Holiday Message from CEO & Registrar Donna Denney

"As we near the many exciting annual celebrations, I would like to wish you and your families a safe and happy holiday season.

When I think of those who are dedicating part of their holiday to delivering direct care to Nova Scotians, I think of how important our work is as registered nurses and the immense amount of skills and knowledge we utilize to care for our clients during this busy and stressful time of year.

Clients who find themselves in the hospital or in need of home care are most likely those who are very ill and in need of your care. Every interaction you have with a client is important but the upcoming moments you’ll share with them during the holidays are especially meaningful. Taking a few minutes to talk and listen, introducing yourself and being attentive are the small yet significant ways to let clients and families know you are there for them over the holidays."
10,000 New Year’s Resolutions: 2015 Boot Camp Series

The Real eNgagement Boot Camp series coming in 2015 is here to facilitate the shift in conversation from one that focuses on the issues to one that focuses on the solutions. Because Jen’s right - imagine the power we have right within our midst. Together as nurses, we already have an idea of what we want and each Boot Camp session will provide us with tools to take our shared nursing vision and create what we want.

The series will focus on building and sustaining your inner strength that will help you and your colleagues uncover insights into new solutions to nursing issues. It will be highly interactive and a large portion of each session will be centered on discussion between participants. Since it’s a webinar, you have the flexibility to join us from home or work. The topics include:

- January 21: From Complaining About What We Don’t Want…to Working To Create What We Do What
- February 4: From Waiting For Senior Management To Fix the Problem…to Implementing Small Changes To See If They Help
- February 25: From Focusing on the ‘Naysayers’…to Supporting, Recognizing & Following Positive People
- March 4: From Feeling Alone In a Day-to-Day Struggle…to Feeling Part of a Unified Force With a Vision and Mission for Change

Individual links will be sent to members in early 2015 where you’ll have the option to self-register for one or all four sessions.

New CRNNS CEO & Registrar Beginning In February

In late November, the CRNNS Council appointed Ms. Sue Smith as CRNNS Chief Executive Officer (CEO) and Registrar effective February 2, 2015. Sue has impressive healthcare experience and we’re excited to spread the word about how her career has led her to our doors at CRNNS.

Sue has been a proud registered nurse for over three decades having held a wide range of progressively senior positions that have enabled her to understand the complexity of the healthcare system. Her experience and endeavours have allowed her to appreciate the challenges and opportunities facing the nursing profession and the significant role health regulators play in public protection. Before accepting the position of CEO, Sue was an Executive Director at Canadian Blood Services and brings with her a vast experience in healthcare systems that span provincially, nationally and internationally.
“Nursing has played a vital role in my life both personally and professionally and I strongly believe in the contributions the nursing profession has had on the lives of others,” says Sue Smith. “To have an opportunity to be part of an organization that demonstrates excellence in self-regulation and supports registered nurses to be accountable for their own practice is a privilege. I look forward to continuing the great work of CRNNS as an organization that is highly trusted by the public.”

Nominate a Rising Star or a Shining Star!

Each year, we sit in awe as the nominations for our awards roll in. From across the province and throughout all practice settings, we receive nominations for a diverse group of RNs and NPs who go above and beyond the call of duty every day. However over the last number of years, we’ve found that there’s been something missing in our line-up of nominees and award recipients. Full of energy and passion, it’s a group that’s hard to miss and that’s our new graduates.

Being a new graduate is a tough challenge in itself. Between mastering new skills every day, becoming comfortable in their new careers and working long shifts, their motivation and drive is already impressive. However, we also know that there are also many new graduates that are truly surpassing expectations and being recognized by their clients and community. It’s those individuals we want to celebrate this year with our new “Rising Star Award”, an award to celebrate the achievements of a new graduate with less than 3 years of experience.

The Rising Star Award is one of our many nursing awards given each year. Who has positively contributed to clients, the community or the profession? Who inspires you to be your nursing best? If you have someone in mind, nominate them for an award to see their contributions recognized. We’re looking for nominees in the following categories:

- Excellence in Nursing Award: Administration, Clinical, Education and Research
- Health Advocacy Award (must be nominated by members of the public)
- Rising Star Award (nominators must include immediate supervisor)
- Honorary Life Membership
- Honorary Affiliation Membership

Nominations close on February 2, 2015. Click read more for details on how to nominate an RN or NP in your life.

A New Practice Guideline Relevant to All Practice Settings

“By slowing down by a few second or minutes to “catch my breath”, I believe I am able to provide safer care. By spending 2 minutes longer with a patient the benefit is tenfold. Assessments are improved, patient anxiety is reduced and the nurse-client therapeutic relationship is strengthened” - excerpt from guidelines
This past fall, we released the **Professional Presence Practice Guidelines** with the intent to bring awareness and support to the membership about the importance of professional presence in the collaboration and delivery of client care. Since the release of the document, we've received positive feedback from members about the practicality of the guidelines and its relevance in all practice settings and across the nursing spectrum from new graduates to veteran nurses. As a result of the feedback, as well as the upcoming busy and stressful holiday season, we wanted to share the guidelines with you once again in hopes that it is as helpful to you as it has been to others.

The four-page Professional Presence Practice Guidelines provides information and support in a number of areas, including:

- What is Professional Presence?
- Why is Professional Presence Important?
- Five Ways to Exhibit Professional Presence

On top of the guidelines, we also offer a 40 minute CNE Telehealth session called “Professional Presence: What is Professional Presence?” which will help provide you with even more awareness and knowledge for yourself and your team.

### Become More Involved In a Unique Way

The CRNNS Council is seeking professional and competent members to sit on two statutory committees starting in April 2015: Fitness to Practice Committee and the Interdisciplinary NP Practice Review Committee. We encourage members who want to develop skills, make connections, provide nursing expertise and affect nursing change to apply.

Although being a member of a statutory committee comes with responsibility, past committee members have found it humbling and rewarding to contribute to committees that are foundational to a self-regulating profession. Past members have also enjoyed being able to apply and strengthen their strong nursing skills like communications, critical thinking, analysis and decision-making in a unique area of nursing.

**About the Fitness to Practice Committee:** Committee Members contribute by reviewing, approving, revising or rejecting remedial agreements between members and CRNNS Professional Conduct.

**About the Interdisciplinary NP Practice Review Committee:** Committee Members determine and ensure nurse practitioners are compliant in their practice. This includes a large focus on the NP Review Program’s processes, policies, procedures, tools and the implementation and evaluation of the program.

The deadline to submit an application is January 14, 2015.

### SELF-REGULATION IN PRACTICE

Documents that help guide you through workplace opportunities and challenges.

- Abandonment Practice Guidelines
- Duty to Provide Care During Emergency Situations Practice Guidelines
- NP-QMP First Five Year Cycle Report
- CNPS InfoLAW: Communicating with the Police

### POLICY & THE PUBLIC

Keeping you informed about information that affects College stakeholders.
Season’s greetings from CRNNS!

The CRNNS office will be closed for the holidays on December 24, 2014 and will re-open on January 5, 2015.

During this time, College staff will provide virtual coverage by checking emails and voicemails during business days. These business days include: morning of December 24, 29, 30, morning of 31 and January 2. If your message is urgent, you’ll receive a response from an on-call staff member within a day. All other messages will be responded to on January 5.

If you require a license during this time, please register online at crnns.ca or send your request to registration@crnns.ca. Thank you and happy holidays!