

# NURSING MATTERS

August 2018

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## Upcoming Events

**June 1-Sept 10:** [CNA exam application for November 1-15 exam window](#)

**Sep 23-26:** [International Conference on Cancer Nursing](#)

**Oct 20:** [NACCC Conference](#)

4th Annual

**NACCC Conference**

Nursing Across The Cancer Care Continuum

October 20, 2018, Morris J. Wosk Centre for Dialogue, Vancouver, BC

We bring to you a variety of expert speakers who will present on topics chosen by your colleagues who attended previous NACCC conferences. Our goal is to bring together nurses from across British Columbia to learn, share and network with each other.

**Oct 26-29:** [CANO/ACIO conference](#)

**Nov 23-24:** [BC Cancer Summit](#)

## FIND THE JOY

- A Nursing Resource for all BC Oncology Nurses -

Welcome to the August issue of NURSING MATTERS, a bi-monthly newsletter developed by oncology nurses in BC. Our aim is to help connect oncology nurses across the province and keep you informed of upcoming changes, events, opportunities, resources and research. We would love to hear your ideas and feedback! If you would like to submit an article, please email us at [nursing@bccancer.bc.ca](mailto:nursing@bccancer.bc.ca) for more information.

This month's issue will focus on finding joy in the workplace. We will be highlighting some fantastic BC Cancer health and wellness resources available to employees and patients.

### You want me to do what?

Okay, we admit it, encouraging people to look for the "joy in work" elicits some eye rolls. But doesn't the idea of looking for the joy in your day feel better than solely focusing on burnout, compassion fatigue and turnover? The Institute for Healthcare Improvement (IHI) has recently been highlighting the importance of creating and sustaining joyful work environments that keep staff physically and psychologically safe. Of course, these elements directly contribute to quality care delivery, patient experience and safety. We all play a role in cultivating happy healthy workplaces. What are the things that bring you joy?

### IHI Framework for Improving Joy in Work



For information on IHI's *Framework for Improving Joy in Work* see:

[Perlo J, Balik B, Swensen S, Kabacene A, Landsman J, Feeley D. IHI Framework for Improving Joy in Work. IHI White Paper. Cambridge, Massachusetts: Institute for Healthcare Improvement; 2017.](#)

# PRACTICE UPDATES

## Update on Closed Loop Medication Management Project (CLMM)

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### Funding

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**March 1-Sept 15:**  
[RNFBC Bursary Program](#)

**September 15:** [BCNU Member Education Bursary](#)

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### Nursing Practice Committee Updates

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Nursing Practice Committee (NPC) meetings take place monthly. Each centre has a NPC representative who will be able to provide you with updates and minutes are available to read on the [H:\EVERYONE\nursing\COMMUNICATION\Nursing Practice Committee \(NPC\).](H:\EVERYONE\nursing\COMMUNICATION\Nursing Practice Committee (NPC).)

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### Communication Updates

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[CST update](#)

[ST update](#)



BC Cancer continues to work towards implementing full closed loop medication management in conjunction with CST. This project specifically focuses on the implementation of Omnicell cabinets, along with unit-dosed bar-coded medications, in the pharmacy and nursing units for all 6 centres.

Current milestones achieved to date include implementation of the Omnicell Controlled Substance Managers (CSMs) in pharmacy at all 6 centres. In addition, the Omnicell Automated Dispensing Cabinets (ADCs) have been built with current medication lists and are ready to be loaded and deployed.

With the delay of the CST project, the CLMM team has explored an 'interim' ADC solution, where the ADC cabinets may be installed and utilized in a limited capacity. Although some of the functionality of the cabinet will be limited until BC Cancer goes live with Cerner, it will allow staff the opportunity for hands-on experience with certain features such as the touch screen, guiding light technology, cycle counts for narcotics, and various other features. The CLMM project team is currently working towards a rollout plan for the 'interim' ADC solution and will be working closely with site leadership.

Once Cerner goes live, full functionality of the cabinet will be activated, including the ADT feed which allows patient identifiers and medication information to flow through to the cabinet.

Questions or concerns?

Please contact members of the CLMM Project Team:

Irene Conroy – CLMM Project Manager, [Irene.conroy@bccancer.bc.ca](mailto:Irene.conroy@bccancer.bc.ca)

Ruby Gidda – CLMM Nursing Lead, [ruby.gidda@bccancer.bc.ca](mailto:ruby.gidda@bccancer.bc.ca)

Crystal Maric – CLMM Pharmacy Lead, [cmaric@bccancer.bc.ca](mailto:cmaric@bccancer.bc.ca)

## WHAT'S NEW

### Systemic Therapy Patient Education presentation Now Available!

The new systemic therapy patient education presentation and video of the teaching session are now available on our website [here](#) and on the [H drive](#). The change in name from 'chemo teach' to 'systemic teach' is because of the growing number of treatment such as immunotherapies.

# EDUCATION & RESOURCES

## Nursing Across the Cancer Care Continuum (NACCC)

**Calling all oncology nurses!** Looking for a local oncology nursing conference? Interested in learning about current topics related to your care? Looking to share and network with colleagues? Then [register](#) for the 4<sup>th</sup> annual Nursing Across the Cancer Care Continuum (NACCC) conference.

This year's [agenda](#) includes: CarTcell therapy, the Impact of Biosimilars, Immunotherapy Need to Knows, Medical Marijuana, Challenges for Rural Oncology Nurses, Supportive Care Resources for Oncology Patients and The Experience of a Cancer Survivor, one of our patients speaking about her experience with cancer.

Still not convinced? Here's some feedback from previous delegates:

"So refreshing and informative to have a nurse based conference!! Great networking reaffirming, reenergizing, idea sharing. Thank you so much for offering this. Can't wait for next year!" -2017 Penticton Nursing Delegation

"All the rural and regional cancer clinics/units should be actively invited and encouraged to attend this one day conference. Great program, nice venue, and great food and amenities. Thanks." -2016 Delegate

October 20, 2018 7:00-3:30pm

Morris J. Wosk Centre for Dialogue, Vancouver, BC

*\*registration includes breakfast, refreshments and lunch*

Register TODAY! [www.naccc.ca](http://www.naccc.ca)

## Building Resilience



You've probably heard of terms such as stress, burnout, or compassion fatigue, but are you aware of strategies you can use to strengthen your resilience and improve upon your self-care? The [LearningHub](#) course titled "Resiliency & Self-Care for People Working in Psychosocial Oncology" offers a number of personal and professional resilience strategies, including mindfulness, balance, and connection. Additionally, [The Cost of Caring: 10 Ways to Prevent Compassion Fatigue](#) discusses specific tools you can incorporate into your daily life to help reduce compassion fatigue.

## Employee and Family Assistance Program (EFAP)

We all know that burnout can happen in the nursing profession. Contributing factors can include on-the-job stress or stressors from home. EFAP is free to access for all PHSA employees and dependent family members. Counselling is available in person, by telephone, or online and can address topics including marital and family relationships, anxiety, depression, addictions, and more. In addition, EFAP also offers lifestyle counselling to help you with career planning, childcare and parenting, smoking cessation, and nutrition. Keep in mind that all services are completely confidential - check out [the POD](#) for more details and contact information.

## PHSA Perks

Have you ever been curious about what sorts of perks you receive as a PHSA employee? In addition to extended health benefits, PHSA offers employee discounts at various gyms and health clubs across the province. Are you looking for social activities and entertainment to complement your health and wellness? Look no further as you can receive discounts on Canadian Broadway tickets, whale watching, the PNE, and more. Lastly, don't forget to check out the Endless Savings and More app where you will receive discounts on restaurants, entertainment, travel, and shopping. Be sure to visit [the POD](#) often, as new



perks are added regularly – taking advantage of them can help you achieve a balanced and enjoyable lifestyle for you and your family.

## BC Cancer Emotional Support Campaign

Lead by BC Cancer, in partnership with BC Health Authorities, the Provincial Emotional Support Resources Campaign was created in response to the 2013 Provincial Out Patient Cancer Care Experience Survey results.

Focus groups with patients and their families from across the province were held to find solutions to how best provide cancer care Emotional Support resources.

The top 3 priorities recommended by the Patient Experience Focus Groups are:

1. To connect with other patients who are experiencing the same type of cancer
2. To be offered support services throughout their cancer care
3. To have information about various support groups throughout BC

Free support services:

1. CancerChatCanada – Professionally led online support groups
2. CancerConnection – A confidential telephone based peer support program.
3. Counselling – Services offered at different stages throughout the patient's cancer care
3. Support Groups – Information about how to access support groups throughout BC

Please share information about these resources with BC Cancer patients and families by providing wallet cards, pamphlets or by going to: [bccancer.bc.ca/emotional-support](http://bccancer.bc.ca/emotional-support)

## HIGHLIGHTS

### Care Team Design Pilot Project

Development of effective and responsive models of care continues to be an important part of BC Cancer's cancer plan. How do we ensure that our models of care best meet the needs of the patients and families affected by cancer? How can nurses further contribute their knowledge and skill to patient safety, health, and well-being? BC Cancer, Children's and Women's Hospitals, and the University of BC School of Nursing are collaborating in an exciting new initiative to develop and test an evidence-based methodology that will identify priority patient care needs, and match them with the right nursing skills, experience, and education. BC Cancer nurses are pioneering new ground by testing this approach in an ambulatory oncology environment! Starting with the nursing team at BC Cancer Kelowna, work is underway to:

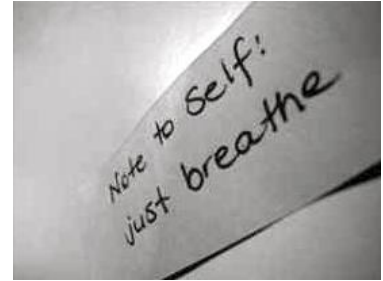
- Refine and test an intervention based on assessment of oncology patient needs.
- Inform decision-making about care team design for specific patient populations.
- Optimize nurses' scopes of practice in meeting patient care needs.

BC Cancer members of the team include John Larmet and Cecilia Li (project co-leads), Maureen Ryan, Jessica Widlacki, Martha Cresswell, Anne-Sophie Boutin, Robin Moser, Tish Palfrey, Donna Turner, and Karen Janes. Our executive sponsor is Bernice Budz. We began by developing a project team and project charter. During a two day workshop in June the team developed a Patient Needs Assessment tool that describes patient stability, complexity, predictability, resiliency, vulnerability, symptom intensity, and resource availability, as well as a tool to collect this data. Throughout July and August, Kelowna nurses are collecting data about patient needs, scope of practice, and nursing teamwork. Our UBC School of Nursing colleagues Dr. Maura Macphee and Dr. Naz Havaei will analyze the data. Stay tuned for an update in early October!

# FEATURE ARTICLE

## Mindfulness-Based Stress Reduction

Oncology nurses are faced with daily challenges that can lead to moral distress. These stressors overtime can lead to burnout, compassion fatigue, physical manifestations and can ultimately cause some to leave the profession. Valcalavik, Staffileno and Carlson (2018) examined in their article *Moral Distress: Using Mindfulness-Based Stress Reduction Interventions to Decrease Nurse Perceptions of Distress*, the impact mindfulness interventions had on alleviating distress in oncology nurses.



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*“The impact of moral distress is multifaceted, and it has become a national workforce priority.”*

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A healthy work environment is essential for ensuring staff satisfaction and high-quality care. Eliminating the stress associated with providing cancer care is probably not realistic. Self-care and organizational support should focus on healthy coping and building resilience. To read more about the strategies implemented in this month’s feature article please see:

[Valcalavik, E., Staffileno B., Carlson, E. \(2018\). Moral distress: Using mindfulness-based stress reduction interventions to decrease nurse perceptions of distress. \*Clinical Journal of Oncology Nursing\*, 22\(3\), 326-332 DOI: 10.1188/18.CJON.326-332](#)

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