On September 6 and 7, the second intake of graduate students to the Master of Psychiatric Nursing program met on campus at BU for orientation and networking activities. The first intake of students joined the new students on September 7 and on September 8 returning students met with faculty members for thesis and research planning sessions. Manitoba students hail from Brandon, Rivers, Swan River, and Winnipeg. Other students come from as far away as Vancouver Island, New Brunswick, and Nunavut. Clinical interests are just as diverse. Demand for the MPN program is strong. The program was launched in January 2011 with 13 students, and an additional 10 students were accepted for September. Spaces in the program are limited and entry is competitive. The students are a dynamic and diverse group which facilitates lively discussions on campus and online.

The Master of Psychiatric Nursing program is the first graduate program to be offered by the School of Health Studies. The program is designed for students who are seeking advanced practice roles in psychiatric nursing.

**Why Choose Brandon University for a Nursing Degree?**

Tracey Collyer, R.N., B.Sc.N.
Department of Nursing

Pre-nursing students flock to Brandon University from high school, other universities, or sometimes later in life to discover the opportunities available within the School of Health Studies. The Bachelor of Nursing program is a four-year program that attracts students primarily from rural communities across Manitoba. Students hail from Brandon, Carman, Flin Flon, Roblin, Snow Lake, Boissevain, Souris, Cross Lake, and many other areas across the Province to begin their journeys to become nurses.

Enrolment in the pre-nursing courses has been steadily increasing over the last 8 years.
A Message from the Dean

The Celebration of Excellence

This edition of Caring Connections features Celebration of Excellence as a central theme. We celebrate excellence because being recognized by one’s peers, family, and organization can be an important motivator of behaviour. Recognizing others for their accomplishments places value and worth on hard work and the pursuit of excellence. The recognition we extend establishes a benchmark or a standard for others to strive to achieve. These standards of excellence help us focus our attention on what is important. Kouzes and Posner call this “encouraging the heart”. When we publically celebrate excellence it sets expectations for others to set their sights high and to perform at their best. This then becomes a type of self-fulfilling prophecy. Research on self-fulfilling prophecies provides evidence that people will act in ways that are consistent with our expectations of them. Canadian self-help author Brian Tracy once said: “We will always tend to fulfill our own expectation of ourselves”.

In keeping with the spirit of celebration, this edition of Caring Connections highlights the accomplishments of faculty members, staff, and students. We are particularly pleased to welcome those new faculty members and staff who recently joined the School. I know they will bring new ideas and perspectives that will benefit the students we serve and the programs we deliver.

The School of Health Studies also celebrates the achievement of our students who have achieved a grade point average of 3.5 or better by placing them on the Dean’s Honour Roll. This significant milestone is recognition of students’ effort, dedication, and commitment to their studies.

In summary, when a culture or climate of excellence is established in an organization, members of that organization can then join together as a community in celebration. Celebrating and recognizing others achievements contributes to our collective strength; fosters healthy relationships; builds character; and contributes to a sense of community in our organization.

Pre-Psychiatric Nursing Year Has Benefits

Dan Taylor, R.P.N., R.N., M.D.E.
Department of Psychiatric Nursing

Last year the “pre-psychiatric nursing” year was initiated within the Department of Psychiatric Nursing and the change is showing benefits. The student numbers are growing and retention rates are increasing. Currently, more than 200 students are enrolled in the pre-psychiatric nursing year, 60 in Brandon and 150 at the Winnipeg campus. Over 400 students are engaged at varying stages of the four-year program.

Students with an interest, but perhaps not a clear understanding of the demands and nature of psychiatric nursing, now are able to take foundational courses to “test the waters” during the first or “pre-psychiatric nursing” year. Should students find that the program matches their skills and desires, they can apply for formal entry into the second year of the four-year program. The first year contains all the other necessary courses for the program delivered by other faculties. Subsequent courses in years 2 through 4 are psychiatric nursing courses.

Having only psychiatric nursing courses in years 2 through 4 has permitted development of a program-specific timetable thus avoiding the restrictions that accompanied the use of the broader university timetable. The combination of courses from other faculties and the university timetable placed significant restrictions on the ability of faculty members to offer sustained clinical experiences. Such experiences are critical to the development of skilled practitioners. Currently, psychiatric nursing courses are taught at a slightly increased rate to enable full-day, full-week integrated clinical experiences at the end of each term, in addition to the 8-week senior practicum in the fourth year. The uninterrupted nature of these practica removes the need for students to leave the clinical areas to attend classes, and facilitates a deeper understanding and application of theory to practice. Students report feeling more comfortable, developing at a faster rate, growing more confident in their clinical skills, and gaining a better sense of “real world” psychiatric nursing.
students clearly enjoy the benefits of attending a smaller university. Forty-eight students are accepted each year into the second year of the Bachelor of Nursing program. The last few years, incoming classes have reached full capacity. At Brandon University students have the advantage of getting to know their professors and classmates on a personal level as class sizes remain small and course assistance is readily available. The Bachelor of Nursing program has a phenomenal group of experienced faculty who are described by students as “approachable, inspiring teachers who go above and beyond”.

The opportunity to connect with students and faculty in a personalized atmosphere combined with the physical attractiveness of a newly constructed Health Studies Complex, equates to an optimal learning environment. The on-site computer lab and modern clinical teaching lab provide students with up-to-date technology and state-of-the-art equipment. A wide variety of unique and exciting clinical opportunities exist throughout the program in acute care settings, long term care facilities, rural hospitals, mental health, and community placements. The senior practicum clinical experience is the final course of the program and the goal is to assist students in making the transition from student nurse to the professional practice role of a registered nurse. Students choose areas such as the emergency room, labour and delivery, public health, medical/surgical units, intensive care units, pediatric units, and rural/northern hospitals for this experience.

Incoming students often cite the reputation of the Bachelor of Nursing program offered at Brandon University as excellent and a primary reason for choosing this University. The School of Health Studies at Brandon University offers a great opportunity to make the dream of becoming a nurse a reality with endless exciting career opportunities awaiting its graduates.

**Why Choose Brandon University for a Nursing Degree?**

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**Second Intake for Master of Psychiatric Nursing Program**

Second Intake for Master of Psychiatric Nursing Program

and offers streams in advanced clinical practice, administration, and education. Brandon University is a leader in psychiatric nursing education. The MPN program is the first of its kind in Canada. In 1995 Brandon University launched the Bachelor of Science in Psychiatric Nursing program which was also a first in Canada.

The Master of Psychiatric Nursing program is designed to build on the expertise of practicing psychiatric nurses, and to facilitate access for practicing psychiatric nurses. The program is delivered online with periodic on-campus sessions. Students can select full or part-time study. The program consists of 33 credit hours including a thesis. Intake occurs annually in September with a March 1 deadline for application. Information is online at [http://www.brandonu.ca/health-studies/programs/master-of-psychiatric-nursing/](http://www.brandonu.ca/health-studies/programs/master-of-psychiatric-nursing/). Dr. Noreen Ek, Acting Coordinator, is available at 204-727-7432 or at ek@brandonu.ca.
Dr. Renee Will Retires

Kathryn Hyndman, R.N., Ph.D.
Department of Nursing

Dr. Renee Will served the School of Health Studies for 20 years and has earned great respect for a distinguished career as a university educator. Her publications, book chapters, and numerous presentations have and will continue to serve the nursing community in years to come.

In 1991, Dr. Will began her career at Brandon University as an Assistant Professor in the Department of Nursing and Health Studies, in the Faculty of Science. She was a keen supporter of nursing and psychiatric nursing education at Brandon University and a key participant in the development of the early programs. She earned her Doctorate in Education in 2001 from the Ontario Institute for Studies in Education. In 2002 she was promoted to Associate Professor in recognition of her teaching, research, and community service as well as her many roles in the broader nursing community in Brandon and surrounding health regions.

In 2004 Renee joined the undergraduate faculty in the new 4-year Bachelor of Nursing Program and became a strong foundation in the Nursing Department. Renee mentored several new faculty members and carried a heavy load of committee and chair responsibilities. She supported, coached, challenged, and guided a new department through many growing pains. Many of us marveled at the ways she could conceptualize courses, design creative and innovative learning strategies, and implement novel evaluation methods. She was the first faculty member in Science to fully use WEB-CT and teach courses on-line. She mentored many new faculty members in learning to use Moodle to teach and enhance student learning.

Renee’s passion and commitment in serving the palliative care community has been inspirational. In this role as a servant leader, she worked tirelessly at the Brandon hospital, in the community hospice movement, and with nursing and psychiatric nursing students whom she taught, mentored, and motivated in palliative care. Renee modeled excellence in community service. She earned the honour of being the first Norma Wylie Professor of Palliative Care at BU (2006-2009) and received the Board of Governors Award for Excellence in Community Service in 2009.

As Dr. Will retires from full-time work at BU, she leaves behind a legacy of excellence in teaching, a passion for learning, and a deep commitment to improving health in palliative care. The Westman community has been enriched through her many contributions. Her many colleagues in the School of Health Studies wish her all the very best in the future!

Paquette Recognized for Excellence in Community Service

Darlene Paquette received the BU Board of Governors’ Award for Excellence in Community Service. This award gives recognition to a university employee who through cumulative volunteer activities best contributes to the community service function of the University. Darlene’s volunteer commitment spans over 30 years. Employed as the technical resource assistant in the School of Health Studies, Darlene has participated in and led many initiatives on a local, regional and provincial basis for non-profit organizations. She has raised thousands of dollars for the Canadian Cancer Society, adult literacy, and the expansion of a local daycare. Presently, she serves as a member of the Cancercare Manitoba First Nations, Inuit and Metis Community Partnership Committee, the Brandon Friendship Centre Board of Directors, the Art Gallery of Southwestern Manitoba, and the Manitoba Metis Federation Local Area Management Board for the Southwest Region.

At right: Darlene Paquette receives award for excellence in community service.
New Faculty Join SHS

Kathryn Hyndman, R.N., Ph.D.  
School of Health Studies

The School of Health Studies warmly welcomes these 5 new employees!

Thea Dennis  
Thea joined the Department of Nursing in August as an Instructional Associate (half-time). She is a Brandon-ite and has lived, studied, and worked in Manitoba, Saskatchewan, and North Dakota. Thea and her family are living here in Brandon. She is also working as a registered nurse at the Brandon Regional Health Centre on an acute medical unit and practices in the community. Thea completed her Bachelor of Nursing at Brandon University in May 2010. Thea brings her talents in leadership, nursing practice, and a diverse practice background in pre-hospital care. Her enthusiasm and zest for the art and science of nursing are notable strengths.

Patricia Foster  
In August, Patricia joined the Department of Nursing as an Instructional Associate (half-time). Patricia and her family live in Brandon. She successfully completed her Bachelor of Nursing from BU in May 2009. Patricia is working half-time on an acute surgical unit at the Brandon Regional Health Centre. Since 2009 she has been teaching at BU as a sessional instructor. Patricia is known for her strengths in leadership, research and evidence-based practice, and her commitment to teaching and learning.

Dr. Ali Salman  
This August, Dr. Salman joined the Department of Nursing as an Assistant Professor in a tenure-track position. Dr. Salman was living and working in Windsor, Ontario and in Rochester, Michigan prior to his move to Brandon. He attended school in Cleveland, Ohio earning his professional certification in registered nursing as well as a Doctor of Nursing (2005) and a PhD in Nursing (2008). Dr. Salman has a distinguished academic record of research and scholarship and extensive teaching experience at undergraduate and graduate levels. He has over 15 articles and book chapters in print as lead author or contributing author, and over 20 scholarly presentations. His current research interests centre on HIV prevention, health promotion and disease prevention, and psychosocial issues in cardiovascular disease with a specific focus on clients with heart failure.

Chris Van De Woestyne  
Chris has joined the Department of Nursing as a full-time Instructional Associate. Chris and his family live in Carberry, Manitoba. Chris earned a Bachelor of Science in Psychiatric Nursing in 2008. He attended school in Cleveland, Ohio earning his professional certification in registered nursing as well as a Doctor of Nursing (2005) and a PhD in Nursing (2008). Dr. Salman has a distinguished academic record of research and scholarship and extensive teaching experience at undergraduate and graduate levels. He has over 15 articles and book chapters in print as lead author or contributing author, and over 20 scholarly presentations. His current research interests centre on HIV prevention, health promotion and disease prevention, and psychosocial issues in cardiovascular disease with a specific focus on clients with heart failure.

Sue-Ann Weitkowitz  
Sue-Ann joined the Department of Psychiatric Nursing in August as a full-time Instructional Associate at the Winnipeg campus. Sue-Ann lives in Winnipeg and completed her high school and post-secondary education in Winnipeg. She earned her Bachelor of Science in Psychiatric Nursing in 2008 from BU. Since then she has worked as a psychiatric nurse at the Winnipeg RHA - Health Sciences Centre and in the Clearview Addiction and Rehabilitation Centre. Sue-Ann’s communication strengths, experience, and expertise in counseling and psychiatric nursing practice in both community and institutional settings, will be a great asset to students and faculty at the Winnipeg site.

Betty Wedgewood  
The Department of Psychiatric Nursing is pleased to announce that it is increasing the Instructional Associate position of Betty Westwood to full time. Betty is a valued asset to the Psychiatric Nursing Program at the Winnipeg Campus and her increased availability for academic and clinical teaching is welcomed.

New Scholarships for SHS  
Tracy Collyer, R.N., B.Sc.N.  
Department of Nursing

The School of Health Studies is pleased to announce the establishment of The Jack and Evelyn Gabel Memorial Scholarships. Bachelor of Nursing and Bachelor of Psychiatric Nursing students will benefit greatly from these annual scholarships. These prestigious awards will assist students financially and ease the burden of financial stress as they progress through their respective programs. The Jack and Evelyn Gabel Memorial Scholarship in Nursing will be awarded based on academic merit and the recommendation of the Department of Nursing to the students with the highest overall performance in the Pre-Nursing year who have been accepted into the Bachelor of Nursing program. Three scholarships will be awarded annually for approximately $6,000.00 per scholarship. Similarly the Jack and Evelyn Gabel Memorial Scholarship in Psychiatric Nursing will be awarded based on academic merit and the recommendation of the Department of Psychiatric Nursing to the student with the highest overall performance in the Pre-Psychiatric Nursing year who has been accepted into the Bachelor of Science in Psychiatric Nursing degree program. One scholarship will be awarded annually for approximately $6,000.00.
Health Studies Lab Becomes Emergency Room

Denise Hardy, R.N., B.Sc.
Department of Nursing

For the second year in a row, eager Mini U students aged 8 to 15 years old participated in the Emergency Room course delivered by faculty members of the Department of Nursing. Students were greeted in the School of Health Studies lab by transformed “Emergency Room Nurses”. They were invited to join the team and become Emergency Room Nurses for an hour. Students donned their medical gowns, gloves, and masks to participate in a brief tour of the ER. Mannequins simulated patients and waited “patiently” on nearby stretchers. The new recruits examined lab models and skeletons for a quick refresher in anatomy.

Once prepared, students used stethoscopes, Doppler equipment, otoscopes, dressing supplies, and other equipment to perform basic assessments and care for their ER patients. Faculty members and their children volunteered to operate the remote control for the voice of a mannequin. Many unsuspecting young students were startled by the “speaking patient”. Students came to understand and use the ABCs in basic head-to-toe assessment. Every class used “Glo-Germ” to learn and reinforce the proper steps of hand washing. Students always were amazed by invisible “germs” revealed by the black light.

Dr. Kathryn Hyndman, Professor Nancy McPherson, Student Advisor Tracey Collyer, Instructional Associate Denise Hardy, and Clinical Placement Coordinator Barb Harrison, each lead a class during the Mini U program. Students became ER Nurses every Tuesday from July 5 to August 2. Mini U students raved about their experiences. One young student commented, “I plan to become a surgeon when I grow up and I will consider this class to be my first lesson”.

Getting To Know Us

Faye Simpson, R.N., B.Sc.N.
Department of Nursing

In conjunction with Nurses Week celebrations, on May 12, faculty members and staff of the School of Health Studies hosted “Get to Know Your Campus”. This initiative of the Brandon University Employee Health and Wellness Committee showcases specific sectors of the University. In the spirit of a wellness theme, the Health Studies chose to host a “Wellness Tour”. Each interested BU employee was greeted with a ‘Wellness Report Card’ for a quick check-up. The report card included a map to find the various check-up stations throughout the building. The first 3 stops gave participants an idea of their physical health. In the nursing application lab, nurses checked each participant’s blood pressure and blood sugar. Participants journeyed to the Health Assessment Lab where those brave enough, were weighed and results were identified on the Body Mass Index Chart.

Participants also focused on mental health. They were guided to the interview and counseling rooms to take a quick 10-question anxiety and depression test. Participants checked out the video-conference classroom, as they took the opportunity to meet faculty and staff at the Winnipeg site of the Psychiatric Nursing Program. From Winnipeg, employees interacted via video conference and participants were told several statistics regarding students and faculty. Unbeknown to participants a “memory test” would follow. To conclude the tour participants gathered in the Ceremony Room, decorated for Florence Nightingale’s birthday. Participants joined SHS faculty and staff for coffee, juice, fruit, and a low calorie birthday cake, all in keeping with the wellness theme. Lisa Murray, Administrative Assistant to the Faculty of Arts, guessed the number of calories in the cake and received a gift certificate for the Brandon Shoppers Mall. Participants enjoyed learning about their health and getting to know more about the School of Health Studies.
Kaleigh Cameron received the Fred Douglas Society Humanitarian Learning by Caring Award at a Gala Evening at the Canad Inns in Winnipeg, in May. The award is presented to a secondary or post-secondary student who demonstrates compassion and respect for the elderly by connecting with seniors in a positive way to celebrate the value of seniors as part of the community. Kaleigh works in the recreation department of Hillcrest Place Personal Care Home in Brandon and is a fourth-year nursing student in the BN program at Brandon University. The award was shared with Loralai Everett of Winnipeg.

Dean’s Honour Roll 2010-2011

Bachelor of Nursing (B.N.)

Tara Allarie
Caitlin Armbruster
Rachel Assee
Breanna Biliak
Jennifer Blahy
Carolyn Blair
Kyla Boehm
Lisa Boynton
Tannis Broda
Kelly Brown
Jessica Brunskill
Kimberley Burke
Kaleigh Cameron
Jacqueline Canart
Jillian Castle
Melanie Chanel
Cassandra Chisholm
Carol Corenblum
Candice Croker
Jenna Cutler
Lori Derksen
Katie Dupasquier
Vanessa Dyck
Kaylee Eastman
Sarah Fandych
Lisa Fleury
Shayna Foote
Melissa Foster
Amanda Gray
Jill Gray
Karen Gwyer
Meghan Haight
Kaylee Hines
Branden Howe
Kendra Hunter
Lyndie Instance
Heather Jaenen
Laura Klassen
Olivia Kovatch
Naomi Krueger
Rebecca Kutcher
Ashley Lang
Kristin Lavich
Jennifer Loeppky
Jaime Lomenda
Courtney Low
Judith Maendel
Jessica Martens
Lynessa Martens
Shawna McBride
Jennifer McLean
Ashley Mitchell
Gwendolyn Muckpah
Rick Nabong
Monika Neufeld
Tara Njegovan
Spencer Oesch
Danielle Paradis
Kaitlyn Patmore
Tamara Peters

Kali Peterson
Bre-Ann Robertson
Candice Sanderson
Katelynn Schill
Breanna Schmidt
Brittany Schnittjer
Rachel Schroeder
Nadine Smith
Stacy Spear
Jennifer Stadler
Britteny Stephanow
Eva Stevenson
Katy Stewart
Jolie Suidy
Shanleigh Sutherland
Jennifer Swistun
Deanne Teichroew
Tracey Tubman
Jillian Turner
Tammy Turner
Natasha Vandenberghe
Josie Weber
Michelle Weighell
Karl Woods
Kyla Woodson
Heather Woywada
Melissa Wychopen
Ashley Yanchycki

Bachelor of Science in Psychiatric Nursing (B.Sc.P.N.)

Joshua Bray
Meaghan Delaurier
Chastity Ek
Chantal Geirnaert
Bridget Hiebert
Kendra Hobbs
John Jackson
Quantia Johnson
Kyla Johnston
Abigail Karpluk
Evie Kay
Kyla Knutson
Kailey Kowalick
Kristina Lindsay
Heather Livingston
David Main
Aleksandra Maszczak
Annette McDougall
Hillary Mills
Jessica Peters
Kristen Porter
Shantelle Rank
Elizabeth Redfern
Taylor Riddell

Jenna Smith
Stephanie Stilborn
James Tavernor
Shannon Telfer
Tara Turner
Melissa Twigg
Asha Vandanme
Carrie Wheatley Cooper
Kelly Will
Jamie Woodhouse

Healthy Campus

See the special insert to this edition of SHS Caring Connection, and visit www.healthycampus.ca
Where Are They Now?

We are interested in hearing from SHS graduates and sharing their news through the SHS Newsletter. Please send your update to Judy Ramsay in the Office of the Dean, ramsay@brandonu.ca or to any member of the Newsletter Committee.

**Krista Carberry** (Grad ’02 Nursing UofM program/Brandon) and Mike Callahan are the proud parents of Karter William Callahan born June 18, 2011 at 1420 hours. On arrival, Karter was 6 pounds 13 ounces and 20.5 inches in length. I feel very blessed that “Angus” arrived safely and I feel equally blessed to have been shown so much support, encouragement, and great advice from my colleagues in the School of Health Studies as I continued in my role as Instructional Associate.

**Tanis Horkey** (Grad ’05 Psychiatric Nursing). When I began working with geriatric clients I found my current area of interest. I worked at the Centre for Geriatric Psychiatry, Brandon Regional Health Centre for five years and recently started a new position as a Community Mental Health Worker with Mental Health Services for the Elderly. Continuing education remains important to my practice and I am currently beginning my second year of studies in the Master of Psychiatric Nursing Program at Brandon University. I am focusing on clinical specialization with a specific interest in issues related to geriatric populations.

**Katherine Pachkowski** (Grad ’04 Psychiatric Nursing). After graduation I worked as a clinician at the Manitoba Developmental Centre and at the Parkland Adult Psychiatric Unit. In 2007, I joined the Psychiatric Nursing Department as an Instructional Associate. In this position I have been able to contribute to the profession through teaching. I am currently enrolled at McGill University, working toward a Masters degree in Bioethics. I plan to apply my learning and work in this exciting field in the School of Health Studies at BU to the benefit of the psychiatric nursing profession.

**Amanda Ward-Triffo** (Grad ’08 Nursing). I am taking my Masters at University of Saskatchewan and I plan on completing spring of 2013! I am working at SIAST as clinical instructor and Health Assessment Lab faculty. This year I am also going to be taking part in curriculum development for the new class and I am hoping to bring forward the things that I enjoyed in the Brandon program such as front loading skills in the clinical setting! I continue to work on 6A casually which is General Surgery/Vascular Surgery and the Burn Unit. Exciting opportunities have come since I have graduated. I still feel the Brandon program did a wonderful job of preparing me for practice.

**Presentations & Publications**


**Research Grants**

Dr. Fran Racher, Dr. Dean Care and Professor Nancy McPherson recently received a $44,000 grant from the Alzheimer Society of Canada to undertake the study Living with Dementia: The Experiences of Older Couples in Managing Their Lives Together.