



MANITOBA
CHAPTER

CANADIAN ASSOCIATION OF CRITICAL CARE NURSES



FALL 2012

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CACCN EXECUTIVE

President- Tannis Sidloski
Vice President- Sara Unrau
Secretary- Gahmeng Khuu
Treasurer- Sarah Gilchrist
Programs- Ashleigh Shearer & Marjorie Chody
Membership- James Danell
Publicity/Newsletter- Nicolle Choquette
Member at Large- Joy Mintenko

Greetings from the Manitoba Chapter Executive

The 2012/2013 executive has developed our goals and objectives for the upcoming year and are excited to begin working together with you to present educational events that allow us to network, learn and share together.

On September 27, 2012 we held our fall workshop at Seven Oaks Hospital on Palliative Care in the ICU, presented by Dr. Tim Hiebert.

We plan to have a dinner workshop in early December, Edge of Excellence in February, followed by another educational event in the spring. We will email our membership the details of these events. You can also watch your CACCN communication board or check the Manitoba webpages at www.caccn.ca for all details.

Mark your calendars for **February 19, 2013** for our annual Breakfast AGM and Edge of Excellence.

In the spring of 2013 we will be having another Manitoba Chapter Challenge to assist in recruiting new members to our great association!

Back by popular demand we will hold our membership retention draws for Dynamics 2013 and Edge of Excellence 2014. Watch the Spring 2013 Newsletter for a deadline to enter your name for these draws.

We are also very pleased to welcome our new executive members.

Introducing our new Executive CACCN Board Members

Gahmeng (Ming) Khuu:

Hello to all CACCN members. Please allow me to introduce myself as this is my first time on the board. I graduated from University of Manitoba in 2009. I have been working at St. Boniface medical/surgical intensive care unit for over a year and a half. Prior to taking the WCCNEP, I worked in medicine and emergency. I am looking forward to serving on the Manitoba Chapter CACCN Executive as secretary.



Sarah Gilchrist :



I am excited to be joining the CACCN Executive as the Treasurer. I attended the Dynamics 2011 in London and was inspired to get more involved. I began my critical care career after graduating from the Adult Intensive Care Course in 2005. I took a position in the Surgical Intensive Care Unit at Health Sciences Centre, and enjoyed

nursing this acute trauma neurosurgical patients. I moved into the position of Critical Care Clinical Educator in the fall of 2009 at HSC. I have really enjoyed the challenge of assisting the team to keep up with this changing environment. In my home life I am kept busy with my two young daughters. I also enjoy playing soccer. I look forward to helping with the Manitoba Chapter to have a successful year.

Nicolle Choquette:

Hello! I am very excited to join this year's executive as the Publicity/Newsletter Editor. My



Two passions are critical care nursing and dig-scraping pictures of my two sons, so it seems like a great combination for my new board position. Professionally I have acute care experience in the areas of northern nursing, emergency and intensive care; recently accepted a position as an University of Manitoba sessional instructor position for the faculty of nursing program; and obtained a Masters of Nursing degree through Athabasca University. I look forward to meeting the membership and providing interesting material for furthering our knowledge base and improving patient care.

**2011/2012
Membership Challenge**

Congratulations...

to this year's 2011/12 CACCN Manitoba Chapter Membership Challenge winners
St. Boniface Hospital ICMS

Each CACCN member won a Tim Horton's gift card due to their unit's highest membership increase in the province.

**2011/2012
Membership Recognition**

Congratulations tuition winners . . .

Dynamics of Critical Care 2012
Helga Borchert

Edge of Excellence 2013
Julie Gratton

**Chapter Educational
Events**

-Marjorie Chody & Ashleigh Shearer:

After enjoying a beautiful Manitoba summer, we are excited to begin planning a new year of CACCN Educational events. We started the season with our Fall seminar, "Palliative Care and the ICU: Advocating for the Palliative Patient", held at Seven Oaks Hospital Auditorium on September 27th 2012.

Dr. Tim Hiebert, a general internist who completed a fellowship in Palliative care (PC), and currently acts as a consultant for the Palliative Care program in the WRHA, gave an excellent presentation about Palliative care in the WRHA, how the ICU patient can benefit from PC principles, and gave us a greater understanding of how we as nurses can be better advocates for our dying patients

Our next **Annual Dinner** seminar will be held in **December** . Watch for details!

Any suggestions for future topics and locations are welcome- please email Ashleigh or Marjorie with any suggestions shearera@mymts.net or marjorie_077@hotmail.com

CACCN Website Your Online Resource
www.caccn.ca

The CACCN Website offers many resources:

- CACCN Events
- CACCN Chapters
- Membership application National Chat Forum coming soon
- President's Blog
- Critical Care Publications
- Education and Resources
- Job Links
- Awards and Recognition
- Surveys
- Links to Canadian and International Critical Care Sites

CACCN Dynamics National Conference 2012:

Voices of Conviction from Sea to Sky: Speak Up, Speak Out, Be Heard

Do not go where the path may lead, go instead where there is
no path and leave a trail. - Ralph Waldo Emerson

National Chapter Connections Day Vancouver 2012

Submitted by: Tannis Sidloski

James Danell and I had the honour of representing the Manitoba Chapter at Chapter Connections Day. It was a day full of discussions and sharing all related to Teddie Tanguay's presidential theme of Speak with Conviction!

We were informed about and discussed the work of the Board of Directors. It has been a very busy year for our Board and the day included discussing CACCN's intervener status with the Supreme Court of Canada, implementation of a new membership database, our national membership numbers, award recipients, sponsorship and publications and the new mentorship program which is coming soon to the member's only forum on www.caccn.ca.

There were small group discussions regarding how the National Board of Directors was responsive to the needs of our Chapters and what else they could do to assist each Chapter. During the afternoon there were short chapter sharing presentations.

Ingrid Daley from the Toronto Chapter presented on how they use *PayPal* for conference registrations.

Brenda Morgan from the London Chapter presented on Living our Vision and Mission Statement and I presented on how we develop our Chapter Newsletter.

Our congratulations to The Greater Edmonton Chapter who are The Chapter of the Year 2012!

Dynamics of Critical Care Vancouver 2012

Submitted by: Tannis Sidloski & Nicolle
Choquette

The CACCN Dynamics 2012 planning committee hosted a very educational and successful Dynamics in Vancouver from September 23-25.

The conference began with President Teddie Tanguay encouraging all of us to be leaders and to use our special position as critical care nurses to speak with conviction and be heard. Keynote inspirational speakers included Lesra Martin, Barb Langlois, and Beve Stevenson; each offering empowerment tools for our inner growth and the confidence to speak up and speak out.

There were diverse presentations related to the conference theme. Topics included: adult and pediatric simulations, EKG and various hemodynamic monitoring sessions, improving response teams, engaging critical care nurses, developing and growing our leadership, framework development, pilot studies, and communication & technology improvement. There were also 32 poster presentations.



Dynamics of Critical Care 2012 (continued)

The Manitoba Chapter had many successes at this year's Dynamics which includes a large number of delegates were able to attend, including several members who experienced Dynamics for the first time.

We are also proud of our Manitoba Chapter speakers which included Marlene Ash & James Danell (Moving from Surviving ICU to Thriving); Nicolle Choquette (Does your Critical Care Patient have a Newly Inserted VAD? A Critical Care Nurse's Perspective) and Poster Presentation by Marie Edwards, Karen Thronson and Julie Girardin (Critical Care Nurses' Roles in Family Conferences). All were very well received and generated a great deal of discussion among the delegates.

Congratulations to Marie Edwards who was elected as National CACCN Board Director for the Western Region at the Annual General Meeting. Congratulations to all!

As always the Annual Dinner was a great time to network, meet with familiar and new friends and celebrate all our collective successes as a National Association, as a local Chapter and as critical nurses.



Manitoba Chapter Education Fund

The Manitoba Chapter of CACCN annually allocates funds to promote professional development and financially support members attending short-term critical care educational sessions. See the Manitoba webpages at www.caccn.ca for details and application form.

Manitoba Chapter CACCN Edge of Excellence 2013

Call for Abstracts

The Manitoba Chapter will be holding its annual **Edge of Excellence Critical Care Nursing Conference** on **February 19, 2013 at the Norwood Hotel.**

The Manitoba Chapter is extending an invitation to nursing and other health care professionals to submit abstracts for oral presentations in Adult, Pediatric, and Neonatal Critical Care.

Deadline: **November 1, 2012**

Please include the following with your submission: an abstract of approximately 250 words, a reference list, presentation experience, speaker's mailing address, telephone, and email address.

Selection of abstracts will be completed and acknowledged by November 5, 2012.

Please email submissions to sunrau@sbgh.mb.ca or tsidloski@sbgh.mb.ca

If you have a submission idea and would like to discuss it or need assistance with preparing a submission, please call Sara Unrau at 204-237-2898

Notice of AGM and Call for Nominations

Notice is hereby given by the CACCN Manitoba Chapter President, to all members, that the Annual General Meeting of the Chapter will be held on Tuesday, **February 19, 2013** from **0730 – 0830, at the Norwood Hotel**, 112 Marion St., Winnipeg, Manitoba.

This will be a general Chapter meeting where all members are welcome to attend. The purpose of this meeting is to review annual activities of the Chapter, accept committee reports, discuss Chapter business, elect Executive Officers for 2013/14, and present the Manitoba Chapter Critical Care Nurse of the Year Award.

We will be required to vote on changes to the Manitoba Chapter constitution and bylaws regarding quorum at our AGM. The proposed changes will better align us with National CACCN quorum for the AGM.

Please see the Manitoba webpages @ www.caccn.ca for the proposed changes to section V: Quorum

Duties for 2013/14 Executive will begin in March for a term as outlined in the Constitution and Bylaws. Please refer to the Manitoba webpages at www.caccn.ca for role descriptions.

NOMINATION PROCEDURE

Members are invited to submit nominations of members to serve in these positions. Nominations can be emailed to Tannis Sidloski, President at tsidloski@sbgh.mb.ca. In order to ensure timely receipt of any nominations, the due date of nominations is January 21, 2013.

Nominations will also be accepted from the floor at the AGM. Once there has been a reasonable opportunity to nominate, it will be announced that nominations are closed. Voting may be performed by secret ballot or by a show of hands. The chief scrutineer presents the results to the president, who will in turn announce the results to the general membership.

MANITOBA CHAPTER - CANADIAN ASSOCIATION OF CRITICAL CARE NURSES ELECTION OF ASSOCIATION EXECUTIVE OFFICERS NOMINATION FORM

I, _____ A MEMBER IN GOOD STANDING WITH THE CACCN, DO HEREBY
NOMINATE _____.

FOR THE POSITION OF _____.

Signature of nominator

Signature of nominee

Membership number

Membership number

VOTING

If members are unable to attend the annual general meeting but wish to have a vote cast, a proxy form may be completed and given to a member who will be in attendance at the meeting.

Each member present (or represented by proxy) shall be entitled to one vote on each matter of business brought before the general membership.

Any decision made, as a result of a vote at a meeting shall take effect at the conclusion of the meeting if it is consistent with the National Association's bylaw.

Please refer to the website www.caccn.ca for the PROXY FORM and for further information on voting.

Critical Care Nurse of the Year Award

Background:

Since 1990, the Manitoba Chapter CACCN has presented the Critical Care Nurse of the Year Award to a local Chapter member who consistently exemplifies critical care nursing excellence. This award recognizes chapter member(s) who promote critical care nursing, exhibit professionalism, and demonstrate proficiency in critical care. Extra-ordinary nurses and their accomplishments should not be taken for granted! The selection will be made by the Manitoba Chapter Executive, Awards Sub-Committee. The award consists of a commemorative plaque and honorarium presented at the Annual General Meeting on February 19, 2013. The nomination deadline is **January 21, 2013**.

Eligibility:

1. Must be a member in good standing of the Manitoba Chapter CACCN.
2. A Critical Care Nurse working in Pediatric, Neonatal or Adult Critical Care.
3. A Critical Care Nurse working at the bedside or in management, research, administration or education.

Ineligibility:

1. A current member of the Executive of the Manitoba Chapter CACCN.
2. A past recipient of less than 3 years.

Information Required for Nomination:

1. A completed nominee form found below.
2. A written nomination (minimum: 250 words) describing why the nominee should receive the award. This should include a specific example in at least one of the following areas:
 - Promotion of critical care nursing in Manitoba
 - Exhibits a high degree of professionalism
 - Demonstration of proficiency in critical care

Submission Deadline – January 21, 2013

Nominee Information:

Name: _____

Address: _____ Postal Code _____

Telephone (Home) _____ (Work) _____

Employer _____

Nominated by:(print name/signature)

1. _____

2. _____

Certification by Nominee:

I, _____ have read the information contained herein and certify it to be accurate.

I hereby allow my name to stand for nomination of the Manitoba Chapter Critical Care Nurse of the Year Award.

Mail to: Awards Committee

Manitoba Chapter CACCN

Box 2236

Winnipeg, Manitoba R3C 3R5

SPOTLIGHT ON....



STARS

Submitted by: Janis Arnold, STARS Communication

STARS (Shock Trauma Air Rescue Society) is an air ambulance service that has cared for and transported patients for over 27 years in Alberta. It's dedicated to providing a safe, rapid, highly-specialized emergency medical transport system for the critically ill and injured. **Now STARS is in Manitoba.**

Through a 10-year funding agreement with the Manitoba government, STARS established a permanent foothold in Manitoba in February 2012 and is now up and running smoothly. STARS has flown over 300 missions since it was first contracted for flood relief in April 2011 and plans to go to a full staff compliment and a 24/7 schedule in early 2013.

Nurses with ICU, ER and critical care experience are a fundamental part of the STARS model. For each mission, the Air Medical Crew includes a critical care paramedic, and a critical care nurse both of which practice with expanded scope. A STARS Transport Physician is also available for all missions, for either consultation or to respond along with the crew on the aircraft.

Using a BK117 helicopter that has been retrofitted with a state of the art medical interior, STARS is part of the 911 emergency response system and is equipped to handle any ICU type patient requiring transportation.

What makes STARS unique in Manitoba is that it can respond directly to a scene of an EMS incident or provide inter-hospital transportation to the critically ill or injured.



“This highly specialized crew is essential to our success.” says Grant Therrien, Clinical Operations Manager, Winnipeg. “On-going training through clinical rotations, online modules, as well as high fidelity simulation, keeps the team current on the latest best practices and technologies. The camaraderie around base also creates a real team approach, ensuring the most effective patient care and transport possible.”

On board, this aircraft is equipped with a ventilator, cardiac monitor, an advanced hand held blood gas analyzer, and an arsenal of medications commonly used in the ICU or ER. Flight Nurses and Flight Paramedics operate with a scope which includes RSIP, advanced/surgical airways, vasopressors, blood products, IO, and art line monitoring to name a few.



STARS is based at the Winnipeg Airport and has a response radius of 250 km (500 km round trip). The twin engine helicopter operates with two experienced pilots who are trained to use night vision goggles that enhance safety during night operations. When the aircraft is not on a mission, aircraft engineers are always ensuring it's in an operational state of readiness. At STARS, safety is of the utmost importance. To help ensure the safety of all crews and patients, as well as the general public, the aviation crew follows a set of strict operating rules and a rigorous aircraft maintenance schedule.

In Manitoba, STARS is the sole helicopter team and supplements an existing fleet of ground and fixed-wing air ambulances in operation throughout the province. All air ambulance resources are dispatched through the Medical Transportation Coordination Centre (MTCC). STARS calls for service come in through MTCC either as a direct 911 call or by a sending hospital booking a patient transfer. The latter are always triaged through the STARS Transport Physician who may provide additional resources and consultation to the sending facilities. The decision to transport by STARS helicopters are affected by a variety of factors including weather conditions, availability of resources, location of landing sites, and the condition of the patient.

For more information on STARS operations crew, visit www.stars.ca and look for STARS Air Medical Crew.

What is a Ventricular Assist Device (VAD)?

A VAD is an implantable mechanical pump used to stabilize a patient's blood pressure for better organ perfusion. It propels blood from the damaged ventricle(s) throughout the body, overcoming cardiac afterload and improving preload back to the heart (MayoClinic, 2011). A VAD may be implanted as a bridge therapy for heart recovery, transplant, or destination.

Bridge to recovery: The goal is for the VAD to rest the myocardium and allow it to recover from cardiac stunning or hibernation, while maintaining vital organ perfusion.

Bridge to transplant: If myocardial recovery cannot occur as a result of chronic cardiomyopathy, developing end organ failure, or life-threatening ventricular arrhythmias; the goal is to support the patient until a heart organ is available.

Destination therapy: Is considered only when all treatment options such as medications, lifestyle changes, and heart procedures have failed. It is therefore a permanent solution for patients who do not qualify for a heart transplant and all medical options have failed.



HeartWare wide rotar magnetic suspended impellers

Initially patients will receive a short term percutaneous VAD (Impella 2.5) to give the heart a chance to recover. If the heart cannot recover within 6 days a more permanent VAD (HeartWare) will be inserted until the patient receives a heart transplant or for destination therapy. The new generation HeartWare VAD is smaller and has fewer complications due to its: durability, magnetically suspended impellers which generates blood flow by centrifugal force, and less invasive surgery. The smaller pump size also benefits a larger patient population since it can fit within smaller body types such as children and small women.

Although VAD therapy improves patient mortality and quality of life, it does come with complications, necessitating vigilant monitoring and critical analysis for prevention by the critical care nurse. The following are potential complications: air embolus, aortic insufficiency, arrhythmias, bleeding, death, device malfunction/failure, driveline perforation, erosions and other tissue damage, gastrointestinal bleeding/AV malformations, hemolysis, hepatic dysfunction, hypertension, infection, multi-organ failure, myocardial infarction, neurologic dysfunction, pericardial effusion/tamponade, psychiatric episodes, platelet dysfunction, renal dysfunction, re-operation, respiratory dysfunction, right ventricular failure, sensitivity to aspirin, stroke, thrombus/thromboembolism, worsening heart failure, and wound dehiscence (Thoratec, 2011).

In 2007 St. Boniface Hospital- ICCS accepted its first postoperative patient with a VAD. Caring for a patient of this magnitude therefore required a multi-professional team work for education and support. Presently this unit is routinely accepting patients with VADs and transferring them to the cardiac stepdown unit with fewer ICU days and better morbidity rates. A coordinated VAD team meets weekly to discuss and develop VAD inpatient/outpatient care plans, coordination for heart transplants, and identification of future VAD patients.

References:

Canada Heart and Stroke Foundation (2011). *Heart failure*. Retrieved from <http://www.heartandstroke.com>

MayoClinic (2011). Left ventricular assist device. *Health Information for Healthcare Professionals*. Retrieved from <http://www.mayoclinic.com>

Thoratec Corporation (2011). *IFUs & manuals (Canada)*. Retrieved from <http://www.thoratec.com>

Winnipeg Critical Care Nursing Education Program Graduating Class of January 2012

The Winnipeg Critical Care Nursing Education Program (WCCNEP) is proud to celebrate the success of these deserving and hardworking nurses.



Dana Buchanon
Marissa Casey
Chantal Chaput
Danyel Collyer
Harwinder Dhillon
Lindsay Dojack
Kimberley Dorion
Stephanie Eastman
Jennifer Fosty
Amanda Gale

Kelly Kalynuk
Maria Kernaghan
Dayna Lagace
Karen Lorbis
Krystin Lundale
Freya Martin
Mathew Norris
Stephanie O'Grady
Patricia Williams
Nadia Vecherya

Congratulations to these nurses who worked hard to complete the 14 weeks of Theory and Clinical and then went on to complete the Specialized Orientation portion of the program at the units and sites where they have taken positions. Graduation ceremonies were held on June 22, 2012. The day was celebrated with numerous awards and recognition for their hard work. Jennifer Fosty was the recipient of the WCCNEP Award (for highest academic marks) and the St. Boniface Hospital Auxiliary Award. Stephanie Eastman was the recipient of the Pediatric Award, also for highest academic marks.

Please join us in welcoming these new ICU nurses to your units and workplaces throughout the province!

The rewards and benefits of the WCCNEP are vast. The advanced knowledge will help these nurses care for the critically ill patient. We wish them success in their critical care nursing careers.

Remember – **YOU** are our best ambassadors to recruit, so please encourage nurses to take the program and become critical care nurses.

Information about the WCCNEP can be found on the WRHA website at: www.wrha.mb.ca/prog/criticalcare

**CACCN Manitoba Chapter
would like to recognize**

**Karen Lorbis
and
Kimberley Dorion**

**on being the recipients of the
Manitoba Chapter
Recognition Awards!**

