

MINIG Newsletter

October 2018
Volume 12

MINIG
MEN IN NURSING INTEREST GROUP



Our mission is to educate, support and strengthen the image for nurses by speaking out for nursing and speaking out for health. We respect human dignity and are committed to diversity, inclusively and democracy. Our mission is to show leadership through working with our communities, the general public, nurses, other health care providers and nursing organizations and groups to advance the profession of nursing.

Get Connected!

Follow and like
MINIG's Facebook
Page, Twitter and
Instagram!



Inside this Issue:

1. A Message From MINIG
2. Calling All Members
3. Membership
4. MINIG in Action
5. Looking Forward

Any Questions?

www.minig.rnao.ca

minig.rnao@gmail.com

Do you have any suggestions? Are you interested in getting involved? Contact us via e-mail or social media!



A Message From MINIG

Thank you for your support with MINIG. As the year comes to a close, we are thankful for each member of the executive team. The past couple of years have been focused on various transition phases. MINIG has implemented new standards and processes set forth by RNAO, established a unified direction moving forward, and solidified an executive team along with exceptional students. Throughout this year, we have welcomed innovative ideas and have diligently focused on increasing event involvement. Our Executive Team has heard the voices of MINIG members and has therefore decided to maintain the current name of our interest group. We strongly urge out members to continue to take part in initiatives as we work to create a lasting legacy.

Kinza
(MINIG President)

Calling All Members

Dear members,

We invite you to impact change by becoming a member of MINIG's executive team. We have several positions open and encourage our members to participate in the application process. All positions are required to be filled by Registered Nurses. Nursing students may participate in MINIG's mentorship program that partners students with each member of our executive team.

Vacant positions for Registered Nurses (RNs) include:

1. Workplace Liaison
2. Policy/Political Action
3. Membership
4. Social Media

RNs must apply by sending their cover letter, resume, as well as a 200 word blurb explaining why they are interested in joining, to minig.rnao@gmail.com.

Additionally, they will have to run for these positions at MINIG's Monthly Teleconference. Date and Time will be provided.

Students welcome!

Nursing students are always welcome to participate in MINIG. We believe nursing students are the future of the nursing profession.

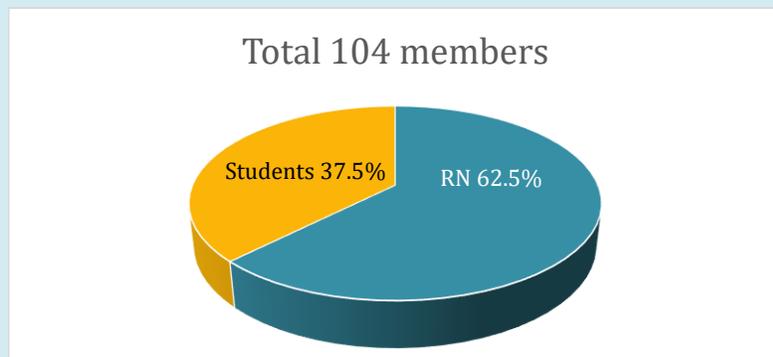
Students will undergo a 3-month probationary period to ensure they meet the standards as well as expectations of our interest group. Students must submit a copy of their cover letter, resume, as well as a 200 word blurb explaining why they are interested in joining, to minig.rnao@gmail.com.

Sincerely,
MINIG Executive Team



Membership

As the new registration approaches, we encourage you to maintain your membership and join MINIG.



MINIG In Action

University Fair

On September 23, 2017, MINIG sent a representative to attend the University Fair in partnership with RNAO to advocate for nursing career opportunity amongst those individuals seeking post secondary education. Representatives provided awareness for MINIG's growing initiatives, focused on health and inclusivity. Examples of how to get involved to advance the profession of nursing through leadership are also highlighted.

CNSA Regional Online Conference

The MINIG Executive Team presented MINIG's mission, vision and values, past accomplishments and available workshops offered to post secondary institutions on Oct 28th, 2018.

Ryerson Resume Workshop

In November 2017, MINIG hosted a resume and interview skills workshop focused on building the strengths of the attendees as well as developing strategies on opportunities for growth.

CV & Interactive Workshop

On March 2018, MINIG hosted an interactive workshop focused on developing interview techniques and professional development strategies in Toronto.

Other events...

- a) MINIG Instagram presence – ongoing
- b) Movember activities and promotion – November 2017
- c) Monthly teleconferences – 3rd Wednesday monthly
- d) RNAO AGM – April 2018
- e) Messages to members – ongoing

Test Your Knowledge: Cancer Quiz

- Which of the following is/are risk factors for colorectal cancer?
 - Low fibre diet
 - Obesity
 - Smoking
 - Inflammatory bowel disease
 - All of the above
- You are at a higher risk of skin cancer if:
 - You use tanning beds
 - Have light coloured skin, eyes, or hair
 - Take medications that make you more sensitive to UV light
 - All of the above
- Which of the following is not a symptom of testicular cancer?
 - Painless lump in the testicle
 - Bleeding from the rectum
 - Enlarged lymph nodes
 - Breast soreness or enlargement
- Men of the following have a higher risk of developing prostate cancer:
 - African ancestry
 - Certain gene mutations, such as the BRCA1 or BRCA2 mutation
 - Family history of prostate cancer
 - a and c
- It is estimated that 230 cases of breast cancer will be reported in men. As such, it is important for men to know what is normal for their breasts and to report any changes to their physician. One common sign of breast cancer in men is a painless lump, around the nipple.
 - True
 - False



Answers

1. Answer: e. A low fibre diet, obesity, smoking, and inflammatory bowel disease all increase the risk of colorectal cancer. 2. Answer: b. Use of indoor tanning, light coloured skin, eyes, and hair, and consumption of drugs that cause sensitivity to UV light are all risk factors of skin cancer. 3. Answer: b. Bleeding from the rectum is not a symptom of testicular cancer; it is a symptom of colorectal cancer. 4. Answer: d. a and c. Men of African ancestry and a family history of prostate cancer have a higher risk of developing prostate cancer. Option 2 is incorrect, gene mutations such as BRCA1 and BRCA2 increase the risk of breast cancer. 5. Answer: True. According to the Canadian Cancer Society (2018), of the 230 new cases of breast cancer in men in Canada in 2017, 60 of those men will die from the disease. Painless lumps around the nipple, discharge or bleeding, and crusting of the nipple are all possible symptoms of breast cancer.

References: Canadian Cancer Society (2018). *Cancer Types*. Retrieved from <http://www.cancer.ca/en/cancer-information/cancer-type/see-all/?region=on>

MINIG EXECUTIVE - CONTACT INFORMATION

Kinza Malik, President
kinza.m@outlook.com

Carmen Martin, President Elect
carmen.martin@hotmail.ca

Philip Wong, Immediate Past President
philipwong123@gmail.com

Franklin Gorospe, Finance Officer
E71312@hotmail.com

Matthew Lipinski, Communication Officer
matthew.lipinski@mail.utoronto.ca

Sharmaine Tarape, Policy and Political Action
sharmaineejoy@gmail.com

Abner Hufanda, Student Representative
A1hufanda@gmail.com

Nursing students with MINIG active involvement
 Matthew Fong (4th year) Andy Zhang (4th year)
 Imran Quereshi (2nd year) Christine Palisoc (4th year)
 Jon Hyunh (4th year)