

CAMSN Newsletter

The official newsletter for the Canadian
Association of Medical & Surgical Nurses
Summer 2019

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Join the Canadian Association of Medical and
Surgical Nurses group on Facebook!
(Search: **CAMSN**)
Visit CAMSN's official website:
www.medsurnurse.ca

Save the date:
The next CAMSN Conference will be held in
Montreal, QC May 25 & 26 2020!

Our Vision

To be the voice of medical and surgical nurses in Canada

Our Mission

Medical and surgical nurses provide nursing care to adults experiencing complex variations in health. They utilize diverse clinical knowledge and skills to care for multiple acutely ill adults and their families. They are leaders at organizing, prioritizing and coordinating care as well as working with interdisciplinary teams. The practice of medical-surgical nursing requires application of evidence-based knowledge and best practice standards to provide quality, safe and ethical care to clients across the continuum of care. The CAMSN nurse advocates, supports and promotes the integral role of medical and surgical nurses to the health care system.

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EXECUTIVE CONTACT INFORMATION: PRESIDENT

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Coming together is a beginning,
Staying together is progress,
Working together is success.
- Henry Ford

Canadian Association of Medical and Surgical Nurses

Registration Difficulties

It has come to our attention that some of our members have had trouble with registering as a CAMSN member using our online platform. Please rest assured we are working through this with our membership system and expect to be up and running again soon!

If you have any questions or concerns please reach out to a CAMSN member for more information. We will be sure to communicate when we are back to regular operations

On December 1st CAMSN changed to an annual paid membership system

Membership is open to both Registered Nurses and Practical Nurses across Canada.

Annual Membership Fees:

Regular Member (RN & PN) - \$50.00

Retired Member (RN & PN) with/without active license - \$35.00

Student Member (RN & PN) - \$35.00

Your membership will be valid for one year after purchasing. You will receive notifications when your membership is close to expiring and needs to be renewed.

Have you made a MyCNA Profile yet?
Formerly NurseOne, MyCNA grants you access to CanadianNurse and other member discounts!
Visit the CNA official website to register:
<https://mycna.ca/en/login/srp-register>

Hey CAMSN!

Do you like contests and prizes?

So do we!

Watch future newsletters for some exciting ways to win and show your CAMSN support!

Top 10 Reasons to be a CAMSN

Member:

1. Stay up-to-date with CAMSN activities
2. Receive quarterly newsletters
3. Connect with a community across Canada that shares a passion for medical-surgical nursing
4. Expand your knowledge and skills, share in best practices and remain current, connected and relevant
5. Access to CAMSN's Standards of Practice
6. Demonstrate your commitment to competence in your specialty area
7. Opportunities to be featured or have your work featured in CAMSN's quarterly newsletters
8. Discounted CAMSN conference registration fees
9. Access to archived newsletters and documentation from past conferences
10. Work collaboratively with the Canadian Nurses Association



Q: Why did the nursing student fail her cadaver lab?

A: She just couldn't cut it.

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CAMSN Scholarship

Feature Member

The Canadian Association of Medical and Surgical Nurses would like to feature innovative CAMSN members who are making a difference in medical-surgical nursing.

If you would like to be featured in a CAMSN newsletter and/or on the website, send us your work initiative (500-750 words).

If you would like to nominate someone to be featured, let us know and we can contact them!

Feature Publication

The Journal of the Canadian Association of Gastroenterology is an **open access** peer-reviewed journal published quarterly.

They recently celebrated one year in publication!

Why not go check out some of their articles:
<https://academic.oup.com/jcag>

10 Online Canadian Information Sources

1. Canadian Cardiovascular Society
2. Canadian Diabetes Association
3. Canadian Neurological Society
4. Canadian Task force On Preventative Health Care
5. Canadian Thoracic Society
6. Canadian Urological Association
7. Choosing Wisely Canada
8. Crohn's and Colitis Canada
9. Hypertension Canada
10. The Lung Association



CANADIAN
NURSES
ASSOCIATION

Contact Us!

Do you have an idea for our newsletter?
Do you have a question for CAMSN, or an upcoming workshop you would like shared with fellow members?

We would love your feedback and we encourage our members to share their expertise!

Please contact **Laura Vogelsang**,
External Communications Coordinator
at
laura.vogelsang@lethbridgecollege.ca.

Visit the official CAMSN Website!
www.medsurgnurse.ca
Join the official Facebook group!
Search: **CAMSN**

Medical Surgical Trivia

1. What is the medical term for a stomach growl?
 2. What is the lifespan of a red blood cell?
 3. Which bacteria commonly causes stomach ulcers?
 4. What is the pH of the stomach?
 5. Which body part was the first to be x-rayed?
- (Answers on the final page of the newsletter)

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August is Gastroparesis Awareness Month!

Gastroparesis

Gastroparesis, also known as delayed gastric emptying, is a motility disorder in which the stomach doesn't empty food as quickly as it should. When the GI tract works normally, the stomach should be 90 percent empty within four hours of eating a meal. When food sits in the stomach for a long time instead, it can cause pain, nausea and other uncomfortable symptoms.

10 Facts about the Human Body:

1. The cornea has no blood supply
2. When you blush the inside of your stomach does too
3. The small intestine is 23 feet long
4. ¼ of your bones are in your feet
5. There are more than 100,000 miles of blood vessels in your body
6. Your ears and nose never stop growing
7. Tongue prints are as unique as finger prints
8. On average, 4 pounds of your body weight is bacteria
9. 50% of your hand strength comes from your pinky finger
10. The human eye is the equivalent of 576 megapixels

Do you have an idea for education about cannabis or vaping?

Health Canada is offering micro-funding for projects to provide awareness/education about the health effects
<https://www.canada.ca/en/health-canada.html>

The Lighter Side:
What did the lungs say to the cigarette?
You take my breath away!

Did you know? On sunscreen the higher the SPF number means it protects you **longer** not more. Even an SPF of 15 will block up to 90% of UVB rays. Timely application and reapplication is most important! Don't forget the sunscreen this summer !

Focus on Pharmacology: Calcium Carbonate (Tums)

One of the most common OTC medications patients take for indigestion and heart burn are tums. However, they can pose three major risks:

1. Alkalosis
2. Renal Failure
3. Hypercalcemia

If your patient takes calcium carbonate regularly, consider probing to investigate if they are taking doses within the safe range

What else is going on this Summer?

July

- National Injury Prevention Day - July 5
- International Self-Care Day - July 24
- World Hepatitis Day - July 28

August

- Gastroparesis Awareness Month
- International Youth Day - August 12
- World Humanitarian Day - August 19
- International Overdose Awareness Day - August 31



CNA Certification Program

CAMSN would like to congratulate the 31 recently successfully certified and re-certified members!

What distinguishes CNA-certified nurses:

- ➔ Advanced clinical expertise with a commitment to lifelong learning
- ➔ Recognizes specialty knowledge, authenticated by exacting national standards
- ➔ Dedication to evidenced-based care and patient safety

Learn more at:

<https://nurseone.ca/en/certification/get-certified>

What employers of certified nurses are saying about certification:

- ➔ Confirms an RN's enhanced competency and specialized knowledge
- ➔ Helps to recruit and retain the best nurses
- ➔ Fosters safe, high-quality care and raises the entire education culture

Certified Nurses Day

Thank you to everyone who participated in Certified Nurses Day this Spring

We have 26 initial exam writers and 69 certified members eligible to renew by continuous learning

Don't forget to join the CAMSN Facebook page so we can support you! #CNACertification

FALL 2019 Registration Dates:

June 3rd – Sept 12th ➔ Application window to write exam & renew by exam

Nov 1st – Nov 15th ➔ Certification Exam Window

Jan 10th – Nov 1st ➔ Renew by Continuous Learning

The Medical-Surgical Certification Exam encompasses competencies that are classified under twelve categories of content commonly seen by the medical-surgical nurse:

Categories	Approximate weight
Neurological System	7-11%
Eye, Ear, Nose and Throat System	3-7%
Cardiovascular System	10-14%
Respiratory System	10-14%
Gastrointestinal System	6-10%
Genitourinary and Reproductive Systems	4-8%
Musculoskeletal and Integumentary Systems	5-9%
Immunological, Hematological and Endocrinological Systems	6-10%
Infectious Diseases	5-9%
Pain	9-13%
Mental Health	5-9%
Professional, Legal and Ethical Issues	5-9%

Learn more at: https://cna-aiic.ca/-/media/nurseone/files/en/ms2015_blueprint_final_e.pdf?la=en&hash=60FF2647DECE0FF1CA095A062A6B349D12AEBF36

Once CNA Certified, your CMSN(C) credential is valid for a five-year term.

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Continuous Learning Opportunities



Canadian Nurses
Protective Society

Social Media and Technology:

July 24th, 2019
12:00-1:00 PM EST
CNPS Webinar
www.cnps.ca



Canadian Nurses
Protective Society

Communicating with the Police

August 14, 2019
12:00-1:00 PM EST
CNPS Webinar
www.cnps.ca



Canadian Society of
Gastroenterology
Nurses & Associates

September 19 – 21, 2019
St. John's, NL



Canadian Hospice
Palliative Care Nurses
Group

September 19 – 21, 2019
Ottawa, ON



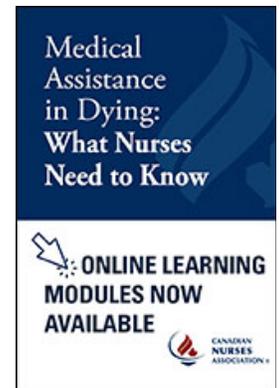
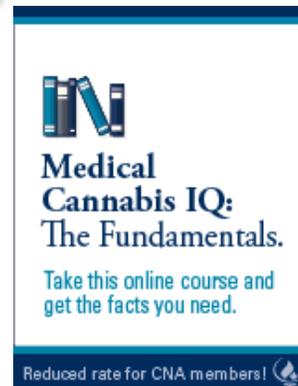
Webinar Series

Skin Health Foundations &
Professional Practice
<http://nswoc.ca/webinar-series/>

Did you know that the CNA has a number of Professional Development opportunities, including Online-learning modules?

CNA members: log into MyCNA (formerly NurseONE) at <https://nurseone.ca/en/login>

Check out <https://cna-aiic.ca/en/professional-development>



An investment in knowledge pays the
best interest – Benjamin Franklin



CNA Webinar Series: Progress in Practice

The cost is free . . . the information, invaluable.

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Education Topic: Communication in Conflict

Conflict is a part of life and it will happen and when conversations don't go as planned, we can often feel like we are at a crossroads and unsure of what the "right" move is to put the relationship back on track. Here are some easy tips to consider when choosing a course of action aimed at successful resolution, maximize connections and minimize conflict.

The 5 Cs of Communication in Conflict

Be Clear. When we get uncomfortable it is easier to be vague and indirect, but that only leaves people wondering what you really mean. Similarly, to ignore conflict and simply hope it goes away is the opposite of being clear. It is your responsibility to start a conversation when something is not sitting right with you so clearly 1) identify the issue using facts and 2) know what you want as a resolution. To be clear is to be kind; especially when you have to deliver bad news.

Be Concise. Providing too much information, rambling, or moving from point to point is ineffective communication. Focus on the most important points and, if you have time, plan out what you would like to say. There is no need to tell a story or apologize for your feelings. Remove filler words like um, like, so and stay focused on the goal.

Be Curious. One of the most overlooked tools when it comes to resolving conflict is the skill of curiosity. Asking another person to share their experience and perspective, actively listening and digging deeper through relevant open-ended questions, demonstrates a value for the other person. This alone creates bridges. The magic in being curious is it opens up the potential for other possibilities and opportunities that normally go unnoticed.

Show Compassion. Holding genuine concern for another's feelings, beliefs, well-being, and outcomes is a way to foster meaningful and deep connections and mutually supportive relationships.

Collaborate for the win. Creating a suitable vision together helps to pave a way forward that will result in positive and committed action. This can be a give and take on both sides or the agreement to choose one path over the other. Either way, when all parties involved in the conflict feel heard and have contributed to the solution, there is stronger commitment to the outcomes.

Tammy Dunnett
Founder
Communication Crossroads

Visit: <https://medsurgnurse.ca/education-corner/>
for access to all of the previous pieces included in
the Educational Corner.

Trivia Answers:

1. Borborygmi
2. Approx 120 days
3. H. Pylori
4. 1.5-3.5
5. Hand

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