



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

Winter 2024

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.

CONTACT INFO

FACEBOOK:

CAMSN

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WEBSITE

www.medsurgnurse.ca

Do you have an idea for the newsletter? Email us!

Earlier, we were informed by the CNA that the medical-surgical certification would not be offered due to low interest. However, the CNA has reconsidered this decision, and certification is still available. CNA actively monitors registration rates.

Upcoming Certification Dates

Jan 11 – March 31
Apply for initial certification

May 1-15
Exam Window

Jan	Feb	Mar	Apr	May	June	Dec
January 11 – December 16, 2024 Renewal by continuous learning						

● [Log into MyCNA.ca](#)

Happy New Year!



CAMSN Executive Vacancies:

- Secretary
- Communications
- Treasurer



Issue Highlights:

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Funding Opportunities for Certification

- [Canadian Nurses Foundation](#)
- [British Columbia](#)
- [Alberta](#)
- [Prince Edward Island](#)
- [Saskatchewan](#)
- [Manitoba](#)
- [Ontario](#)
- [Newfoundland and Labrador](#)

HAVE YOU SEEN THIS ORGANIZATION?

CAMSN

Canadian Association of Critical Care Nurses

ACIIMC

Association canadienne des infirmières et infirmiers en Médecine-Chirurgie



We know we have been less present than usual. CAMSN is run by dedicated volunteers who take personal time to run the organization. The complex healthcare system we now find ourselves in has led to competing priorities and has impacted our usual interactions.

We understand the importance of connection and look forward to re-establishing our regular communication.

We appreciate your continued support. Thank you for sticking with us! – CAMSN Executive

Upcoming CAMSN Networking Events:

Title: Coffee and Connection

Purpose: No formal agenda, grab a hot beverage and log on to meet members across Canada and discuss anything and everything related to medical surgical nursing

Dates:

Jan 30th 10am-11am MST (Calgary) [Zoom](#)

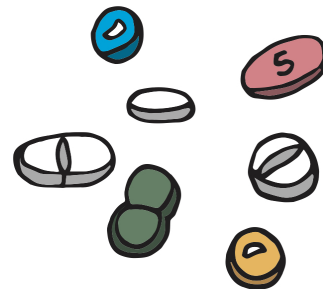
Feb 22nd 1pm-2pm MST (Calgary) [Zoom](#)

Title: Executive Recruitment

Purpose: We are actively recruiting for a variety of positions on our executive. Drop in to learn more about the roles and express interest to fill a position

Dates:

Feb 1st 10am-11am MST (Calgary) [Zoom](#)



Message from the CAMSN President

Welcome to 2024! I'm excited for the opportunity to connect with members across Canada and the continued growth of our association. Medical-surgical nursing is continually evolving, presenting new complexities, challenges and opportunities. As the voice of medical and surgical nurses in Canada, CAMSN remains committed to advocating for our members.

I'd like to express my gratitude to all nurses who are embarking on new journeys in medical-surgical nursing research, education, and practice. These experiences, though often multi-faceted and challenging, contribute to the growth and advancement of our specialty area. Thank you for your invaluable wisdom, courage, and timely contributions to nursing practice, ultimately enhancing the health and well-being of those we serve.

-Laura Vogelsang





Case Study: Hepatitis

Z is a 34-year-old female who visits her health care provider with complaints of nausea, vomiting, and diarrhea for the past 10 days. They have lost 3.6 kg and have no interest in food. They also complain of generalized arthralgias, headache, and low-grade fever. Physical examination reveals an enlarged liver. Z denies IV drug use, unprotected sex, or recent travel outside of Canada. They do display a tattoo on her lower back. When questioned, they state that a friend of her friend gave her the tattoo about 3 months ago. Z has a history of systemic lupus erythematosus for which she is currently taking oral prednisone. They received the required immunizations as a child but did not receive the hepatitis A or B vaccinations.

Nursing management of hepatitis is often focused on symptom management and health promotion. Clients will often have flu-like symptoms. The nurse may involve various members of the interprofessional team during convalescence and recovery. Hepatitis may present a variety of socio-economic complexities concerning relationships, finances and sexuality

Oral Antiviral medications are often given for HBV and HCV. Some anti-virals are teratogenic, which means they interfere with fetal development. Memory Trick: See 'VIR' in the medication name and remember viral/virus! the drug of choice for HBV HCV and HCV virus is Interferon. It alerts the immune system to attack the virus hopefully putting the client into remission

HEPATITIS

	Hepatitis A	Hepatitis B	Hepatitis C	Hepatitis D	Hepatitis E
Transmission	Contaminated food or water (Fecal-Oral)	Blood and body fluids	Blood and body fluids	Blood and body fluids (You can only have HDV if you have HBV)	Contaminated food or water (Fecal-Oral)
Vaccine	✓	✓	✗	B vaccine offers some protection ✓	Not widely available ✓
Chronic	✗	✓	✓	✓	✗
Symptoms	Fatigue, Fever, Jaundice, Nausea, Anorexia	Abdominal pain, Rash, Vomiting, Jaundice, Fatigue *symptoms often delayed	Fatigue, Fever, Rash, Jaundice, Nausea, Anorexia, Bruising *symptoms often delayed	Abdominal pain, Vomiting, Jaundice, Fatigue	Fever, Fatigue, Anorexia, Nausea, Vomiting, Jaundice

CAMSN is proud to partner with NORSE IT LIKE YOU MEAN IT, for education tips!

Adapted from: Lewis, S.L., Bucher, L., Heitkemper, M.M., Harding, M.M., Barry, M.A., Lok Jana., Tyerman, J., & Goldsworthy, S. (2019). *Medical-surgical nursing in Canada* (4th ed.). Elsevier. (Chapter 46)

Test your knowledge! Check out the questions on the next page!





Review Questions

1. Complications of hepatitis B include acute liver failure. Which clinical manifestation indicates this complication may be occurring?

- A. Hypotension
- B. Altered level of consciousness
- C. Decreased urine output
- D. Hyperglycemia

2. What is the primary route of transmission for hepatitis B?

- A. Respiratory droplets
- B. Contaminated food and water
- C. Sexual contact
- D. Skin-to-skin contact
- E. Airborne particles

3. Which of the following information should the nurse include in the teaching plan for a client with acute hepatitis B?

- A. Measures that will be helpful in improving appetite
- B. Ways to increase exercise and activity level
- C. Self-administration of α -interferon
- D. Adverse effects of nucleoside and nucleotide analogs

4. To detect the development of a chronic carrier state in a client with hepatitis, which laboratory test would the nurse assess?

- A. Hepatitis B virus DNA
- B. Prolonged prothrombin time
- C. Hepatitis B surface antigen (HBsAg)
- D. Antibody to surface antigen (anti-HBs)

Answers: B, C, A, C

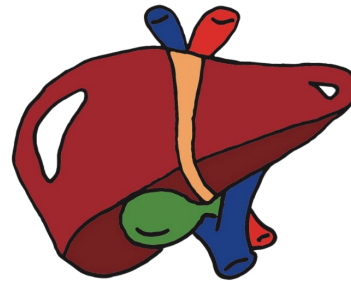
Reasons for A False High BP:

- Cuff is too small
- Cuff is too loose
- Recent exertion
- Caffeine intake
- Arm below heart
 - Legs crossed
- Repeat reading with no rest
- No back support
- Full bladder

Reasons for a False low BP:

- Cuff is too big
- Arm above heart
- Stethoscope pushing too hard
- Poor cuff inflation

Whether it is a manual or automatic measurement being mindful of these reasons will help you avoid errors in measurement and get the most accurate BP



Joke of the week:
Initially I wasn't keen on the idea of organ donation, but recently I had a change of heart!

Education Corner: Acronym of the month 'LITHIUM'

Lithium can be given to reduce the frequency and severity of manic episodes. However, it has a narrow therapeutic range and levels in the blood can become too high and cause lithium toxicity. Lucky the word LITHIUM can be a helpful acronym to help you learn what to monitor for! Symptoms typically start if levels exceed 1.5 mEq/L

- L** - Lethargy: Excessive tiredness or extreme fatigue
- I** - Increased Tremors: You may notice an increase in tremors or uncontrollable shaking, especially in the hands
- T** - Tinnitus: A ringing or buzzing sensation in the ears
- H** - Hypotension: Low blood pressure can lead to dizziness and fainting
- I** - Impaired Coordination: Stumbling or being unsteady on one's feet
- U** - Unconsciousness: An individual might become unconscious
- M** - Mental Confusion: Confusion, disorientation, and difficulty concentrating



Lithium toxicity can range from mild to severe and can even be life-threatening. Regular monitoring of lithium levels through blood tests, adhering to prescribed dosages, and informing healthcare providers about other medications and supplements being taken can help prevent the occurrence of lithium toxicity



Continuous Learning Opportunities

EXECUTIVELINKS
**Continuing Education for
Healthcare Professionals**



Canadian Vascular Access Association
Association Canadienne d'Accès Vasculaire

Canada's resource for vascular access and infusion therapy specialists

Canadian Vascular Access
Association
April 24-26, 2024

Know of any
upcoming
educational
opportunities?
Email us and
we will feature
them in our
newsletter!



National
Conference
May 1-5, 2024



Canadian Association of Nurses in Oncology
Association canadienne des infirmières en oncologie

Annual Conference Oct. 24-27th, 2024



Infection
Prevention and
Control
Canada
June 9-12, 2024
Toronto, ON

January

- Alzheimer's Awareness Month
- Bell Let's Talk Day (28th)

February

- Heart Month
- World Cancer Day (4th)
- World Day of Social Justice (20th)

March

- Kidney and Liver Health Month
- Colorectal Cancer Month
- International Day of Happiness (20th)

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!

Featured
continuing
education for nurses



MacEwan
UNIVERSITY
School of Continuing Education



**CANADIAN
ASSOCIATION OF
CRITICAL
CARE
NURSES**

Canadian Critical Care Nursing
Conference Sept 23-25, 2024

**CNA
LEARNING
CENTRE**

New courses
sponsored by MIP

ENROL NOW



BLOOMBERG
LAWRENCE S. BLOOMBERG
FACULTY OF NURSING
UNIVERSITY OF TORONTO

THE CENTRE FOR
PROFESSIONAL
DEVELOPMENT

**Bloomberg Nursing Centre for
Professional Development**

CAMSN Conference – TBA
Continue to watch for updates!