

NURSING 20 MATTERS 23



BE WHAT THE WORLD NEEDS

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UNIVERSITY OF SASKATCHEWAN • COLLEGE OF NURSING 2023 ANNUAL REPORT

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In Canada, we live, learn and work on traditional Indigenous territories (Treaties 2, 4, 5, 6, 7, 8, and 10). We pay our respect to the First Nation, Métis and Inuit ancestors and affirm our commitment to respectful relationships with one another and this land.



University of Saskatchewan College of Nursing Dean Dr. Solina Richter. 🖸 Dave Stobbe

In 2023, we had the largest class to date of Doctor of Philosophy As I travelled around the province during our 85th anniversary in Nursing (PhD) students complete their program at spring celebrations, I was so proud to hear about the accomplishments of convocation, and the largest class of Saskatchewan-based Nurse our alumni. I had the opportunity to meet many of them for the Practitioner (NP) graduates recognized at fall convocation. We first time. College of Nursing alumni truly are the registered nurses, also celebrated the College of Nursing 85th Anniversary with nurse practitioners, nurse leaders, and nurse scholars the world events across Saskatchewan throughout fall! needs.

Nursing students were recognized with over \$315,000 in student And finally, I must emphasize that our current students continue awards, scholarships, and bursaries, we welcomed new faculty and to impress. Whether they are located on the main campus in staff, an alumnus received the prestigious Rhodes Scholarship, and Saskatoon, studying their BSN program throughout Saskatchewan, the Bachelor of Science in Nursing (BSN) program received sevenor completing graduate studies across Canada or the world, they year program approval from the College of Registered Nurses of are thriving. Their commitment to their studies is obvious and their Saskatchewan. perseverance to complete to their programs is admirable.

I invite you to page through this annual report and take in the many Faculty celebrated tenure and promotion, received teaching awards, launched new courses, and expanded their research exciting stories from 2023 about our outstanding faculty, staff, impact. In December, faculty and staff retirees were honoured for students, and alumni. While there are too many success stories their years of service. to capture in just one report, these pages represent the energy and accomplishments of our vibrant community. When you have Since 2012, the College of Nursing has continually promoted the a moment, I encourage you to follow us on our social media for "Learn Where You Live" initiative to ensure students throughout up-to-date news (@usasknursing) and read more news stories at Saskatchewan have access to the BSN program. In fall 2023, we nursing.usask.ca.

announced the opening of two new distributed sites in Lloydminster and North Battleford.

These are just a few successes that come to mind as I reflect on 2023 and certainly not an all-encompassing list.

MESSAGE FROM THE DEAN

Welcome to the University of Saskatchewan (USask) College of Nursing 2023 Annual Report. When I look back on the vear that has passed. I am extremely proud of all we have accomplished as a College of Nursing. I feel privileged to have been Dean since August 2021 and to work alongside USask Nursing faculty, staff, and instructors, who show an unwavering commitment to our success every day. We have so much to be proud of.

MSRichter

COLLEGE AT A GLANCE

Vision

The College of Nursing is a world leader in educating nurses in interprofessional health-care, research, practice, innovation, capacity building and policy development.

Mission

As University nursing faculty in Saskatchewan, the College of Nursing strengthens nursing, health and the health-care system, through the creation and integration of knowledge from research, education and practice.

Philosophy

Nursing is a respected and caring human endeavor; a distinct health profession; and an applied discipline based on nursing and related theories. Nursing is dedicated to the purposeful, collaborative relationship with individuals, families and communities that enables the acquisition, organization and use of nursing and other related resources that people need to optimize their health experiences within complex, diverse, and dynamic environments.

Embedded in a research-intensive Canadian university, the College of Nursing is situated on the territory of Treaties 4, 6, 10, and the homeland of the Métis. The College of Nursing, University of Saskatchewan, believes the discovery, advancement, and transmission of nursing knowledge is achieved through the integration of teaching, research/ scholarship, evidence informed practice and service. Learning is the process of co-creating meaning that transforms experiences into shared knowledge. We value diversity, social justice and ethical practice. We foster collaboration through primary health-care, practical innovations and technology mediated solutions, with specific consideration of the needs of rural, remote, and Indigenous communities.

The College of Nursing and our graduates are leaders in engaging individuals, families, communities, policy makers, other health professions and disciplines, and other stakeholders to provide safe, competent care that maximizes the potential of people and health systems. Through these combined efforts, we create, support, and share equitable and sustainable solutions that improve health experiences and measurable outcomes. Solutions have local, national, and international relevance.

Approved by the College of Nursing Faculty Council, April 10, 2017.



COLLEGE AT A GLANCE

Programs

UNDERGRADUATE

- Bachelor of Science in Nursing (BSN)
- Post-Degree BSN

GRADUATE

- Master of Nursing (Professional Practice Course-Based and Thesis-Based) (MN)
- Primary Health Care Nurse
 Practitioner (NP)
- Post-Graduate Nurse
 Practitioner Certificate (NP)
- Foundations for Registered
 Nurse Specialty Practice
 Certificate
- Doctor of Philosophy (PhD)
 in Nursing

Locations

UNDERGRADUATE

The College of Nursing offers the Bachelor of Science in Nursing program at campuses in Saskatoon, Prince Albert, and Regina (no longer accepting new BSN students). In addition to our primary campuses, the BSN program is also available to students at distributed sites across Saskatchewan including Ile-à-la-Crosse, La Ronge, Lloydminster, Yorkton, and North Battleford (coming 2024). The Post-Degree BSN option is offered only at the Saskatoon campus.

GRADUATE

All USask College of Nursing graduate programs are offered distributively, allowing students from across Canada to enrol. The main campus in Saskatoon, as well as the Prince Albert campus, have dedicated learning spaces for graduate students.

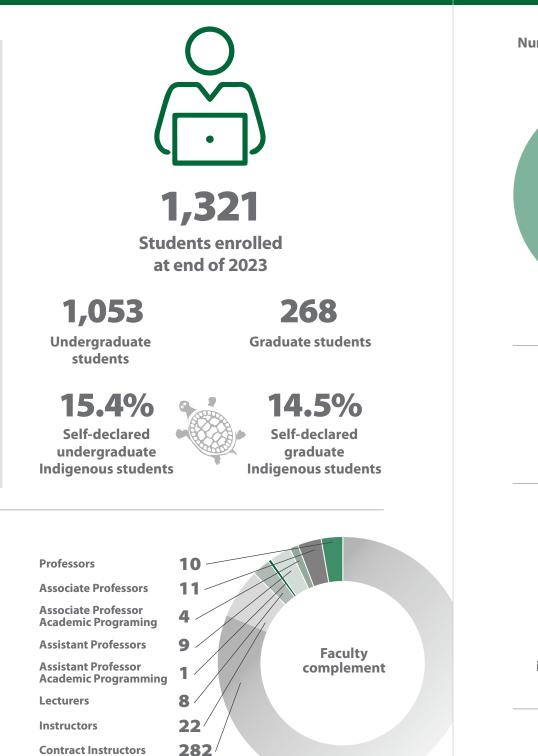
WHO ARE WE?

Since 1938, the University of Saskatchewan has been delivering quality nursing education. Over the course of eight-and-a-half decades, the College of Nursing has seen significant changes.

So who are we today?

We are a College of Nursing educating the registered nurses, nurse practitioners, nurse leaders, and nurse scholars of tomorrow. We are also faculty conducting research and scholarship improving healthcare for the future.

Here is a snapshot of who we are.



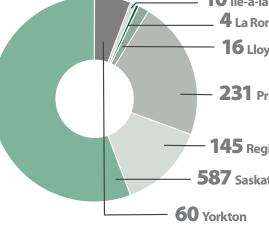


followers



2,430 Instagram followers



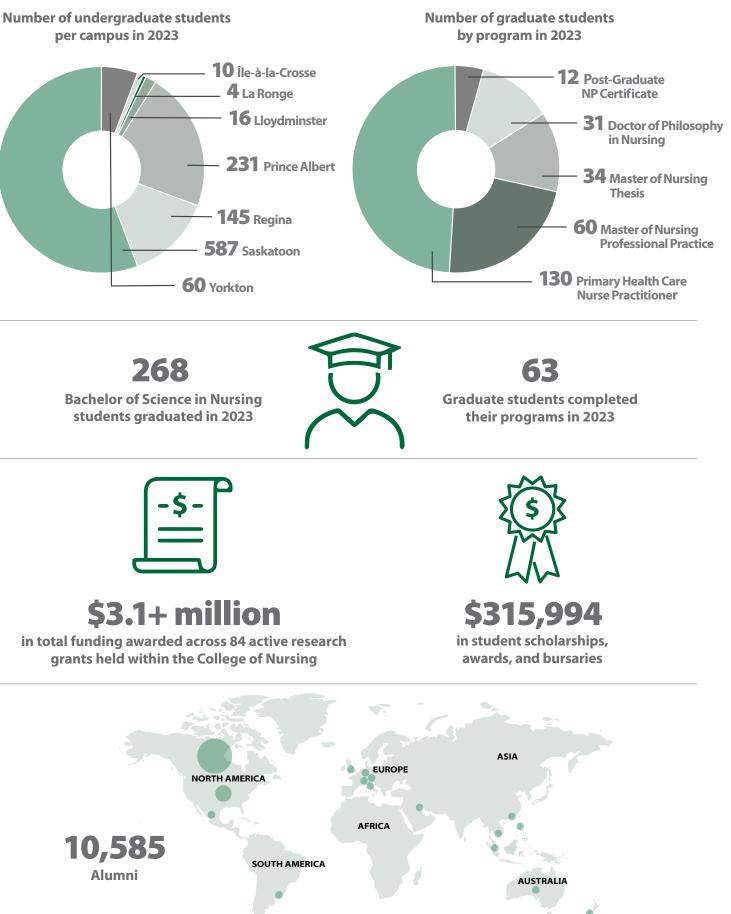






\$3.1+ million

grants held within the College of Nursing



2023 ANNUAL REPORT

WHO ARE WE?

UNIVERSITY OF SASKATCHEWAN College of Nursing NURSING.USASK.CA

BACHELOR OF SCIENCE IN NURSING

REGISTERED NURSE

BE WHAT THE WORLD NEEDS

1 PRE-PROFESSIONAL YEAR 3 YEARS NURSING EDUCATION PROGRAM

ADMISSIONS.USASK.CA/NURSING.PHP



ÎLE-À-LA-CROSSE, LA RONGE, LLOYDMINSTER, NORTH BATTLEFORD, **PRINCE ALBERT, SASKATOON, YORKTON**

Plan 2025 Update

At the University of Saskatchewan College of Nursing, we're focused on delivering accessible programs of excellence for current students, and translating research into creating innovative programs for future learners that meet the needs of a rapidly evolving health-care system.

The College of Nursing is contributing to the University of Saskatchewan's aspiration to be "the university the world needs". Our College of Nursing strategic plan integrates seamlessly with the institutional strategic plan with focus areas in Discovery, Teaching/ Learning, Engagement, and Indigenization.

What does the University of Saskatchewan's aspiration to be "the university the world needs" mean for the College of Nursing?

- It means ensuring our graduates are ready and committed to deliver and enhance collaborative patient-centered care in practice.
- It means supporting Indigenous achievement and contributing to a representative Indigenous nursing workforce that promotes equitable representation in the health-care system and improved patient care.
- It means delivering accessible, technology-enhanced nursing education across the province and beyond.
- It means conducting patient and community-centered research that has a measurable positive impact on health-care delivery for improved wellness of patients, families, communities, and caregivers alike.
- It means enhancing the nursing profession's administrative, teaching, and research capacity through our graduate studies programming.

The College of Nursing aspires to be one of the world's top 100 schools of nursing and to be among Canada's top 10.

PLAN 2025

Our strategic framework to achieve this aspiration weaves together 11 goals within four priority focus areas:

DISCOVERY

Develop a culture of scholarship to achieve research excellence in nursing signature research areas, including Community Engaged Health, Health Equity, and Innovations in Health Systems and Education. Engage in interprofessional collaboration leading to new knowledge and stronger, evidence-informed health-care systems.

TEACHING AND LEARNING

Inspire excellence and innovation in the development and delivery of nursing professional programs that leverage accessible, distributed technology to prepare graduates for interprofessional patient-centered care, for improved health-care delivery in urban, rural, and northern/remote communities.

ENGAGEMENT

Promote healthy, inclusive relationships guided by the Seven Sacred Teachings that invigorate faculty, staff, and students to achieve their full potential as we strengthen and expand collaborative partnerships and leverage support from donors and alumni to co-create positive solutions for patients, families, and communities.

INDIGENIZATION

Understand, embrace, and support diversity as we walk the Indigenous and non-Indigenous journey toward reconciliation with a focus on ohpahotân "let's fly up together" and wahkohtowin "we are all related".

We have made significant progress through the College of Nursing Plan 2025 since its inception in 2018. To highlight this progress, we have used the icons above to connect our featured stories on pages 8 to 29 to one of the four focus areas.









USask nursing graduate looks forward to making a difference

In May 2023, fourth-year Bachelor of Science in Nursing student Dilraj Singh celebrated his entry into the nursing workforce. He joined approximately 270 University of Saskatchewan Bachelor of Science in Nursing graduates across the province.

Eight years ago, Singh left India to come to Canada as an international student. After spending two years in British Columbia, he decided to move to Saskatchewan. "I found a sense of belonging in Saskatchewan and have been happy to call Saskatoon home," said Singh. "The friendly community, beautiful scenery, and strong support network have made it a great place for me to pursue my education and start my career in nursing."

Looking back on his time at the College of Nursing, Singh drew a sense of pride in his success, despite struggling to balance his work and academic life at the start of his program. "The BSN program comes with high academic standards, so it is important to prioritize studies. The workload can be rewards. "My experience at USask has been heavy at times and when trying to balance enriching. The opportunity to learn from that with work, it's challenging. However, I am grateful to have received multiple scholarships and bursaries, which helped to opportunities provided during labs and health and promote healthy behaviours," alleviate my financial stress and allowed me to focus on my studies. These scholarships were a and competencies." Singh also became a



College of Nursing Bachelor of Science in Nursing spring 2023 graduate Dilraj Singh (BSN'23). Kvlie Kelso

motivator for me to keep pushing and striving for excellence in my program."

Pushing through his studies came with great experienced faculty, who are experts in their field, and the amount of hands-on learning clinical, was invaluable in building my skills said Singh.

Canadian citizen the year he graduated, and accepted a position at Saskatoon's Royal University Hospital in cardiology.

"I am excited to join the front lines of healthcare in Saskatchewan where I can apply my knowledge and skills to make a difference in patients' lives by helping them manage their

Did you know USask houses the historic Florence Nightingale medicine chest?



The historical Florence Nightingale medicine chest. Dave Stobbe

Nightingale (1820–1910), a British nurse, E-Wing fourth floor at the University of social reformer, statistician, and the founder of modern nursing. But did you know the of the secret compartment at the back of the College of Nursing is home to the Florence medicine chest that opens by a sliding wood Nightingale medicine chest, a historical nursing artifact dating back to the Crimean drugs and poisons of the day! War?

In 2023, the College of Nursing launched a dedicated section on the college website celebrating the artifact, which dates back to the 1850s (https://nursing.usask.ca/about/ florence-nightingale-medicine-chest.php). The medicine chest came to Canada in 1912 and was donated to the University of Saskatchewan around 1956.

The five-foot display case is currently Letitia Johnson.

Most nurses are familiar with Florence located in the Health Sciences Building Saskatchewan Saskatoon Campus. Take note panel. Maybe it concealed the dangerous

> We'll know even more about the chest soon—a research project titled, "Explore the Secrets and Provenance of the Florence Nightingale Medicine Chest in Canada," is currently underway by University of Saskatchewan College of Nursing researchers Dr. Arlene Kent-Wilkinson (PhD), Dr. Helen Vandenberg (PhD), and PhD candidate with the Department of History,

wahkohtowin symbol gifted to College of Nursing

Symbols are an important part of creating culturally safe spaces. They contribute to knowledge mobilization, and are an opportunity to create awareness and educate all peoples about Indigenous culture. In 1990, the Native Access Program to Nursing (NAPN), now the University of Saskatchewan Community of Aboriginal Nursing (UCAN), in collaboration with the University of Saskatchewan College of Nursing, created a symbol to represent support and mentorship for Indigenous nursing students.

In 2020, when Dr. Holly Graham (PhD) was awarded Indigenous Research Chair in Nursing, she took the initiative to update this symbol. Now she has gifted the wahkohtowin symbol to the College of Nursing.

wahkohtowin, the name of Graham's Chair, is a Cree worldview that describes how we are all related and interconnected, and how the energy in our relationships can create transformation. At a gifting ceremony held in Saskatoon on September 18, 2023, Dr. Graham, Elder Louise Halfe, and Val Arnault-Pelletier presented the framed *wahkohtowin* symbol to USask College of Nursing Dean Dr. Solina Richter (DCur).

"It is my hope wahkohtowin will be embedded within nursing curriculum and all future nursing students will understand how we are all interconnected, interrelated, and the energy in all relationships can create transformation," said Graham. "Secondly, I hope all nursing students will integrate the Seven Sacred Teachings into their lives and their work. Animating these values will create a culture of caring and safety for all peoples."

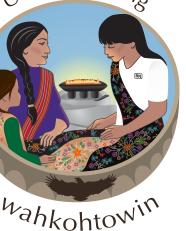
"By gifting this symbol to the College of Nursing and the College incorporating it wherever possible, it is a welcome symbol to all Indigenous students and visitors, and demonstrates acceptance and a valuing of Indigenous peoples and their worldviews," said Graham, who moved from the College of Nursing to the College of Medicine at the University of Saskatchewan in May 2023.

The updating process of the NAPN symbol UCAN Indigenous Nursing Advisors, and the Indigenous Advisory Committee to the included feedback from USask undergraduate Indigenous Research Chair. Indigenous nursing students, the Indigenous Health Committee chaired by Dr. Veronica A wahkohtowin gifting took place at each McKinney (MD), the USask College of Nursing nursing campus and distributed site in Indigenization Sub-Committee chaired by 2023 as part of the College of Nursing 85th Drs. Holly Graham and Hope Bilinski (PhD), Anniversary celebrations.

IN THE NEWS



USask Nursing



This symbol depicts cultural concepts to represent First Nation, Métis, and Inuit peoples. The Inuit peoples are represented by the Qulliq (oil lamp), Métis peoples are represented by the sash and beadwork, First Nation peoples are represented by the beadwork and the drum. Overarching cultural concepts include Family: Father Sky: Circle of Life and Mother Earth's heartbeat represented by the drum; Fire; Rocks are used in ceremonies and are considered sacred and animate; Eagle represents love, one of the Seven Sacred Teachings (humility, bravery, honesty, wisdom, truth, respect, and love). The Seven Sacred Teachings are values when embodied will promote harmony and a aood life.



wahkohtowin symbol gifting in Saskatoon. (back I to r) Tammy Morrison, Elder Louise Halfe, Dr. Holly Graham, Dr. Solina Richter, Val Arnault-Pelletier, Kylie Kelso. (front I to r) Tania Bergen, Kim Lytle, Gina DiPaolo, Roxanne Cossette, and Cheryl Besse. O Ali Abbas

Chief Nursing Officers visit USask

The College of Nursing welcomed Health Canada's Chief Nursing Officer Dr. Leigh Chapman (PhD) and Government of Saskatchewan Chief Nursing Officer Liliana Canadic for a visit in 2023. Discussions focused on the current state of nursing education and the nursing profession in Saskatchewan.

Chapman toured the USask Prince Albert Campus, the nursing lab, and met with Prince Albert based faculty, staff, and students. She also met virtually with faculty, staff, and students from the Regina Campus and distributed sites. In Saskatoon, she had lunch with nursing leadership and met with College of Nursing faculty and staff. She toured the Clinical Learning Resource Centre during a Post-Degree Bachelor of Science in Nursing lab, and visited a class of second-year Bachelor of Science in Nursing students. Government of Saskatchewan Chief Nursing Officer Liliana Canadic joined Chapman in Saskatoon.

"It was an honour to show Dr. Chapman and Liliana our beautiful Saskatoon campus and state-of-the-art facilities and it was wonderful for Dr. Chapman to have the opportunity to travel to Prince Albert and tour the great new campus," said College of Nursing Dean Dr. Solina Richter (DCur). "To spend time with these two incredible nurses, hear their plans for the future, and to have the opportunity to share our comments and concerns about nursing education and the students transition into the workforce, was a privilege."



(I to r) USask College of Nursing Associate Dean Academic Dr. Mary Ellen Labrecque, Government of Saskatchewan Chief Nursing Officer Liliana Canadic, Health Canada Chief Nursing Officer Dr. Leigh Chapman, USask College of Nursing Dean Dr. Solina Richter, and USask College of Nursing previous Associate Dean, Distributed Nursing Education Dr. Lynn Jansen. 🖸 Kylie Kelso

Celebrating Huskie athletes



(I to r) Caleb Dolman, Haley Poier, Rayne Butler-Siemens, Dr. Solina Richter, Halle Krynowsky, and Hannah Lytle. Missing: Jade Houmphanh. 🖸 Submitted

The College of Nursing congratulates six nursing students honoured by Huskie Athletics for their academic achievements in 2022/2023:

Student	Degree	Sport
Rayne Butler-Siemens	Year 3 BSN	Women's Cross Country
Caleb Dolman	Year 3 BSN	Men's Hockey
Jade Houmphanh	Year 3 BSN	Women's Soccer
Halle Krynowsky	Year 4 BSN	Soccer
Hannah Lytle	Year 4 BSN	Soccer
Haley Poier	Year 3 BSN	Women's Volleyball

The U SPORTS Academic All-Canadians are U SPORTS athletes who achieve at least an 80 percent average on a minimum of 18 credit units.

"Nursing education can be challenging and time management is of utmost importance," said College of Nursing Dean Dr. Solina Richter. "Rayne, Caleb, Jade, Halle, Hannah, and Haley not only balanced both the nursing workload and their sports schedules, but excelled in their studies. It was an honour to join all USask athletes at the Huskie Athletics U Sports Academic All-Canadians Breakfast, but a particular honour to celebrate our nursing students."

College of Nursing's Roxanne Cossette completes USask CBUS

Roxanne Cossette walked proudly across the stage at the University of Saskatchewan spring convocation to celebrate the completion of her Certificate in Business (CBUS) from the Edwards School of Business.

Cossette started at USask in the College of Engineering in 2007 and joined the College of Nursing in 2012. She decided to start her Certificate in Business at the Edwards School of Business in 2019, despite juggling life with a two-year-old. By spring 2021, her daughter was three and she'd added a six-month-old son to her family, but decided to continue her studies while on maternity leave. When she returned to work, she kept up her studies, while working full-time as an administrative assistant in the dean's office at the College of Nursing.

"It was guite challenging to balance work, kids, and school, especially during a pandemic as my children were dependent on me during the day," said Cossette. "There were a lot of late nights trying to complete assignments and study for exams, so I could work during the day and spend evenings and weekends with my family."

Today she's full of gratitude about the opportunity. "I would like to thank everyone who supported me throughout my program, in particular, the College of Nursing Faculty and Staff Development committee and CUPE 1975; without their support, I financially would not have been able to achieve this. I wanted to show my children that it's never too late to pursue your dreams."

Cossette has found ways to apply her studies to her position in nursing and plans to continue to use the knowledge she gained from her program to improve her work.

From everyone at the College of Nursing, congratulations!

Video series highlights Indigenous nursing alumni



College of Nursing alumna Cara Arcand (BSN'12). O USask Media Production

Indigenous Research Chair in Nursing Dr. Holly Graham, in partnership with the University of Saskatchewan College of Nursing, launched a

"Putting together these videos was emotional, yet so inspirational. series of video interviews in 2023 with Indigenous alumni exploring Every alumni member had a different story, but the passion they the reasons why each became a nurse. have for nursing, for helping their families, and for being role models "Not everyone who becomes a registered nurse knows that nursing within their communities really shines through. I hope these videos was for them," said Graham. "Some students take a little longer to inspire more Indigenous people to consider nursing as a profession, find their path and their passion." as the career opportunities are truly endless."

IN THE NEWS



College of Nursing Administrative Assistant Roxanne Cossette. 🖸 Submitted

Often when nursing alumni are asked why they became a nurse, they reply because their mother or their grandmother or an aunt was a nurse. However, this is not always the case with Indigenous nursing alumni

"Many USask nursing Indigenous graduates are the first members in their family to take post-secondary school and their reasons for selecting nursing as a career are diverse," says Graham.

Alumni featured in the short videos are from Indigenous communities across Saskatchewan. They are practicing registered nurses and nurse practitioners who completed their nursing programs between 1990 and 2020.

The series of 11 videos were launched as part of National Indigenous Peoples Day and are available on the College of Nursing YouTube channel (https://www.youtube.com/@usasknursing).

"USask Indigenous nursing alumni are doing wonderful work in their communities across this province and this country," said Graham.

College of Nursing receives Bachelor of Science in Nursing program approval



College of Nursing BSN student at the University of Saskatchewan Prince Albert Campus. O Dave Stobbe

The College of Nursing Bachelor of Science in Nursing program received the highest level of approval possible (seven-year approval rating) from the College of Registered Nurses of Saskatchewan (CRNS) in 2023. The CRNS Nursing Education Program Approval Committee oversees the approval for entry-level nursing programs in Saskatchewan.

Program approval promotes the safe practice of nurses by ensuring that programs align with entryto-practice competencies and supports continuous evaluation and improvement of nursing education programs in Saskatchewan. Regulatory approval also ensures that BSN graduates meet the criteria to write the national licensing exam and to proceed to registration as registered nurses. The entry-topractice competencies are inclusive of the need for the nursing profession to collaborate with all Indigenous peoples, healers, and Elders to address the Calls to Action of the Truth and Reconciliation Commission of Canada.

The review process with the CRNS Nursing Education Program Approval Committee is comprehensive and requires great attention to detail. It includes the submission of many documents, as well as a threeday site visit by assessors to the College of Nursing.

"I wish to express my gratitude to Associate Dean Academic Dr. Mary Ellen Labrecque (PhD) for her leadership and her team's dedication throughout the review process," said College of Nursing Dean Dr. Solina Richer (DCur). "Their tireless efforts played a pivotal role in ensuring our success, alongside support from our faculty and staff."

Dr. Roslyn Compton receives Provost's **Teaching Award**



College of Nursing Associate Professor Dr. Roslyn Compton.
Submitted

Associate Professor Dr. Roslyn Compton (PhD) was awarded a Provost's College Award for Outstanding Teaching in 2023. This award recognizes an outstanding teacher in each College at the University of Saskatchewan. Compton is a prominent researcher focusing on gerontological nursing, a collaborative co-worker, a graduate student supervisor, and an exceptional mentor.

Faculty who teach alongside Compton are also enthusiastic about their teaching style, noting that "Compton creates a healthy academic learning-centered environment, models support for undergraduate and graduate student mentorship, and successfully employs a responsive learner-centered approach." Another colleague noted, "Dr. Compton values continuous quality improvement, evidence-based and data-informed decisionmaking, and collaborating to facilitate learning change in their nurse, nurse teacher, or nurse researcher roles."

Compton completed their Bachelor of Health Science at Western Sydney University in 1992, Masters of Education at the University of New England in January 2006, and Doctor of Philosophy at the University of Alberta in 2014. Compton joined USask College of Nursing in July 2017 and holds an adjunct senior lecturer appointment with the School of Nursing, Midwifery and Paramedicine at the University of the Sunshine Coast in Australia.

The entire College offers its congratulations. "Dr. Compton's commitment to academia and their passion to provide mentorship for and build relationships with their colleagues, fellow researchers, and students is exemplary," said Dr. Solina Richter (DCur), Dean of the College of Nursing. "The College of Nursing is fortunate to have Dr. Compton as an associate professor."

USask College of Nursing intensifies research focus

By Elizabeth Ireland

Nursing is a rapidly changing profession and research is an important way to incorporate the patient experience into future healthcare. The College of Nursing at the University of Saskatchewan is highly committed to the university's intent to "be the university the world needs." As part of its Plan 2025 strategies, USask College of Nursing is expanding its research impact — focusing on research that will drive improvements in health-care practices, especially around primary and patient-centred care.

With more than 10,585 undergraduate students, 268 graduate students, and 10,591 alumni at the end of 2023, the College of Nursing has a large scope. Currently, 16.7 per cent of students have self-declared as Indigenous. Plus, the College offers a variety of graduate programs for registered nurses are top-of-mind for many people. to keep learning and advance their careers.

Dr. Louise Racine (PhD) is the College of Nursing's associate dean, research and graduate studies. A registered nurse herself, Racine earned her BSc and MSc in nursing from l'Université Laval and her PhD from the University of British Columbia.

Racine has been a faculty member at USask for 18 years and she has taught both undergraduate and graduate courses. Her own academic research delves into immigrant, refugee and Indigenous health, cultural safety, marginalized populations, and providing better health outcomes.

"I'm interested in how nursing and health issues intersect with race, gender, and social class to affect equitable access and use of health-care services," says Racine.

Racine describes the College's Master of Nursing Primary Health Care Nurse Practitioner degree as its "flagship graduate nursing program." She says the nurse practitioner program has a large number of applicants from across Canada and applications keep increasing each year.

"The internationalization of our graduate programs is aligned with the mission and vision of the University of Saskatchewan," says Racine.

With a laser-sharp focus on research, the College has three signature research areas

based on the strengths it has identified. These are innovations in health systems and education, community-engaged health and nursing research, and health equity research.

Innovations in health systems and education research include rural and remote nursing practice, virtual reality as a teaching strategy, enhancing health service delivery, and the history of health systems.

Community-engaged health and nursing research topics include mental health and well-being, addressing health inequities, substance use prevention and dementia patient care. Associate professors, Drs. Jill Bally (PhD) and Shelley Spurr (PhD) are examining resiliency and wellness among Indigenous and Métis populations living with Type 2 Diabetes. Particularly after the difficult years of the COVID-19 pandemic, these topics

more complex problems.

The Prince Albert campus also acts as a research base for some faculty members. For example, associate professor Dr. Geoffrey Maina (PhD) focuses on health and social priorities and community driven interventions to address health disparities. Also in Prince Albert, assistant professor Dr. Sithokozile Maposa (PhD) is doing research focused on Indigenous women's health.

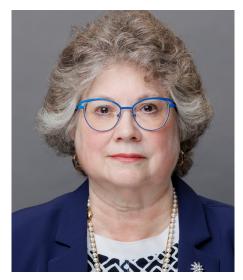
As Canada experiences a shortage of nurses in community and hospital settings, nurses are faced with solving complex transdisciplinary problems that impact the health of patients and communities. "I'm proud of the work we are doing and look towards a bright future," concludes Racine.

IN THE NEWS



Health equity research topics include equal partnership in health-care, pediatric pain and palliative care, improving immigrant, refugee and Indigenous health and wellness, food security and quality housing (especially in rural and remote communities). In many ways, Saskatchewan is an ideal province to research health equity and patients with

USask's Prince Albert campus increases opportunities for students to access learning in a city that often serves as a gateway to northern Saskatchewan's rural and remote communities. The College of Nursing is one of the few USask faculties that offers a full program out of the Prince Albert campus.



College of Nursing Associate Dean Research and Graduate Studies Dr. Louise Racine. O Dave Stobbe

The internationalization of our graduate programs is aligned with the mission and vision of the University of Saskatchewan.

Strengthening communities of care for persons living with dementia

By Brooke Kleiboer

Living with dementia or being the person's caregiver can be a daunting experience for all involved. University of Saskatchewan PhD student Mariana dos Santos Ribeiro hopes to find the best way to strengthen community support systems for a better quality of life for persons living with dementia and their families.

Making the decision that a person needs to enter a long-term care home is emotionally difficult for individuals and families. Often, it is a choice made when care and support are more than what is offered or available in the home and community.

dos Santos Ribeiro, a graduate student in USask College of Nursing and a researcher within the BetterLTC research team, has first-hand experience with the challenges of living with dementia and being a caregiver. At the age of 11, her grandparents came to live in the house next door to her family's in Brazil. Her mother became the primary caregiver for her grandfather, who lived with blindness, and her grandmother, who lived with dementia for more than a decade.

"I have learned from a young age what it means to care for older adults with special care needs and persons living with dementia," dos Santos Ribeiro said. "I have recognized both the joys and challenges of caregiving."

After becoming a community nurse and moving to Saskatchewan in 2021, dos Santos Ribeiro began volunteering at the Crossmount Memory Café, a social and recreational support group designed for persons living with dementia and their families. The stories and experiences she learned about on the job became crucial to her research interest.

"We are unprepared, individually and as a society, to care for persons living with dementia," said dos Santos Ribeiro. "It is critical we, as members of the community of Saskatchewan, know how to be a kind and supportive presence to persons living with dementia and their families."

dos Santos Ribeiro is developing a research project that will look at how caregiver supports can be enhanced within one's



own community, reducing the resource burden and extending the time span that a person living with dementia may be able to continue living in their home community.

She said hearing from and working directly with people in communities - including health-care experts, people living with dementia, and caregivers - is integral to developing community care approaches that work and are sustainable for people who need them.

"Understanding that community care is also part of the health-care system, that investments in this area diminish expenditures, is necessary for strengthening care that is responsive to the wishes of people living with dementia and their families," she said.

How does one begin to examine what types of community supports are needed? dos Santos Ribeiro said that telling stories and listening to each other's stories is the most important part of her work. She will begin listening to the stories of families impacted by living with dementia as the first part of her research data collection. The project will be supervised by Dr. Roslyn M. Compton (PhD), associate professor in the College of Nursing.

dos Santos Ribeiro will explore how

University of Saskatchewan PhD student Mariana dos Santos Ribeiro hopes to find the best way to strengthen community support systems for a better quality of life for persons living with dementia and their families. Submitted

people living with dementia feel in their communities, what kind of support they feel they receive, and what improvements may be necessary to address gaps. The conversations will include sharing memories through photographs, other objects, and activities that have meaning to the study participants. The goal is to change the way communities engage with persons living with dementia, and to use their stories to inspire social change and create new policies that support this outcome.

The BetterLTC research team plans to attend to the stories and experiences shared by persons living with dementia and their families to co-identify gaps and strengths to bring a change in culture and policy that builds "strong age and ability-friendly communities in Saskatchewan."

"As a child, I wanted to change the world with big hopes," dos Santos Ribeiro said. "Later, I got into a more introspective phase, reflecting on how I could change myself to be a better person and nurse. Now, I understand I can be a catalyst for change within communities and health-care systems."

The research is supported by the USask Dean's Scholarship and the Judy Gajadharsingh Award for Graduate Student Excellence in Dementia/Alzheimer Research from USask College of Nursing.

College of Nursing faculty celebrate tenure and promotion

The College of Nursing congratulates the following faculty on achieving significant career milestones in 2023.

Tenure

Dr. Tania Kristoff (PhD) - Assistant Professor -Academic Programming, Prince Albert Campus

Dr. Hua Li (PhD) - Associate Professor, Saskatoon Campus

Dr. Schroder Sattar (PhD) - Associate Professor, Regina Campus

Promotion to Associate Professor

Dr. Hua Li (PhD) – Saskatoon Campus

Dr. Schroder Sattar (PhD) – Regina Campus

Congratulations to our faculty on these successes! As College of Nursing Dean Dr. Solina Richter (DCur) notes, "These achievements are important career milestones recognizing the commitment our faculty are making to the professoriate. Our faculty work incredibly hard on their teaching, research, and scholarship activities in order to achieve this success."

Changes to pre-professional year of study

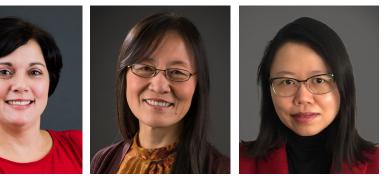
The College of Nursing is in the process of revising the Bachelor of Science in Nursing (BSN) curriculum. Changes to the pre-professional year of nursing were approved by University of Saskatchewan Senate in 2023 and the new course requirements were implemented for students applying for the fall 2024 intake.

The USask BSN requires students take 10 pre-professional year courses before applying to the College of Nursing, where they then complete three years of nursing theory and practice learning. The 1+3 format of the BSN program is not changing, but some of the 10 pre-professional year courses were altered to better prepare prospective students to enter the new BSN curriculum.



Bachelor of Science in Nursing student at the University of Saskatchewan Saskatoon Campus. 🖸 Dave Stobbe

IN THE NEWS



College of Nursing faculty (I to r) Drs. Tania Kristoff, Hua Li, and Schroder Sattar. O College of Nursing

"The changes to the pre-professional year courses will benefit prospective students in a number of ways," said Associate Dean Academic Dr. Mary Ellen Labrecque (PhD). "Changing some of the required pre-professional year courses also means that students throughout Saskatchewan will have the opportunity to access all 10 courses in their home communities, meaning more students in Saskatchewan can consider studying nursing in the province," she adds

The adjustment of the pre-professional year courses also responds to the changing scope of nursing practice. "The revised preprofessional year is aligned with foundational nursing knowledge essential to meeting professional entry to practice competencies and standards for practice as registered nurses (RNs)," said Labrecque.

Other benefits of the updated course requirements include the addition of a nursing anatomy class that will be a good foundation for upper-level nursing courses, and a wider variety of content in the first year, including prospective students' first ever nursing class. As well, a broader selection of courses that are in high demand means students will have more classes to choose from to fit their schedules.

Prospective students may continue to take their first year of preprofessional year courses through the University of Saskatchewan (Saskatoon and Prince Albert campuses), University of Regina, Northlands College, Lakeland College, Suncrest College, North West College, and other regional colleges in Saskatchewan. The remaining three years of the USask BSN program are offered at the University of Saskatchewan in Saskatoon and Prince Albert or at one of the College of Nursing distributed sites in La Ronge, Île-àla-Crosse, Yorkton, Lloydminster, and North Battleford starting fall 2024.

Nursing graduate competes in **Olympic gualifiers**

Nursing graduate Alexis Ashworth (BSN'23) skipped her spring graduation, but for good reason—she was training in an attempt to qualify to represent Canada in women's Olympic weightlifting at the 2024 Summer Olympics in Paris, France.

Ashworth started Olympic weightlifting in fall 2019, after being introduced to the sport through CrossFit. Despite the pandemic shut-downs, she continued to train at home, and resumed competing in summer 2021. She won a silver medal in women's weightlifting at the 2022 Commonwealth Games.

Ashworth started her Bachelor of Science in Nursing program in fall 2017 at the Regina Campus. In her third year, she decided to go part-time in her studies to accommodate weightlifting.

While training and studying was a challenge, Ashworth enjoyed her time as a BSN student. "The best part of the nursing program was completing my final practicum in Estevan at St. Joseph's Hospital in emergency. I gained a lot of confidence as a nurse from this experience, had freedom to use my critical thinking skills, and I felt like a working member of the team. That is what nursing is: a team." Ashworth is excited about working as a registered nurse someday, and is interested in exploring areas such as travel nursing, emergency, cardiology, and psychiatric nursing.

"I am looking forward to being a small part of someone's toughest days," she said. "I understand what it is like to be on the other side of things as a family in the hospital. I know nurses have a very difficult job to do, but if I can be a small part of that, I know I will have a lot of purpose and fulfilment in my career."



University of Saskatchewan Bachelor of Science in Nursing graduate Alexis Ashworth (BSN'23). Submitted





Bachelor of Science in Nursing spring 2023 graduate Ucheoma Oji (BSN'23). Second Pochipinski

Ucheoma Oji (BSN'23) came to Canada to take her nursing degree, and has decided to stay and work as a registered nurse in Saskatoon.

Choosing the University of Saskatchewan for its open welcome of international students, reputation, and affordable tuition, Oji came to Saskatoon in 2019, after finishing high school in Nigeria in 2017 and taking two years off.

"I had a really great experience at USask. Throughout my program, I acquired so much knowledge about health-care and how to care for patients in different settings. My favourite part of the program was the hands-on experience learned during clinical, where I got to care for patients by transferring the knowledge learned in class into the clinical setting."

While she says the workload was "intense," she now recommends the program to others. "I absolutely encourage anyone who is interested to apply. The workload is tiresome, but we're dealing with human lives and the learning process is worth it in the end."

Oji has made many friends while at USask and said that, besides the weather, coming to Canada has been an amazing journey. "I am very excited to become a registered nurse," said Oji. "I look forward to taking care of patients, and being a part of their health journey."

Ucheoma knows becoming a registered nurse requires a commitment to lifelong learning.

"I look forward to working with the health-care team, growing professionally, and adding to my skills and competencies. In the future, I am considering returning to school to become a nurse practitioner."

USask Nursing student aims to advocate for patients



College of Nursing Bachelor of Science in Nursing student Jenna Masey Bear. Submitted

By Shannon Bolaschuk

Jenna Masey Bear decided to pursue a degree at the University of Saskatchewan after working alongside nurses for 11 years in her job as a continuing care aide.

"I always desired to be more involved in-patient care by actively supporting, advocating, promoting, intervening, and aiding in the healing process," said Bear. "While there are many other reasons, I really want to help and support people through some of their most vulnerable moments in their lives."

Bear is from the Mosquito Grizzly Bear's Head Lean Man First Nation and was raised by her kohkom (grandmother) and her late mooshom (grandfather) at Little Pine First Nation.

"Growing up in the community and by my grandparents, I was raised "My advice for future nursing students is to not give up. "Keep to honour and respect my traditional roots," she said. "It is here where trying; don't let failure scare you or stop you from achieving your these core values, morals, and beliefs enabled me to have continued goals."

IN THE NEWS





faith in my educational journey, and continued to motivate me to keep trying, despite continuous obstacles I had to face throughout the years to be where I currently am."

In 2023, Bear was honoured for her leadership at the Indigenous Student Achievement Awards Ceremony. The leadership award recognizes students who have demonstrated exemplary leadership on or off campus.

"I was extremely happy, thankful, and to be honest, stunned," said Bear, when asked how she felt after receiving the good news about the award.

In May, Bear and two other students travelled to St. John's, Newfoundland and Labrador, to present at the Canadian Association of Schools of Nursing (CASN) Biennial Canadian Nursing Education Conference to promote anti-discriminatory pedagogy in nursing education. Bear was known as a student who showed exemplary leadership and diplomacy in the College of Nursing and within the larger community, including her advocacy work to bring awareness to issues around homelessness, addictions, and mental health in honour of her late brother.

"As a student mentor and as the Saskatchewan Nursing Student Association - Saskatoon (SNSA) Indigenous representative, I really wanted to help others who may need additional support, guidance, and resources to aid in their educational journey," said Bear. "As someone who can relate to others and provide support, I believe I can be a great asset as I have had to overcome a lot of barriers and obstacles in my nursing journey."

Bear noted that it took her nearly eight years to complete the fouryear Bachelor of Science in Nursing program because she took time off from her studies to care for her brother. She believes sharing her personal story can help others.

"In nursing school, I faced plenty of obstacles and moments that forever changed my life, such as holding my brother's hand while he was on life support, being with him during his heart procedures while juggling clinicals and school. In my final year of school, I grieved the loss of my late brother, who lost his battle to mental health and addictions," she said.

"Then, I took care of my mother, who was facing her own health concerns in the intensive care unit for four months. It is here where we faced a family crisis due to the loss of my beloved brother, where I took on the responsibilities of raising my little sister. I believe my story can resonate with others."

Despite feeling defeated during those difficult times, Bear said she stayed strong and continued to believe that she could overcome "whatever life has to throw at me." She now aims to "help prevent others suffering with their own obstacles and let them know that they are not alone in this fight and that there is additional support out there."

Historic fall nursing convocation

University of Saskatchewan College of Nursing Nurse Practitioner graduates gather at Fall Convocation with College of Nursing Dean Dr. Solina Richter and Associate Dean Academic Dr. Mary Ellen Labrecque. Seanna Pochipinski

The College of Nursing celebrated its largest class of Saskatchewanbased nurse practitioner graduates to date at the fall 2023 convocation. The class also included the largest number of selfdeclared Indigenous nurse practitioner grads in college history.

Fall convocation celebrated graduates from a number of nursing programs including Master of Nursing – Thesis, Master of Nursing – Professional Practice, Primary Health Care Nurse Practitioner, and Postgraduate Degree Specialization Certificate Primary Health Care Nurse Practitioner.

Melissa Mish from Kenosee Lake, Sask., is one of the NP fall graduates. "I accepted a nurse practitioner position in a rural community," she said. "I strive to provide my current and future patients with the highest quality of care and utmost compassion." She recalls her student experience fondly. "Getting to meet so many wonderful nurse practitioner students from across the country, we all support one another," she said. "We bounce different ideas and questions off each other, which is especially helpful going forward in our new careers as NPs."

Janet Luimes, academic program lead for the nurse practitioner program at the College of Nursing, is pleased with the increase in NP grads. "The number of nurse practitioner students has grown substantially over the past decade and graduating 32 new NPs, 16 of whom are from Saskatchewan, is something to celebrate. Each graduate will make a difference in the community where they practice." "

Each graduate will make a difference in the community where they practice.



College of Nursing fall 2023 Nurse Practitioner graduate Melissa Mish (MN-NP'23).

Four nursing students receive USask Indigenous Student Achievement Awards

The College of Nursing is proud to announce we had four highly deserving students receive University of Saskatchewan Indigenous Student Achievement Awards in 2023. The awards are announced annually during Indigenous Achievement Week, and celebrate Métis, First Nations, and Inuit students. This year's winners included Jenna Masey Bear, Jessica Harper, Tanis Moberly, and Maddy Soles.



JENNA MASEY BEAR, from Mosquito Grizzly Bear's Head Lean Man First Nation and raised in Little Pine First Nation, was a Bachelor of Science in Nursing student at the Saskatoon Campus at the time of this award. She was recognized with a leadership award.

Bear enrolled in the Bachelor of Science in Nursing program after working as a continuing care aid for 10 years. She was the Indigenous representative on the Saskatchewan Nursing Student Association in Saskatoon, worked with College of Nursing advisors to host mentorship events, and volunteered to assist with college recruitment events. Bear was both a mentor and presenter with the Brave Spaces project, a pilot project to provide support for students, as they navigate their first clinical experience in the Bachelor of Science in Nursing program.

JESSICA HARPER, from Onion Lake Cree Nation, was a student in the Master of Nursing Primary Health Care Nurse Practitioner program at the time of this award. She was recognized with an academic achievement award.

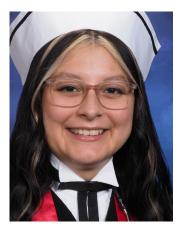
Harper began working as a registered nurse in her home community in 2018. Her ongoing commitment to Indigenous health and education led her to enroll in the Master of Nursing Nurse Practitioner program at USask in 2021. Since beginning her program, Harper excelled academically. After graduation, she hopes to work as a nurse practitioner within her community.

"Congratulations to Jenna, Jessica, Tanis, and Maddy," said College of Nursing Dean Dr. Solina Richter. "I am proud of all our Indigenous nursing students' success, but in particular these students, who are being recognized for their academic achievements and for being leaders both among their peers and in their communities."

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TANIS MOBERLY, from Birch Narrows Dene Nation was a Bachelor of Science in Nursing student at the Saskatoon Campus at the time of this award. She was recognized with a leadership award.

Throughout her program, Moberly embraced her culture and excelled at sharing Indigenous ways of knowing and perspectives with her peers, her instructors, and at the school where she completed her community health placement.

Moberly is consistently reflecting on her learning and striving for continuous improvement in her work. She presented at the 2023 Canadian Association of Schools of Nursing conference in Newfoundland, with a presentation titled, "It's in my DNA: How an Indigenous nursing student found their voice in community health nursing."



Submitted

MADDY SOLES, from the Métis Nation—Saskatchewan, is a current Bachelor of Science in Nursing student at the Prince Albert Campus. She was recognized with a resiliency award.

Soles demonstrated resilience and growth in the following areas: confidence, organization, balancing her personal and work life, and academic achievement. Upon completing her BSN degree, Soles wants to nurse in her home community of Prince Albert, which will allow her to serve in the community that played an important role in raising her to be a hardworking, compassionate, and dedicated person.

Combating diabetes using community strengths, aided by USask research



(I to r) College of Nursing Associate and Professors Drs. Shelley Spurr and Jill Bally. 🖸 College of Nursing

By Dr. Sarah Oosman (PhD)

A University of Saskatchewan research team is working directly with Indigenous communities throughout Saskatchewan to improve methods for preventing Type 2 Diabetes. College of Nursing's Drs. Shelley Spurr (PhD) and Jill Bally (PhD) have teamed up with lead researcher Dr. Sarah Oosman (PhD), acting director of USask's School of Rehabilitation Science, on a project titled "Strong Bodies, Spirits, Minds, and Voices" Privileging Indigenous Knowledge to Guide Pediatric Type 2 Diabetes Prevention with First Nations and Métis Communities in Saskatchewan." Dr. Amanda Froehlich Chow (PhD) from the School of Public Health, and Knowledge Keepers Gilbert Kewistep and Margaret Larocque are also contributors.

The goal of the project is to connect directly with Elders, Knowledge Keepers, youth, and families in Indigenous communities to co-create and implement an Indigenousdriven health promotion intervention toolkit for preventing Type 2 Diabetes, that is grounded in Indigenous world view. "We want to reframe our approach to health promotion and wellness research in ways that are relevant and meaningful to Indigenous communities in order to positively impact and influence wholistic wellness among Indigenous youth and their families, particularly as Type 2 Diabetes continues to grow," says Dr. Oosman.

According to Diabetes Canada, agestandardized prevalence rates of diabetes in the country are significantly higher in the Indigenous population due to a number of factors including "Canada's historic and continued colonial policies, such as residential schools, Indian hospitals, and the '60s Scoop; lack of access to healthy, nutritious, and affordable food; and a strong genetic risk for Type 2 Diabetes."

Diabetes is prevalent at a rate of 17.2 per cent among First Nations peoples living onreserve, 12.7 per cent among First Nations peoples living off-reserve, and 9.9 per cent among Métis peoples – compared to a rate of only five per cent among the general population.

Indigenous and non-Indigenous scholars and community leaders including community members with Type-2 Diabetes lived experience participated in numerous think tank sessions to help create a comprehensive funding proposal that was informed by First Nations and Métis knowledge, expertise, values, culture, and language.

The proposal calls for culture-based health promotion interventions designed to wholistically prevent Type 2 Diabetes among Indigenous youth using a preliminary *mitos miyoyawin* (Cree for "tree of wellness") framework developed by think tank participants and informed by Indigenous knowledge.

"We have built relationships with several Knowledge Keepers who remind us that answers are already in the communities, and we must create space and opportunities to bring this knowledge to the foreground," Oosman said.

Oosman and her team were awarded nearly \$2 million in funding over the next five years from the Canadian Institutes of Health Research (CIHR) to continue their research with current community partners and eventually expand it across diverse Indigenous communities throughout Saskatchewan.

Île-à-la-Crosse and James Smith Cree Nation are the first two communities to partner on this project. Several other communities, including Clearwater River Dënë Nation, La Loche, Sweetgrass First Nation, Little Pine First Nation, and Poundmaker Cree Nation, have also started engaging as partners with the project.

"This program continues to support the community and will enhance our ability to address Type 2 Diabetes among our [Métis] people, with thoughtful consideration of unique, historical food accessibility realities in the Saskatchewan north," said Nap Gardiner from Île-à-la-Crosse.

Margaret Larocque, a lead Knowledge Keeper originally from Waterhen Lake First Nation who is guiding the project, noted the importance of addressing diabetes for children in Indigenous communities.

"Diabetes is an epidemic with Indigenous people, and we really need a lot of education and prevention for kids," she said.

Indigenous youth have also been involved with the project in order to bring an intergenerational focus and to have their perspectives integrated throughout the research program.

"I honestly think it's a great opportunity to be doing this. We need more opportunities to connect young people to have conversations and learn from one another. We need to help other [young people] recognize the symptoms so diabetes can be controlled," said Chloe, a Cree youth from northern Saskatchewan.

Early intervention is a sentiment mirrored by many involved in the program's development. "This project is important so we can work with young people on the overall management of diabetes, including nutrition, physical activity, and Traditional Knowledge from our Elders," said Mike Marion, health director for James Smith Cree Nation. "Our Elders have knowledge from our history of living on the land and off the land, dealing with different diseases, how they dealt with diabetes and used traditional medicines, which is tied into a healthy body and healthy mind."



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While the focus of this project revolves around the prevention of Type 2 Diabetes among Indigenous youth in partner communities, Oosman expressed optimism that the framework being developed could have more applications and provide more culturally responsive framing relevant to Indigenous communities in Saskatchewan and beyond, for future health-care research.

"We have this great opportunity to come together to work as a collective to find the middle ground together as a team and with communities, and build something that can impact health equity and future health and wellness," Oosman said.

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NURSE team presents research at - international conference



Research Coordinator Caitlin Olauson and Research Facilitator Robin Thurmeier at the National Organization of Research Development Professionals annual conference. Submitted

In spring 2023, College of Nursing research facilitator Robin Thurmeier and research coordinator Caitlin Olauson travelled to present their project "Exploring the role of research development in building a strong culture of research: Co-creating with researchers and research development professionals through participatory diagramming" at the National Organization of Research Development Professionals (NORDP) annual conference.

Thurmeier and Olauson are members of the Nursing Unit for Research and Scholarship Excellence (NURSE) at the University of Saskatchewan College of Nursing, which provides supports for nursing researchers to advance their research and scholarship activities.

With funding from NORDP, Thurmeier and Olauson travelled to Crystal City, Arlington, Virginia to present their project, which was a fantastic opportunity to share their insights. "Caitlin and I felt this was an excellent chance to present to a room full of international research development professionals, who could also benefit from our on-going work on this project," said Thurmeier. Their presentation covered how research development works within the context of a Canadian U15 university, discussed their ongoing NORDP and InfoReady funded project, and engaged in discussion with session participants asking them the same research questions they asked others as part of their study.

"The conference was an tremendous opportunity for us to present what we have learned from this project so far and to also gather feedback from other like-minded individuals," said Olauson, adding that information sharing was a bonus as well. "It was helpful to hear what other research development professionals experience in their organizations, what barriers they face within their institutions, and what their values and beliefs were regarding research."



At the official signing event in Lloydminster. (I to r) Tina Shaw (provincial lab manager, USask Nursing), Colleen Young (MLA Lloydminster), Maddex Neufeld (2nd year USask Nursing student), Jackie Bender (dean of university transfer and foundational learning, Lakeland College), Mark Tomtene (director of operations and strategic planning, USask Nursing), Dr. Alice Wainwright-Stewart (president and CEO, Lakeland College), Dr. Solina Richter (dean, USask Nursing), Louisa Burry (2nd year USask Nursing student), Dr. Lynn Jansen (previous associate dean distributed learning, USask Nursing), and Dr. Mary Ellen Labrecque (associate dean academic, USask Nursing).

The University of Saskatchewan College of Nursing is now offering its Bachelor of Science in Nursing program in Lloydminster, Alta., in partnership with Lakeland College.

Prior to the partnership, students located in the Lloydminster area relocated to a USask campus after completing their first preprofessional year in the university transfer program at Lakeland College. Now, following their first year of university transfer at Lakeland, students can complete the remaining three years of the nursing program through USask, while staying in Lloydminster.

"We are excited to enter this partnership with Lakeland College, as it enables us to deliver high quality nursing education in another community," said College of Nursing Dean Dr. Solina Richter. "Students in Lloydminster who may not have considered nursing education in the past will now have access to learn where they live, as a result of this collaboration."

Students working towards their BSN degree in Lloydminster participate in classroom learning at Lakeland College, while connected virtually with Nursing professors and other USask nursing students across Saskatchewan. Local nurse educators from Lloydminster and the surrounding area teach in-person labs in modern Musgrave Agencies Nursing Labs provided by Lakeland College. The majority of clinical placements will occur at a variety of local agencies.

"The collaboration between Lakeland and USask is welcome news for our students and our region as the need for registered nurses continues to grow," said Lakeland College Dean of University Transfer and Foundational Learning Jackie Bender. "New degree completion pathways that allow our students to stay in the community while receiving a robust educational and campus life experience is a priority for Lakeland. We're thrilled to see our students and community benefit from this partnership."

"

Because our population base is spread out across Canada, we want to be able to be a representative for them, to advocate for their needs, and to work with the College of Nursing administration to see what resources would be most helpful.

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Students launch Nursing Graduate

Why work alone when you can work together? At heart, this was the thinking bringing together a handful of nursing graduate students to form the Nursing Graduate Student Association (NGSA) in fall 2023. When students are coming from a learn-where-you-live program, or conducting graduate work independently, the students saw the opportunity as one where they could share academic advice, mentor fellow students, and find ways to connect socially.

"We had been thinking there's something missing in terms of collegiality, the social aspect of graduate studies within USask College of Nursing," said Catherine Lavigne, the NGSA's vicechair administrative and communications liaison. "Studies can be isolating, especially when you are full-time from home at your desk taking courses. You want to get to know your classmates, to get involved."

After coming together officially in the fall, the NGSA now meets monthly on Fridays over video conference. The association not only holds executive roles, but also ensures inclusive representation by incorporating delegates from each graduate program cohort, as well as invites students to hold special chairs to advocate for a broad range of equity-seeking groups.

After becoming recognized and ratified by the university's Graduate Student Association, the NGSA started by initiating a student satisfaction survey to send out to the over 200 graduate students at the College of Nursing and learn what their members want in terms of events, support, and representation. They also created a mentor network to connect new students with students further along in their program for advice sharing.

Lavigne, who lives in Winnipeg and is now in her clinical rotation year of the Nurse Practitioner program, has already taken on a mentor role for a fellow student, noting that new students often have questions around placement opportunities. As she helps to develop the NGSA, Lavigne says she hopes the association grows even stronger in terms of its ability to represent nursing graduate students and advocate for their needs.

> "Because our population base is spread out across Canada, we want to be able to be a representative for them, to advocate for their needs, and to work with the College of Nursing administration to see what resources would be most helpful."

To learn more about the NGSA, or to get involved, please visit <u>https://nursing.usask.ca/</u> get-involved/ngsa.php.

World University Services of Canada scholarship brings student to USask Nursing

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Bachelor of Science in Nursing student Martha Korok with College of Nursing Associate Professor Cheryl Besse, 🖸 Submittee

Before receiving the World University Service of Canada (WUSC) Scholarship through the Student Refugee Program (SRP), College of Nursing student Martha Korok had not heard of Saskatoon. "I became aware of the University of Saskatchewan on the day I received my placement letter," said Korok.

Korok attended Morneau Shepell High School in Kenya, where she successfully completed her studies in 2018. Her strong academic performance in the Kenya Certificate of Secondary Education (KCSE) made her eligible for the WUSC refugee students' scholarship.

"After students are accepted in the WUSC SRP program, WUSC shares the names of scholarship recipients with various universities in Canada," explained Korok. "Students are then subsequently placed in the university where they have been accepted. The selection process is based on the top three programs students indicate when applying for the scholarship."

This brought Korok to the University of Saskatchewan College of Arts and Science in 2021, where she completed her preprofessional year of nursing studies. "Initially, the experience of coming to Canada was filled with excitement, as is natural for anyone to feel enthusiastic about relocating to a new place," reflected Korok. "However, the experience became challenging when I arrived in Saskatoon during winter and I began to feel the added difficulty of living so far away from my family."

As Korok settles into Saskatoon, she is excelling in the Bachelor of Science in Nursing program. Besides the WUSC SRP scholarship to come to USask, she also received the Mary Hallet Undergraduate Scholarship from the Canadian Federation of University Women (CFUW).

Korok is enjoying her time in the BSN program. "The nursing program at USask has been instrumental in allowing me to apply the theoretical knowledge I have acquired in real health-care settings. The emphasis placed on communication, empathy, critical thinking, and the development of interpersonal skills in nursing school is often underestimated until one is faced with situations that necessitate these skills."

Upon completion of her program, Korok plans to stay in Saskatoon for a few years. Her long-use goal is to return to South Sudan to use her acquired expertise and experiences to positively contribute to her home country. "I recognize the importance of gaining valuable nursing experience and expanding my academic gualifications before embarking on this long-term goal," said Korok.

Celebrating Nursing students with over \$315,000 in awards

Undergraduate and graduate University of Saskatchewan College of Nursing students were awarded over \$315,994 in student scholarships, awards, and bursaries in 2023. Eighty-nine USask Nursing students received a combined 119 awards.

"The awards presented at the annual student awards ceremony truly change the lives of nursing students, one student at a time," said College of Nursing Dean Dr. Solina Richter. "Receiving these scholarships and bursaries is a testament to the dedication these students have made to their studies."

"Thanks to the generosity of our donors, these students have one less thing to worry about while concentrating on their studies," said Dr. Richter. "Without our donors, this would not be possible. Donor support is instrumental in student success and for that, we thank our donors."

Congratulations to the 2023 College of Nursing award recipients! For a compete list of all recipients, please visit the College of Nursing website (https://nursing.usask.ca/ documents/awards/2023ceremonylistofwinners.pdf).

Government of Saskatchewan expands communities eligible for student loan forgiveness

Source: Government of Saskatchewan

The provincial government has expanded the Saskatchewan Loan Forgiveness for Nurses and Nurse Practitioners program to five midsized communities. The newly eligible communities are Prince Albert,



College of Nursing student Precious Alozie from the University of Saskatchewan Prince Albert Campus speaks at the event highlighting what the expansion of the program means to her. O Submitted

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University of Saskatchewan nursing students alongside donors and College of Nursing Dean Dr. Solina Richter at annual College of Nursing student award ceremony.

Moose Jaw, Swift Current, Yorkton, and The Battlefords. Notably, many of these are communities where the College of Nursing offers programming.

Nurses and nurse practitioners who started employment in the newly designated communities on or after January 1, 2023, may be eligible to receive up to \$20,000 of Saskatchewan student loan debt forgiveness.

This initiative supports Saskatchewan's Health Human Resources Action Plan by providing incentives to work in areas of the province with high recruitment needs. Previously, eligible applicants must have been working in a designated rural or remote community with a population of less than 10,000. Since the program began in 2013, over 550 nurses have received nearly \$1.7 million in student loan forgiveness.

"This initiative will not only alleviate financial burden, but also encourage myself and other nursing students to see a future where we can stay and serve our community of Prince Albert as registered nurses," said University of Saskatchewan nursing student Precious Alozie.

"We need every one of our nurses to serve the needs of residents across Saskatchewan, through their skill, their leadership, and their compassion," Advanced Education Minster Gordon Wyant said. "This expansion will help with recruitment and retention efforts and is a positive step forward in addressing the need for more nurses in our communities."

A small difference can change the world

3 GOOD HEALTH NO Poverty 2 NO HUNGER QUALITY FDUCATION 5 GENDER EQUALITY 6 CLEAN WATER AND SANITATION Ø ****\\ $-\Lambda/\bullet$ **Ň**¥**Ř**Ř 8 GOOD JOBS AND Economic growth **9** INNOVATION AND INFRASTRUCTURE **10** REDUCED INEQUALITIES SUSTAINABLE CITIES 12 RESPONSIBLE CONSUMPTION 0 COM **17** PARTNERSHIPS FOR THE GOALS 13 CLIMATE ACTION 4 LIFE BELOW WATER 15 LIFE ON LAND 16 PEACE AND JUSTICE The NURS 405.3/805.3 course emphasizes the B United Nations Sustainable . Development Goals (SDGs). United Nations

By Shannon Boklaschuk

A new course at the University of Saskatchewan is inspiring nursing students to learn more about how they can support ecological health for the benefit of people and the planet.

The innovative College of Nursing course, NURS 405.3/805.3: Environmental Sustainability in Health Care, was first offered in 2023 as an introduction to planetary health and environmental sustainability practices for nurses and other health-care professionals.

The course was developed by Dr. Wanda Martin (PhD), a planetary health nurse who is passionate about creating a healthy lifestyle and growing food while supporting local, small-scale farmers who engage in ecologically sound practices. Martin saw a need for such a course at post-secondary institutions across the country and created NURS 405.3/805.3 as a result.

"From a nursing perspective, I belong to the Canadian Association of Nurses for the Environment and there's very little nursing education preparing nurses for how to nurse, or what you can expect, as the climate changes," said Martin, an associate professor in the College of Nursing.

"What are we going to expect in terms of health changes, and what is our role as defenders of social justice? How do we

advocate for a healthy environment as part of our advocacy package?"

Martin noted that during the summer of 2023, the health of people around the world was negatively impacted by environmental factors, such as wildfires and heat waves. According to the World Health Organization (WHO), climate change is directly contributing to humanitarian emergencies from heat waves, wildfires, floods, tropical storms, and hurricanes, which are increasing in scale, frequency, and intensity. In fact, research shows 3.6 billion people already live in areas highly susceptible to climate change.

Martin said nurses are often envisioned by members of society as taking on individual bedside roles in health systems and patient care. However, she said nurses are trusted health-care professionals who have important roles to play at the community level and in making vital, and large-scale, policy change.

"From a climate change mitigation and sustainability perspective, the voices of nurses can be quite powerful in that dialogue because of the health implications," said Martin. "I want nurses to be able to do that-to step up and be that advocate."

Brandy Pearson, a master's degree student, enrolled in Martin's course. As part of course requirements, Pearson completed an action plan outlining how she can help preserve natural resources and decrease carbon emissions in her community. The assignment reminded her that "a small difference can change the world."

"We are only borrowing this planet for the short time we are on it. It is our roles as human beings to leave things better than when we arrived, for our children and children's children," she said. "This includes being more conscious of the decisions and choices that we're making and implementing short-term strategies that can have lifelong effects."

NURS 405.3/805.3 is open to undergraduate and graduate students, including students enrolled in the College of Nursing and other academic programs at USask. The course focuses on interdisciplinary learning and includes an art-project component. It also emphasizes the United Nations Sustainable Development Goals (SDGs) and inter-professional action, while integrating topics, such as systems thinking, movement building, health equity, and social justice.

Pearson said enrolling in Martin's course further opened her eyes to "the significant steps that need to be taken to help preserve our environmental natural resources and decrease carbon emissions."

Sharon Sackey, a master's student in the College of Nursing, came to USask after pursuing an undergraduate degree in nursing at Valley View University in Ghana. Sackey was pleased to have an opportunity to enroll in NURS 805.3, which provided her with valuable information on how to protect the planet, conserve resources, and create a more sustainable future.

"As a research student, the course broadened my understanding on the interconnectedness between the environment and various research disciplines," she said. "This knowledge has inspired me to make innovative research ideas and approaches to prioritize sustainability. Also, it has enhanced my ability to conduct environmentally conscious research, promote sustainable practices, and contribute to the global effort of addressing environmental challenges."

Professor Airini, provost and vice-president academic at USask, said "USask has the bold ambition to set the standard in teaching and learning. USask Nursing courses are growing world-class graduates".

"Our students are the future of nursing at home in Saskatchewan, across Canada, and around the world," said Airini. "Developing innovative and cutting-edge courses, such as Environmental Sustainability in Health Care, is an important part of preparing our learners for the challenges and opportunities they will face today and tomorrow."



By Chris Morin

African Students Association.

Association (PASA).

While the pandemic prevented students from meeting on campus, Bolaji-Joseph and several of his friends and classmates decided to reactivate the association, rebranding as PASA in order to get new students involved. As the president of the organization in 2023, he was an advocate for those Black and African students at USask.

"In terms of a student voice, I feel like we are able to help those who might be seeking financial or academic help, or even just offering assistance to those who might just be looking for someone to talk to," said Bolaji-Joseph. "My role is to be that connector for people—to be a part of PASA to help create that community for those who might be far away from home.

"I've been able to be a part of other associations and being able to connect with people you can relate to is good for your mental health. I know it takes a while for new students to get used to the environment. I want PASA to provide that kind of space for students."

In 2023 during his final semester at the College of Nursing, Bolaji-Joseph said he was looking forward to the next phase of his career, and hopes to do his part in terms of improving access to health-care using the skills he picked up with PASA.

"For Black History Month, I feel like it is something to celebrate throughout the year. But having this month gives us a chance to amplify our voices, and as a minority group, we don't always get a lot of these chances. Black History Month gives us a chance to recognize the achievements of those people in the past. I'm always surprised to learn more about previous USask students who went on to achieve great things, as well as those Black Canadians, who also contributed throughout history."

IN THE NEWS

Student leader reflects on Black History Month at USask

College of Nursing student Tobi Bolaji-Joseph, president of the Pan-African Student Association at the University of Saskatchewan. Submitter

When he first arrived as a new student at the University of Saskatchewan, Tobi Bolaji-Joseph says he found community and a sense of belonging with groups, such as the

In his fourth year in USask's College of Nursing, Bolaji-Joseph wanted to provide that same sense of community in his role as the president of the Pan-African Student

"When I first arrived at the university there was an African Students Association, which I felt reached many people in the community, especially Black students," said Bolaji-Joseph. "I felt very welcomed being a part of this association, but because of COVID, the association stopped running."

As the on-person campus events returned, Bolaji-Joseph noted that PASA held several successful events, including those held during Black History Month.

North West College and College of Nursing join forces to expand registered nursing education

The University of Saskatchewan College of Nursing and North West College in North Battleford announced a partnership at the end of 2023 to bring expanded educational opportunities to students of northwest Saskatchewan. This collaborative endeavour will create new pathways for aspiring registered nurses to pursue their Bachelor of Science in Nursing degree without leaving North Battleford and surrounding communities.

Recognizing the growing demand for healthcare professionals and the importance of accessible education, this strategic partnership marks a significant step towards enhancing the region's health-care infrastructure. The joint initiative will not only strengthen health-care services across the region, but boost the local economy as well.

North West College renovated the Cenovus Energy Simulation Learning Centre, which is a modern, state-of-the-art facility with enhanced technology, ensuring nursing students will receive a high-quality education that supports the achievement of the entrylevel competencies for registered nurses. Students will also benefit from the teaching of experienced faculty members from both institutions.

"The University of Saskatchewan is committed to making quality nursing education accessible to all, regardless of geographical location," said College of Nursing Dean Dr. Solina Richter.

"There is a global shortage of registered nurses and it's felt here in Saskatchewan, especially in our rural and remote communities. This partnership with North West College is an important step forward in the Saskatchewan Health Human Resources Action Plan. We look forward to recruiting and educating the next generation of registered nurses in northwest Saskatchewan."

Dr. Eli Ahlquist (EdD), president and CEO of North West College, expressed his excitement about the partnership, stating, "This collaboration is a significant step forward in our mission to provide educational opportunities that meet the unique needs of our community. It is a winwin situation for both students and the region's health-care sector."



At the official signing event in North Battleford. (back I to r) Dr. Mary Ellen Labrecque (associate dean academic, USask Nursing), Dr. Lynn Jansen (previous associate dean distributed learning, USask Nursing), Mark Tomtene (director of operations and strategic planning, USask Nursing), Dr. Priscilla Lothian (VP academic, North West College), Bill Volk (Board of Governors, North West College). (front I to r) Dr. Solina Richter (dean, USask Nursing) and Dr. Eli Ahlquist (president and CEO, North West College). College). (Tott Vest College). (Fort I to r) Dr. Solina Richter (dean, USask Nursing) and Dr. Eli Ahlquist (president and CEO, North West College). (Fort College). (Fort College). (Fort Vest College). (Fort College). (Fort Vest College). (Fort College). (Fort Vest College). (Fort College). (Fort College). (Fort Vest College). (Fort College). (Fort College). (Fort Vest College). (Fort College)

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The University of Saskatchewan is committed to making quality nursing education accessible to all, regardless of geographical location.



Canadian nursing schools make Indigenous training part of curriculum

By Paul Sinkewicz

When graduating nurses accept their degrees at universities and colleges across Canada in the future, it will be with a deeper understanding of the history of colonialism in Canada.

And when they begin their work at the bedside, caring for patients of Indigenous heritage, it will be with a better appreciation for their culture and needs, and with more sensitivity to racism.

This is thanks to the work of Dr. Holly Graham (PhD) and the other five Chairs of Indigenous Health in Nursing in Canada. They collaborated with the Canadian Association of Schools of Nursing (CASN) to offer a series of five virtual workshops to CASN member schools in 2023. The topics included: Anti-Indigenous Racism, Cultural Humility, Cultural Safety, History of Indigenous Peoples, and Implementing Call to Action #24.

Graham and the other Chairs were also part of a review and revision of CASN's Accreditation Guidelines for baccalaureate, nurse practitioner, and practical nurse education programs, which resulted in the inclusion of a standard requiring schools of nursing to implement the Truth and Reconciliation Call to Action 24 in each of these programs across Canada.

Call No. 24 says: "We call upon medical and nursing schools in Canada to require all students to take a course dealing with Aboriginal health issues, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, and Indigenous teachings and practices. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism."

The Truth and Reconciliation Workshop Series for Nursing Faculty will assist schools of nursing in its implementation.

"After I took a graduate class taught by Dr. Verna St. Denis (PhD), an expert in Anti-Racist education, I had always said if I had the opportunity, I would bring anti-racist education into the nursing profession,"

Indigenous Research Chair in Nursing Dr. Holly Graham. O Dave Stobbe

said Graham. "So, when I was awarded the Indigenous Research Chair, that was one of the first things I started to do as part of reconciliation and supporting mentorship."

Graham was an associate professor at the University of Saskatchewan College of Nursing, and is a Registered Doctoral Psychologist. She became a nurse in 1985 and worked in northern communities before returning to school for further degrees. In May 2023, Graham moved from the College of Nursing to the College of Medicine at the University of Saskatchewan.

"I'm very excited that nursing schools are going to be required to respond to call No. 24 of the TRC Calls to Action, because that will ensure all nursing students will receive this content as part of their education."

Prior to the launch of the workshop series, Graham, along with a group of Indigenous nurses, started an online Indigenous Nursing Professional Practice Group (PPG) whose

IN THE NEWS





goal is to educate, collaborate, and enable all Saskatchewan nurses to work together to address current health disparities between Indigenous and non-Indigenous peoples, and to facilitate a platform for direct communication between the College of Registered Nurses of Saskatchewan (CRNS) and the Indigenous nurses in the province.

The group is called *kā-wīci-pimohtēmāt* (pronounced: gaah-weechi-bimohte-maat) PPG, which is a Cree word that translates to a person who walks with others in their journey.

"Part of my plan when I received the Chair was to lobby for policy change, which we have now successfully done," said Graham. "And my plan was also to work with the College of Registered Nurses of Saskatchewan to find a platform for Indigenous nurses to communicate with each other and with CRNS, and to provide some resources for education, and this led to the PPG website (https://indigenousnursesppg.ca/) being developed."

The other Chairs of Indigenous Health in Nursing who worked with Dr. Holly Graham are:

British Columbia – Dr. Lisa Bourque-Bearskin (PhD)

Manitoba - Dr. Wanda Phillips-Beck (PhD)

Quebec - Dr. Amelie Blanchet-Garneau (PhD)

Nova Scotia - Dr. Margot Latimer (PhD)

New Brunswick – Dr. Jason Hickey (PhD)

The Chairs are funded by the Canadian Institutes of Health Research, and made possible thanks to the sponsorship of the Institute of Indigenous Peoples' Health (IIPH), the Institute of Gender and Health (IGH), and the Canadian Nurses Foundation (CNF), in partnership with First Nations Health Authority (FNHA), Fonds de la recherche du Quebec — Santé (FRQS), Research Manitoba, New Brunswick Health Research Foundation (NBHRF), Nova Scotia Health Research Foundation (NSHRF), and Saskatchewan Health Research Foundation (SHRF).

ACADEMIC ADVISORS TRAVEL THE PROVINCE

ACADEMIC ADVISORS TRAVEL THE PROVINCE

Every year, USask College of Nursing academic advisors add many kilometres to their odometers travelling from one end of Saskatchewan to the other. At each event they attend, they are thankful the community is always welcome to their visits and eager to learn more about USask Nursing!

Highlights for 2023 recruitment events include the Saskatchewan's Next Generation of Leaders workshop and University of Saskatchewan Open Houses in Saskatoon and Prince Albert.



Saskatchewan's Next Generation of Leaders workshop in Prince Albert. Submitted

The Saskatchewan's Next Generation of Leaders workshop was hosted in Prince Albert in January 2023. The event was well attended with over 500 people in attendance, including youth from Northern Saskatchewan communities. Guest speakers included Chief Cadmus Delorme from Cowessess First Nation, JUNO award-winning artist Susan Aglukark, Saskatchewan health-care leader Brett Enns, and Canadian Poet Laureate Louise Bernice Halfe (Cree name Sky Dancer). Thank you to USask College of Nursing professor Dr. June Anonson (PhD) for organizing this event.



Prospective students navigate taking a blood pressure during the USask Open House in Saskatoon. Constituted

At the University of Saskatchewan Open House at the Saskatoon Campus in September, the College of Nursing hosted a recruitment table where nursing advisors were on hand for interested students to ask questions and grab information on how to apply to the college. Advisors also hosted informational presentations that highlighted our programs, our campuses, and future career opportunities in nursing. During Open House, current Bachelor of Science in Nursing students taught hands-on skills to prospective students to let them get a feel for what they would be learning, for example how to take blood pressure.



Professional Academic Advisor Traci La Rose hosts the College of Nursing recruitment table at the USask Open House in Prince Albert. Steanna Pochipinski

In October, the University of Saskatchewan Prince Albert Campus hosted an Open House. There was an information session highlighting the campus and courses delivered there. Arts and Science faculty hosted an on-the-spot registration—many students enrolled that evening! The College of Nursing hosted a recruitment table for prospective students and the community to learn more about USask Nursing. The nursing lab was also open for tours, complete with a demonstration of the simulation mannequins nursing students learn on. The Open House was well attended and well received.



Assiniboia – Career and Business Expo

Cumberland House - Nistow Awasisak Career Fair

Lloydminster - Lakeland College Open House

Meadow Lake – Try a Trade

Melfort – Career Fair

Muenster – Opportunities Edge

North Battleford – Try a Trade

Prince Albert – Saskatchewan's Next Generation of Leaders workshop, Opening Doors to Tomorrow, USask Open House Prince Albert Campus

Regina – See your Future, Saskatchewan Association of Nurse Practitioner Education Conference

Saskatoon – Health Link, USask Open House Saskatoon Campus, Spotlight on Health Care Nursing, See your Future, Canadian Mental Health Association Provincial Conference

Swift Current – Chinook School Division Career Expo

Yorkton – Parkland Career Explorations Fair

Plus, numerous online virtual events!

USASK COLLEGE OF NURSING



College of Nursing Dean Dr. Solina Richter (DCur) celebrates with Prince Albert Campus Bachelor of Science in Nursing students. 🖸 Breanna Pochipinski

> Alumni gather with College of Nursing Dean Dr. Solina Richter (DCur) in Lloydminster. 🖸 Breanna Pochipinski



LLOYDMINSTER - NOVEMBER 21

MLA Alana Ross brings greetings on behalf of the Government of Saskatchewan at the Saskatoon celebration. Breanna Pochipinski

85 years of delivering nursing education in Saskatchewan. 85 years of educating the health-care professionals of the future. 85 years of nursing scholarship and research. This is the history of the University of Saskatchewan College of Nursing.

REGINA - OCTOBER 17

College of Nursing faculty, staff, instructors, alumni, stakeholders, students, supporters, and partners gathered in Regina. Breanna Pochipinski

College of Nursing Dean Dr. Solina Richter (DCur) celebrates in Île-à-la-Crosse alongside Vince Ahenakew, Mike Koharski, Athabasca MLA Jim Lemaigre, and Northlands College Instructor Aide Lorraine Kenny. Breanna Pochipinski



Assistant Professor - Academic Programming and Undergraduate Academic Lead Dr. Tania Kristoff delivers greetings to attendees during the La Ronge celebration. D Breanna Pochipinski



First as a department in the School of Medical Sciences (now the currently practice as registered nurses at the beside, worked or are University of Saskatchewan College of Medicine), the School of working in the community, or educated or are currently educating Nursing was established in 1938. The School of Nursing became the nurses of tomorrow in academia. the College of Nursing in 1973.

"We have been fortunate to have the opportunity to celebrate To mark this historical milestone, anniversary celebrations were this historical milestone with our students, alumni, faculty, staff, held at College of Nursing campuses and sites across Saskatchewan community partners, government, college supporters, and friends," in fall 2023. said College of Nursing Dean Dr. Solina Richter (DCur). "This is a The College of Nursing includes 10,585 alumni who practiced or history we should all be proud of."





"We have been fortunate to have the opportunity to celebrate this historical milestone with our students, alumni, faculty, staff, community partners, government, college supporters, and friends."

COLLEGE OF NURSING DEAN DR. SOLINA RICHTER (DCUR)

College of Nursing Dean Dr. Solina Richter (DCur) celebrates in Yorkton with faculty, instructors, and alumni. 🖸 Breanna Pochipinski

GRADUATE STUDENT SPOTLIGHTS

A Look at Graduate Studies

There are over 265 graduate students advancing their nursing education with the University of Saskatchewan College of Nursing. These students are studying in Saskatchewan, in Canada, and around the world. We would like to introduce you to four of these students studying in our various graduate programs.

NICOLE EDMUNDSON **MASTER OF NURSING (THESIS)**

Master of Nursing student Nicole Edmundson (BSN'18) never thought of nursing as a career path until she graduated with a degree in psychology and was looking for options for work that intersected with her interest in mental health.

After completing the USask College of Nursing Post-Degree Bachelor of Science in Nursing program, she launched her nursing career with positions in Lloydminster, Alberta. First, in general medical nursing and endoscopy before landing a permanent, full-time position in maternity nursing, where she is now celebrating five years.

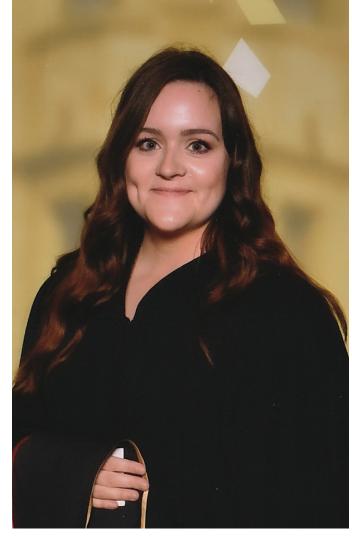
Today, she has returned to the College of Nursing to complete her master's degree, while pursuing her interest in mental health in tandem with her expertise in maternal health.

"I have always thought of mental health as something we need to learn about in society, that we misunderstand. I don't have kids, but I always thought, 'if I was in that place, would I feel I would be able to reach out and get the help I need?" said Edmundson.

Following coursework and careful development of a research proposal, Edmundson's thesis focuses on maternal mental health supports, surveying pregnant and post-partum women about the resources they would value, particularly virtual resources, in supporting their perinatal journey.

In Lloydminster, a city that straddles the Saskatchewan and Alberta border, most current online options are offered through Saskatoon and Regina, so there may be a need for resources closer to home.

"Through my time working on the maternity ward, I know a lot of



Nicole Edmundson. 🖸 Submitted

mental health issues are becoming more prominent and also more talked about, but we haven't matched resources with that. I thought that would be great to research, to create those resources that don't exist," she said.

Alongside her research and nursing work, Edmundson also teaches at the University of Saskatchewan College of Nursing distributed Lloydminster site, including instructing the therapeutic communications course and labs to undergraduate students. Edmundson's long-term plans include returning to her hometown of Edmonton, and possibly more teaching, which she loves, although she says she's not ready to give up bedside nursing just yet.

As she develops her research, Edmundson says she's had a great thesis experience so far.

"Doing this work, it's been amazing. My mentor is College of Nursing associate professor Dr. Hua Li (PhD), who has always been available to answer questions and help develop connections. She has my best interest in mind and I truly couldn't do this without her."

CARMEN CHALUPIAK MASTER OF NURSING (PROFESSIONAL PRACTICE)

Master of Nursing student Carmen Chalupiak (BSN'04) is confident in saying she has discovered her niche in nursing and that niche is teaching. After spending 20 years as a neonatal intensive care nurse, one could probably say she's familiar with most areas of the nursing profession. But it was during her years of practice that she found that educator spark.

"I was always interested in education and teaching and loved that aspect of being a nurse," said Chalupiak. "I was a clinical nurse educator for five years and wanted to further my own education to teach full time."

Naturally, Chalupiak returned to the place where it all started, the University of Saskatchewan College of Nursing. Much has changed since she first graduated with her Bachelor of Science in Nursing in 2004. She has two children, 12 and 14 years old, a ton of nursing experience under her belt, and thanks to advancements in technology, she was able to take her master's program online rather than in-person.

While online learning and being a student again were adjustments, not to mention the juggling act of balancing home life and school with her full-time job, Chalupiak said the result was worth it. "I loved the online program option, that was a priority for me," she says. "I really enjoyed the program, as it aligned directly to what I was doing to further my career."

Chalupiak said the advanced nursing knowledge she gained through her Master in Nursing degree has solidified her own teaching, not to mention added a credential highly valued at her workplace.

She currently teaches full time in the Saskatchewan Collaborative Bachelor of Science in Nursing program in Regina, where she mostly teaches undergraduates in third year, introducing them to skills in labour and birth. Chalupiak says the clinical training she guides her nursing students through makes her miss bedside nursing a bit, but she feels honoured to be in a position to share her own knowledge gained through years of experience and boosted by her new degree.

"I like teaching the next generation of nurses. I feel this is where I was meant to be."

GRADUATE STUDENT SPOTLIGHTS



Carmen Chalupiak. 🖸 Submitted

"

I like teaching the next generation of nurses. I feel like this is where I was meant to be.

USASK COLLEGE OF NURSING

GRADUATE STUDENT SPOTLIGHTS

ALEXANDRA POND MASTER OF NURSING PRIMARY HEALTH CARE NURSE PRACTITIONER

Alexandra Pond (BSN'20) has always been attracted to the field of nursing for what she calls the "typical, but true" reason of wanting to help people. It wasn't until she started at USask College of Nursing that she began the exploration that would help her find her own niche within nursing and ultimately enrol in the Master of Nursing Primary Health Care Nurse Practitioner program to focus even further on community-centered care.

Joining the College of Nursing from the rural community of Big River, Saskatchewan, Pond completed her Bachelor of Science in Nursing in 2020, then went to practice in emergency departments in rural areas like Shellbrook and Meadow Lake. It was there, handling emergency cases, that Pond started wondering about the other side.

"I became interested in the prevention side of health because when you're on the opposite spectrum in emergency, you're wondering 'what happened to them before they came here, how did they get here and how could they have been taken care of better?"

Pond was further intrigued with public health while working in an HIV and Hepatitis C case management program at a surrounding First Nation community. "I found an interest in public health that had never interested me in my bachelor's degree." She decided to become a nurse practitioner.

Completing the nurse practitioner program coursework online in her first year, she was able to stay in her home community. Pond is now working on two of three practicum placements required for her second year, in Meadow Lake and surrounding area, including Ministikwan and Makwa Sahgaiehcan First Nations. She works in a daily clinic, as well as rotations at the hospital. Once she graduates, Pond hopes to return to practice in her home community. She has special interests in reproductive health, infectious disease, and health teaching.

While the future may be open, Pond is confident she's chosen the right path and recommends it to others.

"There's something for everyone, and so many fields to work inyou can always switch it up if your life circumstances change," she said.



Alexandra Pond. 🖸 Submitted

"For people who are considering going into nursing or if they're in the program now, it's not easy, but so worth it and so rewarding. It is an undertaking, but as a nurse you commit to lifelong learning to maintain your clinical competency to ensure the provision of safe and evidence-based care. It can be challenging at times, but if your drive to learn and passion for others is sound, then the world is your oyster."

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There's something for everyone, and so many fields to work in.

UCHECHI OPARA **DOCTOR OF PHILOSOPHY IN NURSING (PHD)**

College of Nursing Doctor of Philosophy in Nursing student Uchechi Opara is conducting research that will improve health-care in her home country of Nigeria.

Following completion of her master's degree from the University of Worcester, where she explored women's knowledge and satisfaction with maternal health, Opara is spending her PhD diving even deeper into the exploration of how cultural belief and practice influence women's access of the health-care system.

Her research findings suggest that the more health-care professionals understand women's perception of the system, the better public health services can be planned, tailoring services to meet women where they are. These findings are even more useful when you consider that Nigeria is the world's third-highest contributor to maternal death with a maternal mortality ratio of 1,047 per 100,000 live births.

Focusing on women in Nigeria's Igala subculture (the country has approximately 250 ethnic groups), Opara completed her field work over four months. She had already spent 20 years as a clinical nurse midwife immersed in this culture, so she says it was almost more challenging to find ways to maintain objectivity than it was to connect.

"I needed to make the familiar strange," she said.

Speaking with women in many health-care settings, she looked at maternal health from all angles. For example, the role of ancestors Opara hopes to publish her research and share it through papers and in family planning, wherein a belief that a woman has to have the seminars, as well as communicating with local health policy-makers number of children that God has planned or risk the deaths of within the community. She would like to continue her research with males in their families, including their husbands. Another factor in a pivot to focus on how health-care workers operate within this maternal health is a patriarchal society in which women often have system, and also to help nursing schools become more aware of little say on decision-making around their own bodies, a fact that culturally appropriate models of care. can lead to maternal death in some cases. Taking herbs is considered Opara said she has enjoyed doing her research at the College of Nursing, although settling in was a challenge in every respect, from acclimatizing to the culture, the weather, online learning, and even the academic writing style. She credits USask graduate learning specialist Jill MacMillan with helping with the latter, and the librarians who helped her source research and complete her literature review. "They taught us as international students how to go about writing academically and critically," she said.

very important for pregnancy health, but the pregnancy itself is generally concealed until birth to prevent attacks. Finally, vaginal delivery is highly prized over Cesarean section, to the point where the latter is avoided as much as possible. All Opara's research findings have potential to help inform healthcare practitioners about women's attitudes towards maternal health, both in terms of creating public health education and having

GRADUATE STUDENT SPOTLIGHTS



Uchechi Opara. 🖸 Submitted

a practical knowledge of women's understanding and beliefs behind health-care approaches.

What it's like to be an International USask Nursing Student

Cassey Zeederberg has a passion for helping others. She knew nursing was the profession she wanted to enter, but didn't live anywhere near the University of Saskatchewan. Zeederberg is from Dubai. In 2023, she was a third-year Bachelor of Science in Nursing student at the **USask Saskatoon Campus.**

We asked her about her experience as a student in the College of Nursing and as a newcomer to Canada.

Why did you choose the University of Saskatchewan?

Although I had never been to Saskatchewan or Canada, I could tell from my research that USask was a smaller university where I would get to know my professors. USask also did a great job advertising their Access and Equity services, which was not something I had seen on other university websites. Finally, from what I could tell, USask seemed to have many services for international students and felt very inclusive.

What did your path look like since completing high school?

I took the International Baccalaureate program in high school in Dubai, so I was lucky a lot of my high school credits transferred to my nursing prerequisites. I completed the remainder of my preprofessional year at the University of Saskatchewan before applying to the BSN program.

Tell us about your experience with the USask BSN program so far.

I have enjoyed my clinical placements the most. At the start of a few placements, I felt I may not be well enough prepared, but I quickly overcame that feeling and it has been great to work in hospitals and be exposed to a variety of placements. In my short time at USask, I have built such a strong support team and made lifelong friends all because labs in nursing have small group sizes.

What has it been like coming to Canada? Saskatchewan? Saskatoon?

Going through immigration at the border was nerve racking, but as soon as my family and I stepped outside the airport, we were amazed with Saskatoon. I remember feeling so disoriented because I had no concept of where we were on the map that my family and I had studied days prior to flying. We came three weeks before the semester started and explored the city, checked out the campus, and learned where I could buy groceries, where my accommodation was, and how I could get around the city.

I had only experienced snow once in my life and it was not to the extent that Saskatoon has. It was definitely fun to play in the snow with my family when we first arrived!

When my parents left, while I had prepared

for it, actually going through the process, and not having anyone I knew or that I could lean on, was much harder than I thought. There were days I felt I wouldn't be able to get through living so far away from my family and it was absolutely terrifying. But I met a few people that helped me get through!

Once I joined the College of Nursing and we had labs with only 10 to 15 people, we got to know each other and I started to form real connections. I've met people I now consider life-long friends and I have a stronger support team than I could have wished for.

It has been incredibly difficult, and at times I have been disheartened, and burnt out, but there were and are so many moments that make me so glad I didn't give up at the beginning.

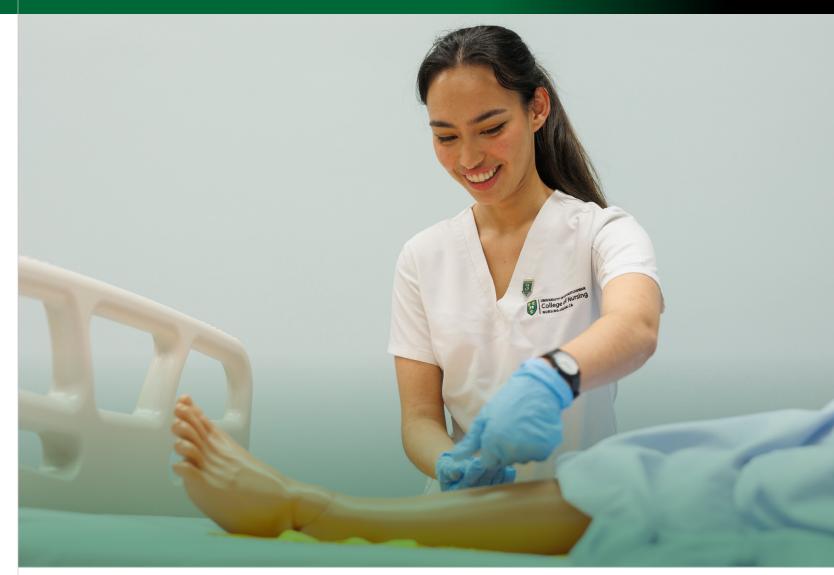
I feel like I'm where I belong, and I wouldn't have changed a single thing about the route I have chosen to get here!

What are your plans when you complete the BSN program?

I have fallen in love with both labour and delivery, and pediatric nursing. Not only do I enjoy working at the bedside, but I love the education aspect as well. These experiences have made me consider careers like healthy and home nursing for the future.

If someone is considering taking nursing at USask, what would you tell them?

Nursing is a challenging, but very rewarding



program. Everyone I have met in nursing is incredibly supportive. We're all one big team. The experiences I've had so far have allowed me to grow as a person and I am so grateful for it.

One piece of advice I would give is to put yourself out there. It's an incredibly supportive community and you'll find you gain so much more by forming study groups. You'll feel supported, more confident and because we do so much hands-on learning, by practicing with other people learning the same thing, it allows you to become better and more confident in the skills you perform.

66

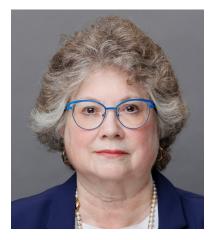
Bachelor of Science in Nursing student Cassey Zeederberg. O Dave Stobbe

I've met people I now consider life-long friends and I have a stronger support team than I could have wished for.

The University of Saskatchewan College of Nursing strives to be a world leader in research by conducting studies with real and positive impacts and driving improvement in health-care practices locally and globally.

College of Nursing researchers create equitable and sustainable solutions to improve health experiences and outcomes for individuals, families, and communities provincially, nationally, and internationally.

Our highly impactful nursing research is governed by a strong culture of exploration, innovative interdisciplinary collaboration, and engaging knowledge exchange.



College of Nursing Associate Dean Research and Graduate Studies Dr. Louise Racine.

We dedicate ourselves to applied, clinical, and philosophical research to develop evidence and produce scholarship that will move nursing forward courageously; creating the future we want to see in nursing and within health-care systems to impact the health of individuals, families, and populations in meaningful, inclusive, equitable, and positive ways.

- DR. LOUISE RACINE

College of Nursing researchers are responding to 12 of the United Nations Sustainable Development Goals.

SUSTAINABLE G ALS



The content of this publication has not been approved by the United Nations and does not reflect the views of the United Nations or its officials or Member States.

RESEARCH SIGNATURE AREAS

In alignment with the University of Saskatchewan Plan 2025 strategic plan and the College of Nursing's philosophy statement, the College of Nursing will achieve its research mandate through three research signature areas.

Community Engaged Health and Nursing Research

Health Equity Research

Innovations in Health Systems and Education Research

The work in these areas is highlighted on the following pages.

RESEARCH SIGNATURE AREA: COMMUNITY ENGAGED HEALTH AND NURSING RESEARCH



We work with communities to achieve shared goals of addressing health needs, building capacity, and promoting improved health outcomes. Our research aims to be responsive, respectful, and inclusive.

CURRENTLY FUNDED RESEARCH PROJECTS FOCUS ON:

- 2SLGBTQ+ caregivers
- Caregiver education programs
- Childhood immunization
- Geriatric assessment
- Harm reduction interventions
- HIV and AIDS
- Indigenous youth and Type 2 Diabetes prevention
- Maternal health in Africa
- Mental health and addiction disorders
- Prostate cancer and exercise interventions
- School based wellness initiatives
- Sexual well-being of students
- Substance use and addiction amongst newcomers

RESEARCH SNAPSHOT

RESEARCH IMPACT: MAKING A DIFFERENCE (2020 TO 2023)



10%

Percentage of faculty articles that appeared in top ten percent of most-cited journals worldwide

This highly impactful area of research has been recognized by the World Health Organization, the Agency for Healthcare Research and Quality, and the RAND Corporation in the areas of Alzheimer's disease and dementia, opioid use, and noncommunicable disease management!

RESEARCH BY THE NUMBERS (2020 TO 2023)

- \$1,049,455 in awarded research funding
- **35** successfully awarded grants
- 134 peer-reviewed journal articles

Top Published research topics:

- 1. Geriatric assessment, cancer, and frailty
- 2. Caregiving, care behaviours, dementia
- 3. Postnatal depression, pregnancy, postpartum period
- 4. Independent living, accidental falls, weighing devices
- 5. Blood glucose, insulin resistance, acanthosis nigricans

37% of publications completed with international collaborators

(References: University of Saskatchewan; Scopus)

RESEARCH SNAPSHOT

RESEARCH SIGNATURE AREA: HEALTH EQUITY RESEARCH

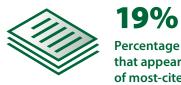


We embrace the notion of fairness. Health inequities occur when this notion is challenged, leading to poor health outcomes across social, demographic and geographic groups of people. Through our research, we strive to identify, prevent, and remove these barriers to health.

CURRENTLY FUNDED RESEARCH PROJECTS FOCUS ON:

- Harm reduction and homelessness
- Spirituality and healing for Indigenous people living with HIV
- Build environments with First Nations and climate change
- Mental health for families
- Addressing IPV amongst Queer Women
- Building a culture of research
- Gender and rights in menstrual hygiene management
- Gender, religion, and social contexts of Arab Women's perspectives on breast awareness
- · Sexual and reproductive health services for Kayayei in Ghanian markets
- Human and social rights of alleged witches in Northern Ghana

RESEARCH IMPACT: MAKING A DIFFERENCE (2020 TO 2023)



Percentage of faculty articles that appeared in top ten percent of most-cited journals worldwide

This highly impactful area of research has been recognized by the World Health Organization and the European Observatory on Health Systems and Policies in the areas of health system foundations, chronic obstructive pulmonary disease and chronic bronchitis, and noncommunicable disease management!

RESEARCH BY THE NUMBERS (2020 TO 2023)

- \$1,457,261 in awarded research funding
- **21** successfully awarded grants
- **107** peer-reviewed journal articles

Top Published research topics:

- 1. Retention in care, Antiretroviral therapy, Human Immunodeficiency Virus
- 2. Malnutrition, child nutritional disorders, stunting
- 3. Maternal health services, prenatal care, pregnancy
- 4. Breast neoplasms, mammography, early detection of cancer
- 5. Antiretroviral therapy, lopinavir, Human Immunodeficiency Virus 1
- 69% of publications completed with international collaborators

(References: University of Saskatchewan; Scopus)

RESEARCH SIGNATURE AREA: INNOVATIONS IN HEALTH SYSTEMS AND EDUCATION RESEARCH



We explore how innovation can lead to new or better ways to solve problems. Through this research, we challenge existing ideas and assumptions of current health and education systems to see how new solutions can provide the best outcomes for health-care providers, patients, educators, and students.

CURRENTLY FUNDED RESEARCH PROJECTS FOCUS ON:

- Family hope and children's life-threatening conditions
- Anti-racism in nursing education
- Growing older in choice of place
- · Relational care for older adults in long-term care
- Improving pain care through health networks
- Validating screening tools for dementia in custody settings
- Exploring the secrets of the "Florence Nightingale Medicine Chest"
- Supporting academic success in nursing students
- Using simulation to support NP student clinical competency development
- Exploring care experiences of transgender and gender diverse individuals
- · Enhancing chronic illness care for older adults with IBD
- · Exploring virtual care for individuals with IBD
- The history of Saskatchewan's early hospitals, 1873 1920

RESEARCH SNAPSHOT

RESEARCH IMPACT: MAKING A DIFFERENCE (2020 TO 2023)



24%

Percentage of faculty articles that appeared in top ten percent of most-cited journals worldwide

This highly impactful area of research has been recognized by the Organisation for Economic Co-operation and Development, the Government of Canada, the Agency for Healthcare Research and Quality and the RAND Corporation in the areas of telehealth, COVID-19, rural health, end-of-life care, and peer-to-peer support interventions for health-care providers!

RESEARCH BY THE NUMBERS (2020 TO 2023)

\$625,476 in awarded research funding

28 successfully awarded grants

72 peer-reviewed journal articles

Top Published research topics:

- 1. Preceptorship, nursing students, mentor
- 2. Delirium, delirious patient, femur subtrochanteric fracture
- 3. Childhood cancer survivor, strength training, exercise
- 4. Leader-member exchange, transformational leadership, personnel
- 5. Debriefing, nursing students, clinical competence

20% of publications completed with international collaborators

(References: University of Saskatchewan; Scopus)

RESEARCH SNAPSHOT

hank you!

The following funders have supported our researchers during the past three years!

- Abbeyfield Canada
- AMS Healthcare
- Canadian Centre for Aging and Brain Health Innovation
- Canadian Institutes of Health Research
- Crohn's and Colitis Canada
- Diabetes Canada
- · Employment and Social Development Canada
- Greater Saskatoon Catholic Schools
- International Bowel Ultrasound Group
- Mental Health Research Canada
- National Organization of Research Development Professionals
- Royal University Hospital Foundation

- Saskatchewan Health Authority
- Saskatchewan Health Research Foundation
- Saskatchewan Seniors Mechanism
- Social Sciences and Humanities Research Council of Canada
- University of Saskatchewan, College of Nursing
- University of Saskatchewan, Office of the Vice-President Research
- University of Saskatchewan, Office of the Vice-Provost, Faculty Relations
- University of Saskatchewan Faculty Association
- Western North-Western Region Canadian Association of Schools of Nursing
- York University

GRADUATE NURSING STUDIES LEARN WHERE YOU LIVE

Take your career to the next level with USask Nursing graduate studies.

- Master of Nursing (MN)
- Nurse Practitioner (NP)
- Doctor of Philosophy in Nursing (PhD)
- Foundations for RN Specialty Practice Certificate (NEW)



NURSING UNIT FOR RESEARCH AND SCHOLARSHIP EXCELLENCE

Supporting a Strong Research Environment

The University of Saskatchewan College of Nursing is home to the Nursing Unit for Research and Scholarship Excellence (NURSE), which provides a continuum of research development and administration support services to advance research and scholarship priorities and build success for researchers from the beginning to end of the research process.



UNIVERSITY OF SASKATCHEWAN College of Nursing URSING.USASK.CA

https://nursing.usask.ca/researchinitiatives/nurse.php nursing.research@usask.ca





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All programs delivered ONLINE





ALUMNI PROFILES

USask alumnus provides pediatric nursing care abroad



College of Nursing alumnus Justin Eisenkirch (BSN'17) is a dedicated registered nurse providing care abroad for children with heart disease. Submitted

College of Nursing alumnus Justin Eisenkirch (BSN'17) is a dedicated registered nurse providing care abroad for children with heart disease. Eisenkirch is a member of the Novick Cardiac Alliance team, a non-governmental organization specializing in humanitarian aid for pediatric patients suffering from heart disease. He has been around the world, including multiple trips to Ukraine, where he has played a crucial role in developing heart surgery programs for children in low to middle-income countries. He spent the month of September 2023 in Uzbekistan.

"As a registered nurse, I've always been drawn to helping children," said Eisenkirch. "Prior to joining Novick, I worked at the Stollery Children's Hospital in Edmonton, Alberta, but there was always a part of me that wanted to work abroad. When I was introduced to the work Novick did, I was immediately intrigued."

Although working abroad sometimes means providing critical care in challenging and dangerous environments, Eisenkirch's commitment to providing essential cardiac care to children suffering from heart disease remains unwavering. "I've found myself in the midst of a bombing in Ukraine, but it hasn't stopped me from striving to save lives," said Eisenkirch.

"It reminds me of the risks humanitarian workers face, but also reinforces the commitment of medical professionals working abroad to save lives and makes me extremely proud to be a registered nurse making a difference in the world."

Eisenkirch reflects back on his time spent at the University of Saskatchewan and says he is thankful the College of Nursing teaches nursing students about global health initiatives.

"When I was a nursing student, the College of Nursing taught us about global nursing, about the impact just one health-care professional can have on the most vulnerable. We were always reminded that when we became registered nurses to be compassionate, resilient, and provide dedicated care to our patients. As a registered nurse working abroad, that's what I'm doing and I love it."

"My ultimate goal is to improve health-care for those in need; to improve health-care systems and save lives in some of the most vulnerable communities."

Granddaughter becomes nurse to honour late grandmother's memory

Taylor Cleveland (BSN'22) goes to work every day as a registered nurse hoping to make her late grandmother and USask alumna Carol Cleveland proud. Cleveland had recently completed high school and was unsure of what her future looked like when her grandmother Carol Cleveland (BSN'70) fell ill. After spending a number of weeks at her grandmother's bedside in Surrey, British Columbia, Taylor quickly figured out nursing was the path for her.

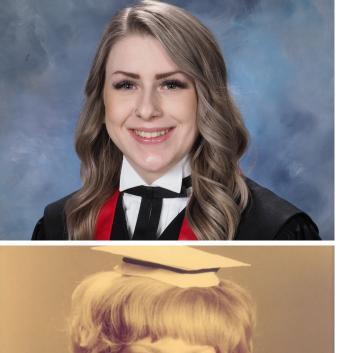
"Towards the end of my grandmothers' life when she was in the hospital, I was able to be there with her," said Cleveland. "In her final days, she taught me the caring touch of a nurse, as I was able to take part in her care and witness her nurses take such gracious care of her when she needed it most. This instantly inspired me to want to do the same for others."

After all, Cleveland's grandmother had set the example decades before. After USask graduation and becoming licensed in 1970, Carol Cleveland worked as a registered nurse in long-term care, the operating room, and with public health in Calgary, Alberta, then as a public health nurse for Fraser Health in Cloverdale, British Columbia before retiring in 1996.

Cleveland completed her Bachelor of Science in Nursing degree at the USask Regina Campus. "I chose the University of Saskatchewan for my nursing program, as I felt it would honour my grandmother, as she was a proud USask nursing alumna." After finishing her USask BSN degree and becoming licensed, Cleveland has been working in general surgery at Regina General Hospital. "I am incredibly proud to wear the title of an RN," said Cleveland. "My grandma was the kindest, most selfless person I knew and since she was a registered nurse, I thought I could be more like her by following in her footsteps."

For others that are considering entering the profession, Cleveland says to go for it! "While I won't deny the stress and tears that come with being a student nurse and even from working as an RN, the tears, good and bad, are worth every second. Being able to make a difference in patients' lives and help them when they are struggling the most, makes the profession so rewarding."

ALUMNI PROFILES



Taylor Cleveland (BSN'22) became a registered nurse hoping to make her late grandmother and USask alumna Carol Cleveland (BSN'70) proud. Submitted

"

My grandma was the kindest, most selfless person I knew and since she was a registered nurse, I thought I could be more like her by following in her footsteps.

ALUMNI PROFILES



College of Nursing alumna Wanda Krauss (BSN'80), the nurse who always went the extra mile to advocate for patients. O Submitted

Nursing alumna Wanda Krauss (BSN'80), who passed away in 2021 in Guelph, Ontario, is remembered as the nurse who always went the extra mile to advocate for patients.

Krauss started her Bachelor of Science in Nursing program at the University of Saskatchewan in September 1976, alongside her husband Ken Krauss (BComm'80), who was studying to become an accountant. Wanda was awarded a scholarship each year for the final three years of her program, based on academic achievement. She completed her degree in May 1980 and passed her registered nurse licensure examination in June.

Ken and Wanda married in August 1979, between third and fourth years of university. When they completed their programs, they moved to Regina, where Krauss worked in intensive care at Regina General Hospital until she retired in 1994. "Wanda was highly regarded by her nursing colleagues and the medical staff in intensive care where she worked her entire career," said Ken.

Ken credits the esteem that so many doctors had for Wanda to her nursing degree. When Wanda began working as a registered nurse, there were few nurses with degrees; the majority were diploma prepared.

"She came home and told me many times when she went headto-head with top doctors to advocate for her patients. She truly believed her number one job was to be the patient's advocate and she felt she could advocate for her patients because of her degree education. Being a nurse is what defined her and she was very proud to be a graduate of the University of Saskatchewan College of Nursina."

Ken and Wanda were married for almost 42 years before Wanda passed away. He remembers her as the most caring and compassionate person he knew; two traits he feels all nurses share.

"It was amazing to see how many people valued her medical knowledge and how she helped them navigate the health-care system," said Ken.

"In my experience, nurses are some of the most kind and considerate people."

Outside of being a nurse, Ken describes Wanda as an avid reader, accomplished pianist, and skilled card player.

Ken is a generous supporter of the University of Saskatchewan College of Nursing.

"If my donations can help someone become a nurse like Wanda, that is all I can ask. I will continue to donate to the college on the anniversary of important days in our lives."

"Nurses are the backbone of the health-care system. Without them, there is no health-care. They are on the front line day and night, 365 days a year. Doctors and other health-care professionals come and go into patient's rooms, but nurses are always there to care for their patients. The nurses working today, mentor the nurses of tomorrow. We need more nurses and we need to see their contribution recognized more."

USask Rhodes Scholar focused on rural healthcare reform

University of Saskatchewan nursing graduate Taron Topham Hailing from Grandview, Man., Topham was the recipient of a Loran Scholarship in 2019 and moved to Saskatoon after high school (BSN'23) will be heading to the University of Oxford in fall 2024 to complete double master's degrees, with an aim to spark change in to pursue his undergraduate degree in the College of Nursing. rural health-care systems. Topham graduated with a Bachelor of Science in Nursing degree in June 2023, and has since been working full-time as a registered Topham was selected for the esteemed Rhodes Scholarship, a nurse on a high acuity medicine unit in Saskatoon.

prestigious opportunity that will provide him with tuition, fees and a stipend for living expenses while he attends the University "The desire to be able to use compassion, empathy, and problemof Oxford in England. Topham is one of two Rhodes Scholarship solving skills to provide care to individuals and their families recipients selected from USask in 2023. He plans to pursue both a motivated me to pursue a degree in nursing," he said. Master of Science in Translational Health Sciences and a Master of Topham's research interests lie in studying harm reduction and the Science in International Health and Tropical Medicine way that social determinants of health can affect individuals at both "When I received the phone call informing me that I was selected, I local and national levels.

thought it was a dream!" Topham said. "One of the panellists on the "During my time in undergrad and work placements, I often other end of the phone recommended I 'pinch myself' to make sure wondered what interventions could have been implemented to I wasn't dreaming." prevent hospitalizations and rehospitalizations post-discharge," Topham said. "Coming from a rural Manitoban community, my 66 main interests are in rural health-care reform and equitable health care for all."

The desire to be able to be able to use compassion, empathy, and problem-solving skills to provide care to individuals and their families motivated me to pursue a degree in nursing.

ALUMNI PROFILES



Taron Topham (BSN'23), a USask College of Nursing graduate, was one of two USask recipients of a Rhodes Scholarship this year. O Submitted

Topham plans to study how health-care innovations can be adapted from research and used in real front-line health-care in a timely manner. He will also study major population health challenges in resource-limited settings, and how ethical approaches can be used to address these inequities.

"My dream career is in health policy analysis for rural, remote, and resource-limited health-care settings," said Topham. "A goal of mine is to improve access to health-care services and address specific challenges faced by these communities."

*This story has been edited from the original version by Brooke Kleiboer.

ALUMNI REUNIONS



The 1963 Diploma Class celebrates their 60th Anniversary at the Saskatoon Campus. O Roxanne Cossette

Spring and fall bring a different spirit to the University of Saskatchewan campus. Not only are students eagerly awaiting convocation or anxiously beginning new programs, but nursing alumni are also planning their class reunions.

In 2023, three classes gathered to reminisce about their nursing school times, share stories from over the years, and catch up about life today.

- June 9, 2023 1965 Diploma Class, 55th Anniversary. Held in Ottawa, Ontario.
- June 20 22, 2023 1971A Degree Class, 50th Anniversary
- September 14 16, 2023 1963 Diploma Class, 60th Anniversary



Current Bachelor of Science in Nursing students (I to r) Yetunde Fasuba, Cassiopeia Zeederberg, and Maiya Le meet with alumna Beth McHattie (NURS'63) during the 1963 reunion. **Casse Constitute**



(left to right) Patricia Kachman (NURS'63) and Sheila Wilson (NURS'63) during the 1963 Diploma Class reunion. ^(C) Roxanne Cossette

BSN CLASS OF 1971A CREATES STUDENT AWARD



The 1971A Bachelor of Science in Nursing class celebrates their 50th Anniversary in Saskatoon. 🖾 Bob and Cathy Anderson

The 1971A Bachelor of Science in Nursing class was the last of the five-year degree program in the (then) School of Nursing (now College of Nursing) at the University of Saskatchewan.

As they came together to celebrate their 50-year reunion, classmates expressed a desire to commemorate their careers in nursing by creating an annual bursary for a full- or part-time student in the College of Nursing.

The 1971A BSN alumnae recognize the competing demands on students' lives today as they balance jobs, families, and other financial responsibilities. They understand these demands can have an impact on a student's ability to complete the BSN program on a full-time basis. Through this bursary, the alumnae wish to recognize and encourage students to continue their studies, either full- or part-time, or to return to the program if their studies have been interrupted.

Alumnae from the 1971A BSN class have worked in all aspects of the nursing profession clinical practice in acute, long-term, and community settings, education, research, and administration—and wish to support the profession by encouraging and supporting Bachelor of Science in Nursing students.

The first BSN Class of 1971A student bursary will be awarded in 2024.

REUNITING ALUMNI



CONGRATULATIONS TO OUR RETIREES



Professor Emeritus

Retirement: 2021



Dr. Hope Bilinski (PhD) Retirement: 2023



Dr. Angela Bowen (PhD) **Professor Emeritus** Retirement: 2020



(PhD) Retirement: 2022



Cindy Peternelj-Taylor Professor Emeritus Retirement: 2022





Dr. Lorraine Holtslander (PhD) **Professor Emeritus** Retirement: 2022



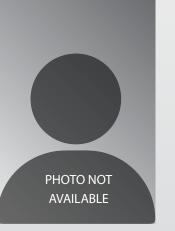
Dr. Gerri Lasiuk (PhD) Retirement: 2023



Margie Lockwood Retirement: 2022



Dr. Lee Murray (PhD) Retirement: 2021



Colleen Vassos Retirement: 2020



The College of Nursing is delighted to celebrate the retirement of our dedicated faculty and staff, who have spent their careers in service of our students and the health-care field. While their individual pathways reflect the diversity and potential of the nursing profession, their collective efforts have helped to enhance the research, education, and practice of nursing.

Due to the COVID-19 pandemic, the last College of Nursing retirement celebration occurred in 2019. The individuals highlighted in this report retired between 2020 and 2023.

We honour your contributions and wish you all the best for your well-deserved retirement.

CONGRATULATIONS TO OUR RETIREES



Dr. Rusla Anne Springer (PhD) Retirement: 2023



Trudy Unger Retirement: 2021



Wilda Watts Retirement: 2021



YOU MAKE A DIFFERENCE

Philanthropy is often defined as the practice of giving money and time to make life better for others, often involving personal sacrifice. The College of Nursing would like to recognize the philanthropists who have given greatly and sacrificed much in support of nursing education.

Please enjoy these stories about two of our champions, then scan the donor roll that follows to see a list of our generous supporters.

Moose Jaw Health Foundation - Vi Reaman Memorial Award



In the ever-evolving health-care landscape, nurses stand at the forefront, offering compassion, expertise, and unwavering support to those in need. They are the unsung heroes who make a profound difference in the lives of countless individuals and their families. This is why the Moose Jaw Health Foundation believes that establishing an annual award at the University of Saskatchewan for nursing students is not just an investment in their future, but a tribute to nurses' invaluable role in society.

As Executive Director of the Moose Jaw Health Foundation, Kelly McElree had the privilege of working with Vi Reaman for many years, as she joined the Board of Directors during her retirement. Her lifelong dedication to her patients and her mentoring of nursing students left a lasting legacy of care.

Reaman recognized the passion Kelly's daughter, Ashlyn McElree, had for health-care. Reaman invited Ashlyn into a surgical theatre while she was in high school, and that day ignited a drive in Ashlyn to Vi would have been so proud that Ashlyn was the first recipient of her memorial award.

- KELLY MCELREE

(I to r) Executive Director of the Moose Jaw Health Foundation Kelly McElree, with award recipient Ashlyn McElree, and College of Nursing Dean Dr. Solina Richter at annual awards ceremony in 2023. • Kylie Kelso

pursue a career in nursing. Reaman would have been so proud that Ashlyn was the first recipient of her memorial award in 2023.

"

The power of giving, especially in post-secondary education, extends far beyond the confines of a classroom. It is a testament to the Moose Jaw Health Foundation's belief in the potential of each student and their commitment to nurturing student's aspirations. By providing financial support through the Vi Reaman Memorial Award, the Moose Jaw Health Foundation can assist passionate and deserving students to continue pursuing their dreams.

Investing in the education of nursing students is a direct investment in the quality of health-care in the community and beyond. These future nurses will be the ones to carry forward the legacy of excellence and compassion that is synonymous with the University of Saskatchewan's College of Nursing and Vi Reaman. They will be the ones who bring hope and healing to many, making a tangible difference in the world.

Cindy Peternelj-Taylor - The Cindy Peternelj-Taylor Award in Mental Health Nursing



College of Nursing Professor Emeritus and donor Cindy Peternelj-Taylor. Submitted

Commission of Canada's Action Plan on Mental Health and Criminal Justice, Developmental Advisory Committee. In this role she is a member of two working groups: upstream prevention and early intervention; and supporting mental health across the continuum of criminal justice involvement. She is also a collaborator on a Social Sciences and Humanities Research Council Partnership Grant (\$2,500,000) entitled, "The trans-LINK Canada Network: Partnering to Create and Exchange Knowledge on Supporting Transgender and Gender Diverse Survivors of Sexual Assault and Intimate Partner Violence". Despite all the achievements that Peternelj-Taylor has accomplished, working with students has been the highlight of her career, as they and scholar that she could be.

Professor Emeritus Cindy Peternelj-Taylor retired in June 2022, after a long and distinguished career with the University of Saskatchewan College of Nursing. During this time, she primarily taught mental health nursing theory and supervised students in clinical practice. She is a true believer that mental health nursing is part of all nursing, as well as a specialty within nursing. Over the years, the focus of her research and scholarship addressed clinical and ethical issues that emerged from practice in a variety of mental health settings. She is most well known for her scholarship related to boundary violations, Othering, and forensic mental health nursing. She is a co-editor of the textbook Psychiatric and Mental Health Nursing for Canadian Practice, served as an associate editor for the Journal of Psychiatric and Mental Health Nursing, was an editorial

continually motivated her to be the best registered nurse, educator, board member for the Journal of Psychosocial Nursing and Mental Developing her scholarship in mental health nursing was her way of Health Services, and currently holds the position of editor-in-chief, giving back to students, as a way of facilitating further exploration of Journal of Forensic Nursing. She is an experienced writer, editor, and mental health nursing and encouraging the recipient to consider a scholar, who has published extensively in peer-reviewed journals future career in in this rewarding nursing specialty. and books and is a much sought-after speaker.

Emily Dudgeon was the 2023 recipient of the Cindy Peternelj-Taylor Currently Peterneli-Taylor is a member of the Mental Health Award in Mental Health Nursing.

YOU MAKE A DIFFERENCE

"

Developing her scholarship in mental health nursing was her way of giving back to students.

YOU MAKE A DIFFERENCE

With gratitude, the College of Nursing recognizes the philanthropists who have given accumulated gifts of \$1,000 and more, as of December 31, 2023.

Fllen Leisi

Ethel Harmel

Eunice Patterson

GIFTS OVER \$500,000

Bob and Noreen Edmondson David and Catherine Sutherland RBC Foundation

GIFTS OVER \$200,000

Jim and Jean Meenaghan Marilyn V. and Keith Mitchell

GIFTS OVER \$100,000

Doug and June Barber Dr. Darlene Forrest Future Generations Foundation George Fink Olga and Garth Johnson St. Paul's Hospital Foundation Inc. The Donald and Claire Kramer Foundation

GIFTS OVER \$50,000

Carolyn Muir Jacqueline Sims Walter Hader, M.D.

GIFTS OVER \$25,000

Annie Earle

GIFTS OVER \$10,000

Allan Rodger Audrey Ewanchuk **Bill and Betty Albritton** Cindy Peternelj-Taylor Crystal Procyshen Doug and Charlotte Annable Dr. Marlene Smadu Eleanor MacKay Reichardt Endowment **Emily Peacock** Gordon Barnhart Harold and Audrey Zettl Jan Guidinger Jessie Tait Jill Bally Joan Miller K+S Potash Canada Lena May Ohrt Estate Lois and Tom Gilchrist Olive G Suitor Estate **Rouse Family Fund** Sandra McCullough Saskatchewan Union of Nurses Saskatoon Community Foundation Sylvia Hinz The Fitzhenry Family Foundation University of Saskatchewan Nursing Alumni Valorie McCombe William Savin

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