

CAMSN Newsletter

The official newsletter for the Canadian
Association of Medical & Surgical Nurses
March 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.

EXECUTIVE CONTACT INFORMATION:

EXECUTIVE CONTACT INFORMATION: PRESIDENT

Annie Chevrier, RN, MSc (A), CMSN(C)
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PAST PRESIDENT

**Brenda Lane, RN, MN, DipAdEd,
CMSN(C)**
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2020 CONFERENCE CO- COORDINATOR

Nicole Pyl, RN, MScN, CMSN(C)
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**The strength of the team is each individual
member. The strength of each member is the team
- Phil Jackson**

Canadian Association of Medical and Surgical Nurses

CAMSN is excited to welcome our new Executive team for

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.

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

Phishing Attempts

It has come to our attention that some of our members email accounts have been used to propagate phishing attempts throughout the CAMSN community. These phishing emails may include links to web pages that mimic CAMSN's own password-protected systems, but **they are phony pages** designed to harvest your id credentials and personal information.

If you are directed to a website that does not match the CAMSN website URL <https://medsurgnurse.ca/> or you are suspicious of the legitimacy of any email; avoid clicking on any links, opening attachments or replying to the message.

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>



Q: What did the femur say to the patella?

A: I kneed you.

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CAMSN Executives

Thank you to our past President!

Brenda Lane, RN, MN, CMSN(C) Former CAMSN President



Brenda Lane has been teaching in the Bachelor of Science in Nursing Program at Vancouver Island University for over 15 years, in years one to three of the program. She most enjoys teaching Pathophysiology courses integrating complex health challenges. She loves to balance the theory with clinical practice on medical and surgical units working with nursing students and patients.

Prior to moving to the west coast, Brenda was a Clinical Nurse Educator for 12 years at the Ottawa Hospital in General and Thoracic Surgery, Cardiology and Respiratory Medicine, as well as the Regional Burn Educator and the Home TPN Training Coordinator. One of her most cherished experiences was working in the Intensive Care Unit. Additionally, Brenda

provides Legal Nurse Consulting, which she considers “fun detective work” that keeps her humble, as she realizes how easily it is for nurses to slip the slope into providing substandard care.

Brenda graduated from the University of Ottawa in 1983, completed a Diploma in Adult Education from St. Francis Xavier University in 1998, and a Masters of Nursing from Athabasca in 2005, and completed CNA Certification in Medical-Surgical Nursing in 2010. She has participated in the competency development and exam item-writing for the Medical-Surgical Certification exam and is a member of the Exam Committee. She has also participated in item-writing for the Canadian Registered Nurses Examination.

We are honored to have had Brenda serve as the president of CAMSN and thank her for her leadership and ongoing mentorship and support. Thank you Brenda!

Medical Surgical Trivia

1. Who invented the stethoscope?
2. What is a sternutation?
3. Where was the first successful open heart surgery performed?
4. What does a somnologist study?
5. Which bone is most commonly fractured?

(Answers on the final page of the newsletter)

Thank you to the former CAMSN executive!

SECRETARY (Continuing)

Crystal Côté, RN, BN, CMSN(C), MSc (Admin)

TREASURER

Carol Ann Connors, RN, CNE

COMMUNICATIONS

Esther Rees, RN, BScN, CMSN(C)

2018 CONFERENCE COORDINATOR

Laura Neal, RN, BN, MN, CMSN(C), CD

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March is Liver Health Month!

1 in 4 Canadians may be affected by liver disease due primarily to the rapidly rising prevalence of non-alcoholic fatty liver disease

10 Peer-Reviewed Journals From Around the World:

1. AORN Journal
2. Canadian Journal of Nursing Research
3. Clinical Nursing Research
4. Journal of Diabetes Nursing
5. Journal of Cardiovascular Nursing
6. Journal of Neuroscience Nursing
7. Journal of Orthopaedic Nursing
8. Nursing Ethics
9. Nursing Inquiry
10. Perioperative Nursing

Did you know?

The most common cause of ascites is chronic liver disease. This is largely due to portal hypertension, low albumin levels, and fluid retention by the kidneys.

On January 22, 2019 Health Canada released an update to Canada's Food Guide. Have you read the new nutritional guidelines? There is a tougher stance on alcohol and more reasons to limit intake.

How well do you know your Liver Labs?

1. These enzymes leak out of the cells and into the blood when the liver is injured
2. This enzyme is often used to detect a blockage in the biliary system
3. Elevated levels of this usually indicate jaundice
4. Chronic liver disease can decrease this protein found in the blood
5. When the liver is damaged the PT/INR may _____.

(Answers on the final page of the newsletter)

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

The Lighter Side:
When I promise to come up with an organ transplant pun...
I de-liver!

What else is going on in March?

- Liver Health Month
- Music Therapy Awareness Month
- Nutrition Month
- Pharmacy Awareness Month
- World Lymphedema Day - March 6
- International Women's Day - March 8
- World Glaucoma Week - March 10 to 16
- Brain Awareness Week - March 11 to 17
- World Water Day - March 22
- World Tuberculosis Day - March 24
- Purple Day - March 26

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CNA Certification Program

CAMSN would like to wish the best of luck to our members who are writing the Medical-Surgical Certification Exam this spring!

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

Attention all certified nurses! Did you know that March 19 is Certified Nurses Day? It's an international day of recognition celebrating certified nurses' contribution to the profession. We're inviting all CNA-certified RNs to proudly wear their certification pins on that day. On social media, celebrate the day by using the "Proud to be CNA-certified" Facebook frame with a photo of yourself. Also, take a few moments to share your story about why you became nationally certified in your nursing specialty. Don't forget to join the CAMSN Facebook page so we can celebrate you! #CNACertification

SPRING 2019 Registration Dates:

Jan. 10th - March 1st ➔ Application window to write exam & renew by exam
May 1st-15th ➔ Certification exam window

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

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

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Education Corner

Continuous Learning Opportunities



Canadian Nurses
Protective Society

Medical Cannabis: What Every Nurse Needs to Know

March 4, 2019
12:00-1:00 PM EST
CNPS Webinar
www.cnps.ca



Canadian Nurses
Protective Society

Documentation
March 20, 2019
12:00-1:00 PM EST
CNPS Webinar
www.cnps.ca



**Canadian Gerontological
Nursing Association**
May 2-4, 2019
Calgary, AB
<http://cgna.net>



**Canadian Association of Nurses in
HIV/AIDS Care**
April 27-29, 2019
London, ON
<http://canac.org>



**Nurses Specialized in Wound,
Ostomy & Continence**
May 24-26, 2019
Gatineau, QC
<http://nswoc.ca>

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>

Medical Cannabis IQ:
The Fundamentals.
Take this online course and
get the facts you need.
Reduced rate for CNA members!

Medical Assistance in Dying:
What Nurses
Need to Know
ONLINE LEARNING
MODULES NOW
AVAILABLE
CANADIAN NURSES ASSOCIATION

Education is the most powerful weapon which
you can use to change the world
- Nelson Mandela

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Ways to become more involved with CAMSN...

Education Corner

An Education Corner has been added to the Canadian Association of Medical and Surgical Nurses' official website, www.medsurgnurse.ca, as well as the quarterly newsletters.

CAMSN's goal is to provide educational pieces that best serve the interest and learning needs of medical-surgical nurses across Canada.

- ❖ **Do you have an idea for our Education Corner? Is there a medical-surgical topic you would like to know more about?**
- ❖ **Are you involved in nursing education? Would you like to contribute an educational piece? Have you done a research study relevant to medical-surgical nursing?**
- ❖ **Are you writing the Medical-Surgical Certification Exam and there's an area of nursing included in the competencies that you'd like to know more about? Tell us what it is! We can create an educational piece to support you in your exam preparation.**

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

Trivia Answers:

1. René Laennec
2. Sneeze
3. Chicago, IL
4. Sleep
5. Clavicle

Lab Answers:

1. ALT & AST
2. ALP
3. Bilirubin
4. Albumin
5. Increased/elevated

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!

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!
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Join the official Facebook group!
Search: CAMSN

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