

NURSING MATTERS

May, 2019

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June 3 – September 12: [CNA Exam Application for November 1-15 Exam Window](#)

September 23-26: [21st World Congress of Psycho-Oncology](#)

September 28: [NACCC Conference](#)

October 20-23: [CANO Conference](#)

November 21-23: [BC Cancer Summit](#)

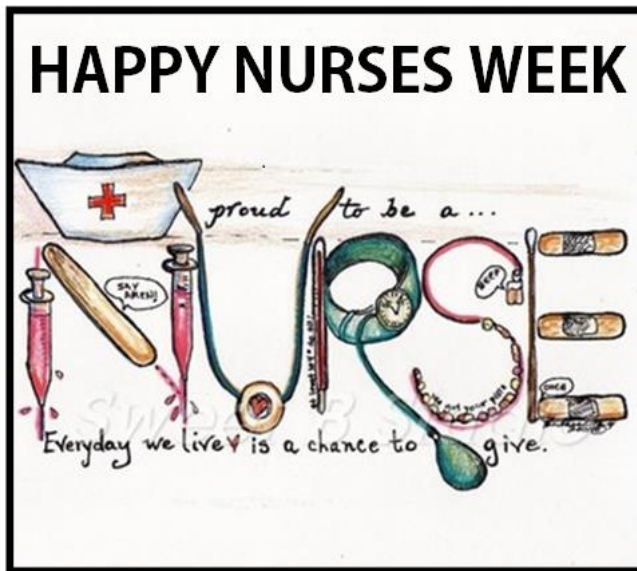
Funding

[BCNU](#) – Member Education Bursary, deadline to apply September 15th

[Stephen Berg Fund](#) – Applications accepted for bursary, conference, and research support and

NURSING WEEK 2019: A VOICE TO LEAD HEALTH FOR ALL

Welcome to the May 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 nursinged@bccancer.bc.ca for more information. This edition is all about celebrating nursing week!



CELEBRATE NURSING WEEK!

2019 National Nursing Week was a success, and celebrations were held throughout the BC Cancer centres! This year's theme is Nurses: A Voice to Lead – Health for All, developed by the [International Council of Nurses](#). According to ICN, A Voice to Lead reflects that

“every nurse has a story and every story has the potential to improve the health system and enable individuals and communities to achieve their highest attainable standard of health.” Health for all means “not just the availability of health services, but a complete state of physical and mental health that enables a person to lead a socially and economically productive life.”

Check out how these three BC Cancer Nurses use their voices to lead. (*Continue Below*)

renowned lecturers.
Deadline to apply is
June 15th

[RNFCB Bursary Application Process](#) – bursaries for students who are enrolled in basic, post-basic, re-entry and graduate education programs in nursing. Deadline to apply is September 15th

Communication Updates

[CST](#) – There is a new one-stop shop website for all things CST

[ST Update](#) – A monthly newsletter for health professionals who provide systemic therapy care and treatment

Candace Manuel, Clinical Trials Nurse - Kelowna

I started in Oncology in 2011 in Yellowknife, NWT. My husband and I moved to Kelowna in 2013 and I started in Systemic Therapy with BC Cancer shortly thereafter. I joined the clinical trials team in 2016. Clinical trials research is vital for finding new treatments and improving patient care; clinical trials nurses are at the forefront of this process. You require a thorough understanding of the research process and terminology, and in-depth knowledge of the studies being conducted at your center.



We play a key role as patient advocates, ensuring patients' safety and protection, and that patients are well supported throughout the research study. We have a wide range of skills including management and organizational expertise, teaching and mentoring, communication, and being able to collaborate and cooperate with other members of the multidisciplinary team.

Fun fact: During my time off I enjoy hiking, Mountain biking, skiing, and camping. I love the outdoors and I love living in BC. My experience working and living in the north has helped guide me into a role where I can be adaptable and embrace new challenges, such as clinical trials. I have had personal experiences and encounters with cancer which has allowed me to relate to my patients in a unique way.

Darlene, Surgical Suite Nurse – Vancouver

I am an Operating Room Registered Nurse in the Surgical Suite at BC Cancer Vancouver. I came from a small community hospital, so coming to work at BC Cancer has its similarities in that I have the time to get to know my patients and address any concerns they may have pre-operatively. I also use past experiences to help me individualize my care for each patient and assure them that I am here for them.

Fun fact: In my spare time, I like to bake cakes and treats for my family and friends.



Mary Beth Rawling, CST Adoption Lead – Prince George

As a Clinical Informatics Adoption Lead, my role is to assist with the design, implementation and sustainment of a new electronic record system (Cerner). Some responsibilities related to design include current state data gathering, recruiting subject matter experts, and facilitating staff attending design and validation sessions. Staff engagement is another very important role of the Adoption Leads. This includes communicating decisions that will affect future state workflows, regularly updating staff regarding project status, always being available for staff to ask/answer questions, and bringing forward staff concerns to CST. Advocating for the 'best Cerner product possible' for BC Cancer patients, families, and staff is how I use my voice to promote "Health for All." As a senior member of the Adoption Lead team with prior nursing leadership experience, I offer knowledge and mentorship to emerging leaders. I am also able to share the combined experience and knowledge of our centre's very collaborative staff with the CST project team.

Fun fact: I'm quite often the last person to leave the dance floor!

WHAT'S NEW

BC Cancer's patient teaching guide – *Guide to Subcutaneous Self-Injections (Pre-Filled Syringe)* has been recently updated.

New features include new and improved graphics that accurately reflect pre-filled syringes used at BC Cancer, instructions on how to maintain sterility while opening the packaging, and details surrounding the automatic safety mechanism for shielding the needle after injection.

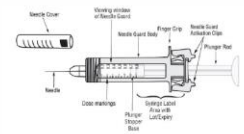
The *Patient Teaching Standard* was also updated to include careful consideration into appropriate selection of patients who will self-inject as well as other small revisions. Find them both on the [H drive](#)



Guide to Subcutaneous Self-Injections (Pre-Filled Syringe)

Setting up:

- 1) Find a comfortable, well-lit working place that you can use to self-inject at the same time each day
- 2) Clean a flat surface area, preferably with alcohol (ie Clorox Alcohol wipes), or another surface disinfectant.
- 3) Assemble the supplies:
 - Pre-filled medication syringe
 - Alcohol swabs x 2
 - Gauze, cotton ball, or band-aid
 - Puncture proof and leak proof container with a lid (ie Sharps container, empty milk or laundry detergent container with lid)
- 4) Check off the angle you were taught to use by the nurse for your injections:
45 degrees 90 degrees



Selecting and Preparing the Injection Site: Follow instructions from your health care provider about where to give an injection. You can give an injection in the abdomen, the thigh, or the back of your arm. Give the injection in a different spot each time to avoid soreness and bruising.

- 1) Wash your hands with soap and water; ensure plenty of lather and friction for at least 15 seconds. If there is no soap and water, use hand sanitizer.
- 2) Clean the selected injection site with an antiseptic alcohol swab; rotate out in a circular motion from the site, outwards, for about 2 inches. Allow skin to dry.



Revised March 2019 | 1

EDUCATION & RESOURCES

Symptom Management Guidelines

The initial BC Cancer Symptom Management Guidelines (SMGs) were developed by Professional Practice Nursing over 10 years ago, with the goal of enhancing the quality and safety of patient care by decreasing symptom distress. The objective was to enable consistent evidence-based assessment and management of patient symptoms by guiding decision-making in a consistent framework, ensuring appropriate responsiveness and optimal nursing care. They do not replace critical thinking. Although these guidelines are clinical tools developed and revised by nurses for nurses, they are reviewed by interdisciplinary content experts throughout BC Cancer and used by other health care professionals involved in symptom management.

There are presently 18 Symptom Management Guidelines and corresponding N-V Assessment Tools that have been revised, reviewed, approved and uploaded onto the BC Cancer website [here](#). Changes in formatting have occurred in response to nursing feedback indicating the desire to have the focus assessment at the beginning of the guideline. Contributing factors and Consequences have been placed in an appendix. NCI grading was kept at the 4.03 version to maintain consistency with the requests of the CST team. The master bibliography remains separate and has been updated with most recent references.

We want to thank all nurses that have been involved in the creation, revision, and review of these guidelines. There have been many of you across the province that made time for this very significant nursing practice guideline update. We should all be proud of the work we do collectively to provide quality patient symptom management and care.

HIGHLIGHTS

In celebration of National Nursing week, BC Cancer nurses were treated to two exceptional talks by Brenda Robinson, M. Ed and Hillary Horlock, BC Cancer patient and PHSA employee. If you weren't able to attend these motivational and inspiring presentations, see below for a summary and be sure to keep an eye on your inbox – the sessions were recorded and the link will be emailed when they are available for viewing!



Creating a Positive, Productive Work Environment

Nurses who attended Brenda Robinson's presentation, titled "Creating a Positive, Productive Work Environment" were gifted with an incredibly humorous, yet equally educational talk. Throughout the presentation, Brenda entwined some fascinating research findings with her own comical and entertaining career highlights. The end result was a laugh-out-loud testimony of how collaboration, communication, and feedback positively influence productivity in the work environment. In case you missed it, we encourage all nurses to view the recording. You won't be disappointed, and chances are, you'll walk away full of ideas that you can incorporate into your own practice to increase positivity and productivity!

How Nurses have Impacted my Experience with Cancer

Have you ever left work after a hectic day and wondered if you've made a difference? Have you thought about the significance of your nursing expertise and personalized care, and how they affect patients? Those who attended "How Nurses have Impacted my Experience with Cancer" by Hillary Horlock were given a patient's perspective on how nurses' time and attention positively influenced her journey with cancer treatment. For example, the little things that we may consider second nature, such as waiting those few extra minutes to treat a patient who may be running late, or being the calm and reassuring voice that patients need when they are anxious and unsure truly make a difference. In case you missed it, be sure to check out Hillary's thoughtful tribute!



Accreditation 2019

Accreditation occurred April 29th - May 2nd at various BC Cancer sites. We prepped, they came, and we conquered. Thank you to all of our nurses and all staff at BC Cancer for their dedication to education, accreditation preparation, and for continuing to showcase how amazing BC Cancer is. The full 2019 Accreditation Canada results and official communication is still to come.



ACCREDITATION
CANADA

Song-cology Fundraiser

The BC Cancer Foundation presents the Song-cology Fundraiser! All proceeds from the fundraiser will support professional practice education for BC Cancer nursing and allied health care teams. See the poster below for details:

A poster for the Song-cology Fundraiser. It features the BC Cancer logo on the left and the BC Cancer Foundation logo on the right. The main text reads: "Join us for the Song-cology Fundraiser", "June 23, 2019 4-6pm", "@ St. Philips Anglican Church 3737 27 AVE W, Vancouver, (Dunbar) BC V6S 1R2". Below this is a table of the event schedule: "Sunday June 23, 2019", "Doors open 3:30", "Concert 4:00", "Reception 5:00". A note says "Drinks reception will include silent auction and bake sale". A link for donations is provided: "To donate directly http://donate.bccancerfoundation.com/goto/Song-cologyFundraiser". An illustration of four stylized figures singing into microphones is on the right. At the bottom, it states: "All proceeds from the fundraiser will be supporting professional practice education for BC Cancer nursing and allied health care teams".

FEATURE ARTICLE

Leading wherever and whenever: Ensuring oncology nurses are future ready

What does that one nursing colleague known for starting the toughest of IVs have in common with the nurse who seeks opportunities to enhance her knowledge base? How are they similar to the nurse who joins committees and completes every survey and questionnaire sent his way? If your answer is leadership, you're correct! Our takeaway from this edition of *Nursing Matters* is that every nurse is a leader every day. In the article "Leading wherever and whenever: Ensuring oncology nurses are future ready," author Jennifer Wiernikowski explores the importance of taking every opportunity to lead wherever your oncology work takes you, whether it's in a formal nursing leadership role, being a resource and mentor to other nurses, or providing insight into how we can improve care and outcomes for patients.

“Leadership is demonstrated by oncology nurses every day... in an increasingly complex and resource-restricted system, the need for everyone to embrace nursing leadership practices is increasingly important”

Wiernikowski, J. (2018). Leading wherever and whenever: Ensuring oncology nurses are future ready. *Canadian Oncology Nursing Journal*. Retrieved from <http://www.canadianoncologynursingjournal.com/index.php/conj/article/view/874/792>

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