



ONTARIO CORRECTIONAL NURSES' Interest Group



Speaking out for correctional nursing.

SPRING EDITION 2018

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Watch for OCNIG
Executive Committee
election information
closer to June!

A MESSAGE FROM THE PRESIDENT...

Spring is around the corner and as much as I love the look of that lovely white stuff covering trees and fields, I am ready for winter to be over! Driving to work in daylight is a great start; now we just need warmer temperatures!

There is so much going on right now, that it's hard to sum it up in a brief message! Over the summer, OCNIG had the opportunity to engage with the Ministry of Community Safety and Correctional Services to review high-level content for the new legislation. Bill 195 was introduced at Queen's Park in February and this comprehensive piece of legislation is welcome news! You can read more about it on page 2. I thank those members who provided feedback. Your perspective is welcome and valued. We shared that feedback, as well as our own, with the Minister's office this week and now we wait for second reading!

This winter we've worked hard to meet our mandate of student and nursing engagement (see page 8), we enjoyed a successful day at Queen's Park (pages 4 & 5) and we networked at RNAO's Spring Assembly (page 6).

Our annual member's meeting is coming up April 21, 2018 (page 3) and we hope to see a good majority of you there, at the Toronto Hilton. We'll talk about OCNIG's activities over the past year and you'll have a chance to meet President-Elect Angela DiMarco. When we asked about priorities for guest speakers, the consensus was "something to help correctional nurses manage stress". To that end, Paula Manuel will be teaching us about "self-care for the correctional nurse" and will demonstrate some exercises that we can employ on a regular basis!

As well there are educational opportunities for correctional nurses. "Talk Diabetes 2018" is happening in Kingston and the registration form is on page 12.

Enjoy the read and remember your comments are always welcome! Email us at ontariocorrectionalnurses@gmail.com

We would love to hear from you!

Warm regards,

Shirley

NEW CORRECTIONS LEGISLATION

On February 20, 2018, the Honourable Marie France Lalonde, Minister of Community Safety and Correctional Services, introduced new legislation in the Legislative Assembly; Bill 195, the Correctional Services Transformation Act, 2018. The proposed legislation aims to improve conditions and increase transparency, as the province works towards transformation of its adult correctional system. Bill 195 has been informed by several comprehensive expert reviews and consultations with partners including corrections staff and stakeholders like us! Bill 195, affirms the Ministry's obligation to provide safe and humane custody and care, including the provision of patient-centred, equitable health care services that respect clinical independence and provide continuity of care with services provided in the community. It includes recognition of the need for evidence-based programs and the importance of professional support, training and a safe working environment for correctional staff.

If passed, the proposed legislation will:

- Set rules around, and clearly define, segregation by aligning with international standards (Mandela Rules) and phasing in time limits and prohibitions on segregation for vulnerable inmates, including pregnant inmates and those with a significant mental illness.
- Improve conditions of confinement by requiring minimum standards for living conditions that would apply to all adults in custody.
- Increase transparency and accountability by establishing an Inspector General and independent review panels to ensure compliance with the new legislation and all policies.
- Create disciplinary hearings officers with the authority to make decisions about sanctions for serious acts of misconduct by inmates.
- Clearly define in legislation the health care services that incarcerated individuals should have access to, including: treatment of disease or injury, health promotion, disease prevention, dental care, vision care, mental health and addictions care, and traditional Indigenous healing and medicines.

In addition to the proposed legislation, improving health outcomes for those in custody will be informed by a new expert advisory committee, public consultations, and a comprehensive review of the health care needs of inmates and current services provided in each correctional facility.

The proposed legislation will replace the Ministry of Correctional Services Act and outlines a bold vision for the future of correctional services in Ontario.



ANNUAL GENERAL MEETINGS



RNAO
A G M
2 0 1 8

Toronto Hilton
145 Richmond St W, Toronto
Thursday, April 19 – Satur-
day, April 21

Click banner to register!

OCNIG AGM

**Saturday,
April 21, 2018**

Toronto Hilton Hotel
145 Richmond Street West
Pre-register through
RNAO AGM registration

Agenda

0830: Breakfast

0835: Greetings and Introductions

0840: Report of the Executive Committee

**0915: “Self-Care for the Correctional Nurse”
with Paula Manuel**

1015: Member’s Voices

1130: RNAO AGM Keynote Speaker

Your \$34 registration fee will be refunded in full at the breakfast!

QUEEN'S PARK DAY 2018

OCNIG joined more than one hundred RNs, NPs and nursing students at Queen's Park, to talk to MPP's about RNAO priorities. The list was lengthy.

We talked about governments partnering with indigenous nations to address urgent health needs, especially the ongoing crisis of children and youth suicide.

We talked about the need for a universal single-payer Pharma-Care program in Ontario.

We talked about RNAO's Policy Platform, "Improving health for all".

We spoke to the need for an electronic medical record (EMR) system in our primary care settings in Ontario including correctional facilities and the need for adequate shelters and affordable housing in the province.

We asked healthcare organizations to use professional nursing care models and we talked about restoring infrastructure and decent jobs for Ontarians.

We talked about protecting the environment to improve health for all and transforming long-term care to keep residents healthy and safe.

OCNIG members had an opportunity to speak with their MPPs and some had a chance to speak with Minister Lalonde.

In the afternoon, we heard from Minister Hoskins and had a chance to thank him for his work on OHIP+, explaining how that program has reduced barriers to accessing medication for youth on release from custody.

We heard from NDP health clinic France Gelin and

PC health critic Jeff Yurek about their views of healthcare in Ontario and some of their strategies for improving the healthcare system.

The day finished with a panel presentation "Understanding Homelessness" that included street nurse Cathy Crowe, Toronto City Councilor Joe Cressy and Shane Choinard, RNAO's special guest with lived experience.



The Queen's Park Day event is vital to sharing the vast experiences and knowledge of our members with elected officials and helps to inform a wide range of nursing and health priorities.

Political engagement is an integral part of RNAO's work and nurses have the capacity to influence healthy public policy.

We believe these opportunities lead to positive policy change and it was our pleasure to participate in this event; RNAO's 18th Queen's Park Day!

CORRECTIONAL NURSES AT QUEEN'S PARK



Top left and right: Queen's Park Day preparation

Bottom Left: Meeting with Minister Lalonde
Left to right: Abby Dushman, Shirley Kennedy, Minister Lalonde, Angela DiMarco

Bottom Right: Angela DiMarco (OCNIG President-Elect) with Hamilton MPP Paul Miller

RNAO SPRING ASSEMBLY

OCNIG's executive committee members Rose Galbraith, Shirley Kennedy, Angela DiMarco and Amber Mahoney joined other chapter and interest group leaders for RNAO's Spring Assembly on February 23rd. The meeting was a great opportunity to share members' voices, to gain an understanding of the work that other interest groups and chapters are doing and the events that they are planning. There was great discussion about Queens Park Day, with a focus on "The Day After - What's Next?" During our brief meeting with Dr. Michelle Acorn, Ontario's new Provincial Chief Nursing Officer, we were pleasantly surprised to learn that Dr. Acorn has worked in corrections as a nurse practitioner in a youth facility! We benefitted from an overview of RNAO's best practice guideline program and had great discussion about RNAO's newly released political platform. An invigorating day for all!



Top Left: Angela DiMarco (centre) and Shirley Kennedy (right) with RNAO President Carol Timmings (left)

Top Right: Amber Mahoney (Left) and Shirley Kennedy (Right) with Provincial Chief Nursing Officer Dr. Michelle Acorn (Centre)

Bottom: Correctional Nurses at RNAO's Spring Assembly
Left to right: Rosemary Galbraith, Angela DiMarco, Shirley Kennedy, Christine Bintakies, Vanessa Mesaglio, Amber Mahoney

Cultivating Moral Resilience in Correctional Nurses

by Lorry Schoenly

Resilience is the ability to bounce back or cope successfully despite adversity. So moral resilience is the capacity of the person to preserve or restore integrity in response to moral adversity. It is the ability and willingness to speak and take right and good actions in the face of moral/ethical adversity.

A Great Need in Correctional Practice

This is important in correctional nursing practice because the correctional environment presents unique moral and ethical challenges to nurses and other healthcare staff. All areas of health care present certain moral/ethical challenges. One way or another, nurses receive at least some education about the moral/ethical challenges in most community settings. But this may not be adequate for intense situations.

Correctional settings present different challenges not usually encountered in community settings. For example:

- Prisoners are held against their will.
- Prisoners often have maladaptive ways of behaving or interacting in society.
- Healthcare provision takes a back seat to the greater concerns of safety and security.
- There is a strong bias inside and outside of correctional facilities against prisoners.

Many members of society believe that prisoners do not deserve healthcare or that their healthcare needs are less important than healthcare needs of those in the free world.

Correctional nurses in some settings may be faced with daily ethical challenges. Being able to continually cope with these challenges requires moral resilience.

Cultivating Moral Resilience

Smith and Muse suggest several ways to personally cultivate moral resilience.

- **Self-awareness.** Be aware of your own values, needs, and strengths.
- **Skill Development.** Develop and practice skills in communication, negotiation, conflict resolution and inter-professional collaboration. Seek out educational opportunities to develop and practice these skills.
- **Mindfulness.** Mindfulness is a moment-to-moment awareness that focuses attention, notices those emotions and thoughts that are distracting and promotes relaxation.
- **Self-care.** Take care of yourself. Maintain good physical and emotional health.

Have a strong support system. Develop and maintain close relationships with co-workers, friends, and family.

Organizational Support

Organizations have a responsibility to promote and encourage moral resilience, too. Here are some ways to provide an organizational framework and culture that encourages moral resilience.

- Create a public dialog about moral/ethical challenges in the work environment.
- Support staff in stepping out to acknowledge and manage moral issues.
- Model moral/ethical behavior for staff.

Create opportunities to discuss situations with ethical implications such as at staff meetings

How about you? How do you deal with moral and ethical challenges in your correctional practice?

This post is part of a series discussing topics addressed during sessions of the 2018 Spring Conference on Correctional Health Care (see next page for registration information).

STUDENT ENGAGEMENT



1. To engage with correctional nurses and nursing students to stimulate membership and promote the value of belonging to OCNIG.

2. To advance the role and image of correctional nurses as members of a vital, knowledge-driven, caring profession and significant contributors to health.

These are two of OCNIG's "ENDS" and this winter we had three opportunities to meet them!

In January, Natania Abebe (Nursing Student ENO) and Shirley Kennedy (President) spoke with more than 100 University of Ottawa fourth year nursing students. The topic was re-examining bio-power, neoliberal ideology and governmentality in correctional healthcare. It was a very successful day with some very bright future nurses! Amber Mahoney (Social Media ENO) was able to spark some conversation about nursing advocacy and Professor Foth has already invited us back next year noting the session "was the perfect conclusion" to his *Politics in Nursing* course!



In February, Rose Galbraith (Policy and Political Action ENO) and Natania Abebe joined nursing students in Toronto to share the role of the correctional nurse and the realm of correctional nursing opportunities. This York University Careers Development event provided nursing students with an opportunity to explore various nursing career options, including correctional nursing.



And in March, Megan Tulner (Communications ENO) and Rose Galbraith attended the Community Health Nurses' Initiatives Group's first workshop, "Exploring the World of Community Health Nursing". It was an exceptional event with over 100 participants. Nursing students, community health

nurses and nursing leaders were able to network and participate in a fabulous knowledge exchange. Each of these opportunities allowed us to share the world of correctional nursing with nurses and nursing students and it was our pleasure to represent the OCNIG membership at these events!

NATIONAL CONFERENCE ON CORRECTIONAL HEALTH CARE (NCCHC)



SPRING CONFERENCE ON CORRECTIONAL HEALTH CARE

APRIL 21-24, 2018 | HYATT REGENCY MINNEAPOLIS

PURPOSEPROGRESSPERSPECTIVE



PURPOSE PROGRESSPERSPECTIVE

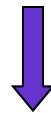
Renew your sense of purpose, gain a fresh perspective and be part of progress at the 2018 Spring Conference on Correctional Health Care!

Correctional health professionals from around the country will be heading to beautiful Minneapolis, a new NCCHC destination, for special learning experiences, continuing education, networking and the opportunity to exchange ideas with like-minded colleagues.

Top 4 Reasons to Attend NCCHC's Spring Conference

1. **Targeted education** from the only organization dedicated solely to correctional health care.
2. **Networking** with peers and experts from every segment of the correctional health field: clinicians, administrators, security.
3. More than **50 sessions and preconference seminars** to fit your educational interests.
4. **Comprehensive coverage** of all aspects of correctional health: suicide prevention, mental health, opioids, chronic care, liability challenges, risk management and more.

Click here
for more
information!



EDUCATIONAL OPPORTUNITIES

Nurses in the Know: Crisis Intervention for Adults Using a Trauma-Informed Approach – a Best Practice Guideline

March 27, 2018

Webinar

The objectives of this webinar are: highlight components of guideline development process, including the systematic review, highlight main themes of guideline recommendations and more.



Nursing Links Workshops:

Barrie:

Heart Failure Update (March 26, 2018)

London:

Interpretation of Lab Tests (April 24, 2018)

Ottawa:

The Treatment of High Functioning Alcoholics, Addicts, & Dual Diagnosis (June 4, 2018)

Sudbury:

Risk Assessment of Violence (April 30, 2018)

Toronto:

Liver Logic (April 23, 2018)

Pediatric Potpourri (May 22, 2018)

The Treatment of High Functioning Alcoholics, Addicts, & Dual Diagnosis (May 28, 2018)

For more information and to register, click here:



TALK DIABETES 2018

The Diabetes Education & Management Centre of Kingston Health Sciences Centre - Hotel Dieu Hospital site presents...

Talk Diabetes 2018

For Health Care Professionals with an interest in Diabetes

Friday, May 11, 2018
0800 – 1500 hours

Ambassador Hotel & Conference Centre
1550 Princess St. Kingston

A block of rooms has been set aside at the Ambassador and can be reserved by calling 1-800-267-7880. Reference "Hotel Dieu Hospital".



AGENDA FOR THE DAY

0730-0815	Registration	1100-1145	Shelley Brant RN & Jodi John RD <i>Letting down your professional guard; building relationships with Indigenous clients</i>
0815-0825	Opening Remarks		
0825-0930	Cathy Crowe RN <i>It takes a home</i>	1145-1245	Lunch (provided)
0930-0945	Robin Witzke & Madison McIntosh, <i>Diabetes and Homelessness: challenges and solutions to stabilization</i>	1245-1330	Dr. John Puxty <i>Challenges and Conundrums in care of the frail diabetic senior with multiple chronic diseases</i>
0945-1015	Nutrition Break (provided)	1330-1450	Dr. Robyn Houlden <i>Update on the 2018 Diabetes Canada Clinical Practice Guidelines: Everything you need to know in a nutshell</i>
1015-1100	Dr. Martin Feakins <i>Psychiatric medication, psychiatric disorders and diabetes: a community psychiatrist's approach</i>	1500	<i>Draws for a few terrific prizes.....you may want to stick around!!</i>

Registration Information:

Please complete and send to:

Attention: Conference Planner
Diabetes Education & Management Centre
Kingston Health Sciences Centre
Hotel Dieu Hospital site
166 Brock Street
Kingston, ON K7L 5G2



Phone: 613-544-3400 ext. 3590
Fax: 613-544-4499

NAME	
ADDRESS	
PHONE	
EMAIL	
EMPLOYER	
POSITION	

Registration Fee: \$175.00 | Students \$125.00

Please make cheque payable to Diabetes Education & Management Centre.

Registration deadline: April 27, 2018

Only registration with cheque or money order payment will be accepted – no exceptions.

All registrants will be notified and confirmed as soon as payment is received.

Thank you to our major sponsor:

