



CRITICAL CONNECTIONS



Summer 2011

CACCN TORONTO CHAPTER NEWSLETTER

www.torontocaccn.ca

Message from the President

Ingrid Daley, RN

It is a pleasure and honor to start my two year term (May 2011-April 2013) as President for the CACCN Toronto Chapter. This summer's newsletter marks the launch of your new Executive committee over the next two years. The Executive Committee is committed to continue with the 3-"R's" theme; Re-new, Re-energize and Re-fresh. The 3-R's strategy will ensure our members have the most up to date and interactive website and quarterly newsletters to ensure you are kept current from your Toronto Chapter and Nationally.

As your new President, I promise that we will continue to be transparent, engaging and professional with our members to make sure our members' voices are heard. The Executive committee will commit and strive as a group to provide our members with continued and professional quality workshops through the year in preparation for the National Board Exam annually in April. We will ensure that updates and information about high quality educational workshops are sent out in a timely fashion. We will also work hard to ensure that our annual Evolutions Conference continues to be a huge success and that we meet or surpass the standards set out by our National Office.

Remember your Chapter Executive Committee members are your link to educational opportunities, and can provide information regarding Scholarships and Grants offered from National. Please visit National website at caccn@caccn.ca for all the latest and how to apply.

As the Toronto Chapter, we represent a large section of the Critical Care Nursing Community across Canada. Let us lead the way in demonstrating how we can collaborate to enhance our Chapter's activities, promote its continued growth and sustain our Critical Connections together.

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CACCN TORONTO

Executive Officers

2011-2012

President

Ingrid Daley

Past President

Karen Dryden-Palmer

President Elect

Jo-Ann Correa

Secretary

Jo-Ann Correa

Treasurer

Ibrahim Merhi

Newsletter Editor

Teresa Robitaille

Publicity

Danielle Ferreira

Education

Michelle Cleland

Pediatric Consultant

Pam Watt

Membership

Sarah Meadows

Evolutions Conference Chair

Karen Bennett

Web Developer

Kim Streitenberger

Communications

Matthew Villagonzalo



Do CACCN members want mentorship opportunities?

To our Toronto Chapter CACCN colleagues.

Thank you for taking the time to complete a Mentorship survey at the CACCN Evolutions conference in April 2011. CACCN is dedicated to meeting the professional needs of its members and providing enhanced resources and development opportunities for our members. The mentorship survey was designed to investigate if a mentorship service was desired by the members and in what format this service might be delivered. Participants expressed that they would like to increase their knowledge, practical and leadership skills by networking with other members and sharing relevant experiences.

Here are some of the preliminary findings from the survey:

A total of 30 surveys were completed. Results indicated that 47% of the participants would like a mentorship opportunity offered via the CACCN. 64% of those respondents indicated they are interested in participating as both a mentor and a mentee.

Ideas for how to structure a mentorship program included:

1. Shadowing of one of the roles within CACCN e.g. conference chair.
2. Direct communication focused on career advice from knowledgeable experts in particular fields.
3. Webinars on relevant topics / questions and answers forum, hosted by CACCN leaders.
4. Face to face, e-mail and telephone connections between CACCN mentor and mentee “ preferred structure “

Note-Face book/social media was not rated highly by respondents as a forum for mentor relationships.

This information will be shared with the CACCN board members as we move forward with the CACCN mentoring project. If you have any further questions please contact Alison.dodds@sickkids.ca or Karen.dryden-palmer@sickkids.ca Thank you!

**Hello fellow CACCN members!**

My name is Sarah Meadows and I have recently been elected as Membership Officer for the Toronto Chapter of the Canadian Association of Critical Care Nurses. I am currently a staff nurse in the PICU at the Hospital for Sick Children, and have worked in this role for the past 3 years.

I am very excited and eager to take on a new role and meet a new team of critical care professionals to work with! I am looking forward to bringing my passion for critical care nursing and my leadership experience to the CACCN Toronto Chapter Team.

I have personally experienced the benefits of being a member of the CACCN for 3 years and I am excited to pass on the wealth!

Evolutions Chair**Karen Bennett**

Hello everyone, I'm Karen Bennett I have been working in Critical Care for 11 years. I've noticed over the years that medicine and our practice is constantly changing. It's important that we stay informed and current. The Nursing Evolutions conference on Monday April 30, 2012 is an excellent way of achieving this. Looking forward to seeing you there.

**Publicity Chair
Danielle Ferreira**

Hi I am Danielle Ferreira I am thrilled to be joining the executive as the Publicity Chair. I have been working in critical care for the entirety of my nursing career at North York General Hospital. I am also a member of the Critical Care Response Team. In addition to these roles I am a teacher in the Practical Nursing Program at Seneca College and in the fall I plan to pursue a Masters of Nursing at Ryerson University.

I am very happy to have been invited to participate in such an important organization; as CACCN is. I look forward to helping facilitate new and exciting opportunities for our members to be involved in as well as benefit from. Thank you for welcoming me to the CACCN executive.

**Membership Officer Farewell
Sandra M. Langelaan**

I would like to take this opportunity to not only welcome the new executive members of Toronto Chapter but to also thank the members I have had the opportunity to work with, grow and learn. It is hard to believe that my two year term has come to its end; I wish everyone a safe and happy summer and much success in your professional and personal lives.

Sandra



As members of the National Board of Directors of CACCN (BOD), we wanted to share with the Toronto membership a little about the activities of the board and how it is actively advancing the specialty of critical care nursing in Canada. The BOD strives to represent critical care nursing skill and expertise, and promote the value that expertise contributes to the health of Canadians. In this installment we will address the work of the CACCN in developing Position Statements.

It is imperative to the BOD that position statements generated are reflective of current issues and trends in Canadian Critical Care nursing. These statements provide a platform from which Critical Care nurses inform their practice and share their unique world view. Position statements are disseminated broadly in order to share our organization's perspective and support a best practice community within critical care nursing and between health care disciplines. Currently, CACCN has published Position Statements addressing; Family Presence During Resuscitation, Critical Care Advanced Nursing Practice, Critical Care Nurse Practitioners, Critical Care Clinical Nurse Specialists, Providing End of Live Care in the Intensive Care Unit and Structure of Intensive Care Units. Consideration for the development of new statements originates from relevant requests from members or chapter executives, issues identified by the National Board of Directors or emerging areas of health care concern.

Once an issue has been identified and selected for review by the BOD, an invitation is sent to all members of CACCN across Canada, requesting applications from anyone who would like to contribute to the development of the statement. This broad recruitment is intended to bring together a group which is representative of the large practice scope and critical care nursing contexts in Canada. Committees include representation from adult and paediatric critical care; direct care practitioners, education, administration and advanced practice. Further efforts are made to ensure geographical representation from across Canada and establish connections to Canadian experts in the domain of interest the position statement will address.

The established committee members will then meet and begin discussions through email or teleconferencing and craft a development plan for the statement. A rigorous literature review, including benchmarking relevant statements from similar organizations locally and internationally, provides the foundation from which the statement emerges.

The committee constructs a working draft, which is submitted to recognized national and international experts in the subject matter of the statement. Expert feedback is collected and the statement will be returned to the committee for revision. Once revisions are complete, the final draft is presented to the CACCN National Board of Directors for review. The completed and approved document is then distributed to all members of CACCN and published on the website. Position statements are reviewed every five years to ensure currency and applicability to practice. Process for review of position state-



ments is similar to the development of the original statement.

Currently, there are two position statements in process of review: Use of Non-Regulated Health Care Personnel and Family Presence during Resuscitation. Upcoming position statement work will include: Healthy Work Environments, Licensed Practical Nurse, Guidelines for Nurse: Patient Ratios in Critical Care, Patient and Family Centered Care and Organ Donation.

Most regulatory nursing bodies, including the Canadian Nurses Association, utilize published Position Statements as part of their communications and best practice strategy. You are encouraged to access all documents along with those published by CACCN in support of and to guide your practice.

Working on a Position Statement development committee is a valuable and rewarding professional experience. We encourage anyone with an interest in sharing their expertise and passion for Critical Care Nursing, to respond to the call for committee members. It is a wonderful way to connect to colleagues across the country and a great opportunity to critically look at practice and recommit to the values of our unique profession.

Ruth Trinier, RN, BScN, CNCCP(C)

CACCN National Board Director – Awards and Corporate Sponsorship

Lead for Review of Position Statement Family Presence during Resuscitation

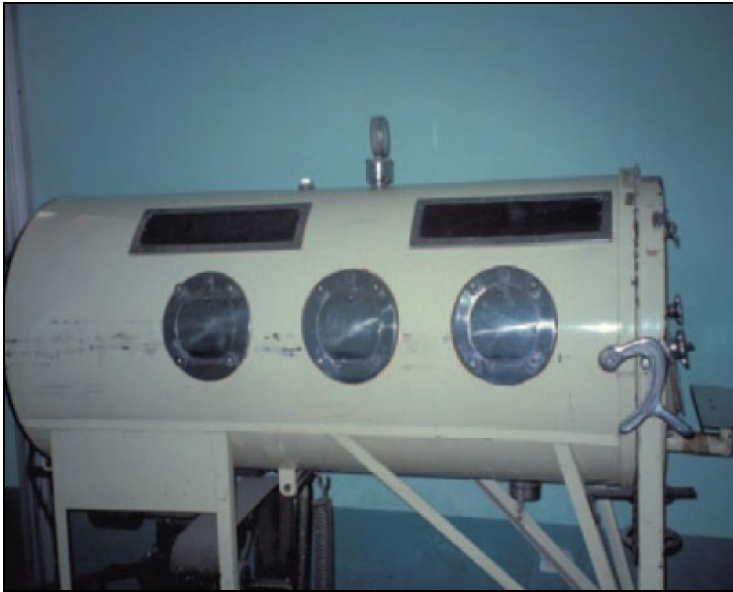
Karen Dryden-Palmer, RN

CACCN National Board Director – Dynamics liaison

Lead Position Statement Family and Patient Centered Care



Did You Know?



Photograph of a negative pressure ventilator otherwise known as the "iron lung." These devices were used during the poliomyelitis epidemics of the 1930s and 1940s for the treatment of acute and chronic respiratory failures. Subatmospheric pressure was generated by a piston on the bottom of the device, which increased the total volume of the container without a change in the volume of the gas in the space. The magnitude of the negative pressure generated could to some extent be changed by altering the movement of the piston

The first modern and practical respirator nicknamed the "iron lung" was invented by Harvard medical researchers Philip Drinker and Louis Agassiz Shaw in 1927. The inventors used an iron box and two vacuum cleaners to build their prototype respirator. Almost the length of a subcompact car, the iron lung exerted a push-pull motion on the chest.

In 1927, the first iron lung was installed at Bellevue hospital in New York City. The first patients of the iron lung were polio sufferers with chest paralysis. Later, John Emerson improved upon Philip Drinker's invention and invented an iron lung that cost half as much to manufacture.

Source: http://inventors.about.com/od/istartinventions/a/iron_lung.htm

Welcome New and Returning CACCN Toronto Chapter Members!

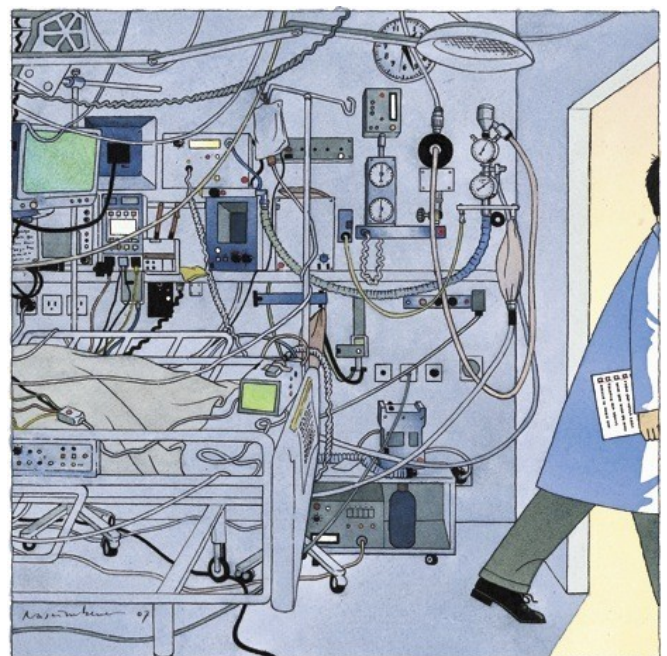
Update from Sarah Meadows
Toronto Chapter Membership Officer

Thank you to all of you who have renewed your membership. We welcome you once again and are excited to have you back.

Over the last three months we have had 23 new members join the Toronto chapter.

Please join me and the executive members in welcoming the following individuals:

J.A. Airth, J. Ilott, A. Rule, S. Sinclair, J. Sotelo, L. Steeves, R. Taruc, J. Vadil, J. Wilvert, E. Layden, R. Lobb, L. Mason, S. Meadows, K. Mercer, I. Merhi, R. Noseworthy, L. Annamunthodo, B. Axten, I. Bonnar, F. Cacao, R. Cunningham, D. DiPinto, and I. Ejesi





A Green Message from your Executive Council

Hey everyone!! It is official we have gone Green!! We are proud to inform our members that we will continue to send our newsletters via email.

We ask that all members continue to ensure that their e-mail addresses are up to date as issues will be available via e-mail only. We will also continue to post Critical Connections on the local web page. You can update your e-mail address at www.caccn.ca or through our local chapter at www.torontocaccn.ca.

If you have any concerns regarding this decision please contact our president Ingrid Daley at (416) 340 - 4800 ext. 8774 or e-mail at ingrid.daley@uhn.on.ca.

An Invitation to all Toronto

Chapter Members:

Our executive council is taking a well deserved summer break. We can still be reached thorough our Gmail address. Our next meeting will take place on Monday September 12 th, 2011 at North York General Hospital. Please check the web page for details. All members are invited to attend. Please R.S.V.P to our president, Ingrid Daley, at Ingrid.Daley@uhn.on.ca seven full calendar days prior to the event if you would like to attend. Submissions regarding any chapter concerns can also be forwarded to Ingrid Daley for consideration during the executive council meeting.

Coming Events...

Dynamics 2011 Conference

October 16-18, 2011

Gluckstein & Associates presents: Step-by-step towards healing, renewal and connection to self

October 21, 2011

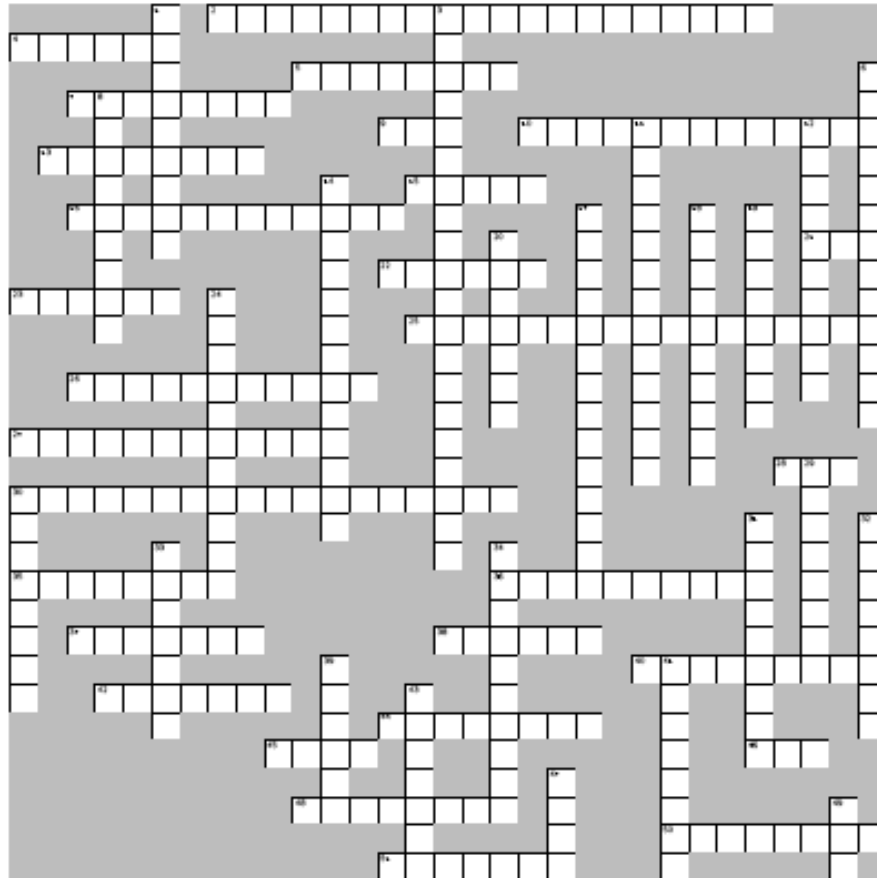
Critical Care Canada Forum

November 13-15, 2011



Unlock your Cranial Vault! Neuro Basics

By Jo-Ann Fernando

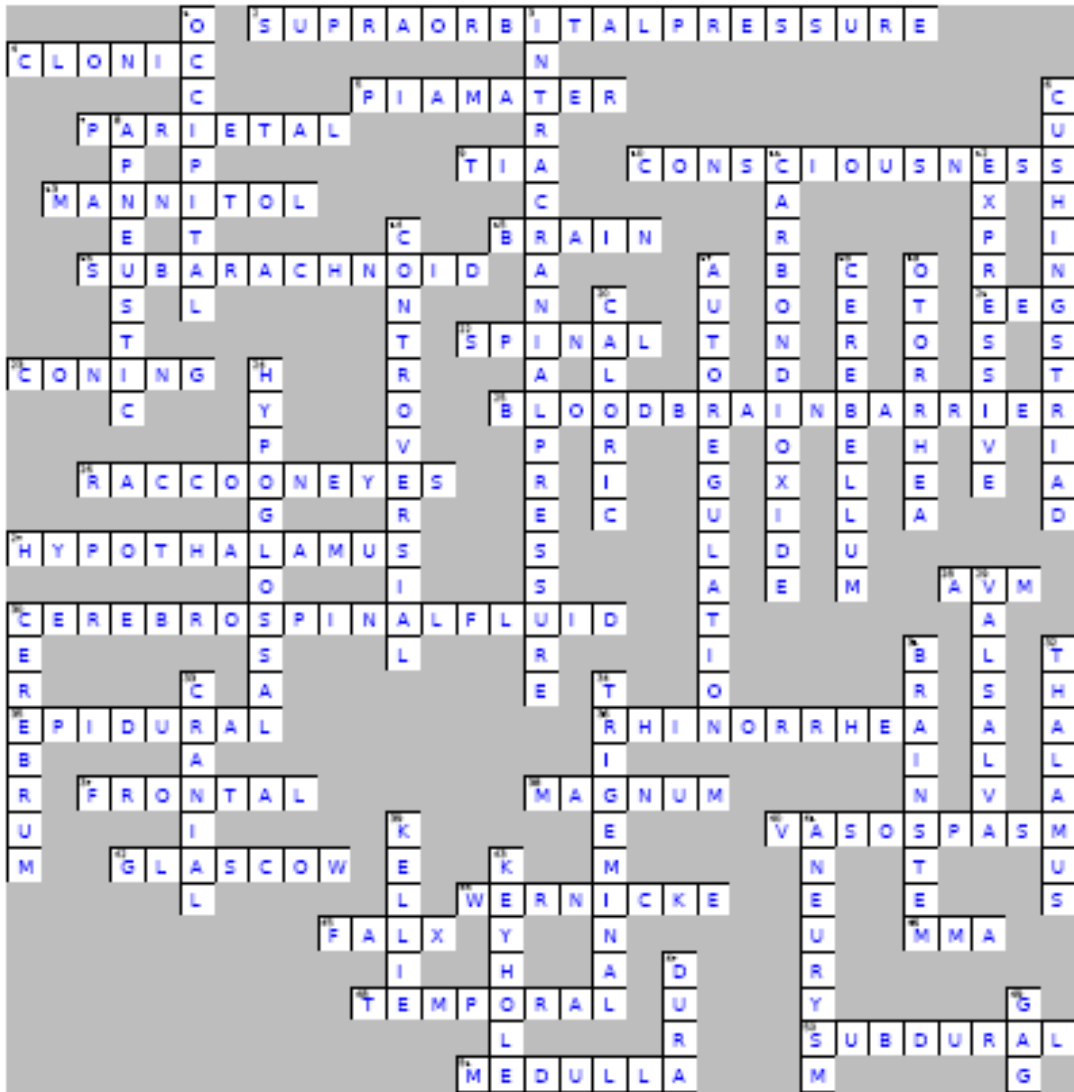


- Across
- 2 Type of noxious stimuli that should be avoided in patients with head injuries or facial surgery (2 wrds)
 - 4 Seizures typically characterized by bilateral rhythmic movements
 - 5 In Latin, means "tender mother" (2 wrds)
 - 7 Interpretation of touch, pressure and pain occurs in this lobe
 - 9 Often called a "mini stroke" (abbrev)
 - 10 Arousal + Awareness =
 - 13 Osmotic Diuretic (generic)
 - 15 So demanding! Organ that makes up only 2% of body weight but requires approximately 20% of cardiac output
 - 16 Hemorrhage that results in the "worst headache of one's life"
 - 21 Test that records "brain waves" or the absence of (abbrev.)
 - 22 These nerves are responsible for taking impulses to and from the spinal cord
 - 23 Downward Transtentorial Herniation
 - 25 Separates the CSF from the circulating blood (3 words)
 - 26 Smudged mascara or a sign of a basilar skull fracture
 - 27 Plays a role in temperature regulation as well as regulation of food and water intake
 - 28 Tangled masses of blood vessels between arteries and veins (abbrev.)
 - 30 Serves as the "shock absorber" for the brain and spinal cord (2 wrds)
 - 35 Hematoma that may result in a brief period of unconsciousness followed by a relatively short period of lucidity
 - 36 CSF drainage from the nose
 - 37 Lobe responsible for cognitive function
 - 38 Foramen
 - 40 Could occur 4-14 days post SAH
 - 42 _____ Coma Scale
 - 44 Damage to this area can result in receptive aphasia
 - 45 The _____ cerebri separates the two hemispheres of the brain
 - 46 This artery supplies most of the blood to the dura mater (abbrev.)
 - 48 "Doctor, I smell burnt toast" Sensory seizures usually occur in this lobe
 - 50 Hematoma of Venous Origins
 - 51 Cranial crossing over occurs here

- Down
- 1 Lobe that is concerned with interpretation of visual stimuli
 - 3 v(brain) + v (CSF) + v(Blood) = _____ (2 wrds)
 - 6 Hypertension, Bradycardia and Irregular Breathing pattern (2 wrds)
 - 8 Injury to the lower pons could result in an _____ respiratory pattern
 - 11 Gas that is considered a potent vasoactive substance (2 wrds)
 - 12 Also known as Broca's Aphasia
 - 14 The use of hyperventilation to control ICP is considered _____
 - 17 This is often lost at 30 - 35 mmHG
 - 18 Consists of 2 hemispheres
 - 19 CSF drainage from the ears
 - 20 This test involves instilling water into the external auditory canal
 - 24 The ability to stick one's tongue straight out tests the _____ nerve
 - 29 Hold your breath maneuver
 - 30 Contains the Frontal, Parietal, Occipital and Temporal Lobe
 - 31 Contains the midbrain, pons, medulla
 - 32 Serves as a relay station in the brain
 - 33 These nerves are responsible for taking impulses to and from the brain
 - 34 Cranial Nerve that allows you to cry
 - 39 _____-Munroe Hypothesis
 - 41 These often occur at the Circle of Willis
 - 42 Pupil shape that may indicate early compression of CN III
 - 47 In an acute subdural hematoma, blood collects beneath the _____
 - 49 The Vagus helps to control the _____ reflex



Puzzle Solutions





Evolutions 2011 Summary By: Karen Dryden Palmer RN

Evolutions 2011 Unity in Critical Care Nursing has been a great success. On April 18th, held for the third year at the Sheraton Hotel and Toronto Airport Convention Centre, proved to be stimulating, inspiring and informative. In total we enjoyed the participation of 140 delegates. We were privileged to hear internationally recognized speakers who explored a wide range of current critical care nursing issues and topics. There were 4 keynote addresses and 12 concurrent breakout sessions. We were even able to squeeze in two very well attended workshops. The chapter executive and the conference team would like to extend our sincere thanks to our generous sponsors, who without their generous support we could not have provided this valuable day.

Thanks to the Evolutions Planning Committee and in particular to Conference Chair- Ingrid Daly. This was Ingrid's third conference and it was exceptionally well planned and executed. Next year Ingrid will take on the role of Toronto Chapter president with Karen Bennett taking on the lead for the Evolutions team. Our gratitude is extended to the staff at the Sheraton Hotel Toronto Airport Convention centre for their hospitality and care.

The theme of 'Unity in Critical Care' was chosen to reflect the times in which we are practicing. It seemed a highly appropriate theme in light of our current challenges, political social climate and the changing nature of interprofessional health care practice. Certainly critical care nursing has been at the center of these shifts. Julie Trpkovski emphasized our unique position to direct the future of health care for Ontarians in her summary of the Provincial critical care nursing strategy. The need to connect to our clients and to our colleagues was reflected in the scope of topics covered. Dr. Geerts addressed nurse's role in VTE and Dr. Downar illuminated the role of critical care and critical care nurses in palliation.

Delegates provide fabulous constructive feedback and participated in a CACCN mentoring survey and many excellent ideas for next year's Evolutions.

Keep a look out for Evolutions 2012 date posting when we will again return to the Sheraton and enjoy hearing from each other, exploring new ideas and once again falling in love with our amazing work.

Please join us then,



***Canadian Association
of Critical Care Nurses***

**CACCN
TORONTO CHAPTER**

How to reach us? (please note the chapter no longer has a phone, should you have any questions or concerns please feel free contact any of our members via email or by mail).

By Mail:

CACCN Toronto Chapter
P.O. Box 79660
1995 Weston Road
Toronto, Ontario
M9N 3W9

By email:

caccn.executive@gmail.ca

Membership Renewals and New Members - please submit your completed application and payment to:

By Mail:

CACCN
P.O. Box 25322
London, ON
N6C 6B1

By Fax: 519-649-1458

By Email: caccn@caccn.ca

Looking for Educational Sessions and Workshops?

The Executive has taken a well deserved summer break! Please check the web site for more information of upcoming workshops in the Fall.

Interested in Contributing to Critical Connections?

We are currently seeking educational submissions to be published in future issues. If you are interested please contact Teresa Robitaille via e-mail at: teresa.robitaille@uhn.on.ca

Find us on Facebook at:



<http://www.facebook.com/pages/Caccn/102615136442345>



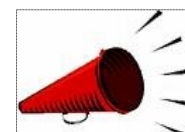
Mark It on Your Calendar!!

“Evolutions 2012”

Monday April 30, 2012

Sheraton Toronto Airport Hotel and Conference Centre

801 Dixon Road, Toronto, Ontario





A Final Goodbye from our President Karen Dryden-Palmer

Finally it seems that summer has arrived and with the change in the seasons your Toronto executive is also changing. Some of the people are changing, new ideas are developing, established goals are evolving and we continue to strive to provide our critical care nursing members with relevant support, information and education.

In my final message to you as President, I would like to say thank you and good luck to our departing executives. Each of these dedicated volunteers has generously volunteered their time and expertise to ensure that our chapter membership's needs were addressed. Each one of these fine members has contributed to our united Chapter voice at the national level. Toronto chapter has terrific influence nationally on the Canadian Critical Care Nurse community. We are blessed with a large chapter and solid resources, we have great representation from a variety of sub specialty critical care practitioners and broad skills and expertise to share. Most importantly we have the desire and passion to achieve great things for our specialty.

We are saying good bye to Veronica Breadner (Treasurer), Sonia Neri (Pediatric consultant), Darcy Farrell (Publicity) and Sandra Langelaan (Membership). Ingrid Daley will be stepping down from her role as Evolutions chair to take on the office of president. Ingrid is tireless, experienced and has an abundance of creative ideas on how to grow our chapter and its services. We are in for an exciting year under her leadership.

New executive members are; Karen Bennett (Evolutions chair), Danielle Ferreira (Publicity), Ibrahim Merhi (Treasurer), Sarah Meadows (Membership), Pam Watt (Paediatric consultant) and Mathew Villagonzalo (Communications consultant). They bring fresh perspective and a diverse set of skills to move the chapter forward with its ambitious restructuring and outreach plan.

Continuing into the second half of their terms are Kim Streitenberger (Web site), Michelle Cleland (Education Chair), Teresa Robitaille (Editor) and Jo-Ann Correa (Secretary). Mary Ann Nelson has continued on as well as our member at large. Their experience and continuity of purpose will round out this amazing team.

As I transition to the role of past president and take up my responsibilities as a Central Region Director at the National board I would like to say thank you to Toronto membership, my colleagues on the executive, my employer (The Hospital for Sick Children) and the organization for the fabulous opportunities and support I have received over my term.

I am extremely proud of nurses' important contribution to patient well being, our insight into the political reality of our health care system and the diverse and dynamic community in which we practice. On behalf of myself and your Toronto executive I thank you for the opportunity to serve and for your continued support into our next term.



Canadian Association of Critical Care Nurses

Cumulative Annual Financial Statement

Submission on or before April 30

Report Period:	April 1, 2010 to March 31, 2011			
Chapter Revenue	Jun-30	Sep-30	Dec-31	Mar-31
National Reimbursement for Membership	\$1,100.00	\$0	\$2,625.00	\$570.00
Bank Interest	\$0	\$0.07	\$0.08	\$0.09
Other (Specify):	\$0	\$0	\$0	\$0.28
Quarterly Revenue	\$1,100.00	\$0.07	\$2,625.08	\$570.37
Yearly Revenue (Balance of 4 Quarters)	\$4,295.52			
Chapter Expenses	Jun-30	Sep-30	Dec-31	Mar-31
Workshops/Conferences/Seminars	\$0	\$1,214.00	\$366.00	\$375.00
Speaker Honorarium and Expenses	\$50.00	\$0	\$0	\$0
Project (Specify):	\$0	\$0	\$0	\$79.04
Phone/Fax	\$143.80	\$87.13	\$212.45	\$0
Post Office Box	\$183.75	\$0	\$0	\$0
Other (Specify):	\$0	\$80.00	\$706.91	\$149.57
Quarterly Expenses	\$377.55	\$1,381.13	\$1,285.36	\$603.61
Yearly Expenses (Balance of 4 Quarters)	\$3,647.65			
Net Income:	\$647.87			