

# Middlesex- Elgin

## Chapter

# newsletter )))

April  
2023  
Issue

### Middlesex-Elgin Nurses Take on Queen's Park Day 2023

From March 1<sup>st</sup>-3<sup>rd</sup>, a group of registered nurses from the Middlesex-Elgin chapter had the opportunity to join dozens of their colleagues at the RNAO Queen's Park Day 2023. The three-day schedule was packed with opportunities. For nurses to connect with MPPs to further support the RNAO's two main advocacy points for this year's event: Addressing the nursing crisis and the opiate poisoning epidemic.

Upon being welcomed into Queen's Park, participants conducted breakfast. Meetings with MPPs across Ontario to advocate for the above points. The breakfast was followed by attendance at the legislature's question period. Our members were deeply engaged in seeing some MPPs implement our advocacy in real-time. After the question period, the participants had the opportunity to witness the presentation of the RNAO's *Nursing Career Pathways* report, which could not have come at a better time, as afterwards, participants were greeted by a diverse political attendance of the Minister of Health, the Minister of Long-Term Care, and opposition party leaders. These leaders extensively engaged with nurses through an intense question-and-answer period, which is one of the highlights of the experience of writing from an attendee's perspective. Veteran nurses, new graduates, and nursing students alike stepped up to the microphone to inform these leaders about the issues that mattered to them, from safe staffing, better compensation, comprehensive education, mental health and more.



Middlesex-Elgin Chapter Executive at Queen's Park Day 2023 in Toronto.

### In this issue:

**QPD 2023**

**Palliative Care Zoom Workshop**

**Middlesex-Elgin Chapter AGM**

**Share your Story!**

**Chapter Elections**

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The RNAO Middlesex-Elgin Chapter would like to thank the MPPs that met with our chapter members on Queen's Park Day. We would like to thank our local MPPs who continue to collaborate with the chapter; we look forward to seeing what is to come.

### **Palliative Care Zoom Workshop**

On Wednesday March 29<sup>th</sup>, the Middlesex Elgin Chapter of the RNAO and the Western-Fanshawe Student Nurses Association presented a palliative care workshop on zoom. Carina Jacob, executive member of the Middlesex-Elgin Chapter and Palliative Pain and Symptom Management Consultant, presented on her experience as a palliative care nurse and how she came to be in her current role.

Carina also covered some basic concepts of palliative care, dignity conserving care, nursing competencies in palliative care, and provided information about medical assistance in dying. Many resources were linked for students and nurses attending the zoom workshop, including further opportunities in palliative education.



Middlesex-Elgin Chapter Executive Carina Jacob leading the Palliative Care zoom workshop.

### **Middlesex-Elgin Annual AGM**

On February 7<sup>th</sup>, Middlesex-Elgin RNAO members and executive came together for our annual AGM at Palasad South. Together we celebrated winning 2022 RNAO Chapter of the year. Members were engaged in brainstorming the type of activities they would like to see happen, and proposed ideas for future chapter learning opportunities. Additionally, members shared their personal nursing experiences to support our political advocacy event hoping to raise awareness of the nursing crises with local MPPs. If you have nursing stories. You would like to share with us please send them to our google account or see our website for more information.



Middlesex-Elgin Chapter Executive and members brainstorming together at the Chapter AGM.

### **Share Your Story!**

As we continue our political advocacy, we invite you to anonymously share your nursing stories from the COVID-19 pandemic related to your working conditions, how you're feeling and coping, the hardships you've faced, and how your experiences are impacting your practice.

## **Upcoming events:**

### **RNAO AGM in Toronto**

Date and time: Opening celebrations on June 22<sup>nd</sup> at 6pm and the AGM on June 23<sup>rd</sup> 8am-4pm

Location: Toronto, ON

Fee: Reimbursement provided

The Middlesex-Elgin Chapter is excited to announce that we will be sending 10 consultation representatives to the AGM. Representative will be reimbursed for travel, accommodation, and meals.

**Registration deadline is May 1<sup>st</sup>!**

Registration link:

<https://myrnao.ca/user/login?destination=node/18914>  
1

### **Middlesex-Elgin Chapter Paint Night**

Date: Tuesday, May 9<sup>th</sup>, 2023

Time: 7- 9 pm.

Location: Anderson's Craft Ales (1030 Elias St, London ON)

Fee: \$25 - registration link below.

Our Chapter executive is excited to celebrate nurse's week with you by enjoying a relaxing paint night! There are a limited number of spots so please register soon.

Please share the details of a specific incident. Or a gradual change throughout the pandemic and its impact on you. We hope to share the collection of stories we receive with local MPPs and reporters to bring awareness to the current issues in nursing.

**\*Please note:** This form is anonymous – we do not require you to provide any personal information. However, at the end of the form, we invite you to provide your contact information **only** if you are willing to speak with us as a follow-up or to be connected with reporters. **This is completely voluntary** – we welcome and appreciate all stories.

\*Please **submit your story online** via Google forms: <https://forms.gle/PmJJbB4UBaorsVG9>

### Chapter Elections for Upcoming Roles

Do you enjoy speaking out for nurses, health, and health care? We are looking for members to join the Middlesex Elgin executive in the following positions:

- President
- Communication Executive Network Officer
- Finance Executive Network Officer
- Membership Executive Network Officer

Candidates must be members in good standing of the chapter and agree to serve for a two-year term if elected. Watch for an email from RNAO in May when we request you to submit your nominations. *If you need more information about the roles, please email [MiddlesexElgin.RNAO@gmail.com](mailto:MiddlesexElgin.RNAO@gmail.com).*

Registration link:

<https://myrnao.ca/civicrm/event/info?reset=1&id=1399>

### Nominate a Nurse Campaign

Thank you to those who nominated a nurse! Stay tuned as we will be announcing the nominees that have won a gift card during nursing week, May 8<sup>th</sup>-12<sup>th</sup>!

Contact us at:

Middlesex-Elgin Chapter website: <https://chapters-igs.rnao.ca/chapter/43/about>

Chapter email: [middlesexelgin.rnao@gmail.com](mailto:middlesexelgin.rnao@gmail.com)

Or via our social media pages listed on page 1