

NURSING MATTERS

Taking nursing to the next level. Together.

November 2016

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Upcoming Events - Provincial

2nd Annual Nursing Across The Cancer Care Continuum
November 5, 2016



Fairmont Hotel, Vancouver, BC
For more information and to register click on the link below
<http://naccc.ca/>

Family Practice Oncology CME Day, November 19, 2016

Oncology nurses from BCCA, the CON and the Yukon are invited to attend the Family Practice Oncology CME day occurring November 19, 2016 at 938 West 26th Avenue, Vancouver (Child & Family Research Institute at BC Children's and Women's).

Participants will:

WELCOME

"People respond in accordance to how you relate to them. If you approach them on the basis of violence, that's how they'll react. But if you say, 'We want peace, we want stability,' we can then do a lot of things that will contribute towards the progress of our society."

- Nelson Mandela -

Violence has no boundaries and can affect people of any age, race, religion or education. In the context of health care, the BC Nurses Union reports that workplace violence is the third leading cause of injury to nurses and that health care workers suffer a greater number of time loss injuries due to violence than any other occupation (<https://www.bcnu.org/a-safe-workplace/health-and-safety/workplace-violence>).

It is important to remember that violence is not limited to physical assault and includes threats, verbal abuse and intimidation. The Focus in this issue is Violence Prevention – an opportunity to learn what your responsibilities are when it comes to preventing violence in the workplace as well as the resources that are available to you.

New to this issue is the "Librarian's Corner" where you can learn about resources available to help you with your continuous professional development plans. And, remember to check out the "What's New" section as well as upcoming events to ensure you don't miss out on opportunities to stay current in your practice.

As always we welcome your feedback and suggestions.

GETTING TO KNOW YOUR PROVINCIAL NURSING COLLEAGUES



Nisha Mattu, a nurse at the Fraser Valley Centre, was inspired by BC Cancer Agency nurses while supporting her aunt during treatment. It was during this family encounter with cancer that Nisha was able to observe first-hand the great team of nurses providing exceptional care. She describes that "it felt like a family in that room in which my aunt and I were a part of", and now for the last 3 years Nisha has become a valuable member of the BCCA nursing family. Nisha is described by her colleagues as passionate, creative, compassionate and a great team player. When asked what inspires her to come to work every day she says "people always say, if you love what you do, you will never work a day in your life. At BC Cancer Agency, I have been blessed to meet so many wonderful people. Every time my patient enters the chemotherapy room for treatment they inspire me. Their courage, optimism and energy is what I thrive on and helps me be the

- Benefit from highly requested oncology updates on core cancer topics
- Learn more about oncology resources specific to primary care
- Learn about key cancer management issues by participating in case-based group workshops

For further information and registration:
https://payment.csfm.com/registration/bc_cancer/fpon/

Upcoming Events – National

TUTOR-PHC Program

Application Deadline: Dec 2, 2016

A one year interdisciplinary research capacity building program that provides skills in health care research and interdisciplinary theory

For more more information
<http://www.uwo.ca/famme/d/csfm/tutor-phc/>

Funding Opportunity

John Jambor Knowledge Fund Competition

Deadline November 1, 2016

Provides financial support to enhance skills and knowledge (ie: workshops, continuing education, etc)

Link to the application form:
http://our.healthbc.org/sites/BC_CA_Education/SitePages/Home.aspx

CNA Exams 2016

CNA Certification Program Online

Application Process Open April 11 – August 8, 2016

Being CNA certified shows a commitment to an advanced standard of professional competence and a comprehensive understanding of the oncology nursing specialty.

Become CNA certified! Show that you Care to Be the Best and apply for your CON(C) — Certified in Oncology Nursing (Canada)
<https://www.nurseone.ca/en/certification>

Are you planning on writing the 2016 CNA

best nurse I possibly can be”. Nisha believes that oncology nurses ought to be emotionally and physically strong for our patients, be compassionate, and always demonstrate empathy. Nisha says “the biggest life lesson I have learned working at BC Cancer Agency is live every moment and enjoy the little things in life. Be Positive.”



Update from CANO Board – NEW BC Board Member

Jagbir Kaur, an education resource nurse from the Abbotsford Centre, has recently joined the Canadian Association of Nurses in Oncology board as the director at large for membership. CANO is committed to advancing oncology nursing excellence through practice, education, research and leadership. And within this board role, Jagbir is responsible for supporting the membership and ensuring open dialogue and communication between members and the CANO executive board. If you have any questions or concerns regarding CANO please feel free to contact Jagbir directly at jagbir.kaur@bccancer.bc.ca

WHAT'S NEW

New Immunotherapy Webpage

Immunotherapy, namely checkpoint inhibition, is being increasingly recognised as an effective treatment against cancer. Along with this comes a novel side effect profile different to that of traditional cytotoxic chemotherapy.

A toolkit is now available on the BC Cancer Agency website that is designed to prepare, guide and support Registered Nurses (RNs) of British Columbia to provide care to patients receiving checkpoint inhibitors (i.e. Ipilimumab, Nivolumab, Pembrolizumab) that carry the potential of immune related adverse events (irAEs).

This webpage contains guidance on the nursing process involved in caring for this patient group: planning, assessing and documentation. Details are provided on resources that can be utilised, including patient education resources and the nursing education available.

The webpage can be found on the BC Cancer Nursing pages at <http://www.bccancer.bc.ca/health-professionals/professional-resources/nursing/immunotherapy>

We welcome any feedback, questions or suggestions about the webpage, please email charlotte.david@bccancer.bc.ca

New Acneiform Rash Symptom Management Guideline

A new symptom management guideline to help assess and support patients experiencing acneiform rash is available on the BCCA website at <http://www.bccancer.bc.ca/health-professionals/professional-resources/nursing/symptom-management>

New Constipation Handout for patients

The updated patient handout “How To Treat Constipation Caused By Your Medications” along with the nutrition handout “Food choices to manage constipation” replaces the document “Suggestions for dealing with constipation”. The handouts are available on the BC Cancer Agency website under Health Information, Managing Symptoms and Side Effects, Constipation: <http://www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/constipation> and linked within the constipation Symptom

Oncology Nursing Certification?
If so, sign-up for the **BCCA Nursing- CNA Oncology Certification Exam Study Group**

Register on the LearningHub to access an online support system of Education Resources Nurses and peers across the province to help you successfully prepare for the CNA Oncology Nursing Certification exam

New in 2016

This year brings many exciting changes to the certification program as Canadian Nurses Association (CNA) celebrates its 25th anniversary!

Certification goes paperless! Online applications and computer-based exams offer benefits to nurses and employers, including maximum scheduling flexibility.

- See more at:

<https://www.nurseone.ca/en/certification#sthash.8ZSz3c6Y.dpuf>

Nursing Practice Committee Updates

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). This section will highlight some of the practice changes.

Nursing Practice Reps

Lauren Hull – CSI

Chris Lepore – FVC

Heather Montgomery – VC

Bonnie Hung – VC

Chelsy Steele- AC

Michele Lafreniere – VIC

Anne Case - CN

Management Guideline.

The updated handout re: Medication induced constipation is 3 pages: Page 1 defines constipation and lists common laxatives available at the drug store. Page 2 contains the table of steps to manage constipation using laxatives. Page 3 includes more information and this page is designed to be optional. Translations of the new handout will be available as soon as possible. Until then we can continue to use the Punjabi and Chinese translations available at H:\EVERYONE\Patient Education\FVCC PEG\FVC Translated documents

Thank you to everyone involved in the content development and review of this handout

NEW online nursing clinical skills resource now available

The BCCA is very excited to announce the introduction of Elsevier-Online Clinical Skills!

Elsevier Clinical Skills is an electronic nursing skills resource and will replace the Mosby's 'Clinical Nursing Skills and Techniques' textbook by Perry and Potter that we currently use. This electronic resource is now available via the POD and H: drive.

This web-based resource has over 1300 evidence based skills and procedures, providing the latest evidence-based information and comprehensive resources. These resources are continually reviewed and updated to ensure best practice, standardized care and promote optimal outcomes for patients and families.

Elsevier - Online Clinical Skills will NOT replace any current BCCA Nursing Practice References (NPRs) or policies. So please continue to always refer to BCCA policies and NPRs first to guide your practice. If no policies and NPRs exist for a specific skill then please refer to Elsevier online clinical skills.

Step-by-step instructions on how to access Elsevier Clinical Skills and an optional learning activity to help you become more familiar with navigating Elsevier is available on <H:drive/everyone/nursing/ElsevierClinicalSkills>.

If you have any questions at all please don't hesitate to contact an education resource nurse

INFECTION CONTROL

Hand Hygiene 2.0: PATIENT Hand Hygiene

No doubt every nurse at BCCA is aware that performing Hand Hygiene is considered to be the single most effective method of preventing the spread of infection between patients. Audit results show that BCCA nurses and other health care workers consistently perform Hand Hygiene during each of the 'Four Moments':

1. Before Initial Patient/Patient Environment Contact
2. Before Aseptic Procedure
3. After Body Fluid Exposure Risk
4. After Patient/Patient Environment Exposure Risk

BUT....

Picture this. A patient is in the middle of her chemo treatment. She has missed her lunch. A wrapped sandwich is delivered to the side table on the chemo chair. The patient unwraps the sandwich and starts to eat it.

The side table has been cleaned between patients. The nurse has cleaned her/his hands before



BCCA Library Links – Nursing Databases

To access articles such as this and more, use the BCCA Online Resources at

[file:///srvnetapp02/bcca/docs/EVERYONE/Library/Dreamweaver/Library Links/Publish/databases.html](file:///srvnetapp02/bcca/docs/EVERYONE/Library/Dreamweaver/Library%20Links/Publish/databases.html)

s/he started the IV and again before s/he hung the chemo. The food service worker cleaned her/his hands before s/he prepared the sandwich BUT....

The patient hasn't cleaned her hands since she came in the building. Since then she has pushed elevator buttons and grabbed handrails. She has worked on a puzzle and picked up some reading materials in the waiting room. She can't reach a sink or sanitizer from her chair. What organisms might be swallowed with that sandwich?

The next focus for Hand Hygiene action is PATIENT Hand Hygiene. In the coming months PHSA Infection Prevention and Control will begin looking at ways to help our patients perform hand hygiene when it could make a difference to their health, like before eating and after using the bathroom.

FOCUS ON VIOLENCE PREVENTION

The violence prevention curriculum was developed in 2010 by the Provincial Violence Prevention Steering Committee “to fill a need for effective, recommended and provincially-recognized violence prevention training for all British Columbia healthcare workers across a range of care settings” (Health Employers Association of BC). All health authorities in British Columbia use the curriculum to provide education about violence prevention in the workplace. The curriculum is based on four core principles that apply to both employers and employees. They are :

1. Prevention is everyone's responsibility
2. Communicate respectfully
3. Be proactive, not reactive
4. Take personal responsibility for the safety of yourself and others

Violence prevention education for PHSA employees is in the form of a series of e-modules accessed via the Learning Hub. Baseline violence prevention training varies according to the risk level assigned to departments within an organization. Clinical environments within the BCCA fit the criteria for a medium risk of violence (provides patient care to patients that do not normally/typically demonstrate violent behaviour), therefore, employees are required to complete the eight e-modules contained in the “*Violence Prevention for Medium and High Risk Departments*” curriculum.

Some of you may have already completed these e-modules during your BCCA orientation or if you are working in the community, through your health authority. The learning modules identify your main responsibilities in preventing and protecting against violence in the workplace. They include being able to:

- Recognize risk behaviours
- Assess and plan
- Respond to the risk and
- Report and communicate post –incident

Please refer to the Education and Resource section of this newsletter to learn more violence prevention resources that are available to you.

EDUCATION & SUPPORT

[Workplace Violence Prevention](#)

PHSA Learning Hub:

- Violence Prevention for Medium and High Risk Departments: Curriculum Courses: Modules 1-8. Log onto the LearningHub at: <https://learninghub.phsa.ca/>

BC NURSES UNION (BCNU):

- Workplace Violence: <https://www.bcnu.org/a-safe-workplace/health-and-safety/workplace-violence>

CANADIAN NURSES ASSOCIATION (CNA):

- Violence and What You Can Do
<https://www.cna-aiic.ca/en/on-the-issues/best-nursing/nursing-ethics/ethics-in-practice/violence-and-what-you-can-do>

College of Registered Nurses of BC (CRNBC):

- Is it Safe to Provide Care?
<https://crnbc.ca/Standards/resourcecasestudies/beinganurse/dutytoprovidecare/Pages/clientcareandnursessafety.aspx>

Librarian's Corner

The librarians at the BC Cancer Agency work in partnership with nurses and other health care professionals to provide patients with the best care possible. The librarians are all master's prepared information specialists who are available to help busy clinical nurses navigate the ever-expanding health literature in order to stay current.

Do you have a clinical or research question? The librarians can find online and print resources, or provide an expert literature search to help answer your question.

Do you have a topic of ongoing interest? Ask your librarians to set you up an automatic current awareness search.

Your librarians can also teach you how to search the literature effectively yourself.

One of the many useful resources that the BCCA Library provides for nurses is *Library Links*, the gateway to all of the library's e-journals, e-books, databases, practice tools, and other information and services. You must be on a BCCA (PHSA network) computer to access it at file:///H:/EVERYONE/Library/Dreamweaver/Library_Links/Publish/index.html.

Once you are in *Library Links*, click the *Practice Tools* tab and select *Nursing* from the drop-down list. This page offers online resources of specific interest to nurses, including:

- Websites of many nursing and other organizations, such as [European Oncology Nursing Society](#) and [WorksafeBC](#).
- Direct links to nursing e-journals, such as *Cancer Nursing*, *Oncology Nursing Forum* and *Journal of Cancer Education*. BC Cancer Agency nurses have access to over two hundred nursing e-journals through the library's Full Text Finder e-journal list (found under the *Journals* tab on *Library Links*). Many of these journals are available via the Electronic Health Library of BC consortium (eHLbc) to everyone working for a BC Health Authority. Nurses around the province should be able to access eHLbc journals.
- Useful online documents, such as [Cancer Guidelines Resource Centre](#), [Hospice Palliative Care Symptom Guidelines](#), [Start the Talk](#) and the [My Voice Planning Guide](#).
- Nursing e-books, such as *Cancer Nursing: Principles and Practice*, *Clinical Manual for the Oncology Advanced Practice Nurse*, and *Understanding and Managing Oncologic Emergencies*. The library has a growing collection of electronic books. You can find all of the library's e-books as well as print resources listed in our online Library Catalogue on the BC Cancer Agency website at www.bccancer.bc.ca/library.

Nurses working in the community may not have access to *Library Links*, but you can contact

one of the BC Cancer Agency Librarians for information about all of these resources:

<http://www.bccancer.bc.ca/our-services/services/library/contacts-and-hours>.

FEATURE ARTICLE

De-escalating Violence

Workplace violence in all healthcare settings occurs more frequently than realized, with nurses being the healthcare workers at highest risk (Canadian Nurses Association [CNA], 2005). There is a role for de-escalation in violence prevention. The following article by Bowers (2014) provides a simple de-escalation model that includes awareness of the nurse in controlling personal emotions and having respect for the individual.

Bowers, L. (2014). A model of de-escalation. *Mental Health Practice*, 17(7), 36-37. Doi: <http://dx.doi.org/10.7748/mhp.17.9.36.e924> Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=103960104&site=ehost-live>

Canadian Nurses Association [CNA]. (2005). Violence in the workplace: Factsheet. Retrieved from <https://www.cna-aiic.ca/en/advocacy/policy-support-tools/fact-sheets>

Note: Articles & links work best if copied and pasted into Google Chrome browser.

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