



**AND THE WINNER IS...**  
The *Healthy Living Project* demonstrates how a community, a hospital and a university can work together.  
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**TRUE MEANING OF CHRISTMAS**  
Students show their appreciation to the patients who helped with their education.  
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# School of Health Studies Newsletter



**BRANDON  
UNIVERSITY**

Founded 1899

## BU Recalls Years of Nursing and Psychiatric Nursing Education

**Renee Will, R.N., Ed.D.**  
**Department of Nursing**

Brandon University is proud of its long history in nursing education in Manitoba, from providing courses to nursing and psychiatric nursing students during their diploma programs through the establishment of post-diploma programs, and finally to the development of four-year baccalaureate programs in both disciplines.

In the 1960's nursing students travelled from the Brandon General Hospital School of Nursing and the Brandon Mental Hospital School of Psychiatric Nursing to Brandon University for



**Professor Mary-Anne Andruszyn, BU President Dr. John Mallea and Dean of Science Peter Letkeman cut the ribbon at the opening of the Department of Nursing & Health Studies in 1986**

courses in anatomy and physiology, biology, microbiology, psychology, and sociology. The partnership between the university and the two nursing schools was innovative and led the way for other nursing programs in the province.

In the 1970's and early 1980's community demand for baccalaureate nursing education programs prompted the development of the 'Blue Book' proposal for a four-year baccalaureate program leading to registration with both the College of Registered Nurses of Manitoba (then Manitoba Association of Registered Nurses) and the College of Registered Psychiatric Nurses of Manitoba (then Registered Psychiatric Nurses Association of Manitoba). Many committed individuals were involved, led by Shirley Jo Paine, then Director of Nursing Education, Brandon General Hospital School of Nursing and president of MARN; Dr. Robin Giles, then Dean of Science; Annette Osted, Executive Director of  
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## Brandon University Homecoming 2008 October 17, 18 & 19

**Carla Eisler**  
**Alumni Relations**

The date is set, the plans are in place and all we need is you to join us for a weekend of events and activities as we celebrate Brandon University's Fall Homecoming 2008. And we have a lot to celebrate!

Since 1899, Brandon University (College) has provided education to over 30,000 alumni. More specifically, BU has provided  
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## Greetings from the Dean

As my tenure as Dean of Health Studies is approaching its end, I thought I would take advantage of this opportunity to share some experiences from the past, as well as some hopes and dreams for the future.

It has been almost eleven years since Dr. Patrick Carrabre approached me in September 1997 and asked if I would be interested in the Deanship of Health Studies on a one-year interim basis. Given the affinity between my background in Psychology and Psychiatric Nursing, my burgeoning interest in administration, and a brand new academic unit at Brandon University, the School of Health Studies, this seemed to be a dream come true.

At that time Health Studies was located in part at BU, and in part in the former Nurses' Residence at the Brandon Mental Health Centre. That was a beautiful space, and I personally looked forward to the summer months when I could use the veranda attached to my office. Alas that was not to be, and we were soon vacating those premises for the newly renovated space in what had been the School of Music. This was my first exposure to the breadth of unanticipated responsibilities that deans may be called upon to undertake. I am an academic, a psychologist, and an administrator, but never in my wildest dreams did I imagine that I would be a participant in building design, discussions of electrical conduits, where telephone and computer drops should be located, interior decorating, not to mention tromping around Winnipeg looking for suitable real estate for a satellite campus for the Psychiatric Nursing Program. In all of these experiences I must recognize the work of Judy Ramsay who has a gift for envisioning how space can be effectively used, and a skill in drafting so that those ideas can be converted to paper. It was a hectic summer with renovations beginning after convocation at the end of May 1998 for the building to be ready for occupancy in September. Judy and I spent the summer measuring and re-measuring (usually with a twelve-inch ruler, until someone gifted us a retractable measuring tape), selecting flooring, furniture, and paint colors. These developing talents



**Linda Ross, Ph.D.**  
Dean, School of  
Health Studies

have served us well over the years, when we did this again on a much grander scale in the new Health Studies Complex which opened in September 2003, and again in the design and development of the site for the Winnipeg campus for the Psychiatric Nursing program in 2006. Judy and I considered branching out and offering consulting services!

My fondest memories of the past decade usually involve sharing in the accomplishments of others. Most notable are convocation celebrations, wherein we can share in the achievements of our students, and which always serve to remind me why we are really here and what is really important in a university: students. Faculty development in the School of Health Studies has been remarkable. In 1997, we had only two faculty members prepared at the Ph.D. level; we now have eight. Many of our Instructional Associates have completed or have master's degrees in process and two of our administrative support staff have completed bachelor's degrees.

For myself, my experiences as Dean have provided me with opportunities to expand my knowledge, acquire many skills, and learn many important lessons. Some guiding principles have directed my work here:

- Students first.
- Recognize and effectively put to use the strengths of others. You cannot do it all by yourself.
- Be tolerant of ambiguity. There will always be lots of it in moving forward.
- Get things done with as little fuss and stress to others as possible. The more invisible your work is, the more successful you have been.
- Take care with people. You never know what is happening in their lives.

There are many people, in addition to the faculty and staff of Health Studies whose assistance and support I would like to acknowledge:

- Dr. Lou Visentin, Dr. Patrick Carrabre, Dr. Jeff Williams, Dr. Scott Grills, Mr. Scott Lamont, Mr. John Jardine and Mr. Bill Myers (Brandon University)
- Annette Osted, Executive Director of the College of Registered Psychiatric Nurses of Manitoba
- Dr. David Gregory, former Dean, Faculty of Nursing, University of Manitoba
- Dr. Sid Frankel, Social Planning Council
- Louise Gordon, formerly of the Council on Post-Secondary Education
- and to name but a few of my many helpful associates from CASN: Dr. Maxine Mott (Kwantlen College), Dr. David Gregory (University of Lethbridge), Lois Berry (University of Saskatchewan), Norma Wildeman (SIAS), Joanne Swanson (CASN).

My dreams for the future of Health Studies at BU include increasing expansion. The School of Health Studies needs to be open to future developments in the education of health care professionals, and meeting the health care needs of our community. The most immediate expansion will probably be development of a Master's degree in Psychiatric Nursing, but the School of Health Studies must take a proactive and broader view of health that includes attention to all aspects of health, both physical and psychological. I hope for expansion of health education across a variety of disciplines, such as speech pathology, applied psychology, kinesiology, etc.

I have received positive feedback from many faculty members indicating that they believe that I have done a good job of launching the School of Health Studies and shepherding it through its childhood, and I thank them for that. I wish you all the best in the future. It's been a great ride!

## Naming the Newsletter

Do you have a creative idea for naming the newly launched School of Health Studies Newsletter? Students, faculty, colleagues, and all community members are invited to send along ideas to "Name the Newsletter". Send your ideas to members of the Newsletter Committee.

**Debra Dusome**  
[dusomed@brandonu.ca](mailto:dusomed@brandonu.ca)

**Roberta Graham**  
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**Cathy Foster**  
[fosterc@brandonu.ca](mailto:fosterc@brandonu.ca)



# BU Recalls Years of Nursing and Psychiatric Nursing Education

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the RPNAM, and Betty-Anne Zegarec, Director of the School of Psychiatric Nursing, Brandon Mental Health Centre. Faculty of both the Brandon General Hospital School of Nursing and the Brandon Mental Health Centre School of Psychiatric Nursing contributed extensively to the design of the programs. In 1986, with the proposal approved, Brandon became home to two post-diploma programs, the Bachelor of Science in Nursing and the Bachelor of Science in Mental Health.

The first class of 15 graduated 20 years ago in 1988 (14 registered nurses, one psychiatric nurse). Since then some 182 nurses have graduated with a BScN degree and 32 psychiatric nurses with a BScMH degree. An agreement with the Government of Botswana resulted in six of their registered nurses receiving the BU degree.

The post-diploma degrees enabled nurses and psychiatric nurses in the Brandon and Westman area to advance their knowledge. Many graduates have continued their education pursuing Master and PhD studies, including current faculty members, Dr. Fran Racher RN and Dr. Renée Robinson RPN and Dr. Beverley Temple RN, a former faculty member. Other faculty members have completed their Master degrees. Kim Ryan-Nicholls RPN is currently working on completion of the doctorate, Judy Marvin RN holds a Master degree and Nurse Practitioner credential, Paul Enns RN completed his Master degree in May 2007, Vicki Wenger RN in December 2007, and Lucille Canart RN expects to complete the Master degree in August 2008.

Other graduates accepted new positions in administration, education, research, and clinical specialty areas following graduation. Bev Cumming RN, the Vice-President of Acute Care at the Brandon Regional Health Centre and her predecessor Kathy McPhail RN are both BScN graduates, as is Helga Bryant, the Vice-President of the Health Sciences



*Dr. Linda Ross, Dean of the School of Health Studies speaks at the Sod Turning for Health Studies Complex in 2002*

Centre in Winnipeg. Ms. McPhail is currently the CEO of the Regional Health Authority Central Manitoba Inc.

In 1995, a new era of education began at Brandon University with the introduction of the four-year Bachelor of Science in Psychiatric Nursing, a basic program leading to registration. The first class of eight graduated in 1998 and BU celebrates more than 10 years of psychiatric nursing education at the baccalaureate level this year. In 2002, an off-campus site was opened at the University of Winnipeg. Sixteen psychiatric nurses graduated in 2006 from the program delivered entirely in Winnipeg by faculty there and electronic delivery from Brandon. In 2003 the School of Health Studies introduced the most recent new initiative, the Bachelor of Nursing, also a four-year program leading to registration. The first 37 nurses graduated from the program in May 2007.

To date Brandon University offers all four baccalaureate programs in its School of Health Studies; the Bachelor of Nursing and the Bachelor of Science in Nursing (post-diploma), and the Bachelor of Science in Psychiatric Nursing and the Bachelor of Science in Mental Health (post-diploma) The BScN post-diploma program, after having met needs of registered nurses across Manitoba for 21 years, is now faced with declining enrolment and a decision has

been made to end the program with the last class graduating in May 2009. Of the three remaining programs, the Bachelor of Nursing and Bachelor of Psychiatric Nursing admit about 40 students to each program each year. What the future may hold is not yet clear though graduate studies are certainly a possibility.

In honour of many years as partners and leaders in nursing education, Brandon University is hosting a celebration on October 17, 18, and 19 in conjunction with Homecoming '08. Students, faculty and staff are invited to attend and share their memories while re-connecting with their colleagues as Brandon University's School of Health Studies moves forward into the next 50 years.



*Over 400 full-time and part-time students in the School of Health Studies are currently housed in the Health Studies Complex*

## Trauma Informed Practice Offered During Spring Intersession

Dr. Noreen Ek will teach *69.378 Trauma Informed Practice* during the second term of the spring session from June 2 – 19, 2008, Monday through Thursday from 0900 – 1200. During the course students gain an understanding of the complexities of traumatic reactions and delve into new 'power therapies' to learn about Eye Movement Desensitization and Reprocessing, Traumatic Incident Reduction, and Thought Field Therapy at the introductory level. The course is open to students across disciplines and the audiovisual link to the Winnipeg Campus enables students to participate in this course from a distance.



## And the Winner is... The Healthy Living Project



*From left: Mark Eli representing Clubhouse of Winnipeg, Barbara Quesnel, Victoria General Hospital Mental Health Program, Karen Clements at the podium, and Jim Hamilton, Chair of the Reh-Fit Selection Committee.*

**Karen Clements, R.P.N., M.A.**  
**Department of Psychiatric Nursing**

On April 17th at a gala dinner celebration hosted at the Fairmont Hotel in Winnipeg, the *Healthy Living Project* was awarded the 2008 *Kinsmen Reh-Fit Healthy Living Award* in the organization category.

The *Healthy Living Project*, a collaborative effort between the Victoria General Hospital (through the work of Barbara Quesnel, Program Facilitator Mental Health Program), the Clubhouse of Winnipeg (a consumer run psychosocial rehabilitation centre), and the Brandon University Department of Psychiatric Nursing (through the work of Karen Clements, Assistant Professor), demonstrates how a creative and

committed group of people worked together to provide a continuum of services to individuals with severe and persistent mental health problems. In January 2006, the project was awarded a research and development grant by *Lilly Neuroscience Solutions for Wellness*. Professor Clements and Barbara Quesnel will present a poster on metabolic syndrome screening at the 2008 World congress for psychiatric nurses.

The focus of the *Healthy Living Project* is to help individuals identify their risk factors for metabolic syndrome (and therefore diabetes and heart disease), to provide education on means for reducing risk through healthy living practices, and to provide access to the means to practice healthy living. Screening, education, and supportive programs are initiated upon admission to the Victoria Hospital Mental Health Program and are linked to similar programs in the community at the Clubhouse of Winnipeg.

Professor Clements and then student psychiatric nurses Ainsleigh Marcinyshyn and Sharon Combiadakis developed healthy living modules that are currently being used in programming at the Victoria Hospital Mental Health Program and the Clubhouse of Winnipeg. In the near future, the modules will be on the Victoria Hospital website for easy access by anyone on the world wide web. Professor Clements runs metabolic syndrome screening clinics at the Clubhouse with the assistance of psychiatric nursing students Larissa Medwid, Ania Pacanowska, and Allyson Mueller. The clinics offer basic information on indicators of risk for metabolic syndrome. Professor Clements runs a Health and Wellness group once a week at the Clubhouse to support members in healthy living practices. Student psychiatric nurses assist with these groups. Professor Clements is collecting research data from the screening clinics and the Clubhouse Health and Wellness group.

## Partnerships and Dialogue: A Recipe for Progress in Psychiatric Nursing Education

**Debra Dusome, R.N., B.A., Ex.A.T.**  
**Department of Psychiatric Nursing**

The first meeting of the Program Advisory Committee for the Department of Psychiatric Nursing took place at the Winnipeg Site Campus on October 12, 2007. The purpose of the Committee is to create a collaborative dialogue between the practice, research and education arenas. The members of the Department seek to build understanding through dialogue. Through this reciprocal process department members and their partners can share information, articulate the issues, build knowledge, identify trends and problem solve together to find creative solutions. The trends and needs of the community and the clients served inform curriculum and classroom priorities. The goal is to ensure the program is current with needs of people with mental health issues and needs of workplaces.

Committee membership includes faculty members,

employers, consumer and family representatives, students and alumni. Patrick Griffith, Director of Mental Health Services at the Health Science Centre in Winnipeg, and Karen Clements, faculty member of the Department of Psychiatric Nursing, co-chair the Committee. Lynda Stiles, Coordinator Mental Health, Brandon RHA; Carolynne Strutt, Program Director, Mental Health, Winnipeg RHA; and Linda Beaton, Program Manager, Acquired Brain Injury Unit, Selkirk Mental Health Centre, bring the perspectives of employers to the Committee. Alumni include Shannon St. Goddard (Dauphin), Dee Thomas (Winnipeg), and Isabelle Jarrin (Garson, MB). Chris Summerville and Matrine McLellan from the Manitoba Schizophrenia Society represent consumer and family interests. Joe Russo, a psychiatric nursing student at the Winnipeg site represents students. Faculty participants on the Committee include Dr. Linda Ross, Dean of the School of Health Studies; Dr. Renee Robinson, Department

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# True Meaning of Christmas

**Faye Simpson, R.N.**  
**Department of Nursing**

*Christmas with the Students* was organized in celebration of the last day of clinical experience on the Palliative Ward at BRHC. This event signified the end of Nursing Practice IV, a third year clinical course in a long-term or palliative setting. Students planned the day to celebrate with the patients, staff and families and show appreciation for the wonderful learning experience afforded during the clinical course that had been completed.

Patricia Foster, Garrett Bray, Sarah Nyland, Melissa Spelliscy, Taylor Basaraba, Sheena Ford, Brandi-Lynn Wykes, and Jenna Boguski attended the clinical practica on December 4. Students were assigned doors to patient rooms to decorate as visible reminders of their learning experiences on the Palliative Ward. To demonstrate their thanks to the staff, students sought to give a gift in honour of the staff to a community cause. They chose to give the gift of life by donating blood to help families during the Christmas season. When the time came to say good-bye the students sang Christmas carols and expressed their gratitude to the patients for contributing to their learning. The day ended as students visited a cancer survivor at her home. She shared an amazing story of her journey to recovery and gave the students suggestions to help patients who are undergoing treatments.

The next day, a second group of students continued the Christmas celebration. Peggy Maxwell Bos, Stephanie Winslow, Erin Dickey, Nicole Clement, Sara Chartier, Karen Wenham and Maria Campbell completed decorating the doors. Students sang carols and experienced emotional good-byes as they completed their work with these special patients. To show their appreciation to the staff, students gathered and delivered essential items to the Westman Woman's Shelter. Later they visited the home of an individual currently undergoing cancer treatment. She shared her strength and courage, while giving the students guidance as to needs of individuals who are living with cancer.

Both groups of students found this giving meaningful and

humbling in many ways. Patient reactions and family feedback made the students feel honoured and touched to be part of their lives during such difficult times. Those involved believed they had experienced "the true meaning of Christmas".

## New Faculty Members Join School of Health Studies

Born in Dauphin, Manitoba and raised on a small farm near Ethelbert, **Katherine Pachkowski** has spent most of her life in rural Manitoba. Since graduation from the Psychiatric Nursing program at Brandon University, Katherine has worked at the Manitoba Development Centre in Portage la Prairie and at the Parkland Adult Psychiatric Unit in Dauphin. Katherine has also worked for the Rural Development Institute as a research assistant and student intern. In March 2007 Katherine joined the School of Health Studies as a full time Instructional Associate and is currently teaching in the areas of health assessment, developmental challenges, community health and acute mental health challenges. Katherine's professional interests centre largely on mental health issues, particularly as they affect rural populations.



In August, 2007 **Alan Silvius** assumed the role of Clinical Placement Coordinator for the Department of Psychiatric Nursing. He is very pleased to be returning to Brandon University and psychiatric nursing after a six year absence. His academic preparation includes a diploma in psychiatric nursing, earned at the Brandon Mental Hospital School of Nursing in 1972, a diploma in nursing earned at the Brandon General Hospital School of Nursing in 1976 and a Bachelor of Science degree received from Brandon University in 1985. Alan has thirty-five years of experience in the health care field with sixteen years as an educator in the profession of psychiatric nursing and six years as a program coordinator for the practical nursing refresher and comprehensive health care aide full-time day programs at Assiniboine Community College. He has eight years of experience coordinating clinical placements; two years at Brandon University within the School of Health Studies and the past six years at Assiniboine Community College. Alan is looking forward to continuing his work with students, faculty and agencies on clinical placement opportunities for the psychiatric nursing program.



**Paul Enns** joined the faculty of the Department of Nursing as an Instructional Associate in September 2007. Previously Paul coordinated the health programs and taught in the Practical Nursing Program at Assiniboine Community College. He was with Assiniboine for seven years before accepting his present position at Brandon University. He completed his diploma in nursing from Red River College and earned his undergraduate degree in nursing from Brandon University and his Masters of Arts Degree in Education from Central Michigan University. His topic and focus in his post graduate studies centred on GLBT issues in higher education and health care. He is presently a clinical instructor in the School of Health Studies and has accepted lecture assignments in the B.N. program. He enjoys learning and teaching as well as interacting with staff and students. Paul is pleased to join the faculty in Health Studies at Brandon University and is look forward to his ongoing participating in this dynamic academic environment.



**Christmas with a group of nursing students on A3 at the BRHC**



## Student News & Views

### **“Spirited Nursing” — 2008 National Conference**

**David Ngui**  
Nursing Student

In January Allissia Hanke and David Ngui, students in the Bachelor of Nursing program at Brandon University, attended the Canadian Student Nurses Association 2008 Annual Conference held in Winnipeg at the Fairmont Hotel. Nursing students from across Canada met and shared ideas about student societies, education, research, and current nursing issues. The Canadian Student Nurses Association is actively dedicated to the positive promotion of nurses and the nursing profession as a whole. This voice for nursing students strives to increase the legal, ethical, professional, and educational aspects so integral to nursing.

Guest speakers encouraged students to become nursing leaders, as well as educated them on current issues and events. Speakers were well experienced, professional, and astute, ultimately making them perfect role-models for the future nurses in attendance. As an added bonus, students were treated to comedic stories, and gained a bevy of tips for their future life in a constantly evolving, fast-paced profession.

Social events offered networking opportunities for the students. Students were treated to wine and cheese receptions, delicious luncheons, and socials, which included banquets, live music, and dancing. A guided tour of the Winnipeg ‘Forks’ was a highlight.

A memorable speaker was Karen Dunlop, a nurse and lawyer who works as a Program Director for Winnipeg Regional Health Authority. Her keynote presentation, *Put on Your O<sub>2</sub> Mask First: Caring for Ourselves So We Can Care for Others*, kicked off the conference. Her speech was insightful and uplifting, and encouraged all in attendance to believe in their skills and abilities.



*David Ngui and  
Allissia Hanke  
represented  
Brandon University  
Nurses Association  
at the Canadian  
student nurses  
conference*

Jean Besner, Director of the Health Systems and Workforce Research Unit in Alberta, raised issues concerning the Health Accord, nursing leadership, and nursing practice. Students were impressed by her vast knowledge, incredible intellect, and her professional demeanor. Her topics included the advancement of nursing practice, the importance of continuing education, the inclusion of holistic care, and the need for student leaders.

Other notable speakers included Karen Fletcher, an instructor from the nursing faculty of the University of Manitoba, and Jennifer Osachuk, admission nurse at the Seven Oaks General Hospital in Winnipeg. They discussed the wide array of benefits to holistic nursing. Maureen Hancharyk, Manitoba Nurses Union President, spoke of current nursing issues and research pertaining to Manitoba. And Ben Mott, political activist and president of the European Nursing Student Organization, spoke of global nursing issues and nursing in the United Kingdom. Common themes emanating from all speakers included the worldwide nursing shortage, nursing leadership, holistic care, inter-professional collaboration, life-long learning, and the development of trusting relationships between nurses and their patients. Ultimately, students left the conference with knowledge, inspiration, and fond memories.

### **Partnerships and Dialogue: A Recipe for Progress in Psychiatric Nursing Education**

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Chair and Associate Professor; Dr. Noreen Ek, Chair Elect and Assistant Professor; and Debra Dusome, Instructional Associate. Dawn Bollman, an alumnus and current Chair of the CRPNM, represents the College.

The Committee was born out of a College of Registered Psychiatric Nurses’ approvals recommendation and a public consultation that occurred at the Department’s spring planning day in May 2007. During the planning day consultation, Marlene Fitzsimmons facilitated the Department’s review of strengths, weaknesses, opportunities and threats. The primary goal was to establish a Program Advisory Committee and prioritize the issues including the establishment of relationships with key stakeholders to extend the dialogue on the preparation

of psychiatric nurses for practice. Department priorities included: increasing the number and diversity of clinical placements for students; raising public awareness of the Department of Psychiatric Nursing and the psychiatric nursing profession; and strategizing to address issues of recruitment and retention of faculty. A current issue raised was the difficulties families experience in managing the maze of mental health services and becoming educated about mental illness and recovery journeys of their loved ones. The Department will examine the curriculum for content around the issues of supporting families and providing education to them.

The next meeting of the Program Advisory Committee is scheduled for May 8, 2008. The Committee will meet for a full day, twice a year, prior to the Department’s strategic planning day to maintain active feedback. Community or family members, clients, students or others who want to be a part of the dialogue are encouraged to speak with any of the members of the Program Advisory Committee.





## BUNA: New Faces – New Direction

**Amber Elias, BUNA President**  
**Bonni Martens, BUNA Council Member**

As the majority of Brandon University Nurses Association council members graduated last May, the council for 2007-2008 was comprised of many new faces and members who were enthusiastic about taking on a new direction. BUNA president Amber Elias was joined by Jill Norminton, vice-president; Carrie Shiner, treasurer and Maggie Keating, secretary. Chris VanDeWoestyne, Allisia Hanke, and Dave Ngui are nursing student representatives, while Kaylan Trott (Brandon site) and Tovah Zabenskie (Winnipeg site) are psychiatric nursing student representatives.

This year BUNA focused on student involvement in School of Health Studies' policy and decision making that directly affects students as well as attended to students' requests and concerns. Membership is open to all nursing and psychiatric nursing students from the Brandon and Winnipeg Campuses. The \$10 membership fee has been waived to increase student participation.

With the new goals in mind BUNA has accomplished much in the last few short months. BUNA members have elected student representatives to long vacant spots on many Health Studies faculty committees; collected food for the student food bank; planned a caroling event to Brandon Personal Care Homes, which ended with hot chocolate and goodies at Dr. Fran Racher's home; supported the purchase of the psychiatric nurses graduation composite photo; and sent two students to the Canadian Student Nurses Association national conference.

Every two weeks, BUNA holds general meetings that all Health Studies students are welcome to attend. Students' opinions on campus issues are discussed and carried to committees including the Brandon University Students' Union. Information from committees is shared by representatives to increase student awareness and ability to become



**2007-2008 BUNA Council Members: Chris VanDeWoestyne and Allisia Hanke, nursing student reps; Jill Norminton, vice-president; Kaylan Trott, psychiatric nursing student rep; Amber Elias, president; Carrie Shiner, treasurer. Missing are Maggie Keating, secretary; Dave Ngui, nursing student rep and Tovah Zabenskie, psychiatric nursing student rep (Winnipeg).**

more actively involved in the Brandon University community. Activity planning and brainstorming ways to improve campus life based on student interest are priorities.

The newly elected council for 2008-2009 of Jill Norminton (president), Carrie Shiner (treasurer), Maggie Keating (secretary) and Tovah Zabenskie (Winnipeg) psychiatric nursing representative is just about to take office and will continue until April 2009. BUNA members continue to seek students who are interested in filling other roles for next year. The new council anticipates that BUNA will continue to be a place where Health Studies students can come together with a common purpose in order to influence and improve the experience of present and future students at Brandon University.

## Coming Events

**2008 RPNC World Congress for Psychiatric Nurses** takes place May 22-24 in Regina, Saskatchewan in the conference facilities of the Delta Regina. The theme for the conference is *A Different Drummer – Registered Psychiatric Nurses C.A.R.E.*

**2008 CNA Annual Meeting and Biennial Convention** takes place June 16-18 at the Ottawa Congress Centre located in the heart of Ottawa. The Canadian Nurses Association conference theme *Be the Change* will focus on the innovative ideas and solutions needed to address today's health care challenges.

**Thinking Qualitatively Workshop Series** is hosted by the International Institute for Qualitative Methodology takes place at the University of Alberta Campus in Edmonton, Alberta, June 23-27, 2008.

**Epilepsy Education Conference** is hosted by the Epilepsy Support Group on Saturday, September 27, at the School of Health Studies at Brandon University. Topics include pediatric and adult epilepsy, and speakers will address managing stress, special diets (ketogenic diet), seizure medications, and the latest research regarding epilepsy. The conference is open to the public and will be of interest to people with epilepsy and their friends and family, health care providers, teachers, day care workers,

social workers and health professional students. For more information contact Kathryn Hyndman, Associate Professor, School of Health Studies, BU (204) 571-8579 or [hyndmank@brandonu.ca](mailto:hyndmank@brandonu.ca).

**Family as Focus for Nursing and Psychiatric Nursing Care** is a one day workshop with Dr. Maureen Leahey, RN, PhD on Friday, October 3, 2008 at the Victoria Inn in Brandon. Dr. Leahey is the Manager, Mental Health Outpatient Program and faculty member in the Family Therapy Training Program, Calgary Health Region, Calgary, Alberta. For more information on the workshop, hosted by the School of Health Studies, contact Judy Ramsay at [ramsay@brandonu.ca](mailto:ramsay@brandonu.ca).



# communications

Names of members of the School of Health Studies are in bold.

## Book Chapters

**Racher, F.** (2008). Ethics for community practice. In A. Vollman, E. Anderson, & J. McFarlane (Eds.), *Canadian Community as Partner* (2nd ed., pp. 26-47). Philadelphia: Lippincott, Williams & Wilkins.

**Racher, F.**, & Annis, R. (2008). Honouring culture and diversity in community practice. In A. Vollman, E. Anderson, & J. McFarlane (Eds.), *Canadian Community as Partner* (2nd ed., pp. 164-189). Philadelphia: Lippincott, Williams & Wilkins.

Healey, G., & **Racher, F.** (2008). Assessing the health of communities in northern Canada. In A. Vollman, E. Anderson, & J. McFarlane (Eds.), *Canadian Community as Partner* (2nd ed., pp. 397-413). Philadelphia: Lippincott, Williams & Wilkins.

## Invited Presentations

**Hyndman, K., & Wenger, V.** (2008, February). *University nurse educators' perspectives on clinical practice guidelines*. Paper presented at the Western Region Canadian Association of Schools of Nursing Conference and Annual General Meeting, Victoria, BC.

**Marvin, J., & Epp, D.** (2007, November). *Getting Active*. Invited speaker for Brandon Weight Management Support Groups, Brandon, MB.

**Marvin, J.** (2008, January). *G.O.T.C.H.A.*

(Get Off the Couch Health Activity). Invited course facilitator for Prairie Health Matters, Brandon Regional Health Authority, Brandon, MB.

**Racher, F.** (2008, March). *Picturing rural and northern communities: Photovoice as research method*. Invited seminar presentation BU Science Series, Brandon, MB.

## Research Awards

*Novice Nurses' Lived Experience of Family Nursing*. (2007-2008). \$1,500 Brandon University Research Committee Grant.

**Fast Braun, V.**, principal investigator and **Foster, C.**, co-investigator pose the research question "What is the lived experience of family nursing for a novice registered nurse?", to be explored using a phenomenological approach. Findings will be useful in determining ways that knowledge about family nursing is translated into the practice of generalist nurses.

*Prevalence and Impact of Chronic Pain in Southwestern Manitoba*. (2007-2008). \$4,000 Brandon University Research Committee Grant. **Henderson, T.**, principal investigator, **Foster, C.**, and **Hardy, D.**, co-investigators will focus on the population of southwestern Manitoba to identify the prevalence and severity of chronic pain and possible relationships between chronic pain, functional ability and symptoms of depression.

# Brandon University Homecoming 2008

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education in nursing and psychiatric nursing since the 1960's. For many, Brandon University was the catalyst that launched them into their lifelong careers. For others it was an academic and social milestone that served as a solid foundation for continued learning and lifelong friendships. With smaller classes and a modest campus, classmates and faculty were like family — a tradition that continues today.

Homecoming is about renewing these friendships, reminiscing, and acknowledging the achievements of our alumni and our institution. While the School of Health Studies will celebrate the evolution of nursing and psychiatric nursing education at Brandon University, this year in particular BU will recognize the:


- 20th Anniversary of the first post-diploma graduates in Nursing (B.Sc.N.) and Mental Health (B.Sc.M.H.)
- 10th Anniversary of the first graduates in the Bachelor of Science in Psychiatric Nursing (B.Sc.P.N.) program
- 2nd Anniversary of the first graduates of the Bachelor of Nursing (B.N.) program
- 10th Anniversary of the beginning of the First Nations & Aboriginal Counselling (F.N.A.C.) program
- Graduates from the class years of 1938, 1948, 1958, 1968, 1978, & 1983 from all other faculties.

Homecoming is open to everyone and we invite all current students, faculty, alumni and friends, including former Brandon General Hospital (B.G.H.) School of Nursing students and former Brandon Mental Health Centre (B.M.H.C.) School of Psychiatric Nursing students who took classes at BU, to join us in these special celebrations.

Mark your calendars and start calling fellow classmates for a reunion to remember. We send our sincerest thanks to all who have been assisting us with finding alumni and spreading the word about Homecoming. We look forward to seeing everyone there!

Check out our Homecoming website at [www.alumni.brandonu.ca/homecoming](http://www.alumni.brandonu.ca/homecoming)

and post a message. Also send us an update about what you have been doing since graduation for our upcoming *Alumni News* magazine at [www.alumni.brandonu.ca/alumni/updateAddress.asp](http://www.alumni.brandonu.ca/alumni/updateAddress.asp). For more information, contact Carla Eisler, Alumni Relations officer by phone at 204-727-9697 or by e-mail at [alumni@brandonu.ca](mailto:alumni@brandonu.ca).



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Submissions to the next newsletter should be forwarded to Fran Racher at [racher@brandonu.ca](mailto:racher@brandonu.ca) by July 31, 2008.

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