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School of Nursing Newsletter

December 2023 (Issue #2)



Message from the Associate Dean



What a busy semester! From what began as two cohorts of Healthcare Assistant (HCA) students has morphed into three continuous HCA intakes (September, May, and January) for the Kamloops campus and one intake of HCA students for the Williams Lake campus. As well, our student numbers in the Open Learning HCA program have also shown a steady increase. The Open Learning (OL) HCA program provides learners with the ability to complete the HCA certificate through distance learning, coming to campus, Williams Lake or Kamloops, for the required lab practice. Our most recent OL HCA graduate, from Bella Bella, is now able to provide healthcare in her community. More exciting news is the recent discussions with BC School Districts on offering a dual credit Open Learning HCA program in the high school setting.

I would also like to take this opportunity to recognize the collaborative work between the School of Nursing and Royal Inland Hospital in supporting nursing preceptorships. The first ever "Preceptor/Student Meet and Greet Night" was held in the NPH building on November 29th and was an amazing success.

Other exciting news include the upcoming Study Abroad and Field School opportunities for our BScN students. Currently, for Study Abroad, we have students going to Norway and Denmark to complete clinical practice, and planning is underway for the Nepal Field School for May 2024.

Along with a busy semester with teaching, faculty have been engaged with SON committee work such as curriculum development, program evaluation, student faculty development and reestablishing practice relationships with community stakeholders. As we wrap up this semester, I wish all of you a relaxing holiday, time to reconnect with family, and celebrate a successful semester. See you in 2024!

Tracy Hoot, RN, BScN, MSN, DHEd



News From Our Programs

Congratulations Fall Graduates

The School of Nursing is proud to congratulate all the graduates that reached their educational goals during the TRU Fall Convocation that occurred on October 13th.

We welcome the following to healthcare:

11 Health Care Assistants

31 Return to Registered Nursing



Fall Semester - Welcomes New Students

September 5th officially marked the start of the new academic year 2023/2024. The SON welcomed several new BScN and MN students into their respective programs.

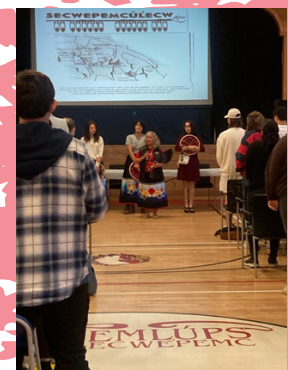
BScN students started their first week in various orientation sessions, which included workshops on mental wellness and self-care, an introduction to APA style of writing, lab/theory and SIM practice expectations, and a full day of Indigenous learning. The week came to an end with TRU's annual 'Back to School BBQ', with the SON hosting their own welcome at the Chappell Family Building for Nursing & Population Health.



Indigenous Orientation Day

During the first week of orientation, new nursing students and staff were welcomed to the Tk'emlúps te Secwépemc to participate in various activities.

Students started the day with a welcome from Indigenous Elder Diena Jules and the Dean of Nursing, Rani Srivastava. Students were broken into 3 groups and rotated through: sharing circle #1 where students were introduced to sage bags and taught traditional language / greeting practices in Secwépemctsin, sharing circle #2 BCCNM Cultural humility and cultural safety including the anti-racism practice standard "It starts with me", and a tour of the Residential School. The day ended with closing remarks by Indigenous Elder, Diena Jules. Participants shared that it was a very moving and enriching experience with special emphasis on the residential school tour.



News From Our Programs

Donors support Williams Lake BScN students

During the TRU Day of Giving in March, TRU's Melissa Newberry and Jim Zimmerman of Williams Lake and District Credit Union, donated \$5,000 for equipment for first-year nursing students. The amount graciously covered all stethoscope and nursing kits for students.

Watch the TRU Day of Giving video for the impact this generosity brings to students: <https://www.tru.ca/giving/report-on-philanthropy/year-highlights.html#video>



Left to right: Melissa Newberry and Jim Zimmerman

TRU Foundation Raises Funds to Support Students

With the help of generous donors (faculty, staff, and alumni), the TRU Foundation supplies financial support to an average of 1000 students annually. This year during the TRU Day of Giving (March 1-2), the Foundation was able to provide a gift to all the incoming first-year Kamloops BScN students. The gift consisted of a kit with all the following:

- Stethoscope
- BP Cuff
- Pen Light
- Scissors



New Williams Lake TRU Care Apartment

Williams Lake now has a new hands-on learning space for health-care students. The space, consisting of an apartment style room, can be configured in multiple ways: a patient's home, an assisted-living room, a community living setting, and even an emergency trauma room.

Thanks to a generous donation from the Fawcett Family of Williams Lake, the apartment now includes a much-needed lift, to help students practice in a safe space prior to going to clinical. A grand opening date for the TRU Care Apartment has not been yet been set, however the unit is already being well-utilized by students.

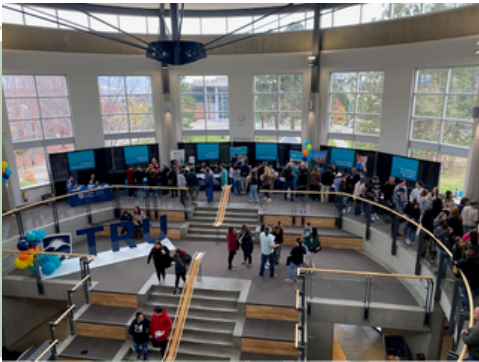


Left to right: Amrik Lukhvir, Bill Fawcett, Hallie (in lift) and Zoe

News From Our Programs

Open House Event

Thompson Rivers University hosted a grand Open House event on campus October 21st. It was estimated that around 1532 individuals attended the event. The School of Nursing saw approximately 400 prospective students come through the Nursing & Population Health Building. Events in building included: various skill and lab stations to try out nursing skills, a high-fidelity simulation, access to our new Nurse Practitioner lab including 3 skill stations, snack station, and a photo booth station. The School of Nursing also had an information table in the Campus Activity Center.



Campus Activity Center



Nursing and Population Health Building



Left to Right: Julie Wiebe, Jessica Chardon, Brianna Owens and Michelle Friesen

Enhancing EDI (Equity, Diversity, and Inclusion)

Under the NSERC Grant - EDI Fellows project in 2023, the aim was to foster capacity building throughout the campus, encompassing content creation and awareness initiatives in collaboration with staff, faculty, and students.

Dr. Rani Srivastava, the Dean of the School of Nursing, spearheaded a team of faculty members, administrators, and research assistants, providing mentorship for the project. Dr. Tehmina Khwaja (EDI Specialist) and Sourajita Panda (Research Assistant), representing the team, presented the outcomes at the annual conference of the Canadian Association for the Prevention of Discrimination and Harassment in Higher Education (CAPDHHE). Themed "The Long Road to Equity in Higher Education: Hope, Challenges, and Action," the conference was held from October 11 to 13, 2023, at the University of Calgary.

The project garnered significant commendation, serving as a guiding reference for numerous individuals and institutions undertaking the journey to establish equitable and inclusive campuses across Canada.



Left to right: Dr. Hieu Ngo, Sourajita Panda and Tehmina Khwaja.



Anti-Discrimination Workshop



The School of Nursing organized an Anti-Discrimination Response Training (A.R.T.) Workshop tailored for Nursing students. The workshop's primary objective was to motivate participants who have encountered or observed discrimination to transition from mere awareness to proactive intervention. It sought to convert passive bystanders into engaged and ethical witnesses, providing an opportunity to practice active witnessing skills in diverse situations. Dr. Melba Dsouza (Associate Professor, SON), Dr. Tehmina Khwaja (EDI Specialist) and Sourajita Panda (Assistant to Dean SON) facilitated the workshop, fostering meaningful engagement among students. The session was well received, encouraging students to openly share and learn from each other's personal experiences.

Celebrating Success

Nurses of the Future

With staffing shortages, burnout, and nurses leaving the industry across Canada continuing to be a challenge, graduate nurses are facing transition shock when entering into the workforce. This shock is resulting in large numbers of new graduate nurses leaving the profession in their second year of practice.

While various supports are being put in place by multiple different agencies and health authorities, the draw to the nursing profession has taken a toll, with less students applying to Nursing Schools across the country.

Kulvir Moudgil, a recipient of two CNF scholarships, came to Canada from India in 2014 when she was just 18, leaving her culture, her family and friends, to become a nurse in a country where she saw more opportunity and independence for women.



Kulvir is in her final year of nursing at Thompson Rivers University while raising her baby boy Ayan and enjoying life in Kamloops with her husband. She doesn't have any reservations about her chosen path or what comes next. Kulvir has stated, "I want to be the person who can be there for someone when they need it. I'm going to go for it. I'm going to be there for people who need me".

You can view Kulvir's video of gratitude on YouTube: <https://youtu.be/Vrgn078gZuM>

Original article can be found here: <https://www.healthing.ca/wellness/mental-health/nurse-burnout-and-shortages-attention-turns-to-mental-health-and-skill-development-programs>.



Alumni Nursing Achievements

Adigo Angela Achoba-Omajali accepted an award from Canada International Black Women Excellence under the Top 100 Black Women to Watch category. Adigo graduated from TRU's BScN program in 2011 and from the Master of Nursing program in 2020. A large portion of Adigo's work has been in Mental Health and Substance Use with the Interior Health Authority.



Adigo is one of the Co-founders of the Coalition of African, Caribbean and Black Nurses in BC (CACBN). She serves as member and co-chair of the CNA anti-Racism council, in addition to being involved in ongoing work as a member of the anti-racism working group which advises the Canadian Associations of Schools of Nursing (CASN).

More information on Adigo's accomplishments can be read here: <https://www.cna-aiic.ca/en/about-us/advisory-councils-and-terms-of-reference/adigo-angela-achoba-omajali>

Community Nursing in Action

As a clinical project six nursing students decided to start a clothing drive for The Mustard Seed - a local organization that provides various programs and services to the low income and homeless population.

The clothing drive was a huge success and the students were able to donate several bags of toques, mittens/gloves, jackets, sweaters, shirts, pants, boots and socks.



Chelthey and Minihee (missing: Cate, Annika, Klara, and Sarah)

Transcultural Nursing Scholars Society Fellowship

School of Nursing dean, Dr. Rani Srivastava was inducted into the Transcultural Nursing Scholars at the 49th Annual Transcultural Nursing Society conference held from October 12-15, 2023, in Charleston, South Carolina.

This fellowship recognizes the significant contributions to the field of Transcultural Nursing related to leadership, education, scholarly publications, and public policy on a local, national, and global level. Transcultural nursing scholars are creative leaders who demonstrate characteristics such as experience, insight, imagination, and leadership through engagement with ideas, persons, and organizations, to facilitate research, education and practice of transcultural nursing and healthcare.

She was one of four people recognized, and the only Canadian. We wish you many more successful milestones ahead!



News From SIM Center

Maternity Simulation at RIH

On October 4/5th, TRU faculty Cassy Magliocchi and Jaime Gallaher, ran 14 - 2nd year BSN students and 7 IHA RNs through 2 high fidelity simulations on an imminent birth scenario on the new maternity unit at RIH.

The goals of this simulation were to foster intradisciplinary mutual respect and learning between nurses at different stages of their career. Some of the RNs that participated were still training to become L&D nurses. Some, were still new to the unit therefore, they wanted to attend hoping to gain new skills. That came in particularly handy for 1 unit RN who had never delivered a baby independently before, and the next day after the simulation, she had a patient play out exactly as the simulation had run, thus increasing the quality and safety of the mom and babe in her care.



Other positives were the role modelling of closed loop communication in critical events and BSN students experiencing practicing patient handover and report in a real, but safe environment. Overall, this combined simulation event was a success and more dates are planned for the semester. Huge thanks to our techs Curtis and Hiren for managing sim Victoria. Without them, this wouldn't have been possible.

Joining Together in Simulation

On Friday, October 13th, Jaime and Michael from the Simulation Department here at the TRU SON embarked on a 1 day road trip to visit colleagues in Williams Lake.

They had discussed the current successes and some of the challenges of the multi-professional program, lead by simulation and lab expert Jennifer Grinstead Mason. WL Faculty: Rhona, Dallas, Lisa and Patti all attended a brief education session on pre-briefing presented by Jaime and Michael.

“We are all committing to supporting each other and collaborating more to assist with any simulation needs such as cases, equipment or education on going.”



- Jaime Gallaher, RN, MSN

Health and Safety Committee

The Occupational Health & Safety Sub-Committee: Nursing and Population Health (OHS-NPH) is a sub-committee of the Thompson Rivers University Joint Occupational Health & Safety Committee (JOH&S). The OHS-NPH plays a vital role in creating a safe and healthy working environment for all employees, students and visitors in the Nursing and Population Health (NPH) building and associated areas. The committee works collaboratively and cooperatively to ensure all people working in the NPH building are knowledgeable as to the requirements of the Occupational Health & Safety Program. Any issues identified and viewed as outside the scope of the OHS-NPH are referred to the JOH&S committee for further consultation and follow up.

The committee meets monthly and has representation from Nursing Faculty and Staff, the TRU Office of Safety & Emergency Management and most recently, we have been approved to have student membership. Examples of the work of the OHS-NPH includes quarterly building inspections and faculty & staff ongoing education regarding health and safety protocols such as emergency response (i.e., Opioid overdose with Naloxone administration, Defibrillator use). The OHS-NPH encourages all faculty, staff, and students to bring forward any safety issues or concerns to your supervisor, instructor, or any member of the committee for review and follow-up.

Trish McNeill / Sandra Trawin, Co-Chairs OHS-NPH



Left to right: Michael Lundin, James Lomen, Heather Correale, Candace Walker, Patricia McNeill, Lanette Nordick, Hiren Nayee, Henry Chan, Wade Roberts, and Sandra Trawin (missing)



If you witness an unsafe act or condition, or maybe you approached someone to intervene or fixed a potential hazard- TRU wants to know about it.

The straightforward reporting process involves a single click and completion of the form, which can be accessed by selecting the "Hazard ID/ Intervention" button, as depicted below:

Website Link:

[Incident Reporting and Investigation \(tru.ca\)](https://tru.ca)

Reporting hazards or incidents is also available through the free TRUSafe App for students and TRU employees.



Student Voices - Reflections on our journey

Hello, my name is Cheryl Reid I come from the Heiltsuk and Tsimshian nations. I am 24, married, have 8 step children, 6 adopted children, I am a descendent from long line of high-ranking women and chiefs in Heiltsuk homelands. Whom have all taught me along the way and helped shape me into the woman I am today.

When I started this program, I had no idea if it was for myself or for the satisfactory of walking in the same career path as my late godmother. Today, I realize it was everything I have wanted to do and more. I have always felt the need to give back to my elders on what they have given me. I have a special place in my heart for taking care of my elders and those around me.

I suffered many hardships through these last 7 months. Moving, schooling, losing family members. I lost close family members whose funerals I could not attend, and I battled with myself mentally throughout this course, and not having my grandmother or godmother who was an HCA herself here for this accomplishment was emotionally frustrating but it help me push through on those hard day.

Despite everything with the help of my kids, husband, family and most of all myself I could not be happier to say "I did it", and finished the program, through all my hard ships and I wouldn't have changed a single thing. I learned so much along the way and I get to go home and help my people to the best of my abilities. I started the program on April 13, 2023 and successfully completed on November 24, 2023.

-Cheryl, HCA OL graduate



I enjoyed many aspects of the RRNP. I definitely felt challenged in ways that I did not know I could overcome! It takes courage to go back to school and learn new systems of education and push yourself. But it is entirely possible and worth it! The faculty is supportive and some go above and beyond to help us succeed!

-Amy, RRNP graduate

Over these last four years I have had the opportunity to learn and grow in a variety of different environments. Completing my first two years in Williams Lake was very eye opening as it allowed myself to understand rural nursing and the importance of connection and relationships within communities. Both campuses and communities have been facilitators of immense growth and learning for myself. I truly believe that we are placed in areas and situations for a reason and being in this program I have experienced that a great deal. I have met people that I know will continue to be present in my life and I have this program to thank for that.

This program is a rollercoaster that feels like you will never get off and is scary at times. But then you can see the end and are so glad that you decide to get on the ride.

-Lauren, BScN Year 4

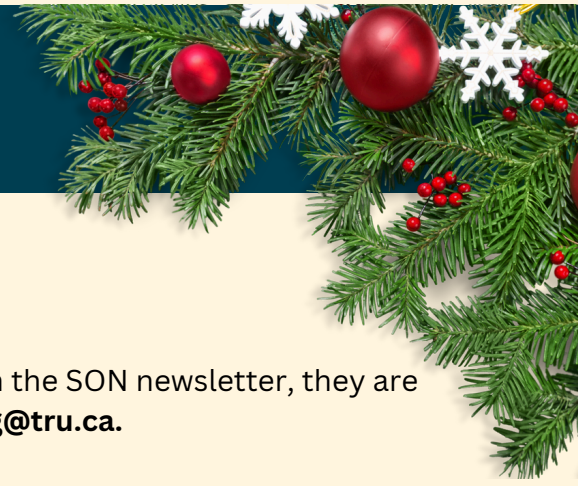
With the end of the semester now nearing, I look back on what I have experience thus far and I am excited for what the future holds. This semester I have had my community practice placements, starting the semester off at the Mustard Seed and finishing the semester off at the Public Health Unit. These placements have been very informative, and I greatly appreciate the learning opportunities and experiences they have provided me with.

Being a SL leader for BIOL 1592/1692 is a paid position I have taken on this year through TRU, and I am so grateful to have this opportunity to collaborate with my peer – Richard C. – as we support those going through the course we completed last year. It motivates me that I finally feel like I have found my calling within the BScN Program, and I am grateful to have the opportunity to be a part of such an amazing community and participate in extracurriculars. One long-term goal that I have my sights set on the TRU MN-NP program as a future academic and career endeavor

-Cheltey, BScN Year 2



Newsletter Content Submissions



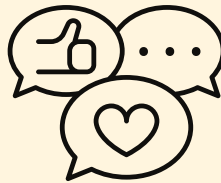
Share your accomplishments!

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!")

