

50 YEARS OF NURSING

Leading the Pursuit of Nursing Excellence

Yesterday,
Today,
Tomorrow

ALUMNI connections

SPRING 2019

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Message from your Alumni Executive

Happy 2019 to our nursing alumni family! This promises to be an extra exciting year for UCalgary Nursing. We are happy to be an integral part of the faculty during the 50th anniversary and to be leading this extraordinary group of alumni who are committed to you and to the future of the faculty's graduates. We hope to see you enjoy at least one event/activity during this celebratory year.

The faculty and alumni have some exciting initiatives planned for this year so please stay tuned to nursing.ucalgary.ca for news on what is happening and how you can be involved. In the meantime, please feel free to engage with any of our executive members.



Kate Wong



Dominic Chan

CO-PRESIDENTS

Kate Wong, BN'12

I have held the position of president/co-president from 2012-2015 and from 2016. I currently work at the Rotary Flames House at the Alberta Children's Hospital, Alberta's first and only paediatric hospice. I have just returned to the Faculty of Nursing to pursue my Master of Nursing in the thesis route: looking forward to becoming a two-time alumna!

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Dominic Chan, BN'14

I have always been keen on extracurricular involvement and have worked for three years with the alumni executive as treasurer, vice-president and now co-president. As an RN, I have worked in multiple areas within Calgary and recently moved to Vancouver to work in mental health (you can be an exec member at a distance too!). I would be very happy to speak with anyone who has questions about the Nursing Alumni and hope you will consider getting involved!

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CHAIR, SILVER COMMITTEE

(grad years from 10 to 24 years out)

Vacant

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(grad years from the 25th year on)

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Alumni profile — Justin Burkett, BN'14

On going from emergency nursing to nursing educator and Doha faculty advisor, UCalgary Nursing



Early career dreams: Burkett originally set out to study political science. "Truthfully, I had wanted to be a United Nations diplomat."

Pivotal travel moment: In 2005, Burkett went to China to teach English. "Walking across a busy bridge one day in the middle of Guangzhou, I saw a young child who had no limbs, sitting alone on a blanket with people walking by seemingly paying no attention. Something impacted me that day." When he returned to Canada at 26, he pursued studies in health care.

Nursing school: Burkett completed the UCalgary Nursing program at Medicine Hat College. "The first year I applied to nursing, I actually didn't get in." At that time, paramedics and nurses took many of the same first-year foundation courses at MHC, so he did first-year paramedic courses, then reapplied to nursing.

The path to UCalgary: While working at Rockyview Hospital, he met UCalgary nursing instructor Dave Patterson (BN'08, MN'19) who suggested he apply to become a clinical instructor.

Doha exchange program: "Our students get to step outside their comfort zone and experience

nursing in a different culture. They are in a country where nurses are experiencing a rapid state of evolution within their own practice; seeing it firsthand gives them some humility.

I want our students to immerse themselves, experiencing as much of the Qatari culture as they can. This is a wonderful opportunity to enhance their ability to provide culturally mindful care. The Albert Einstein quote

'Learning is an experience, everything else is just information,' is at the heart of everything I do."

Men in nursing: "Globally, the male nursing workforce is around 14 per cent. They still experience the age-old sentiment of 'Why nursing? Why don't you become a doctor?' from their families. But I'm happy to see this changing as more men enter the nursing profession and take ownership of their craft. Maybe it's not so much about just empowering men in nursing but empowering nurses in nursing."

Lifelong learner: Burkett is studying remotely for his Master of Science in Global Health Policy at the London School of Hygiene & Tropical Medicine at the University of London.

Testimonial

Laura Russell, BN'18, travelled to Doha in January 2018 and was in the first group of students Burkett supervised after he became the Doha faculty advisor. She currently works at the Foothills Hospital in Calgary on Unit 36 (internal medicine) and 46 (medical oncology) and looks back at her Doha practicum with fond memories.

"Justin had an enthusiastic, adaptable outlook and was an excellent mentor for our nursing abroad experience," she says. "Working alongside students, nurses and other

health-care professionals in Doha greatly strengthened my cultural competence, global awareness and overall nursing ability. I feel I am able to provide better nursing care to my patients here in Calgary."

Through a partnership with the University of Calgary in Qatar, fourth-year UCalgary Nursing students have an opportunity to complete clinical practicum hours at health-care facilities in Doha.

Celebrating 50 Years of UCalgary Nursing!

In 1969, the University of Calgary announced the establishment of a School of Nursing with Dr. Shirley Good, PhD, as director. The first students were admitted in September 1970 — and so the Faculty of Nursing began!

In 2019, we recognize 50 years since that announcement. Here are some of the ways we are celebrating:

Food for Thought Breakfast Series



Dr. Linda Duffett-Leger,
RN, PhD, assistant professor

Thursday, May 30, 2019

We Have Your Back: Using wearable tech to reduce back injury among nurses



Dr. Carla Ginn, PhD'17
RN, assistant professor

Thursday, August 22, 2019

Resiliency in Families Living with Lower Income: Effects of a two-generation preschool program after age 10 years



Dr. Eloise Carr,
RN, PhD, professor

Thursday, November 21, 2019

How living with a dog can improve the quality of life and well-being for people with chronic pain: A Human-Animal Pain Interaction (HAPI) story

All breakfasts in Senate Room, Hotel Alma | 7 a.m. start

nursing.ucalgary.ca/breakfast-series

Marguerite Schumacher Memorial Alumni Lecture

Saturday, September 28, 2019
The Ranchmen's Club, 710 13 Ave. S.W.

From Nurse to EntrepreNURSE: Personal reflections from 50 years of UCalgary Nursing

This year's talk, which honours the first dean of the Faculty of Nursing, features five inspiring alumni from each of our five decades who will speak about their journeys as RNs.

nursing.ucalgary.ca/alumni/schumacher

Annual Alumni Luncheon



Changing My Mind
featuring **Margaret Trudeau**

Saturday, June 8, 2019
Calgary Winter Club, 4611 14 St. NW
11 a.m. to 2 p.m. | \$50 + GST

Tickets are limited so secure yours early

50 Faces of Nursing

Throughout 2019, we'll be highlighting 50 noteworthy people — past or present staff, alum, students, partners etc. — who you feel have impacted UCalgary Nursing in some way since the announcement, in 1969, that the university would have a school of nursing. Here are a few of our 50 faces!



Brenda Toth,
Manager — Undergraduate Programs

“Brenda has been a long-time employee of the university and a hard-working, dedicated member in the Faculty of Nursing for most of her 35 years here. She knows more about the nursing undergraduate program than anyone else.”

Nominated by Karen Cook



Pam Holberton,
MN'90

“Pam demonstrated her passion for family-centred care when she was the manager of ICU at FMC in 2003. Through her dedication and collaboration with nurses, physicians and other health-care professionals, the treatment team recognized and attended to the needs of family members alongside the needs of critically ill patients. This initiative fostered the development of a family care committee comprised of staff and family members.”

Nominated by Sandy Harper-Jaques, BN'75, MN'90



Dr. Nancy Moules,
BN'95, MN'97, PhD'00

“Dr. Moules' research has changed the lives of young people and families who have been affected by childhood cancer, and she is internationally recognized as an expert in philosophical hermeneutics. She has cultivated strong clinical and community partnerships, been generous in making opportunities for colleagues (like myself) to develop and extend our own scholarship, and she has always done this with an eye on making life better for Calgary families and beyond.”

Nominated by Dr. Andrew Estefan, PhD

There's still time to nominate someone!

nursing.ucalgary.ca/50-faces

50 YEARS OF NURSING



Mother-daughter team up to develop health-care leaders

Leah Wuitschik, BN'05 and Carol Gray, BN'75, talk about their important work to build leadership teams

Leah Wuitschik and her mother, Carol Gray, were featured in an issue of *Faculty Links* in June 2005 as mother-daughter alum. Fast forward 14 years finds the twosome working together to improve individuals and teams for a stronger health system.

Q: Leah, when we talked to you in 2005, you were on Unit 61 at Foothills. Talk a little about your career since then.

Leah: As a newly graduated nurse, I recognized immediately that I was doing important work in service of others. After completing my graduate education, I wanted to inspire leaders in health care to do things differently, to innovate and grow. As a result, I chose to step out of Alberta Health Services and, in partnership with Carol, start TallTrees Leadership. I'm so privileged to have the exciting opportunity every day to work with health-care professionals, helping them bring forth the best from themselves and their teams.

Q: Carol, when we talked to you in 2005, you were a VP with AHS (then the Calgary Health Region). Talk a little about your journey to consulting and TallTrees.

Carol: I have been most fortunate to have had a variety of senior leadership roles within AHS including a key role in leading teams responding to the H1N1 pandemic. This experience reinforced for me the immense power of common purpose, collaboration and teamwork, especially in challenging circumstances.

Shortly after deciding to retire, I began consulting and my continued passion for working with leaders and teams led me to pursue training in executive coaching. The timing was right for Leah and me to work together.

Q: Why TallTrees Leadership? What is the need in nursing — and health care — today that led you to establish the business? Where did the name come from?

Carol: We all know that there are challenges in nursing and health care. We also know that there are tremendous opportunities. What is important is how we choose to respond to challenge and embrace the opportunities and do things differently. Tackling challenge and welcoming innovation is where strong and meaningful leadership becomes critical. We need to equip our leaders with the knowledge and skills to get work done and to inspire others. The name TallTrees Leadership was chosen as it is full of imagery, such as growth and change, which is directly related to leadership.

Q: What are the dynamics of the mother-daughter team? Is it more challenging or easier?

Leah: There certainly has been a learning curve for both of us; however, because we have such a close relationship we often find that there is an innate level of communication and collaboration. One of the unexpected benefits of working together is that we have developed a really good sense of our respective strengths and how to leverage those differences to better serve our clients and to create a stronger business.

Q: How has the role of nurses changed since you both started out as RNs? Or has it?

Carol: We have observed that nurses are taking on ever increasing leadership roles in all areas of practice. The complexity of health-care environments reinforce that nurses are in key positions to positively influence the direction of how health care is delivered and make a significant impact on improving health outcomes for individuals and communities.

Welcome Sandra Davidson



UCalgary Nursing's new dean is ready for the next 50 years!

In August 2018, we welcomed our new dean, Dr. Sandra Davidson, for a renewable term of five years. Dr. Davidson, PhD, joins us from the University of Alberta, where she was the associate dean for undergraduate programs in their Faculty of Nursing.

In the short time since arriving at UCalgary, Davidson says she feels energized by the momentum not just within the faculty, but also the university as a whole. "My timing is good," she says. "We have a new president and there is lots of optimism and excitement about what is next for UCalgary."

Davidson's early initiatives include a focus on elements of *Leading the Pursuit of Nursing Excellence*, the faculty's strategic plan, where she sees the most opportunity for growth.

"Advancement of nursing education and wellness for work and study are the pillars where some truly great work is just beginning and I am most excited about building entrepreneurial capacity here," she says. "I see us developing courses and curricula focused on the art and science of innovation as it relates to health care and leveraging and growing interprofessional partnerships for entrepreneurial thinking.

"I am so delighted to have started my role as we launch into our 50th anniversary. There is increased energy and an attitude of genuine positivity and I am looking forward for all that is to come."

Stackable Certificate MN Program set to launch

There is no denying that continuous societal change, technological innovations and transformations in the health-care system are ongoing prompts to the Faculty of Nursing to constantly evaluate and re-envision undergraduate and graduate education. Our most recent addition to the advanced practice landscape is the Stackable Certificate MN Program (currently with Alberta's Ministry of Education for approval), a course-based graduate program designed to provide knowledge and practical experience for nurses and other health-care professionals wishing to gain specialized skills.

"We know many nurses want to complete graduate education, but they can't because of their work, family commitments or because they live outside Calgary," says Dr. Shelley Raffin Bouchal, MN'92, PhD, associate dean (graduate programs). She adds the stackable concept is a very practical option to make graduate education more accessible for these students. "Students will have the opportunity to complete a one-year part-time graduate certificate offered via blended online delivery in the specialization of their choice." On completion of two certificates, students may apply for admission into the Master of Nursing Course Based Laddered Certificate Pathway and have the opportunity to finish an MN degree in one additional year.

Currently, there are four specializations available: Contemporary Topics in Aging, Addiction and Mental Health, Innovations in Teaching and Learning and Leadership for Health System Transformation. We expect the first cohort of students to join us for a program start of September 2019.

For more information, visit
nursing.ucalgary.ca/graduate







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