



NURSING RESEARCH INTEREST GROUP

March 2009

NEWS FROM THE CHAIR

Lynn McCleary, RN, PhD

Speaking Out for Health - Speaking Out for Nursing!

On January 22nd, I joined with three executive members and 131 other RN and student RNAO members for my first Day at Queen's Park. It was a wonderful experience; a highlight of my experience on the NRIG executive.

Why was this experience such a highlight? First, the excitement built from the night before, when we received briefing notes researched and prepared by RNAO staff; the enthusiasm continued right through to the Day at Queen's Park and into the Assembly Meeting the next day. The energy and exhilaration stayed with me. I came away "fired up" and wrote two letters to the editor based on information in the briefing notes within the next two weeks. One was published.

Second, I saw RNAO's influence in action. The 10th Annual Day at Queen's Park was the largest to date. Members met with 47 politicians and their staff, including 20 cabinet ministers. Small groups of members met with each politician and staff person, telling them about issues that are important to the health of Ontarians. We urged politicians to take action on a wide range of issues, from pesticides, to

breastfeeding, to poverty reduction, to competitive bidding. My group met with Andrea Horvath, MPP for Hamilton Centre and Kathleen Wynne, Minister of Education. Both were unhurried, listened attentively, asked pertinent questions, and explained where they stood on our issues. They seemed to really care about nurses' knowledge, expertise, and opinions.

Third, I had an opportunity to tell David Caplan, the Minister of Health, about research evidence that nurse-patient relationships make a difference to patient outcomes. Minister Caplan spoke to our group in the morning, before our small group meetings. Among other things he told us we should reduce our expectations for the next budget, that the promise to create 9,000 new nursing positions would not be met. He talked about nurses' caring, telling a story that impressed him about a nurse who formed such a close relationship with a patient that she attended the patient's funeral. While it was touching, it bothered me that there was an element of romanticism of nursing in the story.

I decided to share evidence from nursing research showing that the quality of the therapeutic relationship

makes a difference for clinical decision making. I was more than a little nervous, which may explain why I don't remember exactly what I said. The gist of my message was that I appreciated his acknowledgement of nurse's relationships, that nursing relationships make a difference for clinical decision making and patient outcomes, that forming relationships depends on having enough nurses, and that he should reconsider his decision to back away from creating new nursing positions.

The experience reminded me that our research can influence health at many levels. I hope more of us will use findings from nursing research to speak out individually and collectively through RNAO. You can also use RNAO policy documents and briefing notes to help you. There are great resources on the Health and Nursing Policy section of the RNAO website, including tools and political action kits.

If you're intrigued by my description of the Day at Queen's Park, I highly recommend that you become involved with the NRIG executive or your local RNAO chapter. Next year, you could go to Queen's Park!

Respectfully submitted,
Lynn McCleary

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Points of Interest:

- New Section: NRIG Member Highlight
- Conferences and Workshops
- We want your feedback!



Mary Fox, RN, PhD
Career Scientist

Mary Fox was granted a Career Scientist award (2008-2013) for her research *Factors restricting mobility in older adults with chronic disease.*

NRIG MEMBER HIGHLIGHT

Dr. Mary Fox, RN, PhD was granted a Career Scientist award (2008-2013) in the 2008 open provincial competition for her research program entitled, *Factors restricting mobility in older adults with chronic disease*. The competition, held annually by the Ministry of Health and Long-Term Care, supports outstanding researchers, who are in the early stages of their research careers, to carry out their independent studies related to health services in Ontario. Mary is an assistant professor in the School of Nursing, Faculty of Health at York University. She obtained her undergraduate and master degrees from McGill University, and her PhD from the University of Toronto. As a registered nurse, Dr. Fox has several years' experience working in acute and long-term care and geriatric day hospital environments. Prior to taking on her position at York University, she was the Director of the Collaborative Research Program: Rehabilitation and Long-Term Care, an interdisciplinary consortium with the goal of promoting knowledge exchange between decision-makers, clinicians, and researchers in order to

improve research relevance and application. Dr. Fox's research program is focused on the older population with complex chronic disease, a condition in which an individual has multiple illnesses such as diabetes, cardiovascular disease, and arthritis. She is particularly interested in symptom management strategies since these multiple illnesses and their treatments tend to negatively impact each other, producing many symptoms that tax individual and caregiver management strategies, and reinforcing activity reductions and bed rest.

Objectives of the research program:

- 1) identify the personal and informal caregiver behaviors, organizational structures and care processes that restrict mobility and foster bed rest in the older population with complex chronic disease;
- 2) develop strategies to address the potentially modifiable factors restricting mobility and fostering bed rest throughout the continuum of care; and,
- 3) evaluate these strategies using self-report measures adapted for, and validated with this population.

Dr. Fox's program of research draws on a variety of research methods, including both quantitative and qualitative. Mary's methodological expertise focuses on symptom measurement for the older adult population with complex chronic disease, and the design and evaluation of health strategies and interventions in the natural setting.

Mary's research program will provide decision-makers with knowledge on personal and informal caregiver behaviors, organizational structures and care processes that restrict mobility and foster bed rest. This information will be used for health system planning across the trajectory of service delivery so that older adults with complex chronic disease have good outcomes during hospitalization and return to their former lives in the community.

Mary is an assistant professor in the School of Nursing, Faculty of Health at York University. She obtained her undergraduate and master degrees from McGill University, and her PhD from the University of Toronto.

NRIG GRANTS AND SCHOLARSHIPS 2009

Report from Director of Grants and Scholarship Committee

The Nursing Care Partnership (NCP) Research Program is one program of the Canadian Nurses Foundation (CNF). The NCP is administered through co-sponsorships with organizations, and NRIG is one of those organizations. Successful candidates of NRIG grants are eligible to apply for matching funds from the NCP program if

there project is deemed to impact nursing care and clinical practice. Two NRIG grant recipients applied in 2008: Leinic Valerie Chung-Lee, RN, PhD (c) and Veronique Boscart, RN, MScN, MEd, PhD (c), and both received matching funds from CNF. Leinic's research study is called: *Toronto Chinese Mothers Infant Feeding Study*, and Veronique's study is called: *Humanistic Nurse-Patient Relationships in Chronic Care*.

We congratulate our NRIG members on this achievement.

We are still looking for a PhD qualified volunteer to take over the process of awarding research grants. For further information, please contact Katherine McGilton, at mcgilton.kathy@torontorehab.on.ca

Respectively submitted,
Kathy McGilton

NRIG accepted applications for scholarships (\$2000) and research grants (\$2000) for the 2009 competition. Sixteen scholarship applications and 3 grant applications were received. Recipients will be informed of their award, prior to the April AGM meeting.

RESEARCH — WITHOUT A PhD?

How NRIG RNs are getting involved in research.

By Setareh Nasser

Patrick Blute is a Registered Nurse at St. Michael's Hospital working in the Cardiovascular ICU. He started bedside nursing 13 years ago and recently graduated from Ryerson University with a BScN. Patrick became interested in nursing research two years ago.

In the cardiovascular literature, it is known that post-cardiac surgery patients who exhibit post-op psychosis at the time of transfer from CVICU to the ward are at increased risk for falls. Patrick decided to explore this occurrence by conducting a study on his unit called,

"Fall Risk Among Post-Cardiac Surgery Patients". Patrick collaborated with the resource nurse from the cardiovascular surgery ward, Karey Logghe, and submitted a research proposal to the Research Ethics Board. Though there were no falls that occurred during the time of this study, it was concluded that there was a need for a better fall prevalence tool.

Patrick's advice for bedside RNs interested in getting involved in research is to focus on their topic of interest and explore what it is they want to know more about. When there is a specific question formulated, it can be submitted to the research coordinator of the hospital. If such person is not available, a re-

source nurse would be the ideal person to approach. Patrick advises all nurses to have patience when it comes to research and to review both qualitative and quantitative research concepts.

Patrick is currently pursuing his Masters degree in Nursing Administration at Ryerson University. He has an interest in Health Policy at the level of the MOHLTC and in advocating for bedside nursing practice. We would like to thank Patrick for sharing his story and wish him the best in his studies.

Send an e-mail to setare01@gmail.com if you are interested in having your research story published in the next newsletter.



This section features a nurse conducting research within the clinical setting.

EDUCATION

NRIG Educational Report

The Nursing Research Interest Group of RNAO hosted a Fall Conference on September 29, 2008 from 2:30-4:30 pm. Our conference speaker was Dr. Julie Mendelson, Adjunct Scientist at Toronto Rehab Institute and Assistant Professor at Department of Speech-Language Pathology at the University of Toronto.

The workshop was entitled "How to Create Great Presentations and Create Excellent Posters".

Our main conference site was St Michael's Hospital in Toronto. Nurses from across Ontario attended this conference from 23 Ontario Telemedicine Sites. Our conference sites included: St Peter's Hospital, Hamilton; Kingston Public Health; St Mikes Hospital, Toronto; Hotel Dieu Shaver, St Catharine; Kingston General Hospital; West Lincoln Hospital; Joseph Brant Memorial

Hospital, Burlington; Sudbury & District Health Unit; London Health Sciences; Niagara Health System; Trent University; Baycrest; Elisabeth Bruyere Health Centre; Geriatric Psychiatric Community Services of Ottawa; Children's Hospital of Eastern Ontario; Royal Victoria Hospital; William Osler Health Centre; and Royal Ottawa Health Care Group.

In addition to the conference sites, many nurses attended via webcast (<http://webcast.otn.ca>) or viewed an archived version of the presentation that was available for 2 months after the presentation. It's difficult to track the number of participants but we know that Participants provided verbal and written feedback on the presentation. Verbal feedback on the content of the presentation was very positive. On the other hand, we received mixed reviews on the written feedback. The majority of the written feedback was positive.

Participants reported that they strongly agreed that the presenter was effective and the technology used to facilitate the presentation was satisfactory. However, two attendees reported that the presenter was not effective and the technology used was not effective for this session. These results are not unexpected since we had a large group of attendees with diverse learning styles and not everyone prefers videoconferencing as the best medium to facilitate their learning needs. However, most participants liked the accessibility of receiving the information at their workplaces.

Finally, I thank Tania Noon, Veronique Boscart, and Jody Smith for their assistance in making this video conference a reality.

Respectfully submitted,
Angela Cooper Brathwaite



Students and professors at Brock University participated in the event.
Photo: Amber Crate, Lynn Rempel, & Ruqayat Haruna.

We would like to hear from you if you have any suggestions on topics for future educational events.



Veronique Boscart introduces the guest speaker

NRIG hosted a Workshop on "How to Create Great Presentations and Create Excellent Posters".

UPCOMING EVENTS

NRIG Annual General Meeting

Please join us for our NRIG Annual General Meeting (AGM).

When:

Saturday, April 25, 2009 (last day of the RNAO AGM). NRIG hosts a breakfast meeting from 0800 to 1100.

Where:

Markham Hilton Suites
8500 Warden Avenue
Markham, Ontario

All NRIG members are welcome. You don't have to attend the RNAO AGM to attend our AGM on Saturday morning. There is a cost for the breakfast and to cover expenses, (\$28 for an amazing hot breakfast) which you can register for through the RNAO AGM registration form. If you don't want breakfast, you can still come to the meeting.

Guest Speaker:

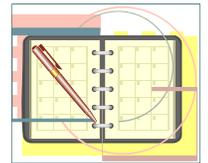
Lynn Rempel, RN, PhD, Associate Professor and Chair, Department of Nursing, Brock University

Topic:

Effect of Implementation of the Breastfeeding BPG in a Public Health Agency on Maternal Breastfeeding Experiences

Hope to see you at the NRIG Annual General Meeting

Mark your Calendar for April 25th!



Conferences

CASN 2009 Nursing Research Conference

Theme: Interrelationships between Theory, Research, and Practice: A Systemic Approach in Nursing
Date: May 4th - 7th, 2009
Location: Moncton, New Brunswick

22nd Annual Research Conference

Theme: Nursing Research: The Path To Excellence: Showcasing Links to Practice
Date: May 1, 2009
Location: University of Western, London, Ontario

Annual NICE Knowledge Exchange

Theme: Aging and Elder Care
Date: May 20 & 21, 2009
Location: Victoria University (University of Toronto)

Daphne Cockwell School of Nursing 2nd Annual Nursing Research Day

Theme: Enhancing Health In Our Communities
Date: June 23rd & June 24th, 2009
Location: Ryerson University, Toronto, Ontario

15th Qualitative Health Research Conference

Theme: Developments and Discourse From: Across Health Disciplines
Date: October 4-6, 2009
Location: Vancouver, British Columbia
Call for Abstracts: Deadline: April 3, 2009

McMaster Nursing Research Day

Theme: Power of Nursing Research
Date: October 7, 2009
Location: Hamilton Convention Centre, Hamilton, Ontario
Call for Abstracts: May 22, 2009

10th Advances in Qualitative Methods Conference

Date: October 8-10, 2009
Location: Vancouver, British Columbia
Call for Abstracts: Deadline: April 3, 2009

7th National Conference of the Canadian Research Data Centre Network

Theme: Health over the Life Course
Date: October 15-16, 2009
Location: University of Western London, Ontario
Call for Abstracts: May 8, 2009

Workshop

Evidence Informed Health Care Practice Workshop

Date: May 31-June 5, 2009
Location: McMaster University, Hamilton, Ontario

STUDENTS' CORNER

Experiencing RNAO In Action



As a married student with three kids, the last thing in my mind was to get involved in extra-curricular activities. But I had to do something "political" somehow, because it is a course requirement as a nursing student. So I signed up to be a student representative in the executive committee for the Nursing Research Interest Group (NRIG) of RNAO. Things snowballed from there.

Dr. Lynn McCleary, a professor for nursing at Brock and NRIG chairwoman, asked me if I would be interested in attending the annual Queens Park event and assembly meeting of RNAO. Like any other cash and time-strapped student, my first impulse was to say no. Dr. McCleary made sure that accommodation and travel costs would not be a barrier to attending. After making the necessary child care arrangements I packed for the trip.

My intent was to be just a fence-sitter and observe the program. I thought that would be more than enough for my role as a student. But Doris Grin-spun, Wendy Fucile and all the wonderful people at RNAO head office had other ideas. They already had pre-formed groups of all registered attendees and

everyone was scheduled to participate in the lobbying at Queens Park. After dinner on opening night, a somewhat orderly chaotic process of finding one's group took place and everyone got a crash course about lobbying procedures. The next thing I knew, I was sitting in front of the legislative assistant for M.P.P. Sylvia Jones. The two other RNs in my group made sure that I had an active role and assigned me to talk about poverty. And so I did and was quite proud of myself for my accomplishment! I mean, I just wanted to be a fence-sitter, remember? Actually, looking back, I think those RN's knew that as a student, I better know my stuff about the determinants of health and therefore gave me the topic about poverty. Thanks, to my professors at Brock, yes we had been grilled about the significance of the determinants of health.

I guess RNAO knows how to use its membership fees wisely, so chapter and interest group meetings were scheduled right after dinner (did I mention that they served amazing food and refreshments?) that day. One thing stood out for me that night: RNAO is an amazing organization with a whole array of interest groups that I never would have thought existed. To me it was a great representation of the many facets of nursing, my

future profession.

The Assembly meeting on the last day was quite an experience. Everyone was given the chance to talk. The meetings were structured such that questions, feedbacks and ideas were accommodated. In the Assembly meeting, the stakeholders were quite eloquent in getting their messages through. To me, it was a real chance of experiencing how I can advocate for my patients become a reality. Issues were heard and something is actually being done about them.

The meetings were well worth the time I had to take away from my family. I would like to encourage my fellow students to dip into the waters that I got into. It was pretty refreshing and a wonderful way to realize that nursing is a profession that I definitely want to pursue.

By Grace Le,
Nursing Student,
Brock University



Grace Le (NRIG executive student member), Nancy Purdy (RNAO Board of Directors), Wendy Fucile (RNAO President) at Queen's Park

**NRIG student
reps, Tania
Noon and
Grace Le were
able to attend
the RNAO
Queen's Park
Day January
22, 2009.**

A Day at Queen's Park

First of all, I have to thank NRIG and RNAO for providing me with the opportunity to attend this exciting event. This was my first time at RNAO Queen's Park Day, and it was an



Students Nathan Kelly, Barbara Davies, Grace Le, Tania Noon and, in centre rear, Ontario Chief Nursing Officer Vanessa Burkoski at Queen's Park

incredible experience. I learned a great deal about policy, democracy and the importance of activism. I met several inspiring people, including Doris Grinspun, Kim Jarvi and George Smitherman. We discussed important nursing issues, some of which included: the nursing shortage, poverty, nurse education, pesticide use and nuclear energy. The resounding message of the politicians was to keep on representing nursing as we do, and to continue focusing our attention, and theirs on the health of the

people. I am sure that I do not want to miss the event in future years. The sense of camaraderie and belonging, and the satisfaction of standing up for what I believe in will definitely keep me coming back. My faith and trust in nurses and nursing as a profession was cemented by the sheer passion and dedication of the nurses present.

By Tania Noon,
Nursing Student
Brock University

Attention Student Nurses!

Do you have an interest in research? Are you invested in the future of nursing and the role that nursing research will play? If so, NRIG might be for you! We are an interest group of the RNAO devoted to promoting and utilizing nursing research for the betterment of health. Here's the best part: Membership is free! So, if you want to learn more about nursing research and be more involved with our professional organization, Join RNAO and check the NRIG box on the application!

Contact NRIG student representative, Tania Noon at tn00an@badger.ac.brocku.ca

RNAO Student Membership: One Student's Experience By Melissa Biscardi

I first became a student member of the RNAO in my second year of my BScN at Ryerson University. I was motivated to become more active as a student member of RNAO because of the influence of a charismatic instructor of mine, Sue Calabrese, who encouraged me to think critically about the nursing profession, take ownership of the future of

nursing and the difference I could make. I took on the role of student rep for NRIG as I have a passion for nursing research. I have been active on executive of NRIG ever since. My first position as a student rep played a pivotal role in my future as a nurse. It provided me with many networking opportunities with established nurse researchers as well as clinical nurses who have an interest in research, my involvement also lead to employment as a research assistant with Dr. Kathy

McGilton who supported and encouraged me in my desire to pursue graduate studies. Being an active member of NRIG also allowed me to gain experience being a part of nursing research focused professional group and be involved in such activities as creating a newsletter and the planning and organization of events.



We would like to include highlights of a topic of interest to students or to nurses new to research in each newsletter. Please let us know what you are interested in!

NEW NRIG WEBSITE!



**We are
very
pleased
to have
an
updated
new
website.**

Communications (Website) Report

Although the new NRIG website is up and running, the RAO head office is in the process of streamlining the Interest Group web sites. As this process may take several months, we wanted all NRIG members to be sure to update your bookmarks using the following email address for now:

www.nrig.nursecafe.ca

If you are going through the RAO website main page, click on the following links:

www.rnao.org then click Interest Groups, then click NRIG.

Where it says web site at the top of the next page

...click on www.nrig.nursecafe.ca

We will keep you informed regarding any future changes/updates.

Thank you
Sue Bookey-Bassett

Check it out!

NRIG EXECUTIVE

Chairperson

Lynn McCleary, RN, PhD

Lynn.mccleary@brocku.ca

Past Chairperson

Katherine McGilton, RN, PhD

mcgilton.kathy@torontorehab.on.ca

Chairperson Elect

Veronique Boscart, RN, PhD(c)

Boscart.veronique@torontorehab.on.ca

Secretary

Setareh Nasser, RN, BScN

setare01@gmail.com

Treasurer

Melissa Biscardi, RN, BScN

Melissa.biscardi@utoronto.ca

Members at Large:

1) Activities

Angela Cooper Brathwaite, RN, PhD

Angela.cooperbrathwaite@region.durham.on.ca

2) Communications (newsletter)

Angela Frisina, RN, MHSc Angela.frisina@hamilton.ca

3) Communications (website)

Sue Bookey-Bassett, RN, BScN, MEd, PhD (student)

s.bookey-bassett@sympatico.ca

4) Political Action

Mary Fox, RN, PhD, maryfox@yorku.ca

5) Membership

Maria Tandoc, RN, mtandoc@thc.on.ca

6) RAO Board Representative ex officio

Nancy Purdy, RN, PhD (c), npurdy@ryerson.ca

7) Student Representatives:

Tania Noon, tn00an@badger.ac.brocku.ca

Grace Le, gl07mk@brocku.ca

**Tell us what you think of
the newsletter!**

Please send comments to
Angela.frisina@hamilton.ca