

# TouchPOINTS

UBC

## School of Nursing

PUTTING SCHOLARSHIP INTO PRACTICE

## Message from the Director



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Among the issues commonly heard in the news is the urgent need for primary health care reform in British Columbia. When the medicare system was first envisioned, a great deal of reliance was placed on family physicians as the primary point of entry to services and the main resource for individuals and families. However, the availability of family doctors to fulfill this role has become a serious challenge, particularly in remote and rural areas of BC, and alternative mechanisms are required to reduce the burden on overloaded general practitioners, to coordinate available services in a more timely and effective manner, and to allow patients access to the help they need when they most need it.

Nursing is among the professions that will be actively involved in meeting this challenge over the next months and years. In collaboration with our colleagues in family medicine and other allied health disciplines, the nursing profession has been actively involved in planning processes with the government ministries and health authorities to find creative, effective, and publicly responsible solutions tailored to the individual needs of different populations and communities.

The School of Nursing has been, and will remain, actively engaged in these processes and intends to be a resource to the province in the educational support for nurses shifting into expanded primary care roles. These challenges have created wonderful opportunities for partnership and collaboration, and we will be working closely with other nursing educational institutions, other disciplines, and a range of stakeholders to ensure that we can add value to the legislative and practice changes that unfold over the next few years.



*Professor Sally Thorne, RN, PhD has been on the faculty of the School of Nursing since 1983. She began a five year term as Director on January 1, 2002.*

We expect that nurses will increasingly be involved in collaborative primary practice arrangements with an interdisciplinary team, and will be the primary point of contact in many communities for an increasingly wide range of patients, including the frail elderly, those requiring chronic illness self-care management support, and those suffering from a range of conditions requiring lifestyle and symptom management over time.

Within the School of Nursing community, we have a wide range of expertise, and intend to make our knowledge available to the province in various creative ways, whether that be offering on-line courses in remote locations, creating continuing education opportunities in relation to specific chronic disease-management skill sets, helping nurses develop ongoing program evaluation skills, or offering nurse practitioner programs here at UBC. As these changes unfold, we'll be actively supporting the work of nurses and others across the province, and demonstrating the value that nursing knowledge adds to a health care system in crisis.

# Raising the Bar

## Meg Hickling Brings Honour to Being a Nurse

If you mention the name Meg Hickling to many parents in BC, they will nod their heads and smile. For, even if they haven't heard one of Meg's presentations or read one of her books, they are familiar with her work and the impact it has had on a generation of families.

As one of Canada's foremost authorities and advocates of sexual health education, Meg has received numerous awards and honours for her work. During her career in this field, spanning 27 years, Meg was inducted to the Order of BC, the Order of Canada, and has received a YWCA Women of Distinction Award, BC Council of the Family Award for service to the community, and many others.

The University of BC awarded Meg with an honorary degree (Doctor of Laws or LID.) this year at the May convocation ceremonies. "It is an absolute thrill to receive this honour," said Meg. "When I think

about all of the challenges that I, and others like me, faced in the early days—and even now to a certain extent—it is very gratifying to think how far we've come. And I hope that it provides encouragement to the nurses and other professionals that I've taught, to continue on with their valuable work."

For the many professionals she has trained, there is no doubt of carrying high the torch Meg passed with her retirement earlier this year. Says Alice Bell, one of Meg's protégés, "The work Meg has done is incredibly important. One of the most significant impacts that she has had is to give parents the tools they need and the confidence to talk with their children early and often. The influence of her work is clear when you think that her first book was in the top ten best-seller list in BC for three years straight. I feel so privileged to have known her for the past 20 years, and have learned so much from her as well."

British Columbia is the only province in Canada with a decreasing teen pregnancy rate. While it is impossible to know all of the reasons for this, there are some people who attribute much of it to Meg Hickling

and her crusade to educate and inform. Working with the children, Meg helps them understand that "body science" is very interesting. She says, "A key benefit of having kids that are well educated and comfortable with the scientific names for body parts and functions is that they are also more abuse-resistant."

Nurses often deal with the most 'taboo' or hidden social and health issues on a daily basis. And, it is nurses like Meg Hickling who elevate these issues to the public arena and make them safe and important for everyone to talk about. That is why, when Meg and others like her are publicly recognized for their contributions, that recognition brings honour to the whole profession.

*Although Meg is officially retired in Canada, she continues to write and to work with families and educators in Japan (her books have recently been translated into Japanese, Russian, Romanian, Chinese and this summer Punjabi). Her newest book, Boys, Girls and Body Science, based on her wildly popular classroom presentation to children, will be published this fall by Harbour Publishing.*

### Books by Meg Hickling

- Speaking of Sex: What Your Children Need to Know and When They Need to Know It
- More Speaking of Sex
- Sex Spelled Out for Parents
- Boys, Girls and Body Science (Fall 2002)

### Previous UBC Honorary Degree Recipients

- Alice Baumgart (2000)
- Verna Huffman Splane (and Richard Splane) (1996)
- Helen Mussallem (1994)
- Lyle Morrison Creelman (1992)



*Meg Hickling, LID., enjoys working in her garden. However, as educators and families in countries around the world discover the wealth of information she has to share, she may not get to spend as much time there as she likes.*

# Clinical Practice Innovation

## Youth Health is “ON TRAC” For Success

Who would think that nursing and marketing go hand in hand? For Mary Paone, RN, MSN, a member of the Youth Health team at Children’s and Women’s Health Centre of BC, the fit is a natural one. “I think the best way to describe what I do is to say that I learn about the health care needs of youth and work with interdisciplinary teams to develop solutions and strategies to improve the care being provided. Then I take what we’ve developed and market them across North America,” says Mary.

Mary is a key team member of a project called ON TRAC (Taking Responsibility for Adolescent/Adult Care) that was developed about five years ago with funding from the Vancouver Foundation. It began out of the recognition that there was a need to look at the preparation of youth with chronic illness for adult care and adulthood.

Out of this project came a model for youth focused care that has been shared throughout Canada (Mary has taken the program to every pediatric hospital in the country), and now into the US. “The cornerstone of the program we developed is a health promotion/developmental model or framework that includes a clinical pathway for adolescent care,” explains Mary, who completed both her BSN. and Master’s in Nursing at UBC. “All youth have the same developmental milestones and want to be seen as who they are—not the disease or condition that has affected their bodies. By approaching each adolescent as a unique individual wanting to achieve all that they can—a health promotion approach—the direction of care and best practice is centred around the youth and what they need to have healthy lives.”

This model has very clear outlines of best practices, materials that health centres can adapt to fit their own needs for youth health, and now there are other companion pieces



*Mary Paone (left) and colleague Khirsty McArthur, Nurse educator, work together at a recent strategic planning session for the Youth Health Program staff.*

too. Mary has authored a book called *Setting the Trac*, which describes the model, how to use it, and how to evaluate and measure outcomes. It is based on a health promotion framework and is sold throughout North America. “Prices of the materials are kept low,” says Mary, “because we wanted to get them in the hands of nurses. And, at the same time, support the ongoing initiatives within the program.”

Other key pieces include a youth health planner (called *Your Plan-it*) that allows youth who have chronic health conditions and/or disabilities to keep track of their health condition, medications and treatments and, the *Family Care Book*, a home health-record for families and youth who will always require assistance in their daily lives. “I love hearing that a teen has gone into a clinic and, when asked a barrage of questions, has confidently handed over their planner and said ‘It’s all in here’,” says Mary. “That’s the whole point of this, is to help them have a voice in their care.”

One of the challenges with this type of program is maintaining funding levels. The initial grant for ON TRAC was for two years, but thanks to continued support from the Vancouver Foundation and other external agencies, and some unique marketing efforts (sales of books, health planners, etc.), the ON TRAC project has evolved into the Youth Health Program. It includes a Consultation Clinic for youth with complex

medical and psychological needs, Youth Involvement activities of peer support and at the bedside youth advocacy, Sexual Health Counselling, and the list is growing.

“It is a balancing act,” say Mary. “We’re always marketing—to physician teams, hospital foundations, and other organizations—but it’s just part of the job and it’s a good part. We’re able to share this valuable learning and hopefully open the doors for thousands of youth to make a smooth transition to adulthood. And, there is somewhat of a snowball effect; as we meet with groups about our work, we hear about other problems and collaborate to come up with even more solutions.”

*Mary Paone says that much of what she applies in her daily work was learned at UBC—the value of family centred care, a holistic approach to patient care and the imperative of evaluation. She will be sharing her experience with students as a sessional instructor this summer, and is very involved with the School of Nursing Alumni Association where she organizes an annual event called “Sharing Innovation and Knowledge” for the whole School of Nursing community.*

# Graduate Profiles

The School of Nursing is extremely proud of all of our graduates. Each year, the staff and faculty enjoy the privilege of seeing new degree recipients leave their programs armed with new knowledge, confidence and skills to tackle the challenges and opportunities ahead. On the next two pages, we'd like to share the stories of two of our new grads with you.

## Undergraduate Student Is A Proud Example of Student Calibre

"This sounds kind of odd, but I'm almost afraid to give out my resume right now because every time I do there's a job opportunity," says recent baccalaureate grad Catherine Andrews a bit sheepishly. With a straight 'A' average and the desire to really make a difference in an environment where she can provide support to people, it's no wonder Catherine is a top candidate for the jobs that are available. "I'm not quite ready to jump right in," says Catherine. "I would like to take some time to see what really is available, and then decide what type of job I'd like to go after. But I'm committed to staying in Vancouver."



As a mature student with an Arts degree and plenty of work experience, Catherine always knew that she thrived on developing relationships with people and supporting others to meet their goals. So for her, going back to school to become a nurse was a logical career move. "It is so great that UBC offers the multiple entry option. My partner and I had worked it out that we could handle having me in school—both financially and emotionally—for two years, but four would have been pushing it," says Catherine. "We have four kids, and they've been great but it's hard to have a parent in school full time."

During her student days, Catherine received a Helen Badenoch Scholarship for a student proficient in community health nursing practice. "The scholarships made a big difference for us," explains Catherine. "It meant that my family wasn't put in a situation where we couldn't cover our basic needs; my kids didn't have to suffer in order for me

to fulfil a dream." She was also the recipient of the RNABC Student Professionalism Award at convocation.

The undergraduate nursing program is an intense learning experience with tight scheduling and demanding but rewarding challenges. "I absolutely loved the experience," says Catherine. "The diversity among the students was great for our discussion and there is a real sense from the faculty that you are valued as an individual and that you are invested in as a student of the program."

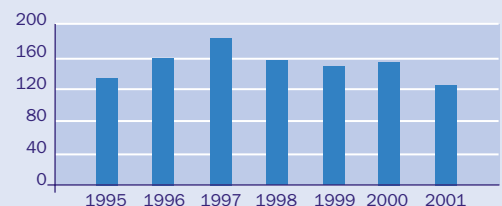
Barbara Paterson, one of the School's faculty says, "Catherine offers the profession of nursing many gifts and new perspectives. I have been in awe of her ability to provide truly individualized care to patients, while at the same time seeking new learning and offering support and encouragement to her peers and colleagues." With students like Catherine and her many peers in the graduating class of 2002, the School of Nursing is proud to have been a part of shaping the way they will care for their patients.

*With two student intake periods and the multiple entry points, the UBC School of Nursing offers flexibility and options for students that aren't available at many other universities.*

### Facts about graduating class of 2002

- 67 Basic BSN Program
- 65 Post-Basic BSN Program
- 19 MSN Program

### Trends in BSN graduating class numbers



## Graduate Student Research Supports Downtown Eastside Residents

When Betty DaSilva was working as a home care nurse in the Strathcona area of Vancouver and then as a Clinical Nurse Specialist for the four neighbourhoods of the Downtown Eastside, she had a lot of questions about the way poverty influenced the health of the population there. “I was already working in that environment and had access to the people and resources there, and it really interested me,” explains Betty. “It was a logical place for me to base my thesis.”

Betty’s Master’s thesis research, which was supported by an award from the Katherine McMillan Fund, examined the factors that influence care seeking by people who live in poverty. In her study, she explored a number of factors including structural issues like support systems and the relational factors associated with quality of care. It was a qualitative study that included ten participants from a variety of economically disadvantaged backgrounds who lived in the downtown east area.

Betty’s current work applies her expanded scope of knowledge into the implementation of clinical information systems to facilitate integrated interdisciplinary community care in the Vancouver Coastal Health Authority. This project will influence care linkage across acute care and community services



*Betty DaSilva takes a moment to enjoy spring time in Vancouver—something she well deserves after completing her Master’s program gradually over a five and a half year period while working full-time.*

for a wide range of patient groups, and her special concern for clients living in poverty will remain an important priority in these initiatives.

Many people who consider returning for an advanced degree hesitate about the commitment. “It was a great experience, better than I expected,” says Betty about her graduate program. “It was certainly a lot of hard work, but very rewarding. And the work with classmates and the discussions we’d have were incredibly energizing.”

The support of family and friends while at school is very important for most graduates as well. “I couldn’t have managed this,

particularly working full-time as well, without the support of my family,” says Betty. “When I first started, for example, my computer skills were horrible. They have improved so much thanks in large part to my son; it’s been like having my own personal computer tech. with him around.”

Now, with convocation under her belt and a summer of “study-free” nights ahead, Betty is looking forward to spending that time with her family.

**Each graduate comes away from his or her experience with a new perspective on the nursing profession and reflections on what their time at university meant for them. Betty DaSilva states four ways that she feels better as a professional since completing the Master’s program:**

- Enriched critical thinking skills.
- Renewed professional confidence.
- Enhanced nursing skills.
- Increased thirst for knowledge that she hopes will never stop.

# Development



*Outdoor enthusiast and education advocate, Kathleen Wheeler shows off "the one that didn't get away" in front of her holiday cabin on the Yukon River in 1927.*

## A Mother's Legacy Lives On

When Kathleen Sergeant Wheeler was celebrating her 90th birthday a few years ago, she was asked what she was most proud of during her life. Her immediate response? That since 1947 a member of her family had attended UBC. The importance of a good education and citizenship was something that this Yukon pioneer felt very strongly about and instilled in her family.

So, when Mrs. Wheeler passed away last June, the decision to make a gift to the university was clear for the Wheeler family. And, with two of her daughters being UBC School of Nursing graduates, and the knowledge that Mrs. Wheeler felt that the health care professions were the noblest

calling a person could get into, the family decided to share their mother's legacy with the School of Nursing.

The gift of over \$212,000 will go towards the creation of an endowment fund for student support. "The idea of this is simply to help someone get through university," explains Mrs. Wheeler's son. "It's not that easy to do anymore with the rising costs of tuition and living expenses. So if this money can help someone become a good nurse, it will have served its purpose.

And it's a nice feeling to have my mother's name attached to it; I know she would be very pleased."

## Donation Form

I would like to support the UBC School of Nursing through the following projects:

Endowment Fund for Student Support       Director's Discretionary Project Fund

Please send information regarding the Planned Giving Program

My cheque is enclosed

I prefer to make a credit card donation of \_\_\_\_\_

I prefer to make a pre-authorized donation of \_\_\_\_\_/mo

Please debit credit card

Voided cheque enclosed

Credit Card information:

Visa

MasterCard

Expiry Date: \_\_\_\_\_

Name on Card \_\_\_\_\_

Account # \_\_\_\_\_

Signature \_\_\_\_\_

Please make cheques payable to: UBC School of Nursing

Please send to: Applied Science Development Office 2006-2324 Main Mall Vancouver, BC V6T 1Z4



*Thank you!*

# Research Activities

## School of Nursing Proud of Internationally Recognized Researcher

The School of Nursing is committed to being a leader in the generation and utilization of new knowledge that will make a real difference for the health of Canadians. Among the many faculty who are doing groundbreaking research and scholarship in important fields of health is Dr. Roberta Hewat.

Dr. Hewat has been a faculty member in the School of Nursing since 1980, and is well recognized as a leader in the field of infant feeding practices. Breastfeeding is increasingly being recognized as a critically important and globally relevant health determinant. Dr. Hewat just completed a three-year project funded by Health Canada in which the “Baby-Friendly Initiative” of the World Health Organization and UNICEF is being introduced into hospitals across Canada.

According to Dr. Hewat, it often takes hospitals five years or more to implement policies that will allow them to attain best practices in maternal-child care at a level that will

give them international recognition through the “Baby-Friendly Hospital” designation. At present, well over 20 Canadian hospitals are working actively toward this designation as a result of this project and the concepts are being adopted within many community health authorities as well.

The evidence is strong that there are fewer hospitalizations, physician visits, and drug prescriptions written for childhood diseases like otitis media, respiratory tract infections and gastrointestinal illnesses among children who were breastfed for at least three months, and so the potential impact of these initiatives on public health and health care costs is sweeping.

The Canada Prenatal Nutrition Program of Health Canada, the Canadian Diabetes Association and the Breastfeeding Committee of Canada have recently combined forces to support Dr. Hewat for another two year project. In selected high-risk communities she will be able to evaluate the impact of community-based programs that include Baby-Friendly, healthy eating and active living strategies on childhood obesity and the prevalence of type 2 diabetes. In this way, the growing international evidence of



*Dr. Roberta Hewat sits with new posters she has used at conferences to show interim findings for the Implementation and Evaluation of the Baby-Friendly Initiative Project, completed this March.*

lifestyle and health promotion programs directed towards preventing childhood onset of chronic diseases can be evaluated in a Canadian context.

Dr. Hewat’s research exemplifies nursing scholarship. Based on a career committed to professional practice scholarship, she has been recognized by the decision-makers who fund these national initiatives as a leader in the development of knowledge that can change how we understand our social responsibility to the health of the population, especially those who are most at risk for preventable health problems. The School of Nursing is proud of the work that she does, and delighted that the country is able to benefit from her wisdom and expertise.

## New Faces in Research

In the summer of 2001, three new assistant professors joined the faculty. Each brings to the School an exciting program of research and scholarly development.



*The School of Nursing is proud to have attracted high-calibre researchers Dr. Fay Warnock, Dr. Susan Dahinten and Dr. Alison Phinney.*

**Dr. Alison Phinney**, a Canadian who obtained her PhD from the University of California at San Francisco, has a passionate commitment to the care of the frail elderly and the particular challenges of coping with Alzheimer Disease. Through her research, she is creating new knowledge about how persons with dementia experience their bodies and how their communications can provide us with better understandings of their emotional and physical needs.

**Dr. Susan Dahinten**, a graduate of UBC’s doctoral program, has returned after a three-year hiatus at the University of New Brunswick. Her research in the field of child health and public policy has led to active participation in the Human Early Learning Partnership (a network of researchers from BC’s four major universities). She brings

a program of research into social and health policies affecting children and youth, especially adolescent women, and the impact that such policies can have upon population health.

**Dr. Fay Warnock** came to us from the University of Alberta, where she began her research in the field of child and infant pain. It involves linking basic descriptive knowledge about newborn distress behaviours to ways of assessing neonatal pain. Her work with the Biobehavioural Pain Research Team at BC’s Children’s and Women’s Health Centre will also involve examining developmental outcomes of early exposure to stress and pain.

# Award Winners

## Continuing the Tradition of Teaching Excellence

The UBC School of Nursing has always valued teaching excellence, so it is a pleasure to mention two of our faculty members recently honoured for this aspect of their contribution to the School and the nursing community.

In April, **Lynne Esson** was awarded the RNABC Award of Excellence in Nursing Education. Lynn has held different positions over many years with the School, and is currently a Lecturer. She has been recognized as an outstanding educator in both clinical and laboratory teaching, as well as in the classroom. Actively involved in the development and implementation of distance education technologies, Lynne has also been a dynamic participant in scholarship about such advancements as prior learning assessment. Lynne is an enthusiastic advocate of nursing history, and brings a sense of the time-honoured tradition of excellence into all that she does.

In May, the School of Nursing was delighted to learn that **Marion Clauson**, another of its excellent educators, was being honoured with the prestigious University Killam Teaching Prize. This is bestowed as part of UBC's convocation ceremonies each year. Marion has been a member of the School of Nursing faculty since 1993, when the Vancouver General Hospital School of Nursing entered a collaborative relationship with UBC and some of its faculty members were offered clinical appointments. She has long been recognized as a practice scholar and leader in maternal-newborn clinical practice, particularly in the area of high-risk pregnancy. This past year, she assumed the role of Program Coordinator for the Basic Baccalaureate nursing program.

## Feedback Form

### Your Thoughts:

We hope you enjoyed reading this issue of Touchpoints. In order to help us continue to provide you with information that is relevant and useful to you, we hope you will let us know how we're doing. And, for the first 20 forms we get returned, we'll send out our brand new UBC School of Nursing umbrellas—thanks for your feedback!

Completed surveys can be faxed to 604-822-7423 or mailed to the address at the bottom of this newsletter.

#### 1) How much of Touchpoints did you read?

- All of the articles       Some of the articles  
 Most of the articles     None of the articles

#### 2) Overall, did you find the articles:

- Very interesting       Not very interesting  
 Somewhat interesting     Uninteresting

#### 3) Overall, how do you consider the quality of information

- Excellent                       Satisfactory  
 Good                             Poor

#### 4) Which articles did you enjoy most?

- a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_

#### 5) What other topics or people you would like to see us cover in Touchpoints?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### 6) How would you describe yourself? (Check all that apply)

- Alumni (if yes, in what year did you graduate?) \_\_\_\_\_  
 Current student  
 UBC Faculty/Staff (if yes, what program?) \_\_\_\_\_  
 Faculty/staff at another university  
 Donor  
 Friend of the School  
 Other \_\_\_\_\_

#### 7) Additional comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## TouchPOINTS

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