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Volume 1, Issue 3

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### 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*

## CAPWHN Nominations Committee Updates

The CAPWHN Nominations Committee is responsible for reviewing the current slate of board and committee members, and ensure that we have representation from across the country. The call for nominations is now open, and you can find updates for all nominations calls throughout the newsletter on pages 4 and 5.

Be a part of CAPWHN's exciting future and take advantage of these opportunities to be involved. We look forward to hearing from you!

**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)

## News from the CAPWHN Research Committee

At the 2017 CAPWHN Conference in Halifax, members were very interested in the work of Martha Paynter, one of the final keynote speakers who discussed the reality of incarcerated women with perinatal health needs and concerns. We reached out to Martha at Dalhousie University School of Nursing, requesting a synopsis of her doctoral research so that all CAPWHN members could appreciate her work in progress:

### **Perinatal health outcomes of criminalized and incarcerated women in Canada**

“Over the past ten years, the number of federally-incarcerated women rose 37%. Two-thirds of incarcerated women in Canada are mothers and 5% are currently pregnant. Most incarcerated women have histories of trauma and other adversities, and enter facilities experiencing addiction and mental illness. They lack access to health services, prenatal education, social and family supports, and significant barriers to breastfeeding. The purpose my study is to fill a critical gap in understanding the perinatal health outcomes of incarcerated and criminalized women.

Feminist intersectional theory posits that identities including race, class, gender and sexuality intersect in systems of oppression. Gender, race and class are key considerations in this research as perinatal health, breastfeeding and newborn care are experiences that disproportionately affect women, and carceral experiences are raced and classed.



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*“Gender, race and class are key considerations in this research”*

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My study will be conducted in collaboration with community organizations. My procedures include: a systematic review of the international literature about the health outcomes of mother-child residential prison programs; interviews with perinatal care providers, corrections staff, community advocates and criminalized women about the barriers and facilitators to perinatal health; and collaboration with key stakeholders, including incarcerated women, to co-design a theory-informed intervention to improve perinatal health outcomes (integrated knowledge translation).

**I aim to redress the invisibility of criminalized women’s experiences, and inform policy and practice change to enhance their perinatal health”.**

(PhD co-Supervisors: Dr. Erna Snelgrove-Clarke & Dr. Ruth Martin-Misener)

**CAPWHN Regional  
Director: Ontario  
Update**



The CAPWHN Board is pleased to announce the transfer of Lyndsay Martin-Kowalyk from the position of Director at Large to Regional Director for Ontario. More information will be sent to Ontario members shortly.

## 2018 CAPWHN Conference Ottawa, ON — October 11 to 13, 2018

The 2018 CAPWHN National Conference is less than 5 months away and we look forward to welcoming you to Ottawa!

This year's conference theme highlights nursing leadership. There will be many opportunities to learn and to share knowledge and innovations with a particular focus on influencing change to improve health care for women, newborns, and families.

The CAPWHN conference is the leading event for perinatal, women's health and neonatal nurses in Canada to engage in discovery and debate, renew acquaintances, meet new colleagues, and kindle excitement about our profession. There are three pre-conference workshops for you to consider: fetal health surveillance refresher, research, and perinatal loss.

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*With over 80 specialty and concurrent sessions on clinical care, the CAPWHN Annual Conference is not to be missed!*

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As a conference participant, you will be able to choose from over 80 specialty and concurrent sessions on clinical care that bring together cutting edge research and innovative programs. We are excited to feature keynote addresses by Dr. Cindy-Lee Dennis on perinatal mental health, Mr. Michael Villeneuve calling on Canadian nurses to lead change, Ms. Wendy Katherine describing Ontario's initiative to prevent preterm birth, and Dr. Amanda Black speaking about contraception. On Friday night, you will be able to enjoy a Canadiana celebration featuring food, live music, and dancing,

Registration for this exciting event October 11 – 13 in our capital city will open soon. Make sure you take advantage of Early Bird rates! For those interested in the pre-conference workshops on October 10th, we would like to remind you that space is limited so we encourage you to register early.

We hope to see you in October!

Wendy Peterson and Wendy Sword  
Conference Co-Chairs

# CAPWHN MEMBERS NOMINATIONS OPPORTUNITIES:

1. Board of Directors
2. CAPWHN Awards
3. Committee Membership

## **1. BOARD OF DIRECTORS:**

The Call for Nominations for the Board of Directors is now available. Opportunities include Regional Director and Director at Large positions. Directors' two year terms begin and end at Annual General Meetings held during the Annual Conference. Are you a nurse member in good standing? Are you interested in leadership opportunities? We encourage you to consider standing for election to the Board. **To apply, please complete the Call for Nominations sent to all members or contact CAPWHN at [admin@capwhn.ca](mailto:admin@capwhn.ca).**

### **Regional Director (RD) vacancies for the 2018-2020 term**

There are three Regional Director Board positions that represent specific regions of Canada at the Board level open for nominations:

- BC/Alberta/Yukon
- Saskatchewan/Manitoba/Northwest Territories
- Atlantic/Nunavut

Regional Director activities include:

- Membership development and retention including communication with members from their region through education and recruitment initiatives.
- Contributing to the decision making of the organization.
- Support of CAPWHN initiatives.

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*Be a part of CAPWHN's exciting future and take advantage of these opportunities to be involved.*

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### **Director at Large (DOL) position vacancy for the 2018-2020 term**

One position is available for a DOL (communication). A DOL may come from any geographic area. The DOL (communication) supports the Board by:

- Organizing and creating a quarterly newsletter based on contributions from a variety of sources.
- Assisting with social media communication.
- Focusing other key activities/projects of the board as requested.

It is suggested that candidates for this position have good computer skills and knowledge of social media.

## **2. CAPWHN AWARDS: Nominations now being accepted**

[Rising Star](#)

[Excellence in Leadership](#)

We all work with dynamic and wonderful individuals that really stand out - those individuals who go above and beyond in their care to women and families. Those

## Perinatal Loss and Mother's Day

Though Mother's Day has passed, one of our former members was interviewed in this lovely piece about perinatal loss for the occasion— Thank you Debbie Foss-Wells for raising awareness!

[http://  
www.thewesternstar.com/  
living/mothers-day-always-a-  
mother-209550/](http://www.thewesternstar.com/living/mothers-day-always-a-mother-209550/)

## Nominations Committee Updates continued...

*Clinical Corner to return in our next newsletter. If you have contributions please send them along (see back page for details)*

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individuals who are influencers towards the highest standard of care. Nominate the colleague that stands out for you! All CAPWHN members in good standing are eligible for an award. The award will be presented at the AGM in Ottawa October 2018. **Please visit the CAPWHN website, [CAPWHN AWARDS](#), for more information.**

### COMMITTEES

There are currently vacancies on CAPWHN committees. If you have a particular area of interest, please consider putting your name forward to join one of the following committees:

1. **Advocacy and Health Policy Committee**
2. **Research Committee**
3. **Membership Committee**
4. **Nominations Committee**

Each committee has representation from across the country. This makes committee membership an opportunity to network with colleagues and share perinatal and women's health practice. Additional information about each of these committees is available on the [CAPWHN website](#).

*~Pam O'Sullivan, Chair Nominations committee,  
BC/Alberta/Yukon Regional Director*

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## Upcoming CNPS Webinars

CAPWHN is happy to share these upcoming Canadian Nurses Protective Society Webinars, available for free through the CNPS.

### ***Social Media and Technology***

[Register now](#)

Replay with Live Q&A

July 11, 2018, 12:00 - 1:00 PM EDT

An increasing number of nurses are using mobile devices and apps as tools to assist in daily clinical care. As well, the use of social media by nurses is growing. Participate in this upcoming CNPS webinar to learn more about the legal risks involved in using these new technologies.

### ***The Nurse, the Chart and the Law***

[Register now](#)

Replay with Live Q&A

August 15, 2018, 12:00 - 1:00 PM EDT

Will your charting help you or hinder you if a legal proceeding is underway? Attend this webinar on documentation for a review of some legal decisions that will help answer that question. Learn how your documentation can either attract legal consequences or contribute to your successful legal defence.

## CNA Think-Tank on Cannabis

On March 29, 2018, I had the privilege to participate in a Canadian Nurses Association (CNA) think tank regarding cannabis. This was meant to focus on collaboration and discussion on the educational needs of nurses related to the impending legalization of cannabis.

CAPWHN was invited to send a representative whose cannabis-related expertise best contributed to this work as they were trying to get balanced representation across Canada. In my current role in Occupational Health, I have quite a bit of knowledge about cannabis which helped inform my obstetrical/women's health expertise. This ended up serving a dual purpose as I was the only nurse who had any specific expertise in Obstetrics/Women's Health AND Occupational Health.

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*The CNA Think Tank brought together experts from across the country as the concerns and educational needs of nurses and other health care providers were discussed.*

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The day was well organized with representatives from various provinces and expertise including a small number of individual nurses who had expertise in pediatrics, public health, family practice office, a nurse practitioner, First Nations health, and other specialty areas. In addition, there were physicians present who were clinical experts in brain development and how the legalization proposal came to be. It was all very interesting!

After some presentations, participants were broken into small working groups with specific scenarios and asked to provide answers to various questions. Of course I participated in the "pregnancy and cannabis" group and was able to provide some concerns and needs nurses would have regarding this patient population.

All information was to be collated and used to inform what education needed to be developed for nurses and their patient populations across the country and in what format – for example, print, webinars, videos and tear off sheets. All nurses should expect to see more information shared within the next few weeks to months.

This incredible opportunity was fully paid by the CNA and I felt highly respected and valued for my expertise. It was wonderful to represent my national organization at a national level.

*-submitted by CAPWHN Member Barbara Whynot, Halifax, NS*





**CAPWHN**

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## 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 July 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's website).

Please send your submission to [admin@capwhn.ca](mailto:admin@capwhn.ca) by Sunday, July 15th, 2018.

Submissions will be reviewed, and if accepted will be included in the newsletter, which is scheduled to be distributed electronically to members in September 2018.



*CAPWHN's Executive Director, Rita Assabgui recently received a bursary to attend the CSAE (Canadian Society of Association Executives) Conference in October. Congratulations Rita, we truly appreciate all of your hard work on behalf of CAPWHN!*