

Family Practice Nurses Association of Nova Scotia

Newsletter- 3rd Edition

February 2009

President's Message

I hope everyone had a wonderful Christmas and Best Wishes for a very healthy Happy New Year

As I look back over the past year I am very pleased with the accomplishments of the FPNANS. Our focus was to build the membership and I am happy to report we now have over 30 active members. This could not have happened without your participation and the energetic, hard working executive and I thank each of you for your dedication to family practice nursing. We are happy to welcome Nancy MacNeil as our vice president and Erin MacDonald as our co-chair for education. Our thanks go to Mary MacKay and Elizabeth Smith-McCrossin for their contributions to our association while serving on the executive.

The Education Day (Harvest Time) held in October was another priority for the executive. The conference was well attended and based on the comments and evaluations it was enjoyed by all.

Many other exciting things have been happening with family practice nursing. We have been invited to participate in committees with the CRNNS. Nancy MacNeil is representing FP nurses on a committee for a new Drug Information System, I am sitting on a CRNNS committee for over the counter (OTC) medications and Tracey Longley and Shirley Mack are representing FP nurses with a research project. Patsy Smith is working with the Canadian Nurses Association on a Toolkit for Primary Health Care Providers.

Patsy and I are also on the executive for the Canadian Family Practice Nurses Association. If you are interested in learning more or perhaps joining your national association please look up the website (www.cfpna.ca) We now have 64 members in our national association. This is a very exciting time as we grow and move forward with a united national voice for family practice nurses. It is together that we can make a difference, so join the association and be part of improving things for family practice nurses!

CFPNA had a booth at the annual FMF (Canadian College of Family Physicians) held in Toronto this past November. CAN helped provide funding for us to have the booth. There was a lot of interest in the family practice nursing role in primary health care. A social event was held for FP nurses during FMF where we met nurses from Alberta and Ontario.

We are also continuing the work of CDHA Professional Practice Council, hoping to develop more medical directives. We will be posting these on our Google group website for all FP nurses in our association to utilize.

Erin MacDonald has taken super initiative and shown great generosity by providing funds to have a logo developed for our association...thank you Erin..**It is great.** The logo reflects our role as caring, skilled professionals. It is something we will all be very proud of. On behalf of our association I would like to thank and commend Erin for her hard work and vision to make this happen.

I have highlighted some of the exciting things I know about. Perhaps you have some new, exciting things happening in your district. It would be great if you could share your stories with the other members of the association through the Google groups or by writing a short note for our next newsletter.

I encourage each of you to explore ways to get involved in your association and in your community through networking and leadership. There is still a lot for us to do. We must continue to build our membership, work hard to increase recognition and support for family practice nursing and continue to plan for networking and educational opportunities.

I encourage each of you to renew your membership and to become involved. It is only with your participation that we can reach our goals. Looking forward to 2009!

Carol Todd
President FPNANS

Thank you!!

Many of you have heard that Lindsay Moore has accepted a new position with the Nova Scotia Department of Health as the **Chronic Disease Coordinator.** Lindsay's past experience and knowledge makes her the perfect person to lead this exciting initiative. Lindsay has contributed so much to Family Practice Nursing, both in Nova Scotia and nationally. It is through her vision and the development of the Family Practice nursing program that many of us have learned so much!!!

Indeed, Lindsay has been recognized nationally for her work. Lindsay has touched many of our lives professionally and personally with her gentle caring approach to teaching and education.

We are all fortunate as her hard work and dedication had helped each and every one of us grow professionally. We will all miss her and we wish her all the best in her new role with the Department of Health.

I am pleased that she will be continuing her role as membership chair for FPNANS. On behalf of all our members I thank Lindsay for all she has done for Family Practice nursing and wish her all the best in this new and exciting time.

-Carol Todd



Family Practice Nurses continue to network with other professional groups and are being asked to represent us on many committees. Their time is being compensated!!!!

- **Nancy MacNeil** is our representative on the **DIS**—what does this mean.....

The Drug Information System or DIS is a system solution that holds information on all medications and devices prescribed and dispensed in the health system. It will also allow authorized health care professionals to capture any other drugs and devices known or believed to be consumed or used by the patient.

This consolidated patient information will allow authorized health care providers to perform drug utilization reviews, which will help them access contraindications, potential medication conflicts, known medication allergies, and previous adverse responses to medications.

Since the DIS will capture all medications prescribed to each person, it will be able to perform the clinical reviews on the entire set of medications and the expectation is that the number and severity of medication mishaps will be drastically reduced.

Nancy is on the advisory committee along with a family physician, nurse practitioner, local pharmacist and a hospital based pharmacist.

- **Shirley Mack** and **Tracey Longley** are the representatives on the Phase 1 of a Research project reviewing quality indicators in Primary care. As family practice nurses, we are exploring the feasibility and acceptability of a subset of nationally defined primary healthcare indicators.



Rural Physician's Conference

April 2009

Nursing Leadership Conference

April 16th-17th, 2009

2nd Nursing with Power and Passion Conference

May 7th, 8th, 9th, 2009

Amherst, Nova Scotia

Visit www.echh.ca for details

Email: Shirley@amherstfamilyhealthclinic.com

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Family Medicine Forum

October 2009

Updates

- **FPN Professional Practice Council (PPC)**
The PPC has received funding through the ‘Improving Nursing Practice’ grant at Capital Health to continue working on the development of generic medical directives for family practice. We are looking for new members and would like to hear from you! You will be compensated for your time and meetings will take place between now and April, 2009. If interested, please contact Patsy Smith at psmith@hfx.eastlink.ca
- **“Nursing in Your Family Practice” program updates**
The program now has 35 practices enrolled and more than half have completed the nursing education program! Recruitment has started for the next program starting April 20-24 for Capital Health practices only at this time. If you know physicians who may be interested in hiring a nurse, please let Patsy Smith know at psmith@hfx.eastlink.ca
- **Canadian Nurses Association (CNA) Toolkit for Nurses and Nurse Practitioners in Family Practice**
The Canadian Nurses Association is collaborating with health care partners to develop a bilingual web-based National toolkit for Nurses in Family Practice. This toolkit will provide further information and support for nurses and physicians who are building collaborative teams in family practice and primary care settings. CNA is working closely with the College of Family Physicians (CFPC) to create a resource that compliments the CFPC Primary Care Toolkit. Patsy Smith has been hired to coordinate the development of this website. If you have tools or resources that you think may be of interest to other nurses across the country. Please contact Patsy at psmith@hfx.eastlink.ca
- **Canadian Family Practice Nurses Association (CFPNA)**
Are you a member of CFPNA? We are excited to announce that the Canadian Family Practice Nurses Association (CFPNA) has developed a website. This will be one more tool we can use to try to spread the word about the important work we all do and to help keep each other updated on conferences/workshops etc. Some of the pages are password protected so we encourage you to join the CFPNA to be able to have access to the entire website.
This website will be updated on a regular basis so check back often! Pass this link along to nurses who may not be a part of the listserv. A membership form to join the CFPNA is available on the website.
The website link is www.cfpna.ca

These updates submitted by CFPNA Executive. Thanks.

Immunization Tips from Nicola Graham

Did you know?.....

- All adults should receive *pertussis* vaccine, which is available in a combined vaccine, dTap *Boostrix*®, and is recommended to replace the next Td booster for adults (NACI, 2006, p.262)
- Pneumococcal Polysaccharide Vaccine, *Pneumovax*® should be offered to all adults 65 years and older, and those individuals at high risk throughout the year, not just during flu season. Re-immunization with this vaccine is not recommended. (NACI, 2006, p.273).
- Aspiration before injection of vaccines or toxoids (i.e., pulling back on the syringe plunger after needle insertion, before injection) is not required because no large blood vessels exist at the recommended injection sites. (MMWR, 2005, p. 16).
- Multiple injections can be given in the same limb, but must be separated by an inch (2.5 cm) or more (MMWR, 2005, p. 18).
- All vaccines should be stored at temperatures between +2°C and +8°C along the continuum of the cold chain – from manufacturer to injection into patient. Variations in storage conditions can impact the potency of the vaccine, and leave the patient vulnerable to vaccine preventable disease (PHAC, 2007).
- The temperature of all vaccine storage units (fridges) should be recorded a minimum of twice daily. The thermometer should be calibrated at +/- 1°C (PHAC, 2007).
- The best resource available for vaccine information for parents is *Your Child's Best Shot* (2006), published by the Canadian Pediatric Society.

This information presented is based on questions most frequently posed to Public Health Services regarding Immunizations over the last year.

References:

Centre for Disease Control (2005). General Recommendations of Immunization Practices, *MMWR*, 55 (RR15), 1-48. Retrieved from <http://www.cdc.gov/vaccines/pubs/ACIP-list.htm>

Gold, R. (2006). *Your Child's Best Shot: A parent's guide to vaccination, 3rd edition*. Ottawa: Canadian Pediatric Society. Link: <http://www.cps.ca/english/Publications/Bookstore/YourChildsBestShot.htm>

National Advisory Committee on Immunization (NACI) (2006). *Canadian Immunization Guide, Seventh edition*. Ottawa: Public Health Agency of Canada. Retrieved from: <http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php>

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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 shirley@amherstfamilyhealthclinic.com. We encourage FPN's to submit items of interest.