

Family Practice Nurses Association of Nova Scotia

Newsletter- 2nd Edition

August 2008

President's Message

A few years ago a few family practice nurses had a dream and now that dream is starting to unfold and become reality. We have a strong, vibrant provincial family practice nurses group and to add to that we now have a national group for family practice nurses. Three nurses from NS attended the Ontario Family Practice Nurses Meeting in May, where the Canadian Family Practice Nurses Association (CFPNA) officially started as an emerging group with the Canadian Nurses Association. Patsy Smith and I both participated in a panel presentation where we spoke about the exciting things happening with family practice nursing in Nova Scotia. Erin MacDonald from Sydney attended the OFPN conference. Patsy participated in the CNA conference when the emerging group status was also announced for the CFPNA. Patsy and I are members of the executive for the CFPNA with Ann Alsaffar from Ottawa as our president (so stay tuned for more information on our family practice nursing national group. To date we have been in contact with nurses from Alberta, Manitoba, Ontario, New Brunswick, PEI, and NS. It is truly an exciting time for family practice nurses. We have such momentum in NS and throughout the country and there is a great deal of interest in the role of nursing in primary health care. There have been great strides in the recognition and understanding of the nursing role and now that we have a strong provincial group and an emerging national group the possibilities are endless.

It has been a very busy, eventful spring and summer with lots of news to share. We have 26 members registered with the FPNANS. If you know of nurses working in primary health care that would be interested please let them know re our association. For members the Google group is a fantastic way to stay informed re events and educational opportunities. We hope to be posting medical directives that you can adapt to your practice setting on this site as well in the near future .I hope you have all had the chance to log on and use it as anyone can post topics or questions. Please utilize this as we can all benefit from its use.

Here it is mid summer and your dedicated executive has been working behind the scenes planning and preparing for our upcoming Family Practice Nursing Conference and Annual General Meeting to be held on Saturday, October 18th in Halifax. We will have lots of time to chat and network with each other during the day. I hope everyone is having a peaceful enjoyable summer. Keep safe and hope to see you all in October at our Family Practice Nurses Conference.

Carol Todd
President FPNANS

Provincial Conference

“Harvest Time”-Advancing Roles through Shared Discovery is our upcoming provincial conference. The conference will be held on Oct 18th, 2008 at the QEII Health Science Center- 5th Floor Dickson Building in Halifax.

Registration Information

\$75.00 (FPNANS members) \$115.00 (non members). Includes refreshments and lunch. See enclosed registration form. For further information: Tracey Longley-Email: tlongley@eastlink.ca Ph: 902-453-4585 ext 107

We will have nurses presenting in various areas of their personal expertise and hold our AGM during this conference. See below for a brief summary of the presenter’s and topics to be discussed

- **“FPN Nursing in Nova Scotia” -Carol Todd FPN**

Carol has been a FPN for the past 7 years at the QEII Department of Family Medicine. Carol will provide an update on the newly developed Family Practice Nursing Association in Nova Scotia. She will also discuss the National Association and the progress we all have made.

- **“Family Practice Nurses: Leaders in Primary Care:”- Patsy Smith FPN**

Patsy is a leadership and healthcare consultant with a special interest in primary care systems. Currently she is the project lead for the ‘Nursing in your Family Practice: A resource for physicians’ with Primary Care at Capital Health. This presentation will explore the knowledge, skills, resources, support and leadership required to continue to advance care and work effectively in collaborative practice.

- **“Healthy Travel”- Isobel Napier**

Aware of the need for travel immunizations, Isobel started the Napier Travel Health in 2004. Isobel graduated from Dalhousie as a BN and holds a certificate in Travel Health from the International Society of Travel medicine. Learn the essentials of prepping your patients for travel.

- **“Advanced Access”- Erin MacDonald FPN**

Erin is a FPN in Sydney, Cape Breton who works in a practice that has made the leap to ‘Advanced Access’. Learn about the trials and triumphs of shifting to a same day appointment model.

- **“Medical Directives in Family Practice: Are they necessary?”-Tanya Magee FPN**

Tanya is currently employed as a FPN working collaboratively with Dr. Colin Davey in Lower Sackville. She also practices in the ER department at the Cobequid Community Center and is a member of the FPN Professional Practice Council in CDHA. Tanya will present the results of the councils MDs developed to support FPN practice in Nova Scotia.

- **“Putting Yo ur Best Foot Forward” -Nancy MacNeil FPN**

Nancy help build The Bedford Family Care Associates Clinic. Enrolled in the initial Family Practice Nurse Program and “nursing has never been more exciting, challenging, and fulfilling”. Nancy will present on the importance of foot assessment in primary care.

- **“BP And You”-Brenda Tucker**

Taking blood pressures is an important assessment that FPN's complete on a daily basis. Results are often used to diagnose conditions and adjust medications. Are we really doing it right? How much does our technique really influence the results?

- **“Car Seat Safety: Are we giving parents up to date advice” -Kim Mundle**

Kim is the Car Seat Safety Specialist at IWK Child Safety Link. As an instructor of the Child Restraint Systems Technician program, Kim has trained people around Nova Scotia and New Brunswick who in turn assist parents to choose and use their car seats correctly.

- **“Getting Hip with Injections” -Marjorie Neill FPN**

Marjorie has worked in various specialties in Halifax and is enjoying her current position as a Family Practice Nurse for Camp Hill Family Medicine Clinic. Learn the proper technique for ventrogluteal injections.

- **“Collaborative Practices in the Maritimes” -Nancy MacFadyen FPN**

Nancy works as a Primary Care Nurse in Harbourside Family Health Center in Summerside Prince Edward Island. She works in a collaborative practice in an expanded role. We are interested in learning more collaboration in our neighboring provinces.

Upcoming Conferences

“The Feet we Greet”

Atlantic Foot Care Conference

Sept 28th and Sept 29th, 2008

Holiday Inn Select, 1980 Robie Street

Web information at www.eSourceEvent.com/FCN

Contact Mary MacKay at mary.Mackay@cdha.nshealth.ca

“Family Medicine Forum Information”

Nov 27th-29th, 2008

Toronto, Ontario

Registration: Nurses pay \$430.00 whereas doctors pay \$710.00

Further information available at <http://fmf.cfpc.ca/English/index.html>

There will be an opportunity for nurses to network and meet nurses across the country. It would be great to have nurses from Nova Scotia attending!!!!

Meet your executive

Carol Todd (President)

Mary MacKay (President-Elect)

Ruth Waters (Recording Secretary)

Lindsay Moore (Membership Secretary)

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watersruth@hotmail.com

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Tracey Longley (Treasurer)
Shirley Mack (Education)
Elizabeth McCrossin (Education)

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shibob@ns.sympatico.ca
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Your executive members are always available. Feel free to contact any one of the executive members at anytime. If you wish anything included in the newsletter please feel free to email me at shibob@ns.sympatico.ca. We encourage FPN's to submit items of interest.



Greetings from Cape Breton! As Carol mentioned in her message, a group of nurses from Nova Scotia (of which I was one), attended the OFPN Conference in Toronto in June. In addition to educational and networking opportunities, we were the recipients of an incredible amount of interest in the Family Practice Nursing Program that many of us in this province were fortunate enough to take part in. It certainly made all of us, especially project lead Patsy Smith, acutely aware of what a gem we have here in little ol' Nova Scotia. People were blown away not only by the educational component of the program, but also the comprehensive resource kits we were provided with. It was quite something to witness-they were literally coming at her from all sides!

I would like to add that my participation in that conference, as well as the FMF in Winnipeg last year would not have been possible without the backing of the Primary Care Coordinator in our district, Elaine Rankin. She has been an enthusiastic supporter of Family Practice Nursing from the beginning, and is very interested in getting a chapter of FPNANS started here in Cape Breton. We are planning to meet in September to discuss this very thing. Elaine also keeps me abreast of educational opportunities within our district that I might not hear about otherwise. I would encourage all of you out there to contact the PCC in your own health authority-they can be a great resource for FPN's to access.

Erin MacDonald
FPN, Sydney, NS



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Cheques payable to:

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3591 Robie Street, Halifax, Nova Scotia B3K 4S8

For further information: Tracey Longley – tlongley@eastlink.ca
Ph: 902-453-4585 ext 107

Name: _____ Email _____

Address: _____

Work Address: _____

Interested in Friday night event: Yes_____ No_____

Any special dietary needs _____