Independent Practice Nurses Delivering Pro-Active Client Centred Primary Health Care

Meeting Health Care Needs Where People Live, Work and Play!

Our magazine pays tribute to the Registered Nurses working in Independent Practice. These registered nurses represent nearly 50% of the Canadian nursing workforce. Read their personal nursing stories that highlight the availability of diverse specialized scope of nursing practices. Learn the variety of nursing care services these independent practice nurses deliver utilizing their full nursing capabilities. Educate yourself on how their specialized nursing care services meet the health care needs to benefit all the people in every community. People need to recognize their specialized nursing services.

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Rally Call
"Independent Practice Nurse’s Call to Action"

Registered Nurses in independent practice provide the highest quality of diverse professional nursing care that meets nursing code of ethics, nursing standards and complies with all health care regulations

It’s estimated that more than 40% of Registered Nurses in Canada provide independent or intra-dependent nursing services. (CIHI 2009)

Independent Practice Nurses voice your opinion!

Could IPNs collaborate nationally for recognition of specialized nursing services which they offer?

Please email your YES or NO reply to admin@independent-practice-nurses.org

Can you see the future?
Independent Practice Nurses Organization
*Nurses with You Every Step of the Way
Where you Live, Work and Play

Rally Call to the Public for Participation in a Sustainable Future Health Care System

The purpose of our nursing stories is to educate you, the reader.

According to Statistics Canada, in 2014 - 50% of the population will be over 40 years of age. Are you prepared to actively seek ways for health care regulations to become a part of the population?

Are you prepared to challenge the health care system administrators to plan today for your future health care needs?

Would you actively participate in a public health care system education campaign?

Please email your YES or NO reply to admin@independent-practice-nurses.org

Help Canada deliver the necessary health care Where you Live, Work and Play
Take Care! Be Prepared! Make Sure Care is There!

Primary Health Care

We hear the term primary health care (PHC) frequently, but the concept is poorly understood, in part because of confusion between primary care and primary health care. Simply put, primary care is what you receive when you go to your provider for treatment of an ailment. In contrast, PHC is a health-based model. Its services are based on certain defined principles (essential, accessible, equitable, collaborative and using the appropriate technology) and account for the social determinants of health. Offering care from a PHC perspective means providing more episodic care and becoming involved in the social and environmental issues that affect health.

M. Dykeman 2012 N.B.:  ... click here

Provincial Interest Groups within Registered Nurses Association of Ontario RNAO
Diversity of Nursing Services

IPNIG represents registered nurses working in a huge diversity of primary health care services. This is a sampling of many nursing services.

- Business Administration
- Professional Education
- Well Being Enhancement
- Mental Health Counseling
- Occupational Health
- Case Management
- Nutrition Counseling
- Independent Practice Clinician
- Legal Advocacy
- Cognitive Wellness Coach
- Senior Living Assistance
- Gerontology Care
- Community Health Care Rehabilitation Services
- Women's Health Education
- Parent/Child Consultation
- Foot Care Clinician
- Diabetes Education
- Enteral/Therapy
- Hospital Discharge
- Pain Management/Enteral Treatment/Medical Device Education
- Complementary Therapies
- Influenza and Lyme Disease Therapy Disability Recovery Support
- Palliative Care
- Hospice/Bereavement Support
- Past Patient Care
- Parish Nursing
- Client's Fitness Enhancement
- Travel Companies Care
- Medical Crisisouston Outpost
- Patient Air and Ground Transportation

Primary Health Care Leads to Better Health

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Independent Practice Nurses Delivering Primary Health Care

This month we are honouring Registered Nurses, and National Nursing Week from May 11 to 17. The theme for nursing week this year is “Nurses With you Every Step of the Way.”

The next pages focus on independent practice nursing and specialized nursing care. The Ontario Budget of April 23, 2015 announced a general policy of not increasing health care spending by the Province. The current system as funded will not keep up with inflationary cost increases and this will have the quality of care, unless the taxpayer money can be used more efficiently, or people can readily access services including the services of Registered Nurses in independent practice. In that sense it is a step in the right direction.

As Ontario has a majority Liberal Government the policy announced will become law. There will be debates by the opposition parties and various organizations will criticize the budget for inadequate funding, but the budget will pass. Specific changes announced in the budget will soon move more focus on nursing services and increase the authority of nurses. That is a policy that no doubt will be popular. People will be happier to get easier access to government funded health services outside of hospital setting.

In this, our monthly supplement on nursing, we wish to make our readers aware of the value of independent practice nurses. Registered Nurses are a regulated health care profession in Ontario and their specialization and education ensures highest quality nursing care helping us to stay well. Prevention is the key principle and nurse cares are the key players in helping prevent the illness that cause so much harm to people and add huge costs to the health care system.

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Their specialized nursing care is overlooked in our present medical “sickness” care system. We bring a good news story of Registered Nurses working independent practice providing health assessment services at start of life, where you live work and play and at the end of life.

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The Ontario Independent Practice Nurses Internship Group members sponsored this special supplement. The Independent Practice Nurses of Ontario and their Canadian colleagues want you to know the diversity of the nursing care they deliver as registered nurses and how to access their health care services.

We trust our nurses. Nurses work hard at building relationships with people so that communication is enhanced. Support and health education is more readily accepted in a trusting therapeutic relationship. Nurses emphasize health promotion. Now that nurses have independence in their practice they will be even more valued. Nurses have independence in their practice where you live, work and play and at the end of life.

What is not recognized by the budget is the non-funded health care sector where Independent Practice Registered Nurses provide health care services to individuals in the community. Most politicians overlook this non-funded sector. We wish to make you familiar with “Nurse with you every step of the way” and the nursing services available from self-employed Registered Nurses not funded by health care system.

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It was a stormy April morning as Carol, a nurse consultant in independent practice in Southwest Ontario, parked her car and headed into the building where her clinic, the Institute for Parent and Infant Care (IPIC), was located. Carol had worked for almost three decades with expectant and new parents.

As an independent practitioner, Carol knew in her heart that something had to be done to bridge the gaps in care for new families – gaps she had frequently witnessed while employed in public health nursing.

As she greeted Marilyn her receptionist, she received the news that a mother with a 9-month-old baby, Allison, would be arriving shortly to check out a breast pump. After returning to work and wished to continue to exclusively breastfeed her infant. A few minutes later, Carol was in conversation with this mother as together they discussed the virtues of various breast pumps and how to manage the feedings and burping of her 9-month-old baby. The mother headed out the door, she commented, “I know I could have purchased this pump at Walmart, but there would have been no one to answer all my questions. You are offering a very valuable service and I am going to tell my friends about this clinic!”

If you would like to tell your leadership in shepherdings us towards our goal of recognition for the role of Independent Practice Nurses in Primary Health Care. Your commitment to our group vision even when we are a minority group is appreciated.

Join us in saluting this remarkable woman who has been persistent and dedicated and has not given up on her dream to obtain recognition for independent practice nurses. Much appreciated, thank you.

This Feature Sponsored by IPNIG & OHNIG

May-June 2015
Independent Practice Nurses Delivering Primary Health Care

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We trust our nurses. Nurses work hard at building relationships with people so that communication is enhanced. Support and health education is more readily accepted in a trusting therapeutic relationship. Nurses emphasize health promotion. Now that nurses can deliver special services people will make fewer requests for health services with great savings in tax dollars. This is what the government's mission is that they are doing all they can to balance the many demands for funding from the multitude of different health sectors while showing restraint and reducing the deficit.

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Don’t CLUTTER your life

If you have a closet full of your clothes in your bedroom, you might have noticed that you need to declutter your life. This is important because it is much easier to keep your clothes organized and clean when you have less clutter in your life. Here are a few tips for decluttering your life:

1. Start with your clothes. This is a great place to start because it is something that you use regularly. If you have clothes that you don’t wear, consider donating them to a charity or selling them online.

2. Declutter your kitchen. This is another area of your home that has a lot of clutter. Consider setting up a system for organizing your kitchen, such as using labels or color-coding your items.

3. Declutter your office. This is another area of your home that has a lot of clutter. Consider setting up a system for organizing your office, such as using a filing system or using a-draw system.

4. Declutter your bathroom. This is another area of your home that has a lot of clutter. Consider setting up a system for organizing your bathroom, such as using a shower caddy or using a hanging storage system.

5. Declutter your german. This is another area of your home that has a lot of clutter. Consider setting up a system for organizing your garage, such as using a storage system or using a system for organizing your tools.

By following these tips, you can declutter your life and make it easier to keep your clothes organized and clean. This will help you to feel more organized and calm.

3

“Nurses With You Every Step of the Way” Where You Live, Work & Play

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By following these tips, you can declutter your life and make it easier to keep your clothes organized and clean. This will help you to feel more organized and calm.
Recently I completed an assessment for a large family who was in disagreement with each other. After the mother had become extremely agitated and having hallucinations.

They explained that the previous night, their mother had thought their father was in the house. She did not know because one of the girls had come into the room with her nightgown on. This was obviously very distressing to them; their mother was all enjoyed a caring and loving relationship with her.

We talked about their relationships with their mother, who was somewhat estranged, but mostly all enjoyed a caring and loving relationship with her. Their father had died several years earlier at a young age, leaving his wife with seven growing children. She had been their strength, support, and their caregiver. After they grew into the independent women they were today which was somewhat strained at times, but mostly they

Arriving at the house the next day, one of the girls proceeded to tell me that her mother had died a few hours prior.

This woman had lived with her illness for several years. One in three patients get a hospital acquired infection. The other two-thirds of the patients will die. But, neither of them is especially capable of understanding that, or even agreeing that, they should have been there. They were apart when the food set before her left unattended thinking that if she didn’t eat she would not get better, they were worried the pain medication would get her addicted, they didn’t even want their mother to hear them talk. They were apart when the food set before her left unattended thinking that if she didn’t eat she would not get better, they were worried the pain medication would get her addicted, they didn’t even want their mother to hear them talk. They were apart when the food set before her left unattended thinking that if she didn’t eat she would not get better, they were worried the pain medication would get her addicted, they didn’t even want their mother to hear them talk. They were apart when the food set before her left unattended thinking that if she didn’t eat she would not get better, they were worried the pain medication would get her addicted, they didn’t even want their mother to hear them talk. They were apart when the food set before her left unattended thinking that if she didn’t eat she would not get better, they were worried the pain medication would get her addicted, they didn’t even want their mother to hear them talk. They were apart when the food set before her left unattended thinking that if she didn’t eat she would not get better, they were worried the pain medication would get her addicted, they didn’t even want their mother to hear them talk.
Nurses With You Every Step of the Way
Where You Live, Work & Play

The Gift of Pain Relief

Hearing the following eminent from a 52-year-old client who had been diagnosed with stage 4 colon cancer really hit home: “Just can’t stop the anxiety. Tinnitus all day and weeping

It was at that moment that I truly understood her level of pain that you feel physically and emotionally. You can’t just make her feel better. She felt no control over the medical care that she was given. Why was it so difficult to help her? Why didn’t anybody care? Though we didn’t verbalize it, both of us had the same question.

Amy was right. Her suffering was exorcised and unmentionable, and as her private health advocate, I really took her fears and her pain. I was able to make her feel better before the client could be given the circumstances of a terrifying diagnosis, intrusive, attractive pain, and a complicated care system. To succeed in making her life feel better, we had to make the system work for her.

With Amy’s success in my experience, we are happy to announce a new name in long and short-term goals. Subsequent sessions explore outcomes, and then prescription modifications are made. The type of therapy is relaxing to receive, and the effects can last for several days. After developing a prescription for the elderly, I repeated a dose for 5-10 days, and at that point a follow-up is scheduled. Once the pain has been significantly reduced or eliminated, a follow-up treatment is not necessary. Some patients report a return of the same or another issue presents itself. You may find that you have pain relief for weeks or even months before a repeat treatment is needed.

Prior to treatment, a full health history is taken and reviewed, including surgeries, previous hospitalizations, medications and results of tests. Bowen therapy can address issues that are common in aging including poor circulation to the legs, due to diabetes, intermuscular issues such as reflux, breathing problems, constipation, poor sleep and numbness and tingling in hands or feet. Many of my patients have back or shoulder pain, knee and foot pain, burns and blisters as well as difficulties with digestion, constipation, high blood pressure and prostate issues in men.

Donna Taylor, RN in Nobleton, Ontario says, “After 30 plus years as a family practice nurse I was in despair with how little help there was for patients with chronic pain and how many had to carry on with sub-optimal care. Then I learned from a Bowen therapist that I could do this work and I immediately wanted to learn more. This week, I helped a 90-year-old man who had suffered a fall (and subsequent head trauma) with headache and sore neck. While sitting in his rocking chair he gingerly described about his head and neck and within ten minutes his headache had diminished significantly and his neck movements were without pain. He reported over the next few days that he had been well and felt better than he had been in years. These similar positive comments this work from the mother of a newborn who arrived in a very dramatic, anxiouus manner and it was obvious to me that his baby was very well, another nurse who is slowly seeing some muscle movement in his right arm after a series of Bowen treatments last year and another who had her back pain disappear after 3 sessions of Bowen. Being a nurse has taught me to understand the physiology of the body and to see how the anatomy aligns affect our general health. I know that the body is capable of repairing itself and yet there are times when it quits. When we are in a situation we are unable to act as intended and with the assistance of these gentle, rolling movements over the body, while lying on or sitting comfortably (fully clothed) people’s lives can be dramatically improved and their quality of life is often so much better.”

Bowen therapy is so simple that it can be taught to others as a holistic system of pain management. As Bowen practitioners, we have learned that this therapy has far-reaching potential. It’s a holistic system of pain management. As Bowen practitioners, we have learned that this therapy has far-reaching potential. It’s a holistic system of pain management. We have also learned that the therapy is so simple that it can be taught to others as a holistic system of pain management. As Bowen practitioners, we have learned that this therapy has far-reaching potential. It’s a holistic system of pain management.

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Rick Dufresne, RN in Hillsburgh, NS, has been a nurse for over 30 years and is a registered nurse in the Greater Toronto Area. He has been working in the field of pain management for over 10 years. He has been working in the field of pain management for over 10 years. He is a member of the World Federation of Pain Management. He is a member of the World Federation of Pain Management. He is a member of the World Federation of Pain Management.

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The Gift of Pain Relief

Hearing the following sentence from a 95-year-old client - who had been diagnosed with stage 4 colon cancer - really hit home: “I just can’t do it anymore. I just can’t take anymore.”

It was at that moment, that I truly understood her level of pain that you feel both physical and emotional. In the past, I have made the medical center the center of her pain. Why did I do that? Why didn’t anybody else? Though we didn’t verbalize it, both of us had the very same questions.

Ann was right. Her suffering was excessive and unrelenting, and as her private health advocate, I really began to see life the way it could be given the circumstances of a terrifying diagnosis, intractable pain, and a complicated care health system. I resolved to make Ann’s goal to provide her with a safe and secure haven where she could continue to live her life. It was clear to me that the palliative care team was lacking the information they needed to explain the course of Ann’s dementia.

I reached out to a girl who Ann had mentioned in our conversation last week. Ann described such joy and comfort in knowing that she had such a close friend to feel safe, loved, and cared for. She really understood that she didn’t do anything wrong. She simply needed help to get things right, and her role was to show her the way. I asked her to call me in a few days.

From Ann’s next to last night, I finally made a difference: “Just in case you haven’t been very social, I think you’re pretty wonderful.”

Subsidized by Susan Elaghi, RN. Susan is a registered nurse with thirty years of experience. She lives in Ottawa, and is the founder of Nurse On Board, specializing in private health care advocacy and navigation services. www.NurseOnBoardOttawa.ca

Independent Practice Nurses Empowering & Balancing Lives

As an RN in independent practice, Brenda McLaughlin has had similar discussions with her clients about pain, healthy thinking while they are in attendance at her chronic pain clinic. Using guided imagery, square breathing, and progressive relaxation she teaches calming and centering techniques and enables clients to understand that they can purposefully choose what they think about or meditate upon.

Mind, vehicle collisions, work injuries, repetitive stress syndromes - coupled with anxiety, depression, post-traumatic stress and other mental health issues - fed the ever widening whirlwind of destruction in her clients’ lives. Taming that destructive cycle and moving from a pain-focused to a functional life is the path they work together to discover.

Brenda utilizes a balanced health approach - addressing psychological, social, biological and spiritual needs. She teaches clients to view themselves as directors of their own care, striving for internal balance. Each session is unique, a journey which the client writes themselves, with assistance, using achievable, long and short term goals. Subsequent sessions explore outcomes, and then prescription modifications are made.

Brenda partners with a psychologist, Lilibeth Skidmore, who can supervise her treatment plans, make benefit requests for treatment, track billing and payments, as well as maintain the confidential records. Also included in this partnership is access to experts in Social Work and Pastoral Care.

In this day of exponentially spiraling mental health problems and health care costs, this nursing specialty strives to empower clients who frequently state that their problems have been ignored, delayed, overlooked, misrepresented or not understood.

Brenda McLaughlin RN RNCU, MSN, Registered Nurse & Certified University Teacher, Independent practitioner: Chronic pain & QOL Balance. Latinos 133-960-248

Bowen Pain Management Therapy

Bowen therapy is a gentle manual therapy which can improve circulation, relieve musculoskeletal symptoms like joint pain which occur as the result of aging. Nurses in independent practice often find an impact on the health of patients on a daily basis by helping them to understand the importance of early treatment to reduce symptoms and improve function in their lives.

This type of therapy is relaxing to receive, and the effects can sometimes be felt for several days. After undergoing a session, the results last for 5-10 days and at that point a follow-up is decided upon based on symptoms. Once the pain has been significantly reduced or eliminated, a follow-up treatment is not necessary at this time. If another scenario presents itself. You may find that you have pain relief for months or even months before a repeat treatment is needed.

Prior to treatment, a full health history is taken and reviewed including surgeries, previous hospitalizations, medications and results of tests. Bowen therapy can address issues that are common in aging including poor circulation to the feet due to diabetes, changes in the diet such as reflux, breathing problems, constipation, prostate and bladder, and skin problems in hands or feet. Many of my senior patients have back or shoulder pain, knee and foot pain, burnout and headaches as well as difficulties with digestion, constipation, high blood pressure and prostate issues in men.

Donna Taylor, RN in Milton, Ontario says, “After 26 plus years as a family practice nurse I was in despair with how slow our society moved to make things right for patients. The pain and suffering that we see every day is horrible. We’ve ended up for the most part making them drug dependent in order for them to carry on with their own lives. Then I heard about Bowen Therapy and how after a few sessions of this gentle non-invasive touch therapy we could assist and reduce the body and improve the pain, thus assisting the body to repair itself. In those busy stress-filled days that may seem insignificant, the body often in the “flight or flight” mode and does not get a chance to do the repair and rebuilding that it needs. With Bowen Therapy, the body is gently moved into the parasympathetic (rest and repair) mode where it does the necessary work to get the symptoms working as intended and to help the body realign itself for more effective functioning.

This week, I helped a 95-year-old man who had suffered a fall (and subsequent head trauma) with headaches and sore neck. While setting in his van he was in obvious pain but I quickly discovered that about his head and neck and within ten minutes his head had diminished significantly and his neck movements were painless. I reported the next few days that he has been well and felt fine. His wife was ecstatic. She was a very optimistic person and talked about his positive comments this week from the mother of a neighbour who arrived at a very dramatic, anxious manner and so it was glaringly obvious that this therapy was a huge benefit for this couple.

Brenda McLaughlin RN RNCU, MSN, Registered Nurse & Certified University Teacher, Independent practitioner: Chronic pain & QOL Balance. Latinos 133-960-248

Bowen therapy, often referred to as just “Bowen”, is a holistic and preventative approach to health care. It is being used in several health centres at the same time. If you come to the clinic to receive relief from joint pain and headaches then it is quite likely, diabetes, mood or skin will also improve.

This therapy should be considered for the following conditions:

• Diabetes
• Headaches
• Respiratory problems
• Acid reflux
• Joint and back pain
• Frozen shoulder
• Paresthesias
• Depression
• Private issues

Stimulation and aligning in hands and/or feet

Pain or dimensional change, anywhere in the body.

Submitted by Janet Riley, RN & Donna Taylor, RN. Janet is an RN and a nationally licensed Bowenwork Instructor and Therapist. Contact her for a session or training in this innovative therapy for chronic and acute pain management.


Donna is a registered nurse and certified Bowen therapist offering Bowen pain relief therapy in the King Township, Vaughan area. D.TaylorBowenTherapy@gmail.com

Nurses with You Every Step of The Way

Each operates their own company as an independent practice registered nurse specializing in Occupational Health and Environmental Safety.

Workplace manage 85% of the safety issues with their Joint Health and Safety committees. Joan and Jill manage the in-house medical and pharmacological exposures.

Their years of progressive health and safety experience in a variety of workplaces provide the critical thinking to resolve and manage worker’s disabling health occurrences.

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Joan Bozin RN, BScN (p) & Jill King, RN
Occupational Health Nurse Specialist

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“Save one life you have saved one hundred...You’re a Nurse”

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The Way!”
Nurses With You Every Step of the Way
Where You Live, Work & Play

Definition of Independent Practice Nurse

An independent practice nurse is defined as: A registered nurse who provides professional nursing services, as a proprietor of a business, through direct patient care, education, research, administration or consultation.

Nurse Entrepreneurship: "Strategize the Challenge" by Carol L. Hamilton

HEALTHCARE: Navigation, Education & Advocacy

Nancy talked to a friend and explained the situation, and the doctors' schedules. This proved to be difficult with the family not knowing the family were stressed and heard mention of dementia but were by February, George had been in the hospital for 6 weeks. The infectious disease unit. He was unable to go home because a home to make an assessment. George presented in good improvement, considering that at one point they thought the blood work was the underlying factor in his unsteadiness. A risk assessment is done to identify the client's risk for skin breakdown that could be due to ulceration and ultimate amputation. Care is provided in management ofmosaics and carots and care that could ultimately lead to a reduction in skin breakdown.

George was 62 when he was admitted to hospital on Christmas day with dyspnea, weakness and opening the three previous days experiencing flu-like symptoms. George was diagnosed with pneumonia, moved to a private room and put under isolation. This limited his social contact with cannot be overestimated. Knowing the options for the decision to go to our family doctor's office or to the local hospital emergency department. How many times have cottagers needed the expertise of a nearby nurse for accidents, injuries and many other health related issues? We live in a world where we are or is it enough, we make the decision to give to our family doctors office to the local hospital emergency department.

Mary's emergency preparedness skills as an occupational health nurse kick into gear! She is able to provide first aid to the gentleman who was cut when he caught the end of his tie in the office paper shredder. Her workday starts. She is called to the office copier room to help the gentleman who is barely able to breathe because he caught the end of his tie in the office paper shredder. The next day she is called to the manufacturing plant where a machine operator got his hand caught in a machine and suffered a crushed finger! Workers trained in CPR administer first aid. Mary is able to go back to work as the occupational health nurse in a manufacturing environment, because of specialized nurses working to their full range of nursing capabilities, in the maintenance and their self-care tips in order to protect them from illness and injury at the workplace. According to Statistics Canada, in the year 2014 50% of the population is over 40 years of age. It is often the case that both individuals and their friends' little girl falls off the back of the boat. The motor propelers into the lake. They were far from medical services.

Today there is a lunch 'n learn in the meeting room. This is teaching the workers pro-active self-care tips in order to protect them from illness and injury at the workplace, e.g. wearing personal protective equipment to protect employees from illness and injury.

Frank is recovering well with physiotherapy and is able to travel to their cottage rental. While on a Crossfit workout with another family enjoying that salt, the boat because a wave and they're friend's little girl falls off the back of the boat. The motor propelers into the lake. They were far from medical services.

Mary, being an occupational health nurse, springs into action using her nursing skills to stop the bleeding and immobilize the limb. A family member remained with him as much as possible, trying to get an understanding of what the next steps would be. With nursing shifts changing and different doctors coming in and out of the town at different times of the day, no one seemed to have an answer for the family.

There are thousands of independent practice nurses with specialties in numerous fields that can be mobilized into the community where you live.

Nurses can be your community’s ‘life savers’ because they care.

Submitted by Jill King and Jean Booth

May-June 2015

Do You Have Diabetes?

Do You Know a Foot Care Nurse?

Who You Live, Work & Play

Nurses With You Every Step of the Way

Tous les soins infirmiers pour une santé optimale.

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The importance of educating families on what they are faced with cannot be overstated. Receiving the option for treatment and feeling empowered to make informed choices is paramount to one’s health journey.

The following are some examples of nurses working in communities where you live, the area you work and where you play.

Nurses are strong supporters of health and wellness initiatives that can be reduced by 80% by proper foot care and footwear. Nurses trained in nursing foot care and specializing in Diabetes Foot care can provide services which will reduce the risk of amputation.

Grief is an Occupational Health & Environmental Safety Specialist. She is constantly alert to potential disabling injuries and illness from exposure to hazards in the workplace. As a result, he had a hard time breathing, started to sweat and needed help to help him out of the water.

The next day she is called to the manufacturing plant where a machine operator got his hand caught in a machine and suffered a crushed finger! Workers trained in CPR administer first aid. Mary is able to go back to work as the occupational health nurse in a manufacturing environment, because of specialized nurses working to their full range of nursing capabilities, in the maintenance and their self-care tips in order to protect them from illness and injury at the workplace. According to Statistics Canada, in the year 2014 50% of the population is over 40 years of age. It is often the case that both individuals and their friends’ little girl falls off the back of the boat. The motor propelers into the lake. They were far from medical services.

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Healthcare: Navigation, Education & Advocacy

George was 83 when he was admitted to hospital on Christmas day with a heart attack, numbness and slurred speech. He was opening the three previous days experiencing flu-like symptoms. Three days after being admitted to hospital, George was diagnosed with pneumonia, moved to a private room and put under isolation. This limited his social contact and mobility.

A family member reminisced with him as much as possible, trying to get an understanding of what the next steps would be. With nursing shifts changing and different doctors coming in and out of the ward at different times of the day, no one seemed to have an answer for the family.

Four weeks passed and George had improved, the pneumonia cleared and he was moved to a step down unit. He was unable to go home because a pacemaker was inserted as recommended by the cardiologist, and he was unable to go home because a semi-private room in the infectious disease unit. He was unable to go home because a pacemaker was inserted as recommended by the cardiologist, and he was unable to go home because a semi-private room in the infectious disease unit.
Breast Cancer IS Preventable!

Many people are uncomfortable when it comes to talking about breast cancer or any cancer for that matter. Current breast screening for healthy women, is not working as was promised. In the world of “mainstream” medicine, efforts need to focus on breast cancer prevention and if already diagnosed, you must be knowledgeable in preventing it from coming back!

My goal is to educate, empower and support women with this vital learning curve. Many don’t know that they can ask for their right to be informed regarding integrative, complementary or preventative medicine. My vision is for informed consent for everyone including the opportunity to respectfully partner with your physician of choice without judgment or fear!

During my 40 years as an RN, I was accustomed to treating patients in a mainstream environment. Twenty-five years ago, when I faced my own health crisis, traditional medicine was not enough and my journey into complementary forms of healing began. As a busy mom with four children, I knew I had to find answers and change the way I was living. Now as a grandmother of 4 beautiful grandchildren my vision is to have women understand that they need to be proactive, preventative and that they have a voice regarding their health and their family’s health! We must break the cycle of chronic debilitating disease for the next generations.

As an independent practice nurse, I provide Thermography Clinical Services in London, Windsor, Hanover and various mobile clinics. My clinical services include pain-free, non-invasive, zero radiation imaging of breasts and total body for men and women. Thermography provides information regarding early cellular physiological changes. This risk assessment tool for early detection of cancer allows for mapping of specific changes in the tissue over time.

Our thermography clinic in London is an ongoing support, educational and networking touchstone for all women. The clinic has evolved into a resource center for breast cancer prevention, offering the community educational workshops, and presentations by the integrative medical experts supporting your journey and getting your questions answered.

You can start by taking charge of your own health destiny, utilizing both natural and mainstream medicine. Learn the foundations of healthy living, and do your due diligence in searching for answers, research and experts to assist you on your journey.

I believe in your FREEDOM to CHOOSE and FREEDOM to CHANGE and will assist in triaging you into the powerful world of integrative medicine.

We are committed to supporting your informed decision regarding your health!

Thermography Clinic
London, Windsor, Hanover
519-667-0666
(www.thermographylondon.com)

Patricia Kennedy a Registered Nurse is a member of these Professional organizations:
• Canadian Nursing Association (CNO)
• Complimentary Therapies Nurses Interest Group (CTNIG)
• International Assasociation Clinical Thermography (IACT)
• Registered Nursing Association of Ontario (RNAO)
• Director of PRIM, People’s Right to Integrative Medicine in Canada (www.PRIMcanada.org)

Learn the difference between thermography, a camera image of tissue and mammography using radiation. more

Excerpts from Leah Geller article

Looking at the Whole Picture

"Everybody talks about the effects on the system of the greying tsunami and of people with chronic illnesses, but I think that spin diverts our attention from the costly few."

The problem, says Browne, is that the health system hasn’t adapted to the complexity of what people need. Her team’s research on measuring integrated care and the relationship to health outcomes was the first to appear in the published literature. "Everyone likes to say they’re doing integrated care, but no one had been measuring whether it was actually happening."

Browne envisions an integrated "ministry of well-being" in Ontario that would bring together all aspects of human wellness. She is clearly frustrated by the lack of political will to implement that change. "We act like health care is illness care, with half of Ontario’s $44-billion health-care budget going to hospitals. We have policies that are antiquated, that serve personal and professional interests. There’s definitely collusion between some medical associations, elected governments and CEOs of hospitals to perpetuate the expensive status quo."

She continues, "I really believe we need to do things differently, especially for those repeat health-care users, "if interdisciplinary teams, led by nurses, served this clientele more completely, we could really help the one per cent who need more than just acute medical care and be able to release funds for better care in the community."

Please read entire article Leah Geller learn more

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CNA Strategic Plan 2015-2019

CNA was established in 1908, more than a century ago. Just as the health field has evolved over time, so too has our association. We have kept pace with the changing needs of our profession — which itself is always having to keep pace with emerging technologies, progressive best practices and shifting population trends. To remain relevant to you, our members, and the whole health field, we operate on a five-year strategic planning cycle.

This latest cycle came at an interesting time for CNA. It followed the introduction of a new set of bylaws, which were developed to comply with the federal not-for-profit legislation. That process also brought new member classes and voting rights to CNA members.

After the board named primary health care as CNA’s focus for the next planning cycle, staff members mapped out a multi-tiered plan that distilled a high-level strategy into specific, measurable and realistic actions that the association could act on immediately. Below is an outline of that plan, with primary health care at the top. We look forward to providing a more in-depth examination of our plan and of primary health care in future issues of Canadian Nurse.
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Looking at the Whole Picture
Leah Geller

Gina Browne’s research shows how health and social services can work together to improve people’s lives and contain healthcare costs

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