

Shining the spotlight on nursing in 2020



Here's to 2020! The nursing profession will mark the 200th anniversary of Florence Nightingale's birth on May 12, joining the World Health Organization and colleagues nationally and globally to celebrate the Year of the Nurse and Midwife.

2020 will be a significant once-in-a-lifetime opportunity. So let's get involved in local, provincial, national and international initiatives to raise the profile and impact of nursing.

As you'll read in this *CNA Today*, CNA has been ramping up many initiatives for 2020, culminating in the June biennial convention. I encourage you to join us in Ottawa!

CNA continues to explore how best to meet the needs of current and future members. Under the guidance of the board of directors and officers, we have hosted several engagement and dialogue sessions across Canada. We've appreciated hearing your excellent feedback on what CNA needs to do to build a vibrant and relevant professional nursing association for all regulated nurses. Thank you! More sessions are planned and I look forward to hearing your perspectives.

Wishing you all the best in 2020,



Claire Betker, President
RN, MN, PhD, CCHN(C)

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Support
NPs

Advocacy campaign targets NP barriers

Private health-care insurers urged to amend policies

CNA and the Nurse Practitioner Association of Canada (NPAC) are calling on all health insurance companies who provide private health insurance plans in Canada to amend their policies and language to reflect the legal scope of practice of nurse practitioners (NPs).

Most Canadian private insurance plans reimburse their clients only for physician-issued prescriptions for medically necessary devices and supplies as well as treatments performed by other health professionals. NPs are not included in Canadian private insurance plans'

definitions of prescribers, even though these activities are well within NPs' legal scope of practice.

In 2018, there were 5,697 NPs practising across Canada. NPs in primary care serve nearly three million Canadians. Insurance plan members with an NP as their primary care provider should not be subject to reduced access to health insurance coverage.

CNA and NPAC have launched a national campaign calling on nurses and the public to stand

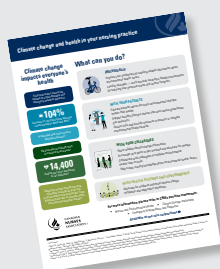
up and let private health insurance companies know that they must review their policies and correct them so that future prescriptions written by NPs are honoured. By doing so, the companies will be acknowledging NPs' legal scope of practice and helping reduce delays in patient treatment.

Visit cna-aiic.ca/supportnps to learn more about the campaign and see how you can take action.



cna-aiic.ca/supportnps

Climate change: tips for nurses and patients



Climate change is here and will only get worse. According to a recent *Lancet* report, a child born today will experience a world that is 4C warmer by the time they turn 71, a rate of warming that could impact their health at every stage of their life.

Public health threats related to climate change include prolonged allergen seasons, spread of Lyme disease, cardiorespiratory impacts due to worsening air pollution, and heat stroke and death from increased heat waves.

CNA believes that nurses have an important role in helping to combat climate change and its negative health effects. What can you do?

- Individually: reduce your personal waste and carbon footprint
- With your patients: encourage them to make healthy lifestyle choices that also reduce greenhouse gas emissions

Get more strategies from CNA's fact sheet, "Climate change and health in your nursing practice," available at cna-aiic.ca/climatefactsheet.



cna-aiic.ca/climatefactsheet

Canadian Academy of Nursing aims to inform, inspire leaders

CNA has taken a major step forward in advancing nursing leadership with our recent creation of the Canadian Academy of Nursing.

The academy is the first pan-Canadian organization dedicated to identifying, educating, supporting, and celebrating nursing leaders across all the regulated categories and all domains of practice.

Leadership institute

In other leadership news, we're pleased to report the Dorothy Wylie Health Leaders Institute has transferred fully to CNA. The well-known institute will continue to offer health-care leaders a concentrated program of study of leadership principles, models, behaviours, skills and tools.



Leading in Complex Environments: Finding the Courage to Lead

Four-day residential institute



BMO INSTITUTE
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Learn more and register at



cna-aiic.ca/dorothywylie



CANADIAN
ACADEMY OF
NURSING

Join today!

All CNA members are eligible to become members of the academy. We invite you to join if you are interested in developing your leadership skills and sharing your strategies for workplace success.

For an annual fee of \$62 (plus applicable tax), academy members can take advantage of many benefits such as:

- Access to the following **Longwoods publications** (valued at over \$262): *Canadian Journal of Nursing Leadership*, *Healthcare Papers*, *Healthcare Policy*, *Healthcare Quarterly* and *World Health & Population*.
- Access to online **communities of leadership practice**.
- Access to **leadership resources**. As part of CNA's commitment to the Nursing Now Canada initiative, the academy will spearhead the development of core competencies for nursing leadership in Canada.
- Eligibility to be nominated for the **Canadian Academy of Nursing Fellowship Program**. Honouring the best of our profession, academy fellows will earn the right to use the credential Fellow of the Canadian Academy of Nursing (FCAN) for life.

Visit cna-aiic.ca/academy to see all that the academy has to offer.



cna-aiic.ca/academy

Founding members

We are grateful for the support of the academy's founding members, who included existing members of the Academy of Canadian Executive Nurses, the Nursing Leadership Network of Ontario board of directors, founders of the Dorothy Wylie Health Leaders Institute, and the CNA board of directors.



TAKE CARE OF NURSES TO TAKE CHARGE OF HEALTH

ANNUAL MEETING and
BIENNIAL
CONVENTION
cna-aiic.ca/convention

JUNE 22-24

2020

The theme for CNA's 2020 biennial convention is **Take Care of Nurses to Take Charge of Health**. Because the well-being of nurses is essential to building effective health systems, the convention will be full of inspirational ideas, conversations and practical strategies for ensuring the nursing profession is ready to deliver quality care.

We're focusing on nurses' health in part because the World Health Organization has declared 2020 to be the Year of the Nurse and Midwife in celebration of the 200th anniversary of Florence Nightingale's birth.

Over 500 nursing colleagues from across Canada will converge in Ottawa for CNA's exciting 2020 biennial convention. Our program features outstanding keynote

speakers, solution labs, coach's corners, panel presentations, PechaKucha 20X20s and networking opportunities — all geared toward the free flow of ideas nurses and CNA can put into action.

CNA is thrilled to again hold the event in the nation's capital, a beautiful urban centre where you can enjoy the great outdoors just minutes from your hotel room. Ottawa

has a welcoming cosmopolitan vibe and is known for being exceptionally walkable. Extend your stay and explore Parliament Hill and the city's many parks, attractions and museums. Be sure to visit Ottawa's historic ByWard Market, which boasts a bustling farmers' market and chic shops during the day and hums with nightlife after the workday is done.

Register at cna-aiic.ca/convention

CONVENTION HIGHLIGHTS



KEYNOTE SPEAKER:
HELEN BEVAN

Helen is a dynamic leader on the world stage who helped take the U.K.'s National Health Service to its number 1 ranking among the health systems of wealthy nations. She will share her usual frank talk about the need to create and sustain meaningful change in health systems.

ABSTRACT PRESENTATIONS

Abstracts will be presented by nurses on a diverse range of topics. Presentation formats include panels and PechaKucha 20X20s. Posters will also be on display.

FELLOWSHIP AND AWARD PRESENTATIONS

Join us as we honour nursing's finest! 200 Nightingale Fellows will be inducted into the Canadian Academy of Nursing. Nursing leaders from across Canada will be presented with CNA's prestigious Orders of Merit and Jean Mance award. A reception will follow.



KEYNOTE SPEAKER:
RICHARD BOOTH

Richard is a leading Canadian thinker on technology and health. Prepare to be challenged as Richard imagines ways we may work alongside robots in health care — one of the many ways we can think about using technology to support our practice so nurses can focus on the work that really needs a human touch!

NURSING LEADERS COACH'S CORNERS

LIMITED
AVAILABILITY



KEYNOTE SPEAKER:
LISA COLEMAN

Lisa will challenge our thinking about inclusivity, diversity and belonging in building strong and resilient individuals, teams and organizations. Join us for this rare chance to share a conversation with a global change-maker!

HELP CHART A NEW DIRECTION

FOR NURSING AND HEALTH CARE

Board members from CNA will attend all the abstract presentations. We want to listen to your ideas and figure out the best ways to take care of nurses and take charge of health care. We aim to arm you with knowledge as well as a practical to-do list to bring about even the smallest improvements long after the convention has ended.

Abstracts will be presented on the following themes:

- **Health and wellness of practice settings:**
creating the best work environments
- **Intra-professional collaboration:**
getting the best from all types of nurses
- **Self-care:**
helping nurses help themselves
- **Resilience in health systems and care settings:**
examining the role of structures in workplace wellness

Visit cna-aiic.ca/convention for program updates!

CNA MEMBERS:

Save over \$270 on early-bird rates for the full convention!

Early-bird rates in effect until May 24, 2020. Reduced one-day rates for June 23 or 24 only are also available. The CNA annual meeting of members on June 22 is free.

MEMBERS
\$689

NON-MEMBERS
\$965

NURSING STUDENTS
\$242

IMPORTANT DATES



January 30

Deadline to submit nominations for CNA's nursing awards



June 21

Nursing leadership workshops



June 22

CNA annual meeting of members



June 23-24

CNA biennial convention



CANADIAN
NURSETM

Revamped website sees boost in readers

The Canadian Nurse's new online format is attracting new readers and providing insightful content for the nursing profession.

The modern and refreshed design, along with new and relevant content posted weekly, is clearly being well received. From August to October, for instance, we experienced an over 80% increase in new visitors to the website.

Our goal with canadian-nurse.com is to publish content that supports your professional nursing practice and is relevant to your career. For example, articles on Promising Practices tackle specific problem areas while every Feature delves into a key policy or workplace issue. Some of the more popular articles published this fall include:

- Putting yourself back together
- Nursing burnout: We are not doing enough
- Why do nurses pursue a master's degree?

If you haven't yet visited the website, we invite you to browse new articles, search for topics of interest, and delve into the archives.



canadian-nurse.com



Specialty network lends expertise to CNA Accreditation Program

Before any continuing education program application is approved by the CNA Accreditation Program, it must pass a rigorous assessment to ensure that learning and development initiatives meet CNA's standards of excellence.

This assessment is provided by nurse experts identified by members of the Canadian Network of Nursing Specialties, including: Canadian Association of Nurses in Oncology; Canadian Association of Paediatric Nurses; Canadian Family Practice Nurses Association; Canadian Federation of Mental Health Nurses; Canadian Gerontological Nursing Association; Canadian Society of Aesthetic Specialty Nurses; Canadian Society of Gastroenterology Nurses and Associates; National Emergency Nurses Association; and, Nurses Specialized in Wound, Ostomy and Continence Canada.



Newly accredited programs now available!

Topics include:

- Nutrition of high-risk pre-term infants
- PeriAnesthesia nursing
- Vasomotor symptoms in menopause
- Injectables training in non-surgical aesthetics
- Substance use and addiction
- Essentials for pediatric endocrine nurses
- Cancer Care Basics



cna-aiic.ca/accreditation

New courses now available on the CNA Learning Centre



CNA has partnered with the World Continuing Education Alliance and the International Council of Nurses to release a diverse lineup of continuing professional development courses. The new courses were released on our innovative CNA Learning Centre website this fall to give our members more opportunities to expand and enhance their clinical practice skills.

Visit cna-aiic.ca/learningcentre for more information on available courses. Take charge of your continuing professional development!



cna-aiic.ca/learningcentre

CNA Certification Program adds exams

The CNA Certification Program is excited about what we have in store for 2020! We're introducing exams for registered psychiatric nurses and developing a new exam for licensed/registered practical nurses.

The application window opens January 9. For the first time, registered psychiatric nurses can apply to write exams in gerontology and in psychiatric and mental health.

Our team has been collaborating with nurse experts to develop a medical-surgical nursing certification exam specifically tailored for the scope of practice of licensed/registered practical nurses. We'll begin accepting applications this June from nurses to write the exam in November.

Visit getcertified.cna-aiic.ca for 2020 dates and to see the new and existing exams for all categories of nurses.



Use your MyCNA profile to apply for or renew your CNA certification and to track your application progress

mycna.ca

The new exams build on our recent work to diversify the CNA Certification Program. In 2019, for instance, we launched a certification exam in pediatrics for registered nurses and nurse practitioners (in collaboration with the Canadian Association of Paediatric Nurses) as well as a gerontology certification for licensed/registered practical nurses (in collaboration with the Canadian Gerontological Nursing Association and the Registered Practical Nurses Association of Ontario).

Watch for our booth at upcoming specialty association conferences, where we'll be promoting the value of becoming CNA certified.



getcertified.cna-aiic.ca



CANADIAN
NURSES
ASSOCIATION ®

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