



**CONVOCATION 2012**  
Osted receives  
honorary doctorate  
**page 4**



**ALAN SILVIUS**  
Pioneering member of  
the BScPN program  
at Brandon University  
retires  
**page 8**



**ACCOLADES**  
BU graduates receive  
special volunteer award  
from CRPNM  
**page 8**

# SHS Caring Connections



**BRANDON  
UNIVERSITY**

Founded 1899

**School of  
Health Studies**

## 46 BU Students Receive Nursing Degrees

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

On June 1st the Brandon University Convocation was held at the Westman Centennial Auditorium. Forty-six students from the Bachelor of Nursing program crossed the stage and received their parchments. Jacqueline Canart received the BU Gold Medal in the BN Program and Amanda Weir received the Betty Mitchell Memorial Scholarship in Palliative Care Nursing.

The exquisitely decorated ballroom at the Victoria Inn was filled with family and friends to set the tone for the pinning ceremony and an evening of celebration. Nancy McPherson and Paul Enns shared Master of Ceremonies duties. Tracey Collyer and Dr. Kathryn Hyndman introduced students and Dr. Dean Care, Dean of the School of Health Studies, presented

each student with a pin and a red rose. The College of Registered Nurses of Manitoba Medal of Excellence was presented to Jill Gray. The Brandon Regional Health Authority medals were presented for outstanding academic and clinical achievement. Jill Gray received the Gold Medal, Jacqueline Canart the Silver, and Natasha Vandenberghe the Bronze.

Jill Gray shared a thoughtful "Salute to the Families". Kaleigh Cameron and Katy Stewart delivered an emotional "Salute to the Faculty"  
**continued on page 3**

## Psychiatric Nursing Students Convocate and Celebrate

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

The 2012 graduation ceremonies were a celebration of accomplishment, tradition, and fellowship for 42 psychiatric nursing graduates. Friends, family, and faculty members demonstrated their pride at the convocation through the occasional celebratory hoot and holler; Karen Doty Sweetnam honoured those with Aboriginal heritage by adding the beat of a drum to the thunder of applause. Erica Neumann was awarded the BU Gold Medal in Psychiatric Nursing.

The evening celebrations amply highlighted the talents of this year's graduates and the faculty members who supported them. Jane Karpa made  
**continued on page 3**



**Convocation 2012**

*Nursing graduates pose after convocation on June 1, 2012.*

## A Message from the Dean

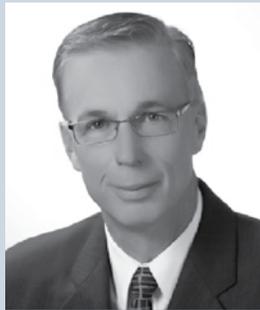
# Graduation and Optimism

Spring is what I would call an “optimistic” time of year. It is a time of new growth and hope. As daylight hours increase, we seem to find new energy, new perspectives, and a sense of anticipation for a positive future. Spring also coincides with graduation time at universities. It is a special event in the academic calendar year; one that is marked by tradition, ceremony, and much celebration. It is a time when administrators and faculty gather with students, family, and friends to commemorate this important passage in life. As Dean, I take great satisfaction in shaking hands with new

**“I share with faculty members a sense of accomplishment and great pride when our students achieve their goal of becoming a graduate nurse or psychiatric nurse. Graduation serves to remind us why we do what we do.”**

our graduates will be entering the workforce in possession of the requisite knowledge, attitudes, and competencies to perform as fully functioning nurses in their chosen field.

On behalf of the faculty and staff of the School of Health Studies, I congratulate our students for achieving this important milestone in their lives.



**Dr. Dean Care, RN**  
Dean and Professor  
School of Health  
Studies

graduates as they cross the stage to receive their long awaited and much coveted parchment. I share with faculty members a sense of accomplishment and great pride when our students achieve their goal of becoming a graduate nurse or psychiatric nurse. Graduation serves to remind us why we do what we do. When faced with challenges and difficult times, graduation provides us with the necessary motivation, strength, and optimism to soldier on. Academic faculty members enter the field of nursing education in order to make a difference in peoples’ lives. We are motivated and continuously renewed by the awareness that

# 30 Students in Master of Psychiatric Nursing

**Renee Robinson, R.P.N., Ph.D.**  
Department of Psychiatric Nursing

The Master of Psychiatric Nursing program is up and running. We have had three intakes and have a total of 30 students. New faculty have been hired. Almost all of the courses have been approved and a full slate of courses will be offered in 2012/2013. Over the next year we look forward to having the first students embark on their thesis work. Some students will graduate as early as 2013.

Students in the MPN program are a diverse group in terms of age, experience, and interests. They are also geographically distributed across Canada. Student experience in psychiatric nursing ranges from two years to more than 30 years of practice. They may be prepared as Registered Psychiatric Nurses or as Registered Nurses who have specialized in psychiatric nursing. Interests range from working with youth to the elderly, from prevention to acute treatment and rehabilitation. Students are engaged in practice as community psychiatric nurses, nurse therapists, resource nurses, managers, and educators. They work with people who live with conditions such as developmental disability, acquired brain injury, or occupational stress injury, as well as with people who experience addictions, mental health problems, or mental illnesses.

The students come from six provinces and one territory. Many of the students have been engaged provincially or nationally with their professional organizations. All share a passion for excellence in serving their clients and a desire to build skills to enhance their contributions to the lives of clients. Diversity among students facilitates rich dialogue within the MPN courses, and enriches the educational experience.

The Master of Psychiatric Nursing program is designed to build on the expertise of practicing psychiatric nurses. Students can select full or part-time study. The MPN program is delivered online with annual on-campus sessions. The MPN program consists of 33 credit hours including a thesis. Intake occurs annually in September with a March 1 deadline for application. Additional information is available online from <http://www.brandonu.ca/health-studies/programs/master-of-psychiatric-nursing/> or by contacting Dr. Renee Robinson, Coordinator of the MPN program at 204-727-9721 or [Robinson@BrandonU.CA](mailto:Robinson@BrandonU.CA).

**“Diversity among students facilitates rich dialogue within the MPN courses, and enriches the educational experience.”**





# Psychiatric Nursing Students Convocate and Celebrate

continued from front page

creative use of props in her inspirational presentation: bread, symbolizing theory and philosophy to ground practice; flowers, symbolizing creative use of self in caring, therapeutic relationships; and a candle symbolizing light, hope, empowerment, and the fight for social justice. Roberta Graham outlined the various roles faculty members are privileged to play: teacher, cheerleader, coach, counsellor, fashion police, surrogate mother, and now colleague.

Debbie Frechette, Vice-President of the College of Registered Psychiatric Nurses of Manitoba, welcomed the graduates to the challenging, rewarding, and diverse profession of psychiatric nursing. Barbara Moose marked graduation as a major life event by presenting star blankets to Roberta Graham, Shantelle Rank, and DonnaLee Robertson. Barbara's brother Austin honoured all graduates with drum and song in his traditional language. Shantelle Rank presented a heart-warming video celebrating the Brandon site graduates and the friends, family,



*BU Gold Medalist Erica Neumann received award from Dr. Dean Care*

and faculty who helped them reach their goals. The Winnipeg graduates presented an artfully crafted video highlighting the close bonds forged during their training while lampooning the Winnipeg physical site. Dr. Dean

Care congratulated the graduates for prevailing over bumps in the road to their success and encouraged graduates to consider future education and perhaps employment in the School of Health Studies. Dr. Care and Dr. Ek closed the evening by presenting a rose and pin to each new psychiatric nurse, and by presenting Brandon Regional Health Authority awards for outstanding scholarship and clinical work in psychiatric nursing: Gold to Erica Neumann, Silver to Chastity Ek, and Bronze to Annette McDougall.

## 46 BU Students Receive Nursing Degrees

continued from front page

and Faye Simpson gave words of encouragement in the "Salute to the Graduates". Rebecca Harms completed the program with her entertaining Valedictorian Address. Through words, laughter, and tears everyone enjoyed the reflective journey.

Lori Derksen offered grace followed by the Doxology, a ritual shared by the graduates whenever they share food together. Following a delicious dinner, the students presented a slide show covering many highlights of the last four years. The graduates posed for a group picture as the evening was brought to a close. Along with the successful completion of their studies, these graduates have volunteered, raised large sums of money to help various causes, and nurtured each other along the way. As a generous gesture of appreciation to the faculty members, the graduating class donated \$1,000 to the Brandon Regional Health Centre Foundation's "A Sense of Home" campaign, in their honour. The donation will support construction of the "Murray House" cancer treatment residence for patients from across the region.

## Nurses to be Recognized for Alternative Therapy Practice

During Professor Cathy Foster's sabbatical leave she focused on alternative and complementary approaches or therapies, now known as integrative modalities. She reflected on the promising evidence for the use of many of these approaches. Professor Foster concluded that the time had come for nurses' use of such therapies to improve the overall health of their clients to be recognized as nursing practice. She drafted a resolution to be considered at the annual meeting of the College of Registered Nurses of Manitoba in May. Faye Simpson, a colleague at the School of Health

Studies, seconded the resolution "be it resolved that the College examine the current literature around integrative modalities and make literature-supported decisions about modalities that are within the scope of nursing, and which will be recognized as legitimate nursing hours that count towards maintaining registration." After an interesting discussion of the factors both for and against this motion, the resolution was passed. Professor Foster is interested in any questions or comments and may be reached at [foster@brandonu.ca](mailto:foster@brandonu.ca) or at her office at 571-8581.

## Graduates of 2012

### Bachelor of Nursing (B.N.)

Josie Bertholet	Jo-Ann Holmstrom	Rachel Schroeder
Kyla Boehm	Marie Kirkpatrick	Brittney Stephanow
Dorothee Bolay	Rebecca Kutcher	Kathryn Stewart
Tannis Broda	Kristin Lavich	Carolyn Tallack
Kaleigh Cameron	Amy Long	Deanne Teichroew
Jacqueline Canart	Charles Lwanga	Amanda Thompson
Lori Derksen	Jessica Martens	Tracy Tubman
Mary Dyck	Lynessa Martens	Tammy Turner
Caryn Edwards	Deana Moulder	Krysta Unger
Lisa Fleury	Gwendolyn Muckpah	Meaghan Van De Kerckhove
Jolene Fowell	Rick Nabong Jr.	Natasha Vandenberghe
Jill Gray	Monika Neufeld	Amanda Weir
Meghan Haight	Julia Neuschwander	Kyla Woodson
Tammy Harburn	Amanda Pasman	Ashley Yanchycki
Rebecca Harms	Amy Rodgerson	
Paige Hengen	Paulo Santin	

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

Kyle Allen	Lindsey Hendrickson	Annette McDougall
Ruth Arnold	Raquel Ilag	Jamie McKenzie
Shaye Bolduc	Justin Jenken	Barbara Moose
Amanda Brown	Quantia Johnson	Erica Neumann
Kari Burnett	Brad Kess	Kristen Porter
Diane Chanel	Kyla Knutson	Shantelle Rank
Michael Combs	Crystal Korzenowsky	Curtis Reynolds
Nicole Cote	Kailey Kowalick	Elizabeth Reynolds
Meaghan Delaurier	Bonnie Lambert	DonnaLee Robertson
Chastity Ek	Kristen Laxdal	Jeannine Shumilak
Vanessa Evans	Kristina Lindsay	Stephanie Stilborn
Kristin Feasby	Heather Livingston	Lori Telenko
Alannah Greene	Lendre Lux	Carrie Wheatly Cooper
Danielle Harel	Aleksandra Maszczak	Jamie Woodhouse

### First Nations & Aboriginal Counselling (FNAC)

Claudine Fries

## Osted Receives Honourary Doctorate

In recognition of her work in the field of psychiatric nursing, Annette Thorimbert Osted was conferred a Doctor of Laws (honoris causa) at the BU convocation ceremony on Friday June 1. As a dedicated psychiatric nurse, Ms. Osted held the position of Executive Director/Registrar of the College of Registered Psychiatric Nurses of Manitoba (CRPNM) for more than 30 years. In that role, she was involved in the process that transformed the College from an association to a regulatory body. The changes in psychiatric nursing standards were unfolded during her time with the CRPNM, including the recent launch of the first Canadian master-level program in this field at Brandon University. "Our Psychiatric Nursing programs—both at the undergraduate and graduate level—are two of the most important programs we offer at the university. Ms. Osted is an inspiration to both our students and our faculty, particularly in Health Studies," said Deborah Poff, Brandon University's President and Vice-Chancellor. "We are pleased to honour her life-time commitment to the field at this convocation."



Annette Osted receives Honorary Doctorate from BU President Dr. Deborah Poff.



# A Salute to BU's Remarkable Female Students

To mark International Women's Day in March, professors selected 17 remarkable women students to be honoured during the campus celebration organized by the BU Status of Women Review Committee. While they all excelled in their studies and have earned multiple scholarships and other academic distinctions, what makes each of these women shine even more is their activity beyond the classroom. Three of these young women were students in the School of Health Studies.



## Shantelle Rank

Shantelle grew up on a farm in the Dauphin area, the youngest of four children. She has worked for the Brandon Regional Health Authority as a

homecare attendant and casually at the Child and Adolescent Treatment Centre as a psychiatric nursing assistant. In 2010, she spoke at the conference "From Pierre-Esprit Radisson to Louis Riel: Voyageurs et Métis" about "Social Determinants of Métis Health: Why are Métis People At-risk for Mental Health Issues" with her mentor Professor Karen Doty-Sweetnam. She is a volunteer with the Farm and Rural Support Services and received crisis-intervention training with Klinik Community Health Centre to answer crisis calls on the Manitoba Suicide and Crisis Line where she continues to volunteer. These experiences have given her new insight into the struggles that people have and the resources available to those willing to receive help.

Shantelle is the youth representative for the Suicide Prevention Implementation Network in Brandon. At the 2011 Youth Wellness Day, Shantelle presented "Refocusing in a Positive Way", to share with Grade 10 students, information about the resources available in the community and the importance of self-care. She was the founder and co-leader of the Suicide Survivor Young

Adult Support Group with co-leader Tracy Young Ridgen. Shantelle has just completed her Bachelor of Science in Psychiatric Nursing and hopes to work in Northern communities. She reports, "I hope to one day complete a masters degree program and teach after gaining more experience in life".



## Jaryn Ruether

Born and raised in Grande Prairie, Alberta, Jaryn Ruether experienced success in volleyball at a young age. She played with Team Alberta at the

Summer Games and the women's team at Grande Prairie Regional College. When she decided to pursue nursing as a career, she transferred to Brandon University and enrolled in the Bachelor of Nursing Program. At BU she was recruited to play volleyball for the Bobcats and now serves as captain of the team. She has been a member of Bobcat Athletes for Action (BAFA) and has volunteered within the community as well as fundraised for the TAP project, to help provide clean drinking water around the world. She occasionally volunteers with the 'Cats volleyball program, helping coaches with practices or a weekend clinic. Currently, Jaryn is completing her third year of nursing education and is a member of the nursing student peer-mentor program. Jaryn says, "Playing volleyball has taught

me many important life lessons that I am able to carry over into my field of study. I am loving the nursing program at Brandon University".



## Tammy Turner

Tammy was born and raised in Brandon. She married her high-school sweetheart over 19 years ago and they have three children.

Her volunteer work is a huge part of her everyday life. She is a La Leche League leader in Brandon and volunteers her time as a peer counsellor, helping mothers with breastfeeding through meetings and telephone help. She has been involved for 11 years, accredited as a leader for almost 5 years, and is organizer for the local annual fundraising walk and potluck that has earned honours as the top fundraising La Leche group in Canada. She is a certified lactation consultant and sits on the board of the Aboriginal Breastfeeding Committee and the Breastfeeding Conference Planning Committee with the Brandon RHA's Public Health.

Tammy completed her Bachelor of Nursing this year and reports, "I would love to work as a lactation consultant in Brandon at the Brandon Regional Health Centre. I can see myself making changes happen, maybe influencing the way people think about breastfeeding and its importance for babies into adulthood".

## Psychiatric Nursing Student Nominated for Distinction

Candace Maximowich, a first-year psychiatric nursing student studying in Winnipeg, was a nominee at the recent 2012 YMCA-YWCA Women of Distinction Awards held at the Winnipeg Convention Centre on May 2. In the category of “Young Women of Distinction” Candace was one of six nominees. This award is given to recognize an outstanding young woman between the ages of 18 and 29; who is respected and admired for her leadership, achievements and contributions to her school, workplace, and/or community; and is a positive influence on her peers. Candace was raised on a farm in south-eastern Manitoba. Candace has always been passionate about working for the benefit of others and is currently studying Psychiatric Nursing at Brandon University as well as Labour Studies at Athabasca University. Candace

is a reporter for The Carillon newspaper which is distributed across south-eastern Manitoba. In February 2011, Candace participated in the “Forum for Young Canadians” in Ottawa where she met political leaders from across the country. Candace has worked extensively at raising awareness about respect in the workplace and respect for patients in health care. Inspired by her volunteer experiences in the health care system, including many hours at the Whispering Pines seniors lodge in the Vita and District Health Centre, Candace has been driven by a commitment to caring. She has been selected to serve on the Manitoba Youth Advisory Council, to provide feedback to the Manitoba government on issues relating to youth, including healthy living, employment, education, and citizen engagement.



*Candace Maximowich*

## Students Ride in Cerebral Palsy Bike Race

**Danielle Paradis**  
3rd Year Student, Bachelor of Nursing Program  
Vice-President BUHSSA

Every month members of BUHSSA (Brandon University Health Studies Students Association) strive to put on an activity or participate in an activity within the university or greater community. In March, we participated in the Cerebral Palsy Stationary Bike Race. Each team in this event consisted of 14 riders and each rider collected pledges prior to the race day. Each team had a captain or co-captains who coordinated the team of riders. Each rider cycled for 25 minutes. We had a great response from Health Studies students! Our team was named the BUHSSA Bikers. The participants included third year B.N. students Jaryn Ruether, Jamellah Cochico, Krystal Drotar, Stephanie Kuby, Brittany Steinhilber, Lyndie Instance, Jaimie Dutchak, Neely Birch, Cass Chisholm, Claire Hammond, Jessica Jonasson, and myself. The race day began at 9:30 a.m. and ended at 5:30 p.m. Our team raised over \$800 and over \$40,000 in total was raised to provide support for individuals and families in the Westman area living with Cerebral Palsy. This funding will be used to provide financial assistance with mobility devices (wheelchairs, scooters), communication devices (computers, symbol boards), and specialized adaptive equipment such as large handled utensils, and electronic door openers.



*Jessica Jonasson, Jamellah Cochico, and Danielle Paradis are ready to ride*



## Bachelor of Nursing Peer-Mentor Program Winds Up

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

On April 16 more than 50 student nurses got together for a potluck luncheon to celebrate their participation in the Peer-Mentor Program. The second-year students showed their appreciation to their student mentors by providing an abundance of culinary delights. Each student mentor was presented with a certificate of participation by Tracey Collyer and Faye Simpson, faculty members and facilitators of the program. This is the fifth year that the Department of Nursing has offered the Peer-Mentor Program. The numbers of students who choose to participate in the program continues to grow and accolades were shared as students reported the benefits of the support they received from their most impressive mentors.

The Peer-Mentor Program was initiated to establish a peer support network for Bachelor of Nursing students. The program is voluntary with third year



*Peer-Mentor Program Potluck*

nursing students acting as mentors for second year students. Students are paired based upon similar interests and personalities. Mentors are responsible for initiating the relationships and through the mentoring process they gain personal growth and valuable leadership skills. Mentors assist second year students with specific course and clinical questions and act as sounding boards to minimize course-related stress. As a result, mentees'

reported increased confidence, reduced stress levels, and the formation of lasting friendships. The goal of the Peer-Mentor Program is to ease the transition for students entering the nursing program. In addition, nursing students learn to embrace their roles as mentors and as a result they understand the importance of mentorship in nursing and continue to participate as mentors throughout their professional careers.

## Expectant Mothers Participate in Student Learning Lab

**Glenda Gandza, M.D.**  
Department of Nursing

Earlier this year, third-year nursing students participated in a learning lab with expectant mothers in a mock clinical setting, designed to help students to integrate theory and care delivery related to prenatal and postpartum nursing. Faculty members and students appreciated the opportunity to have two women volunteer their time and facilitate student learning through these hands-on experiences. Four stations were created to demonstrate different phases of nursing care. The first station was managed by midwives Kari Hammersley and Leah Walkty who went through the assessment of a woman during her

pregnancy. Students learned to engage with their clients as they determined fundal height, fetal lie, and fetal heart rate by using the Doppler stethoscope.

At the second station women who had undergone vaginal deliveries were examined. Students learned to assess the height of the uterine fundus, massage the uterus, assess the perineum post episiotomy, and assess the lochia or postpartum discharge. At the third station students learned to assess the woman who had delivered by Caesarean section including the monitoring of vital signs, intravenous fluids, post-epidural anesthetic effects, and urinary output by catheter. At this point, students participated in a discussion of the importance of early mobilization of

the new mother to prevent thrombosis. Postpartum assessment and care was taught by Marie Smith and Denise Rush, 2 nurses from the Single Room Maternity Care Program (SRMC) at the Brandon Regional Health Centre.

At the final station, students were involved in the assessment of the newborn infant. They learned techniques to assess the general appearance of the babe; to measure length, weight and head circumference; to assess the circulatory and respiratory systems of the infant; examine reflexes; determine gestational age; and administer ophthalmic ointment as well as give the infant Vitamin K by injection. Newborn assessment was taught by Nicomi Currah and Arlene Kirkpatrick, nurses from SRMC.

## BU Graduates Receive Special Volunteer Award from CRPNM

Two years ago Jennifer Adair, Pamela Kachur, and Larissa Medwid, 3 fourth-year students of the Bachelor of Psychiatric Nursing Program, who were studying at the Winnipeg site of the BU School of Health Studies, developed an interactive presentation on social networking and nursing as an assignment during their final year in their program. They delivered the presentation "Avoiding the Collision between your Personal and Professional Life" at the World Congress for Psychiatric Nursing in Vancouver in 2010. After graduation, they joined forces with the practice consultant at the College of Registered Psychiatric Nurses of Manitoba (CRPNM), at that time with Laura Panteluk and now with Ryan Shymko, to add sections on ethics and



Debbie Frechette CRPNM Vice-President, Larissa Medwid, Jennifer Adair, Pam Kachur, and Leo O'Rourke, CRPNM President

boundaries of professional practice.

Since the World Congress, these three psychiatric nurses have continued to work with the CRPNM to offer this presentation to various organizations

such as Manitoba Nurses Union Board of Directors, Selkirk Mental Health Centre, St. Boniface Hospital Brown Bag Lunch Workshop, Health Sciences Centre staff, and psychiatric nursing students at BU. Most recently they have been to Seven Oaks Hospital, Manitoba Adolescent Treatment Centre, and the College of Registered Nurses of Manitoba (CRNM). The CRNM has joined with them and an RN representative is now part of the team. They are expanding delivery of the presentations through Telehealth. The demand for the presentation has been overwhelming and they have had numerous requests to present at organizations throughout Winnipeg and Manitoba as they address the issues around nursing and social networking using many real life examples.

## Alan Silvius Retires

**John Simpson, R.P.N., M.Ed.**  
**Dan Taylor, R.P.N., R.N., M.D.E.**  
**Department of Psychiatric Nursing**

On March 31, Alan Silvius, a pioneering member of the BScPN program at Brandon University, retired. Alan was one of the original five instructional associates, who transitioned from the last remaining diploma-based psychiatric nursing program in Manitoba in August 1995. The diploma program was located at the now defunct Brandon Mental Health Centre, which for a short while, also housed the program's successor, the fledgling Brandon University degree program. Alan was part of a small group of experienced and dedicated psychiatric nurse educators who took an idea and a raw and untested curriculum, and turned them into the real, first-of-its-kind, degree-conferring program that it became. During those early days, Alan and his colleagues did it all: they taught the program's courses, instructed in the labs, arranged clinical experiences and provided direct supervision. At times, they flew by the



Alan and Darlene Silvius

seats of their pants. At all times, they acted with absolute integrity. Indeed, *with absolute integrity*, would characterize the manner with which Alan applied himself in all professional and personal contexts. He was the model of what many of us hoped our students would become. Though kind and gentle, he was uncompromising, with unimpeachable values.

Alan's career as a dually qualified RPN/RN came close to spanning forty years. He was a highly skilled clinician

as well as an educator. While he began his career at Brandon University as an instructional associate, Alan eventually became the BScPN program's Clinical Placement Coordinator, a position that he established, and from which he's now retired. The position was complex and consumptive in its demands, but was made even more so by Alan's unrelenting attention to detail. He seemed to work tirelessly to make sure that everything was done properly and to everyone's satisfaction. Unfairly perhaps, Alan's work and work ethic is the gold standard by which his successors will likely be judged. If it's not clear by now, Alan Silvius was a consummate professional and colleague; his friends at the School of Health Studies and within the psychiatric nursing department will miss him. Enjoy your retirement Alan, you've more than earned it. A celebration luncheon to honour Alan was held on February 21, at Remington's Restaurant. Speeches and stories were shared as faculty members showed their appreciation and admiration for their retiring colleague.



## Faculty Members Attend Day with Patricia Benner

**Viola Fast Braun, R.N., M.N.**  
Department of Nursing

Cathy Foster and Viola Fast Braun attended an education day at the Jewish General Hospital in Montreal. The featured speaker was Patricia Benner. Benner highlighted changes needed in nursing education as indicated in findings from a large Carnegie Foundation study on the education of health professionals. Themes were: situated learning, sense of salience, depth of thinking, ethical comportment, and formation. Benner emphasized that educators need to engage students with practice. This engagement with practice needs to be as much part of classroom learning as of clinical learning. Learning knowledge is not sufficient; students must learn to use knowledge. As

they learn to use knowledge they develop a sense of the importance of that knowledge. Teaching students to grasp the importance of the specific knowledge required to address the needs of a particular patient should be the goal of nursing education.

Benner suggested that the way to create a sense of salience is to focus on situated learning. A sense of salience requires situated coaching. Benner spoke about using teacher and student experiences with patients to create unfolding case models in which students use nursing knowledge to address particular nursing problems. By using patient situations, nuances of knowledge are applied in particular situations and deep learning takes place. This approach is in contrast to the practice

of presenting disembodied theoretical information in the classroom and expecting students to be able to translate and apply the information to practice. Benner emphasized the urgent need for this depth of learning that happens when the focus is on situated learning. Such an approach provides the opportunity for students to gain a true understanding of the patient and to engage with the patient. As students engage with patients in situated learning, they learn about ethical comportment (ethical concerns in everyday practice), and they acquire a sense of themselves as professionals (formation). In Benner's understanding of nursing education, students learn to be all that they can be in order to be good nurses.

## BU Psychiatric Nursing Program Well Represented at National Conference

**Debra Dusome, R.N., Ex.A.T., M.A.**

Renee Robinson, Debra Dusome, Jane Karpa, and Noreen Ek attended and presented at the *Mental Health Nursing in the 21st Century: Social and Professional Responsibility* conference in Toronto held on October 26, 27, and 28, 2011. Over 350 participants attended this biennial conference sponsored by the Canadian Federation of Mental Health Nurses. Dr. Renee Robinson presented the poster session *Education for Psychiatric Nursing Practice in Canada* to highlight the similarities and differences in specialist and generalist psychiatric/mental health education programs in Australia, Canada, the United Kingdom, and the United States. She noted the BU Masters Program for psychiatric/mental health nurses which drew considerable interest from participants. Debra Dusome presented her master's final project *Travelogue, Dialogue: An Arts Exploration of Psychiatric Nursing Identity Formation* where she used

research participant images to highlight the twelve core themes identified by her research participants as central to their psychiatric nursing identity development. Jane Karpa presented her research *Recognizing and Understanding Ambiguous Loss: An Avenue for Family Healing and Implications for Family Mental Health Nursing Practice* to highlight the ways that family members may find ambiguous loss helpful in understanding their journey with their loved one with mental illness. Jane emphasized benefits of understanding ambiguous loss to mental health providers to inform their current practice. Dr. Noreen Ek facilitated the round-table discussion *Incivility from Classroom to the Workplace* to define features of incivility from an individual and an environmental standpoint and to discuss key strategies for dealing with incivility. Noreen's greater vision is a network to give voice to the issue of incivility in order to influence workplaces and educational curricula.



Debbie Frechette CRPNM Vice-President, Professor Karen Doty-Sweetnam, and Leo O'Rourke CRPNM President

## Doty-Sweetnam Awarded for Excellence in Psychiatric Nursing Education

Karen Doty-Sweetnam is the 2012 recipient of the Award for Excellence in Psychiatric Nursing Education from the College of Registered Psychiatric Nurses of Manitoba (CRPNM). Karen received this award at the CRPNM Awards Luncheon held on May 11, 2012 at the Victoria Inn in Brandon, following the CRPNM Annual General Meeting.

## Alumni Participation Benefits Psychiatric Nursing Program Advisory Committee

**Shannon Bazylo, R.P.N., B.Sc.P.N.**  
**BU Alumni – PAC Committee Member**

Twice a year faculty members of the Psychiatric Nursing Advisory Committee meet with stakeholders including employers, alumni, a student representative, family members, a CRPNC representative, and people with lived experience of the mental health system, to dialogue and remain current with psychiatric nursing practice. They discussed emerging trends in the workplace, as well as the needs of individuals experiencing mental health challenges and those of their family members. Through consultation we hope to prepare knowledgeable, skilled, and caring graduates to deliver quality mental health services in Manitoba. On April 13, 2012 we met at Brandon University and guest speaker Laura Panteluk, Executive Director of CRPNC spoke about the Registered Psychiatric Nurses of Canada, the Internationally Educated Nursing Task Force, the Staff Mix Working Group, the Diagnostic Study on RPN labour mobility, and the national standards and criteria for



Back Row (L-R): Shannon Bazylo (Alumni Rep.), Matthew Sarbitt (Consumer/Family Rep.), Joshua Bray (Student Rep.), Ryan Shymko (CRPNC Rep.). Front Row: Debra Dusome (Interim Chair), Lynda Stiles (Employer Rep.), Barb St. Goddard (Employer Rep.), John Simpson (Faculty Rep.). Absent: Noreen Ek (Chair, Psychiatric Nursing Department), Ann Bowman (Faculty Rep.)

approval for psychiatric nursing programs. A priority issue was the move of the RPNC registration examination process to Assessment Strategies Incorporated, a Canadian company experienced in writing, marking, and assessing validity in examinations. Laura outlined a process for employer, faculty member, and public involvement. Afternoon dialogue was focused on transition to practice issues

and professionalism, a topic for further discussion at the fall meeting.

I have been an alumni PAC Committee member since its inception in 2008. (See "Where are they now?") I was honored to accept the invitation. I remember thinking about the excellent opportunity to make a positive contribution to the profession of psychiatric nursing. On a personal note, I was excited to dialogue and consult with the leaders of mental health services throughout the Province so early in my career. I have had the opportunity to brainstorm and network with various managers of programs and services, directors of Mental Health, as well as, colleagues, professors, members of parliament, and the clients and families of those we serve. The PAC is a minimal time commitment with 2 meetings per year. Students of the BScPN program who want to be seen as leaders in their profession should leap at the opportunity to sit on this committee. Voicing the needs of the students at the PAC is a way to demonstrate drive and enthusiasm for the future of the profession of psychiatric nursing to potential employers with whom you will be networking while a member of this vital committee.

## SHS Researcher to Study Homelessness

Dr. Renee Robinson has been awarded research funding under the "Homelessness Partnering Strategy" of Human Resources and Skills Development Canada. Dr. Robinson and research partner Brent White, Manager of Residential and Support Services with the Brandon Regional Health Authority, will receive \$31,056 for their study "Housing and Support in the Community of Choice: Addressing Factors that Contribute to Migration and Homelessness". Through their research, Robinson and

White will describe the extent to which migration from rural areas contributes to homelessness in a medium-sized regional centre, and identify factors that contribute to migration and settlement difficulties. "We will also investigate reasons for return to rural communities and supports that would enable people to settle effectively in their community of choice. Migration between rural and urban areas is a well-established pattern with consequences for both home and receiving communities," said Dr. Robinson.



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](mailto:ramsay@brandonu.ca) or to any member of the Newsletter Committee.

**Shannon Bazyl (St. Goddard)**

(Psychiatric Nursing '06) has been an alumni member of the Program Advisory Committee since its inception in 2008. Shannon graduated from the BScPN program in 2006 having completed her studies at the Winnipeg site.

After completing the BScPN program in the fall of 2005, I worked in the casual float pool at PsychHealth HSC. In February 2006, the desire to be home beckoned, and I moved back to Dauphin, Manitoba where I was able to quickly gain full-time employment on the inpatient psychiatry unit at Dauphin Regional Health Center. I loved my work in adult mental health but was looking to diversify. Currently, I am working for Community Mental Health Services for the Elderly in Dauphin. I am involved in The Senior's Abuse Advisory Committee and have trained to teach the ASIST program in our region. I hope to complete a master's degree when there is a role developed for the psychiatric nurse practitioner.

**Tamara Miller (Sawatzky)** (Nursing '09)

– Upon graduation, I accepted a permanent part-time position on Surgical and Maternity in Portage for three months when I decided to return to Emergency and Intensive Care where I had completed my senior practicum. I have completed many certifications related to critical care nursing such as advanced cardiac life support, trauma nursing, and acute care of the at-risk newborn. I completed ICU training at the Portage Hospital and the Canadian Triage Acuity Scale course among others. I am also employed casually with Public Health in Portage where I enjoy helping with school immunizations and flu clinics. I believe strongly that nurses must engage in life-long learning. When I was presented with the opportunity to work with the School of Health Studies at BU as a sessional clinical instructor, I was honored and I look forward to the

# Where Are They Now?

challenge. As a student, I enjoyed my practical experiences and I look forward to sharing some of the new experiences that rural nursing presents with the second year students this spring.

In the years to come I will continue critical care nursing in Portage Hospital, and hope to further my education in an advanced practice nursing program. I would enjoy working within my community as a nurse practitioner to provide education for illness prevention and health promotion, and to provide holistic care for patients throughout their lifespan. I can be reached at [tamara-miller@live.com](mailto:tamara-miller@live.com)

**Amber Gilberto (Smith)** (Grad'01, Psychiatric Nursing) – Following my graduation, I moved to Winnipeg and obtained employment in acute care psychiatry at Grace Hospital for five years until the birth of my first child. At the end of my maternity leave, I applied for a position as a nurse therapist at the Winnipeg Operational Stress Injury

Clinic, located at the Deer Lodge Centre. I continue to work here and after five years and the arrival of our second baby, I have entered the MPN program at Brandon University, while continuing to work as a full-time nurse therapist. I recently participated in an evidence-based treatment workshop at Ryerson University in Toronto, which has enabled me to start implementing trauma-focused treatment with the clientele at the clinic. This role has been a nice compliment to my existing therapy role, and also has reinforced the choice to enter the clinical stream of the MPN program at Brandon University. I couldn't imagine embarking on the journey of graduate studies anywhere else as BU to me is home! I can be reached at [agilberto@deerlodge.mb.ca](mailto:agilberto@deerlodge.mb.ca) .

**Ryan Shymko** (Grad'01, Psychiatric Nursing) – After graduation in 2001, I began practice at St. Boniface Hospital in acute care psychiatry for approximately six years. During that time, I also trained to work as a Psychiatric Emergency Nurse (PEN) and joined various committees within the organization. In 2007, I obtained a half-time position at the Grace Hospital as a Clinical Educator in Mental Health, which was subsequently increased to a 0.8 EFT in 2009. However, last year I had a unique opportunity to join the staff of the CRPNM as Practice Consultant/Deputy Registrar and am available at [rshymko@crpnm.mb.ca](mailto:rshymko@crpnm.mb.ca) . In this role, I often provide presentations to the students of the Psychiatric Nursing Program regarding the roles of the CRPNM, the registration exam (RPNCE), and professional practice. Also I am working towards my Masters of Arts specializing in Work, Organization, and Leadership out of Athabasca University in Alberta.

## Coming Event

**The Co-occurring Disorders 2012 Summer Institute** will be held June 18-22, 2012, in Winnipeg. The event is sponsored by the School of Health Studies of Brandon University, Manitoba Health, Manitoba Healthy Living, Youth & Seniors, the Addictions Foundation of Manitoba, and the Winnipeg Regional Health Authority. Key topics will include Special Populations; Collaborative Partnerships and CODI Success Stories; and Trauma-Informed Care. Dr. Martin Brokenleg will speak on

issues related to Aboriginal youth and youth-at-risk, Dr. John Briere will speak on Trauma. Two full-day post-institute workshops will be offered. Dr. Sheri Fandrey from the Addiction Foundation of Manitoba will provide a workshop on Street Drugs & Medication Interactions. Cheryl Matthews and Christine Willette from Klinik Community Health Centre and the Manitoba Trauma Resource Centre will provide a workshop Becoming Trauma-Informed: Mind/Body Approaches to Creating Connection. Each workshop will be offered twice so that participants will have the opportunity to attend both of them.



# communications

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

## Nursing Department Thanks BRHC Nursing Staff

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

During Nurses Week, the members of the Department of Nursing hosted two Come and Go Coffee Parties at the Brandon Regional Health Centre. The BRHC Nursing staff members were invited for coffee in appreciation of their contributions to student learning. Members of the Department of Nursing provided refreshments, thanked staff for their role in student learning, and provided information about the exciting and rewarding role of being a Sessional Clinical Instructor. Appreciation coffee parties were held in the Lower Level Conference Room at the General Centre on Friday, May 11 from 1:30 p.m. - 4:00 p.m. and Wednesday, May 16 from 7:30 a.m. - 11:30 a.m. Over 60 BRHC staff members attended. Faculty members enjoyed the opportunities to thank the nurses and show their appreciation.



(L-R) Denise Hardy, Kaitlyn Patmore, Thomas Duerksen, Tracey Collyer, and Rebecca Harms share a cup.

### Awards

**Judy Marvin**, a faculty member of the Department of Nursing, has received a promotion from lecturer to assistant professor.

### Presentations & Publications

**Dusome, D.** (2011). *Travelogue, dialogue: An arts exploration of psychiatric nursing identity formation* [Presentation], Canadian Federation of Mental Health Nurses Conference, Toronto, ON, October 26-28.

**Ek, N.** (2011). *Incivility from classroom to the workplace* [Presentation], Canadian Federation of Mental Health Nurses Conference, Toronto, ON, October 26-28.

**Karpa, J.** (2011). *Recognizing and understanding ambiguous loss: An avenue for family healing and implications for family mental health nursing practice* [Presentation], Canadian Federation of Mental Health Nurses Conference, Toronto, ON, October 26-28.

**Moss, A., Racher, F., Jeffery, B., Hamilton, C., Burles, M., & Annis, R.** (2012). *Transcending boundaries: Collaborating to improve northern access to health services in Manitoba and Saskatchewan*. In J. Kulig & A. Williams. *Health in Rural Canada* (pp. 159-177). Vancouver, BC: UBC Press.

**Racher, F.** (2012). *When one is more than two: The older couple as the unit of care* [Keynote presentation], Alzheimer Society of Manitoba Conference, Winnipeg, March 5-6.

**Racher, F.** (2012). *The interdependent independence of older couples: Generating strength and opportunity* [Invited workshop], Alzheimer Society of Manitoba Conference, Winnipeg, March 5-6.

**Robinson, J.R.** (2011). *Education for psychiatric nursing practice in Canada* [Poster], Canadian Federation of Mental Health Nurses Conference, Toronto, ON, October 26-28.

**Udod, S.A., & Care, W.D.** (2011). *Nurse managers' work stressors and coping experiences: Unravelling the evidence*. *Canadian Journal of Nursing Leadership*. 24(3), 57-72.



**Publisher:** Dean Care  
**Editor:** Fran Racher  
**Newsletter Committee:** Debra Dusome  
Kim Ryan-Nicholls  
Faye Simpson  
Betty Wedgewood

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

**Brandon University • School of Health Studies**  
270-18th Street, Brandon, MB R7A 6A9  
[www.brandonu.ca/Academic/HealthStudies](http://www.brandonu.ca/Academic/HealthStudies)



**BRANDON  
UNIVERSITY**

Founded 1899