

# Foundation Focus

Spring 2019

Invest in nurses. See the difference in health care.

## CNF Award Recipients Leading Innovative Ideas and Practices!

- Creating new knowledge
- Developing healthcare policies and practices
- Improving quality of care
- Advancing health information technology

**Lynda G. Balneaves**, Past CNF Multi-Award Recipient, 1995 – 1999

Associate Professor, College of Nursing,  
University of Manitoba

**Thanks to innovative nurses like Lynda, oncology patients are now receiving access to quality, evidence-based information and decision support helping to improve their cancer journey.**

“My research has been focused on supporting people with cancer and their families in making informed decisions about the use of complementary therapies during their cancer journey. Our research program, called CAMEO, has provided over 1,500 patients and family members with access to evidence-based information and decision support. More recently, I have been active in studying how and why Canadians, including those with cancer, access medical cannabis and how well-prepared health professionals are in addressing the questions and care issues that surround cannabis use. As the research on the potential benefits and risks of cannabis unfold, it will be essential to translate that knowledge to the bedside and to the larger community.”

**Innovative nurses are translating research knowledge on the potential benefits and risks of cannabis.**



## Canadian Nurses Foundation

**Kathleen Stevens**, ARNNL Education and Research Trust 25th Anniversary Scholarship 2014 and 2015 CNF Award Recipient

Assistant Professor, PhD Candidate, Memorial University  
Faculty of Nursing

**Innovative nurses like Kathleen are helping patients reduce their risk for complications from diabetes.**

“Diabetic foot ulcers and amputations are devastating complications for patients and families with a high cost to the healthcare system. Utilizing a mixed methods patient-oriented research approach, I am testing the effectiveness of a low-cost hardware store infrared thermometer as a self-assessment tool to detect early plantar inflammation, providing the opportunity for early intervention to prevent skin breakdown and ulceration.”



**Pamela Durepos**, Lundbeck Canada Mental Health Fund 2018 CNF Award Recipient

Intensive care nurse, Hamilton Health Sciences Corporation  
PhD Candidate, McMaster University

**Nurses develop innovative assessment tools to improve palliative care interventions and support for family caregivers.**

“Nurses are key in preparing family caregivers for end-of-life. My project ‘Caring Ahead’, is creating a questionnaire to measure how prepared family caregivers feel for death in dementia and to assess the effectiveness of palliative care interventions. It will be used to improve Advance Care Planning and help trigger support for family caregivers who are struggling in specific areas. Generous funding from CNF has been key in helping me focus on this important research.”



# INNOVATIONS IN NURSING ARE RESHAPING HEALTHCARE THANKS TO YOU!

CNF Award recipients **DRIVING CHANGE** in healthcare today!

Innovative ideas being put to work!

Providing better, more affordable care for

- **YOU**
- **YOUR FAMILY**
- **YOUR COMMUNITY**

**Renee Crossman**, ARNNL Education and Research Trust 25th Anniversary Scholarship  
2016 CNF Award Recipient

Assistant Professor, Memorial University Faculty of Nursing  
PhD Candidate in Nursing, University of Alberta

**Nurse-initiated health promotion improves health and quality of life among people living with chronic diseases.**



“My PhD study is about how people with Type 1 Diabetes who use insulin pumps make decisions, problem solve, and in general ‘live life’ with diabetes. Different from a focus on adapting to and living with diabetes, I am focusing on the decision making and problem solving that occur on a day-to-day, often moment-to-moment basis, collectively creating diabetes practices, or the ‘doing’ of diabetes. I hope to establish a program of research with a focus on chronic disease management and more specifically on health promotion and living well with chronic diseases such as diabetes.”

**Kimberly LeBlanc**, Dorothy Kergin 2016 CNF Award Recipient

Scientific Chair of the Wound, Ostomy and Continence (WOC) Institute, NSWOCC

**Specialty wound-care nurses improve patient outcomes.**

“Thanks, in part, to the generous support from CNF, I was able to complete my doctoral studies and enrich my career. I oversee the WOC-Institute’s education programs that provide continuing education for nurses and other healthcare professionals in the areas of Wound, Ostomy and Continence care. Research shows that healing times improve, health-care costs decrease and fewer hospital interventions are needed when specialty-trained wound-care nurses are involved in the care of clients.”



**Sue Bookey-Bassett**, Bianca Beyer 2015 CNF Award Recipient

Academic Affairs Research & Innovation, Collaborative Academic Practice  
University Health Network

**Health Network uses innovative models of interprofessional education to improve collaborative practice among health care teams.**



“Thank you to CNF for supporting my PhD studies at McMaster University. As Research and Development Leader, at University Health Network, I am supporting academic practice initiatives including implementing and evaluating new models of interprofessional education to support collaborative practice among health care teams in a variety of practice settings. Staff report better role understanding and ability to provide holistic care to persons living with complex chronic illnesses.”

**NEW!!!**

## Follow a CNF Award Recipient

Gillian Strudwick, inaugural Dr. Kathryn J Hannah Nursing Informatics award recipient, 2016

**AND NOW.... one of Canada's nursing leaders**

**AND STTI 2019 Research Grant Award Recipient**



Gillian Strudwick, Centre for Addiction and Mental Health, Information Management Group

### Research on providing psychiatric patients with access to their health records electronically

**Twenty percent of Canadians will experience a psychiatric condition in any year.** Access to health records through patient portals, an emerging technology, may be an important tool for keeping Canadians with psychiatric conditions well and managing their psychiatric conditions in the community rather than in hospital or clinical settings. **Gillian is conducting research that could lead to significant advancements in improved access to health records for psychiatric patients in Canada.**

Technology to provide access to health records is often available for people with physical health

conditions, however less frequently for people with psychiatric conditions. Gillian's research will bring us one step closer to making this a reality for people with psychiatric illness and obtain the necessary evidence to support implementation across the country.

**Once a month can change someone's everyday.**

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CANADIAN NURSES FOUNDATION

NIGHTINGALE

**GALA**

NIGHTINGALE

DE LA FONDATION DES INFIRMIÈRES ET INFIRMIERS DU CANADA



**SAVE THE DATE!**

**Celebrating innovative nurses and innovative nursing care**

**Nurses Driving Change: Are you Ready?**

**May 9, 2019 Shaw Centre, Ottawa Visit [cnf-fiic.ca](http://cnf-fiic.ca)**

**NEW!!!**

## Message from the CEO

photo: Teckles Photography Inc.



Spring has finally sprung and there is much energy in the air! CNF received over 400 scholarship applications this year – a new record! It is time for CNF to honor many more students as they pursue their nursing education. With next year being 2020 and the start of a new decade, what a great opportunity for CNF

to create 20 new scholarships. So, I challenge each and every one of you to help us meet this much needed goal! Stay tuned for much more from CNF, you won't want to miss a minute. We are also very excited about this issue of *Foundation Focus* that recognizes amazing nurse CNF award recipients for their innovative practice – helping shape not only our profession but health care overall!

**Congratulations and thank you!**

Stay happy and healthy and let the warmth of the spring sun energize and renew all of us.

## News and Events

### CNF attends CNSA National Conference in Calgary, January 23 – 25, 2019



CNSA award recipients and Annette Martin, Director of Development, CNF



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**Canadian Nurses Foundation**

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613-680-0879, 1-844-204-0124 toll free  
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## CNF Donors Corner

**Marjorie Michele (Murray) Stobie**

**CNF Helen McArthur Red Cross Fellowship recipient**

**CNF Donor, 1993 – 2019**



Back in the 1990's, while teaching at the Algonquin College Nursing Program in Ottawa, I decided to return to University for my Masters in Nursing. My heart wanted to research the Caring Theories of Nursing.

Thanks to CNF, I received funding from the 'Helen McArthur Red Cross Fellowship' and completed my Masters thesis titled "The Experience of Nurses Caring for the Primary Caregivers of Persons Living with AIDS". It provided so many enriching experiences at a time when persons with AIDS and their partners were still a 'pariah to society'.

I am grateful for the help I received from CNF. Being a CNF donor is 'payback for a good cause'. I have been a CNF donor for the past 26 years now and am very proud to have helped financially launch the John Vanderlee Male Nursing Scholarship in 2002. I have also volunteered on CNF's Scholarship Merit Review Panel. I encourage all nurses and CNF award recipients to pay it forward!