



February 2019
Volume 2, Issue 1

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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

Introducing the 2018/19 CAPWHN Board

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Jodie Bigalky, Regina SK (President Designate)

Fabienne Morton, Lethbridge AB (Treasurer)

Catherine Sheffer, Halifax NS (Director at Large)

Board

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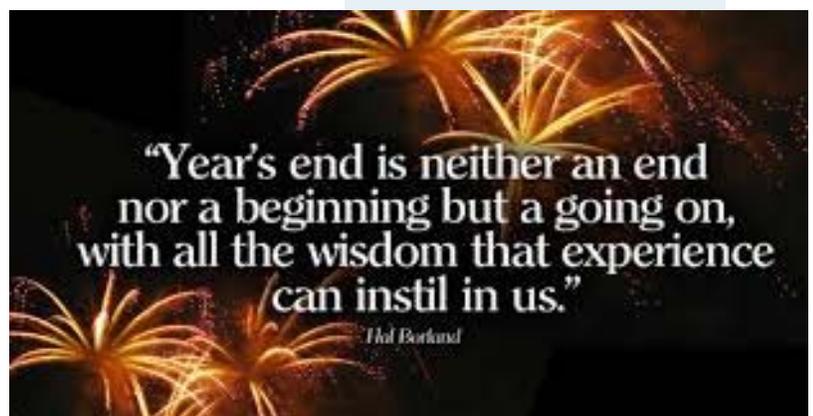
Jennifer Marandola, Montreal QC (Regional Director - QC)

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Nancy Cashen, Halifax NS (Director at Large)



2018 Conference Highlights

Thank you Ottawa for an incredible conference! The 2018 Conference Planning Committee, led by co-chairs Wendy Sword and Wendy Peterson; Program Working Group co-chairs Nancy Watts and Lisa Keenan-Lindsay and members Marie-Josée Trépanier and Leigh Baetz-Craft; Abstract Working Group chair Christina Cantin; and Hospitality Working Group chair France Morin for creating such a positive and inspiring conference.

CAPWHN would also like to offer our gratitude to the many abstract reviewers and the Hospitality Working Group, (Lauren Rivard, Nancy Lada, and Laura Payant) for all of their hard work and fine attention to detail to ensure all conference attendees were well cared for and welcomed.

The conference was filled with high quality evidence-informed presentations, engaging conversations about excellence and opportunity for professional networking across Canada. The conference gave all attendees exposure to innovation, sparked excitement, and who can leave out a chance to let your hair down to celebrate in our Nation's Capital. The turn out for the conference was wonderful, and the conference had a record breaking number of abstract submissions! None of this would have been possible without the hard work and dedication of the Conference Planning Committee.



From L-R: Wendy Sword (2018 Conference co-chair), Sharon Dore (CAPWHN President), Wendy Peterson (2018 Conference co-chair)



*Hospitality Working Group
From L-R: Nancy Lada, Lauren Rivard, Laura Payant, France Morin*



WELCOME TO THE
CAPWHN NATIONAL CONFERENCE
BIENVENUE À LA
CONFÉRENCE NATIONALE CAPWHN



2018 Conference Planning Committee members
From L-R: Lauren Rivard, France Morin, Marie-Josée Trépanier, Christina Cantin



Celebrate Canada Photo Booth



Entertainment - Ambush

News from the Research Committee

The Annual Conference proved to be a busy one for the Research Committee. We accomplished 3 tasks:

- a 3-hour, Pre-Conference Workshop;
- the judging of the Poster Presentations;
- the distribution of a research 'needs assessment' for the attending members.

The Workshop was inter-generational, presented by three facilitators who have engaged in research over 3 decades – Janet Rush, Erna Snelgrove-Clarke, and Danielle Macdonald. The session was highly participative as the attendees engaged in populating a map of Canada with their individual settings, crafting personal wooden likenesses for placement on a knowledge continuum, participating in a gallery walk addressing the 3 key objectives, constructing research questions, and finally discussing ways to maintain both momentum and connections!

While in the past, an award for the best poster was announced, new this year were award certificates for **posters in 3 categories: Research, Quality Improvement, and for Student efforts**. Five members of the Research Committee were reviewers and each poster was judged independently by two reviewers. The judging related to key poster elements and the CAPWHN website specifications. Recommendations will be put forward that the full judging criteria be laid out in the call for conference abstracts.

The **Research needs survey form** was completed by 66 conference attendees who checked off their re-search needs from 13 options. Multiple selections were made and the results are in the table below. The top three responses included: **how to transfer/uptake research into clinical practice, sharing new information on women's health practices, and how to advocate for practice/policy change**.

The Research Committee will use the results for planning and for future Newsletter information. Thanks to all who contributed their valuable opinions!

Research Needs Assessment Results - 2018 CAPWHN Conference		
Question	Response - check as many as you feel are applicable to you	N = 66 n (%)*
<p>In my opinion... I would like the Research Committee to provide support with</p> 	<ul style="list-style-type: none"> • how to construct a research question • where and how to search for the best evidence • how to appraise research evidence • sharing new information on maternal/newborn practices • sharing new information on women's health practices • how to advocate for practice/policy change • how to transfer/uptake research into clinical practice • maintaining evidence-based practice – the how and the why • how to prepare a research proposal • how to identify available funding for research • how to write an abstract (for poster or podium presentation) • how to prepare a poster for presentation • how to prepare a podium presentation for a meeting/conference 	<p>11 (16.7)</p> <p>27 (40.0)</p> <p>26 (39.2)</p> <p>40 (60.6)</p> <p>30 (45.5)</p> <p>34 (51.5)</p> <p>46 (69.7)</p> <p>30 (45.5)</p> <p>14 (9.2)</p> <p>22 (33.3)</p> <p>12 (18.2)</p> <p>13 (8.6)</p> <p>13 (8.6)</p>
<p>Province/Territory: NWT 1; BC 4; AB 6; SK 3; MB 3; ON 33; QC 6; NS 8; No Prov 2</p>		
<p>*multiple responses per submission</p>		

2019 Call for Abstracts

The 2019 CAPWHN Conference [Call for Abstracts](#) is now available on the [CAPWHN website](#). The [abstract submission form](#) is also available. We are working with the University of British Columbia this year as we strive to provide more effective and user-friendly systems.

Please help us spread the word. Abstract submissions are critical to a successful cutting-edge program. We look forward to receiving your submissions!

Clinical Corner

For more detailed information go to the Cochrane library.

[Immersion in water during labour and birth](#)

Elizabeth R Cluett, Ethel Burns, Anna Cuthbert

10.1002/14651858.CD000111.pub4

Database: Cochrane Database of Systematic Reviews

Version published: 16 May 2018

Authors' conclusions:

In healthy women at low risk of complications there is moderate to low-quality evidence that water immersion during the first stage of labour probably has little effect on mode of birth or perineal trauma, but may reduce the use of regional analgesia. The evidence for

immersion during the second stage of labour is limited and does not show clear differences on maternal or neonatal outcomes intensive care. There is no evidence of increased adverse effects to the fetus/neonate or woman from labouring or giving birth in water. Available evidence is limited by clinical variability and heterogeneity across trials, and no trial has been conducted in a midwifery-led setting.

**Submitted by the CAPWHN Board of Directors*



CAPWHN 9th Annual Conference
Breaching the Status Quo: Advancing Quality Improvement, Best Practice and Advocacy in Perinatal and Women's Health

Call for Abstracts Coming Soon!

SAVE THE DATE

NOVEMBER 8-10 • 2019
CAPWHN
VANCOUVER • BC

Canadian Association of Perinatal and Women's Health Nurses
www.capwhn.ca

CAPWHN's Year in Review, Oh what a year!

We had a very busy and productive 2018! Here are some of the accomplishments of this past year as presented at the 2018 Annual General Meeting.

What has been accomplished this past year:

1. Specialty Association

The Canadian Nurses Association has confirmed CAPWHN as a specialty organization within nursing.

2. Strategic Alliances

CAPWHN has maintained and formed working relationships with a number of professional organizations to share resources, research activities, trends and opportunities

- College of Family Physicians of Canada (CFPC)
- Public Health Agency of Canada
- Immunize Canada
- Salus Global (MORE^{OB})
- SOGC
- Canadian Association of Midwives (CAM)
- Canadian Association of Neonatal Nurses (CANN)

CAPWHN has also been represented at numerous committees of these organizations to ensure a voice for perinatal and women's health nursing. Some of these committees include

<ul style="list-style-type: none">• CFPC Maternal Newborn Committee• Ontario Maternal Newborn Coroner's Committee• Salus Antenatal Education• Immunization• Alliance for the Prevention of Preterm Birth and Stillbirth in Ontario	<p>SOGC Committees</p> <ul style="list-style-type: none">• Board of Directors• Guideline Management and Oversight Committee• Gender Inclusive Language• ALARM
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3. Guideline / Policy development

CAPWHN participants in/leads the development of a number of nursing and interdisciplinary clinical and practice guidelines and policy statements. Some of these include

- Family Centered Guidelines – multiple chapters
- SOGC Intrapartum Fetal Health Surveillance
- Canadian Fetal Health Surveillance Steering Committee
- SOGC difficult C/S (2nd stage impacted head)
- Alcohol Use in Pregnancy Guideline
- CNA Cannabis Guidelines
- CAPWHN Fetal Health Surveillance Education position statement

CAPWHN'S Year in Review continued...

CAPWHN also reviewed and endorsed additional guidelines that included:

- SOGC Attendance at Birth guideline
- Developmental Care Guidelines in NICU
- Canadian Task Force on Preventive Health Care screening for asymptomatic bacteriuria in pregnancy
- SOGC position on Sex Education Curriculum in Ontario

4. Educational Opportunities – Webinars

Webinars can be retrieved from the members only website at any time – some of the topics this past year include:

- Stereotyping of Indigenous People in Perinatal Services
- Developmental Neuroprotection; Developmental Care for Newborns
- Improving the Health Sector Response to Gender-Based Violence
- BFI Journey and Breastfeeding Support in Kanesatake
- Social Media & Technology (with CNPS) - not on website
- The Nurse, the Chart, and the Law (with CNPS) - not on website

5. Education - Certification

CAPWHN plays a key role in the CNA Perinatal Nursing Certification program through:

- Development of certification standards
- Exam question development
- Mentorship
- Administrative planning

6. Diaper Drive

Our 2nd annual Diaper Drive provided diapers to food and diaper banks to support families in need. Did you know that up to 1 in 5 parents report having to cut back on other essentials such as food and clothing in order to afford diapers? Various groups of CAPWHN members and clinical units collected thousands of diapers! This is an annual event taking place every fall – think about organizing your unit for next year. Pictures of the some the great efforts were shown at the conference- thank you to the outstanding work of so many nurses!

What is in process:

1. Gender inclusive language

CAPWHN is working with CAM and SOGC to clarify language that appropriately represents the individuals we care for. Discussions are ongoing and final statements are not yet available. A survey will be sent to CAPWHN member to gain their input on this important subject

2. CAPWHN Perinatal Nursing Standards

CAPWHN's Past Presidents revised the [Canadian Perinatal Nursing Standards](#). The newly revised standards were recently posted on the CAPWHN website. These complement the Canadian Association of Schools of Nursing (CASN) standards for the beginning graduate that were developed last year in collaboration with CAPWHN. See the infographic on the next page and the new standards for more details.

CANADIAN PERINATAL PROFESSIONAL NURSING STANDARDS



More information regarding the Canadian Perinatal Nursing Standards is available [here](#).



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 Spring 2019. The submission deadline is March 1, 2019. To submit an article for consideration, please email your submission to 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](#).

Please send your submission to admin@capwhn.ca by March 2019. Submissions will be reviewed, and if accepted will be included in the newsletter, which is scheduled to be distributed electronically to members in Spring 2019.

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