
Wellness Committee Chair



Left to Right: Jim Lomen, Cassy Magliocchi, Kristen Plowe, Maggie Shamro, Michelle Friesen, Noah Fischer

Student Voices

Starting a BScN Program is an adjustment for anyone, whether you are fresh out of high school or a seasoned university student. It is important to create connection with others in and out of your section, as well as in different years of the program. I found that the easiest way to do this was by joining clubs, specifically the NUS (Nursing Undergraduate Society), CNSA (Canadian Nursing Student Association), and TRU Nursing Run Club. Clubs like this can also look great on a resume, helping you get scholarships/awards and job opportunities.

Ultimately, Year 1 is about making it through that adjustment and finding your footing – a whole lot easier said than done, but a lot less daunting when you know you have support all around you.

- Chelley, BScN Yr.2

As an open learning student for the Health care assistant program i would recommend to anyone that's interested in the field- Just do it!

Being able to work while I do school was such a blessing, and an added bonus was when I moved to Kamloops to do the final steps of my program. I got that chance of meeting the exceptional instructors. They were all amazing and I feel like the practicum was a cherry on top of my learning. They all taught me so much and I will remember everything.

- Brooklyn, HCA OL

I was looking for a change and wanted a bright new start to build on my seven years of expertise and education. To advance my career and make an impact as a primary health care provider there was no better way for me to do that than at TRU in my home community, as I am an alumni from TRU's 2016 BScN class.

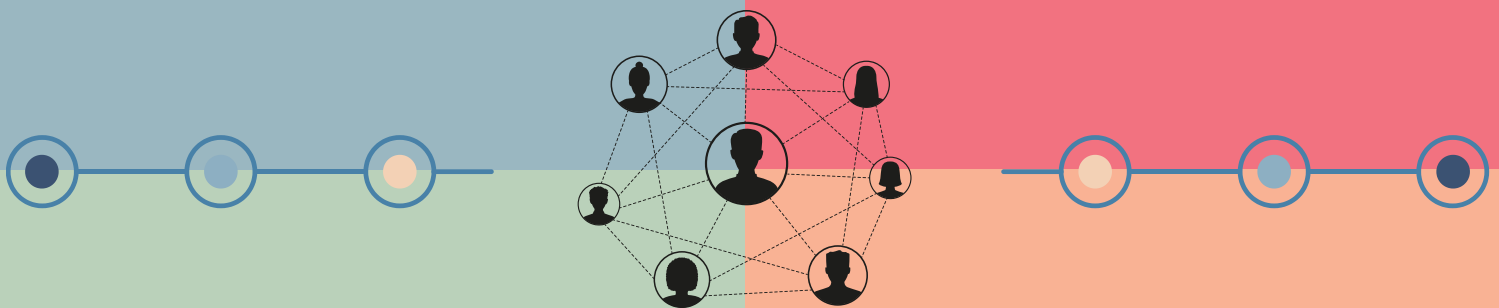
The program also spoke to me because the opportunities are endless. There are plenty of other avenues to explore that will increase my responsibility, advance my skillset and improve my leadership skills. For me, I will be able to follow my passion and work in a rural setting with a focus on women's and maternal health.

- Rebecca, MN-NP in progress

The life of an international student requires exceptional time management skills, dedication, and the ability to juggle multiple responsibilities. Adjusting to a new culture, adapting to different academic and social environment, and being away from the family are challenging.

Despite the numerous challenges, being an international student, a mother, and working part-time can also bring a sense of fulfillment and personal growth. It builds resilience, develops strong time management skills, and create a better future for both myself and my family.

- Christine, MN in progress



Newsletter Content Submissions

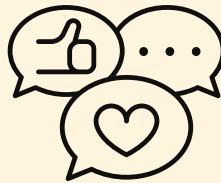
Share your accomplishments!

If anyone has important or exciting news they would like shared in the SON newsletter, they are welcome to send their information to **nursing@tru.ca**.

**Kw'seltktnéws - We are all related and interconnected
with nature, each other, and all things.**

Feedback/Suggestions?

The SON welcomes any feedback or suggestions on this newsletter. Please send ideas, suggestions, or improvements to **nursing@tru.ca**.



Social Media - Instagram

Don't forget to follow the School of Nursing @trunursing!



Kukwstéc-kucw ("We thank you!")