



April 2018  
Volume 1, Issue 2

## Inside this issue

Nominations Committee .....	2
Leadership Award .....	2
Research Committee News .....	3
Clinical Corner .....	4
Webinar News.....	4
Immunization Awareness .....	5

## Special points of interest

- Do you have something to contribute to the newsletter? We want members involved. See the back page for details!

*Leading Excellence in Perinatal and Women's Health Nursing in Canada*

## Updates from the CAPWHN Board

The Board has been putting in a lot of work to ensure CAPWHN continues the important work of leading excellence and bringing a national voice to perinatal and women's health and has exciting developments to share with you. Some of the activities include:

- Development of updated perinatal standards to compliment the CASN new graduate standards and the Perinatal Certification Standards – CAPWHN helped work on all of the documents to help improve the understanding of the value of perinatal nursing
- CAPWHN position statement on Fetal Health Surveillance Education for Nurses (all completed position statements available [here](#))
- Board and AHPC are working with SOGC on a gender inclusive language position statement
- Collaborating with SOGC on new clinical guidelines
- Research committee has been active in collaborating with other researchers to groups to build a CAPWHN Perinatal and Women's Health research program

Be sure to stay tuned in to the discussion forum and watch our social media posts for ongoing news. Looking forward to seeing everyone in Ottawa at our 8th annual conference – plan to attend the AGM for more details of the CAPWHN actions on behalf of perinatal and women's health. Abstract review is underway and the program committee is hard at work – stay tuned for the preliminary program.

The call for nominations for the CAPWHN Board and committees is just out – give some thought to the benefits leadership opportunities can offer you – be part of the excitement!

**CAPWHN 8<sup>th</sup> Annual Conference**  
Leading Change Across Our Nation – Networking on the Hill

**SAVE THE DATE**

**OCTOBER 11 - 13 • 2018**      **OTTAWA • ONTARIO**

Canadian Association of Perinatal and Women's Health Nurses  
[www.capwhn.ca](http://www.capwhn.ca)

## CAPWHN Nomination opportunities for members



This year, 2108, is an exciting year at CAPWHN. We are involved in innovative and leading edge work for perinatal and women's health. We are actively engaged in reviewing and contributing to national standards and education, such as gender inclusive language; FHS education for nurses; perinatal standards and certification; implications of legalization of cannabis; and the annual CAPWHN Clinical, Education, Research Conference (October 11-13, 2018 in Ottawa, Ontario), just to name a few.

---

*“Serving on the CAPWHN Board is a key opportunity for members to develop their leadership skills, and promote nursing ”*

---

Each year CAPWHN offers two awards. We accept nominations to honor members who would qualify for the Rising Star and Excellence in Leadership Awards. Descriptions of these awards are on the CAPWHN website, along with a list of past award recipients. The Board encourages you to consider and nominate deserving CAPWHN members. The awards are presented at the annual conference.

There are a number of leadership positions coming available on the Board of Directors. We seek a cross-sectional representation from across the country. Several Regional Directors are completing their terms this year, and we are encouraging keen and enthusiastic CAPWHN members to submit nominations for consideration. The bylaws require at least one director from each of the 5 regions (see the [CAPWHN By-laws](#) section 5.3 for details). The current terms for the following regions are being completed or are vacant: BC/AB/YT; Ontario; and Atlantic Provinces/Nunavut. We also welcome directors at large from anywhere in Canada.

Serving on the CAPWHN Board is a key opportunity for members to develop their leadership skills, engage in strategic alliances, promote nursing and interdisciplinary research and review, and contribute to national standards. If you are currently a member of CAPWHN and are looking for future leadership opportunities, please consider putting your name forward.

*Pam O'Sullivan*  
*Chair, Nominations Committee*

## News from the CAPWHN Research Committee

The Research Committee has a new member! Meet Dr. Megan Aston. Dr. Aston is a Professor at Dalhousie University School of Nursing. She teaches

**qualitative health research and family and community health nursing.** Her program

of research focuses on family, maternal, child and newborn health in local, national and international contexts. She uses 'feminist poststructuralism' informed by discourse analysis to examine how nurses and clients negotiate **beliefs, values and practices** that have been socially and institutionally constructed through relations of power. She has secured provincial and national funding to support research studies focused on 1) maternal



and newborn health in Nova Scotia and Tanzania, 2) mapping mother's social networks, 3) postpartum home visits, 4) hospital experiences of children with intellectual disabilities, their parents and nurses, 5) queer women's birthing experiences, and 6) nurses' bereavement support experiences at VON and a children's hospital.

- submitted by the CAPWHN Research Committee

### ***The Research Committee wants to hear from you!***

**★ Now – over to you, the CAPWHN Members!! ★**

To plan our ongoing agenda, we want to hear from you about your needs, questions and issues related to research, evaluation, or translating research into practice, education, or administration.

Take a minute to think and answer this question ...

**“How can the Research Committee help you understand research, build your skills, or answer any question you may have about research?”**

**Send your question(s) to Research Committee Co-Chair, Janet Rush ([janetrushhamilton@gmail.com](mailto:janetrushhamilton@gmail.com)) and see responses to your and other members' questions in upcoming Newsletters!**

[Early Career Investigator Grants in Maternal, Reproductive, Child & Youth Health Operating Grant](#)

Funded by the Canadian Institutes of Health Research (CIHR). The program will fund research across the four CIHR research themes (biomedical, clinical, health systems services, and population health) that has the potential to have a significant impact on maternal, reproductive, child and youth health outcomes according to the mandates of the participating CIHR institutes.

Registration deadline: April 17, 2018;

Application deadline: May 15, 2018.

## Clinical Corner

March 2018 Cochrane reviews looked at non pharmacological pain management in labour. For more detailed information go to the Cochrane library.

---

### **Massage, reflexology and other manual methods for pain management in labour**

Caroline A Smith, Kate M Levett,, Carmel T Collins, Hannah G Dahlen, Carolyn C Ee, Machiko Suganuma

**Author's conclusions:** Massage, warm pack and thermal manual methods may have a role in reducing pain, reducing length of labour and improving women's sense of control and emotional experience of labour. Although the quality of evidence varies from low to very low and few trials reported on the key GRADE outcomes. Few trials reported on safety as an outcome. There is a need for further research to address these outcomes and to examine the effectiveness and efficacy of these

manual methods for pain management.

---

An ongoing discussion across Canada is taking place in regards to human milk banking, and regulations. CAPWHN member Martha Paynter discusses it [here](#):

*Healthcare Policy, 13(3) February 2018: 20-26.doi:10.12927/hcpol.2018.25400*

### **Discussion and Debate Medicine, Body Fluid and Food: The Regulation of Human Donor Milk in Canada**

Martha J. Paynter and Kathryn Hayward

- submitted by the CAPWHN Board of Directors

---

## CAPWHN Webinar News

To date, this year's CAPWHN webinars have been a great success. In January, we heard from Laurie Harding and Lucy Barney with "What's the Harm? Examining Stereotyping of Indigenous People in Perinatal Services." In February, we were introduced to the "Developmental Care Guidelines for neuroprotective care in the NICU, a joint position statement by CANN, CAPWHN, NANN & COINN" presented by Isabelle Milette, neonatal nurse practitioner from Montreal, Quebec. These presentations have led to much discussion regarding relevant practice changes in our hospitals.

We have some exciting webinars in the coming months. On March 28th, Ann Pederson and Kate Rossiter presented on "Improving the Health Sector Response to Gender-Based Violence". On April 25th Karen MacInnes and her team will be presenting "BFI journey and breastfeeding support in Kanesatake". We encourage you to enroll for the April webinar by sending an email to [admin@capwhn.ca](mailto:admin@capwhn.ca). Information regarding the webinar will be available on the website soon [www.capwhn.ca](http://www.capwhn.ca). We are also looking for presenters for the month of May, June and September. If you are interested in presenting a webinar please contact Jennifer Marandola, CAPWHN Regional Director (Quebec) at [jennifer.marandola.comtl@ssss.gouv.qc.ca](mailto:jennifer.marandola.comtl@ssss.gouv.qc.ca).

- submitted by Jennifer Marandola, Regional Director (Quebec)

## National Immunization Awareness Week

Recent outbreaks remind us that infectious diseases still pose a threat to our health. During National Immunization Awareness Week (NIAW), Immunize Canada calls upon all Canadians to protect themselves and others by staying up to date with their immunizations. Vaccines are safe and effective, and protect individuals as well as communities by preventing the spread of disease.

In collaboration with the Pan American Health Organization's Regional Office of the Americas, this year's theme is **Strengthen Your Defense!**

NIAW2018's social media hashtags are **#VaccinesWork #GetVax #NIAW2018**.

For more information about National Immunization Awareness Week, please visit [immunize.ca](http://immunize.ca) or contact:

### Immunize Canada Secretariat

T: 613.725.3769 x 122 [immunize@cpha.ca](mailto:immunize@cpha.ca)

Follow us on [Twitter](#), Follow us on [Facebook](#), Visit our [YouTube channel](#)

STRENGTHEN  
YOUR DEFENSE



National Immunization  
Awareness Week 2018

---

## *Join Immunize Canada in promoting National Immunization Awareness Week from April 21-28, 2018*

---

### **Du 21 au 28 avril 2018, rejoignez Immunisation Canada pour promouvoir la Semaine nationale de promotion de la vaccination**

Des récentes éclosions nous rappellent que les maladies infectieuses présentent encore une grave menace pour notre santé. Durant la Semaine nationale de promotion de la vaccination (SNPV), Immunisation Canada invite les Canadiennes et les Canadiens à se protéger et à protéger les autres en gardant leurs vaccinations à jour. Les vaccins sont sûrs et efficaces, et ils nous protègent ainsi que nos communautés en prévenant la propagation des maladies.

En collaboration avec le Bureau régional des Amériques de l'Organisation mondiale de la Santé, le thème pour cette année est **Renforcez votre défense!**

Les mots-clics pour médias sociaux sont les suivants : **#VaccinsFonctionnent #FaitesVousVacciner #SNPV2018**.

Pour plus d'informations sur la Semaine nationale de promotion de la vaccination, veuillez visiter [immunisation.ca](http://immunisation.ca) ou nous contacter :

### Secrétariat Immunisation Canada

T : 613.725.3769, poste 122

[immunize@cpha.ca](mailto:immunize@cpha.ca)

Suivez-nous sur [Twitter](#), Suivez-nous sur [Facebook](#)

Visitez notre [chaîne YouTube](#)

RENFORCEZ  
VOTRE DÉFENSE



Semaine nationale  
de promotion de la  
vaccination 2018



**CAPWHN**

**Our national office is  
situated in Ottawa,  
Ontario**

2781 Lancaster Rd, Suite  
200, Ottawa ON K1B 1A7

Phone: 1-800-561-2416 ext  
266 or 613-730-4192 ext  
266

Fax: 613-730-4314  
admin@capwhn.ca

## Newsletter Submissions

We are assembling content for the next issue of the CAPWHN Newsletter and would like to invite CAPWHN members to submit content for consideration. The next issue will be distributed in June of 2018. Submission Deadline is May 15th, 2018. To submit an article for consideration, please email your submission to [admin@capwhn.ca](mailto:admin@capwhn.ca).

### Content submission requirements:

- 250 words maximum, in Word format, along with any accompanying images
- Contains a list of references as needed
- Relevant to the mission of the organization: "Providing leadership in perinatal and-women's health to promote quality care for Canadian women and families." Additional information regarding CAPWHN's mission is available on [CAPWHN's website](http://capwhn.ca).

Please send your submission to [admin@capwhn.ca](mailto:admin@capwhn.ca) and [lisadyanbland@gmail.com](mailto:lisadyanbland@gmail.com) by Tuesday May 15th, 2018. Submissions will be reviewed, and if accepted will be included in the newsletter, which is scheduled to be distributed electronically to members June 2018.



*Being part of the conference planning committee truly brings a group together. Members of the 2017 Conference Planning Committee joined together for laughs at a live taping of *This Hour Has 22 Minutes*, in Halifax, NS, on February 26th, 2018.*