

# CAPWHN Newsletter



November 2013

Canadian Association of Perinatal and Women's Health Nurses

## President's Message

Dear CAPWHN Members,



**"Great opportunities to help others seldom come, but small ones come daily."** (Ivy Baker Priest).

I received this quote today and as I reflected on it, I thought about Sharon Dore who is heading up the 2013 Conference Planning Committee; a large group of CAPWHN volunteers who are taking on both great and small opportunities in preparation for the start of the conference on November 21<sup>st</sup>. They have developed a great schedule of presentations, arranged for excellent keynote speakers as well as social events to enjoy with friends and to meet new colleagues! Together with Rita Assabgui, our Executive Director, they are ready to welcome you to Niagara Falls in November. We hope that you are planning to attend this great conference!

November 23<sup>rd</sup> is our CAPWHN Annual Business Meeting. We hope that all conference delegates will attend and learn about what we having been doing over the last year! We will also be presenting the upcoming changes to our organization to enable us to be ready for the bylaw changes needed to maintain our

not-for-profit status. A handout will be available at the conference, and an article with further details is included in this newsletter as well. Please take the time to review the information and contact us with any questions you may have or clarification on this complex issue.

Many of you have been posting questions to the **members' forum on our website recently, resulting in** some great discussions across the country regarding topics such as bedside reporting and magnesium sulphate infusions. We hope this will continue as we share information and ideas about how to improve our care for women/families.

Thank you for your support of and involvement in CAPWHN. I look forward to seeing many of you in Niagara Falls!

Sincerely,

Nancy Watts, RN, PNC(C), MN  
CAPWHN President



### CAPWHN 2013 Board of Directors

Nancy Watts, President

Lisa Keenan-Lindsay, President Elect

Melanie Basso, Past President

Cathy Sheffer, Treasurer

Kim Dart, Director at Large

Diane Bourget, Director at Large

**Pam O'Sullivan, Director BC/AB/YT Region**

Susan Harrison, Director SK/MB/NT Region

Marie-Josée Trépanier, Director ON Region

Angèle Robillard, Director QC Region

Barbara Whynot, Director Atlantic/Nunavut Region

If you have any news that you would like to share for future newsletters, please contact:

Rita Assabgui

CAPWHN Executive Director

E-mail: [admin@capwhn.ca](mailto:admin@capwhn.ca)

Tel: 1-800-561-2416 x 266 or  
613-730-4192 x 266

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## CAPWHN 3<sup>rd</sup> National Conference—Program Updates

The CAPWHN 3<sup>rd</sup> National Conference Planning Committee is busy at work getting ready to welcome you to Niagara Falls! The preparations for our November 21-23, 2013 conference *Evolving through the Mist of Change* have been ongoing since last fall. There have been a few changes since the preliminary program, but the final program is almost ready and promises to deliver excellent keynote presentations, and concurrent and specialty sessions of such a high caliber that you likely had trouble deciding which ones to attend!



In advance of the conference we wanted to bring to your attention the program updates in case they affect your selections. If you wish to adjust your session choices, you may do so through the CAPWHN office.

Without further ado, here are the notable program updates we wanted to bring to your attention.

### New Keynote Speaker

We have a new keynote speaker for the November 21<sup>st</sup> presentation **“Healthy women, healthy communities: Nurses’ global impact”**. Due to pressing international responsibilities, Dr Judith Shamian regretfully had to cancel her scheduled presentation. We are delighted to welcome Dr. Karima Velji in her stead.



Dr. Karima Velji is the President-Elect of Canadian Nurses Association with expertise in the development and implementation of innovative models of care, and quality systems to foster patient-centered outcomes.

Dr. Velji has seen the power of nursing and midwifery models move significant steps forward in maternal mortality and infant mortality.

She is a consultant in the global arena, including East Africa, the Middle East and Asia, for the development of **quality of care and academic plans**. **“My work in global jurisdictions has enabled me to witness first-hand the impact of nurse-led interventions enabling the health of women and children, and consequently the transformation of communities in which they live in society.”**

### Simultaneous Interpretation

Due to unforeseen circumstances simultaneous interpretation will not be available during the 2013 CAPWHN National Conference.

### Program Revision

Session B-02 has been replaced with the following presentation:

Hand expression of breast milk: Empowering nurses to embrace this simple yet powerful practice.

*Sonya Boersma, RN, IBCLC, BN, MScN(c); Vicki Bassett, RN, PNC (C), BNSc, MEd, IBCLC*

Purpose: To share the results of a quality improvement project focused on empowering nurses through an interactive educational intervention to support mothers in learning hand expression of breast milk.

### Learning Objectives:

- ◆ Review the rationale for teaching all postpartum breastfeeding mothers hand expression
- ◆ Describe an educational intervention for postpartum nurses focused on why, when and how to teach mothers hand expression
- ◆ Discuss evaluation and outcomes of the intervention, and implications for use of hand expression as an integral part of breastfeeding

Presenters: Sonya Boersma, Lactation Care Ottawa and Vicki Bassett, The Ottawa Hospital, Ottawa ON

### Session Cancellations

- ◆ November 21<sup>st</sup> - Concurrent Session A-14 **“Over the falls in the mist: Learning from a bad outcome”**
- ◆ November 21<sup>st</sup> - Concurrent Sessions B-13/B-14 Deuil / Allaitement
- ◆ November 22<sup>nd</sup> - Specialty Session SS-7 Initiative Amis des Pères

### New Meeting

The Advocacy and Health Policy Committee will be holding a meeting during breakfast from 0730-0830 on Friday November 22<sup>nd</sup>.

We look forward to seeing you in Niagara Falls!

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## Board Activities—Canada Not-for-Profit Corporations Act

At the Annual Business Meeting (ABM) at our National Conference in November in Niagara Falls, the bylaw revisions and application for continuance under the Canada Not-for-profit Corporations Act (NFP Act) will be presented. This is our first step in the transition to the new legislation.

CAPWHN is one of 19,000 Canadian non-profit organizations and charities whose bylaws, administration and activities are affected by the NFP Act. CAPWHN must comply with the NFP Act by October 17, 2014. Other organizations such as the SOGC and the Canadian Nurses Association are also working on similar changes.

Amendments include membership categories and restrictions as well as the composition of the Board of Directors. These

amendments require ratification by the CAPWHN membership at our ABM. The Board will implement these interim bylaws in 2014 following Industry Canada approval. Compliance with the NFP Act requires full bylaw review and amendments, which will be presented for membership ratification at the October 2014 ABM.

- ◆ Membership dues are not affected by the NFP Act and will continue to be set consistent with the current structure.
- ◆ If you have any questions or comments, please contact Rita Assabgui ([admin@capwhn.ca](mailto:admin@capwhn.ca)) or Nancy Watts ([president@capwhn.ca](mailto:president@capwhn.ca)).

Area and Explanation	Current Structure	Proposed Structure and Rationale
Student membership requirements	Limited to individuals in full-time basic nursing program.	Nurses in any full-time program that will benefit their practice are eligible for student membership.
Membership classes (note that this is the terminology in the NFP Act) CAPWHN is required to identify the number of membership classes and whether or not they have voting rights.	Multiple membership classes (referred to as membership categories in the bylaws) with different voting privileges: <ul style="list-style-type: none"> <li>◆ Full (voting member)</li> <li>◆ Associate (non-voting member)</li> <li>◆ Retired (non-voting member)</li> <li>◆ Student (non-voting member)</li> <li>◆ Honorary (voting member if they were previously a full member)</li> </ul>	Two membership classes: Nurse members (voting members) <i>with the following sub-classes</i> : <ul style="list-style-type: none"> <li>◆ Full</li> <li>◆ Student</li> <li>◆ Retired</li> <li>◆ Honorary</li> </ul> Voting members have the right to vote on general issues at the ABM and to elect members to the Board of Directors. Associate members (non-voting members) Non-voting members have the right to vote only on changes which affect how their membership class is defined and structured.
Membership Year	January 1 to December 31.	Valid for 12 months effective the date the member joins CAPWHN.
Board of Directors	Minimum of 7 members Maximum of 11 members	Minimum of 7 members Maximum of 12 members. This allows flexibility to add a new Board member in the future.

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## Annual Business Meeting—Notice of Meeting

The Annual Business Meeting (ABM) of the Canadian Association of Perinatal and Women's Health Nurses will take place on Saturday, November 23, 2013 at 0700 in Great Room AB of the Sheraton on the Falls Hotel.

The following items will be voted on by Full Members during the Annual Business Meeting:

- ◆ Approval of the Minutes from the Saturday, October 20, 2012 ABM
- ◆ Appointment of Auditors
- ◆ Approval of the Audited Financial Statements as of December 31, 2012
- ◆ Election of the 2014 Board of Directors
- ◆ Approval of the revised CAPWHN bylaws
- ◆ **Approval of CAPWHN's application for continuance** under the Canada Not-for-profit Corporations Act

The Nominations Committee has been working hard to develop the slate of directors for membership approval, and has successfully recruited volunteers to fill vacancies on various CAPWHN committees. There are still positions available in specific regions. Please contact the CAPWHN office for more information.

### CAPWHN Committees

We would like to thank the chairs of CAPWHN committees who have been working hard on your behalf:  
Advocacy and Health Policy—Liz White-MacDonald  
Membership—Robin Evans  
Research Committee—Sonia Semenic

### Proposed 2014 Board of Directors

The following is the slate that will be presented to members for approval at the ABM:

President—Lisa Keenan-Lindsay  
President-Elect—Kim Dart  
Past-President—Nancy Watts  
Treasurer—Kathryn Banks  
Regional Director (BC/AB/YT) - Pam O'Sullivan  
Regional Director (MB/SK/NT) - Pat Gregory  
Regional Director (ON) - Marie-Josée Trépanier  
Regional Director (QC) - Diane Bourget  
Regional Director (Atlantic/NU) - Barbara Whynot  
Director at Large—Sharon Dore  
Director at Large—Debbie Mansell

### Awards

We are delighted to confer the 2013 CAPWHN Award of Excellence in Leadership to Marie-Josée Trépanier.

Marie-Josée's role in improving the health of the women and families we serve is extensive, and she is an exceptional leader both within CAPWHN and in her daily activities.

Join us at the ABM and Awards Presentation as we congratulate Marie-Josée on her outstanding achievements.



### CAPWHN Website - What's New?

The website is updated and new content is added on an ongoing basis. The Discussion Forums remain very active stimulating discussion among colleagues from coast to coast. We published some Frequently Asked Questions (FAQs) in the last newsletter. It is also available on the website.

We have added a section for non-CAPWHN educational events that may be of interest to our members. The listings are updated regularly so remember to check back often for updates.

CAPWHN posts [job advertisements](#) on the website. In fact, there are jobs posted right now. Check them out!

Recordings of past webinars are not currently available due to a change in service providers. We are working on a solution to provide the recordings directly from the website. More information to come!

CAPWHN is on [Facebook](#) and [Twitter](#)! Like our Facebook page and Follow us on Twitter for the latest news and updates!

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## Member News and Updates

Anita Gagnon

We are very pleased to announce that, CIHR has funded the 'Migrant Friendly Maternity Care (MFMC) in Montreal' project, from October 1, 2013-September 30, 2016, for \$154,560/yr for 3 yrs.

I would be pleased to provide a summary of the project to interested members Should you require any further infor-

mation or documents, please do not hesitate to contact our office.

MUHC  
2155 Guy St. #407  
Montreal, Quebec H3H 2R9  
Tel: 514-934-1934 ext 34712



Angela Bowen

[Today's Grandmother](#), my book, is alive! I have a paper version in hand, but as of this morning, it is also available on Amazon.com/eu, etc..

Direct link [http://www.amazon.com/Todays-Grandmother-changed-how--grandmother/dp/0991939409/ref=sr\\_1\\_4?s=books&ie=UTF8&qid=1380824824&sr=1-4&keywords=today%27s+grandmother](http://www.amazon.com/Todays-Grandmother-changed-how--grandmother/dp/0991939409/ref=sr_1_4?s=books&ie=UTF8&qid=1380824824&sr=1-4&keywords=today%27s+grandmother)

I wrote *Today's Grandmother: Your Guide to the First Two Years* to update women to the changes in pregnancy and baby care since they had their baby, with a focus on the relationship with the parents. See cover attached.

A portion of the proceeds will go to *Grandmothers to Grandmothers, Stephen Lewis Foundation*.

This is great book for grandparents, but also for children to get for their mother (the grandmother-to-be). One new mother cried when she read it, wishing her mother-in-law had read it before her child was born!

Please share with your colleagues, friends, and family.

Thank you,  
Angela

