



# THE CANADIAN GERONTOLOGICAL NURSE

Special Edition  
2021





## CGNA PRESIDENT'S CORNER

The Power of Virtual Conferencing: Join us for CGNA 2021

By Lori Schindel Martin, CGNA President

This issue is devoted to information about our upcoming Virtual Conference, April 2021. Oral and poster presentations will include topics such as pressure injury prevention, continence, depression and mental health services, palliative care, communication strategies, policy analysis, use of technology, scope of practice, team building and evaluation measurement (This is just a sample!). Clearly, despite the pressures of the pandemic, our gerontological nursing knowledge continued to grow and we have much to learn from each other. I am not surprised, because gerontological nurses are resilient creatures. Just as the flowers of April, our knowledge springs from the earth of our practice, adjusting to the needs and landscape.



The CGNA conference experience will be a wonderful one. Our conference committee members are in the process of carefully planning this virtual event according to virtual best practices. IT personnel will provide technical support during on-line keynote and breakout presentations. Most importantly, our conference presentations will be video recorded, archived and available for attendees to view after the conference is over. This extended availability will mean greater knowledge spread. If you are attending one breakout presentation, you can later access the recordings of as many other presentations as you wish. I found that virtual conference platforms allow me to explore more new learning than was possible at previous in-person conferences. I no longer have to feel frustrated, wishing I could split myself to attend two breakouts scheduled at the same time. In these challenging times, I am also grateful that I will experience cost and time savings since I do not have to expend energy to travel.

Although we will not be physically present to see the great Niagara Falls, nonetheless we will realize a momentous energy from the waters of knowledge that will sustain us for our best practice work.



From wherever you will join us, whatever the size of the closest body of water, whether bubbling, rushing or still and contemplating, we know you and your gerontological nursing colleagues will benefit personally and professionally through a wonderful opportunity to build knowledge together.

Yours in Gerontological Nursing,

Lori Schindel Martin, RN, PhD, GNC(C)

President, CGNA

## **Attention all CGNA Members!!!**

**Do you know of a member who would be a good fit for the 2021 CGNA Board of Directors? There are a number of positions that are available and include:**

- **President Elect,**
- **Secretary**
- **Director of Education**
- **Director of Communications**
- **Directors for Alberta, Manitoba, Ontario, New Brunswick, Nova Scotia, PEI and Newfoundland / Labrador**

**You will find further information and a copy of the nomination form at [www.cgna.net](http://www.cgna.net)**

## CGNA2021 GOES VIRTUAL!

Dear Colleague,

We would like to share with you the important news that our CGNA2021 conference will be taking place fully online, in light of the ongoing safety concerns about covid-19.

While we are very disappointed not to be meeting you in person, we are working with a conference management company to deliver an online experience that will match as closely as possible what you've come to expect from our in-person conferences, including [interactive pre-conference workshops](#), [stimulating breakout sessions](#), and [inspiring keynote speakers](#).

In fact, a virtual conference offers us some unique opportunities for CGNA2021 — here are a few highlights:

- Reduced registration fees (to be confirmed shortly!)
- No travel costs!
- Access to recorded presentations after the conference concludes
- Potential wider reach for your work — we anticipate a larger number of delegates because of the reduced costs of attendance
- Exciting and fully interactive experiences with our conference [sponsors](#) and [exhibitors](#)

Our conference theme, “Harnessing the Wonder of Gerontological Nursing,” represented our planned in-person location of Niagara Falls, Ontario. While we unfortunately won't be gathering in Niagara Falls this year, we will certainly still celebrate the wonder of gerontological nursing, as gerontological nurses are at the forefront of the response to covid-19 amongst older adults, in Canada and abroad. And, we're also excited to let you know that we'll return to Niagara Falls, Ontario for CGNA2023.

A full conference program will be available shortly, and registration will open soon!

We are in the process of updating our website to reflect the transition to a virtual conference. *Rest assured, conference session times will be adjusted to account for time zones coast-to-coast!*

We look forward to “seeing” you at CGNA2021!

Yours sincerely,

Julie Rubel & Kathleen Hunter, CGNA2021 Co-Chairs  
Lori Schindel Martin, CGNA President  
Elaine Campbell, CGNA President-Elect

# CGNA BIENNIAL CONFERENCE APRIL 22-24, 2021

## Why are you looking forward to CGNA 2021?

*“This past year has been a challenge for nursing and especially nursing for our older adults across the country. Many of us have been stretched to the core and the resolve to continue has been shaken. CGNA 2021 will give us the chance to connect with our community, to provide reassurance that we are not alone in this battle. It will provide the opportunity to reflect on and restore the values that makes geriatric nursing so rewarding”.*

**Christine Johnson RN MN GNC (C) RNC (C)**

**C - celebrating the *champions* in Canadian Gerontological Nursing practice in this most challenging of times**

**G - a *gathering* of like minded colleagues**

**N - using *new* technology for an established process (this will be my first, virtual nursing conference. Poster presentations will be a whole new experience done virtually)**

**A - a testament to the *adaptability* of nurses**

**2 - more than *two* fantastic speakers (two keynotes and number of oral presenters!)**

**0 - *zero* moments of boredom**

**2 - at least *two* moments to connect with colleagues outside of the immediate geographic bubble! (breakout rooms to allow for connecting?)**

**1 - *one* huge welcome to the Gerontological Nursing community**

**Therese Lim, GNAO Past President**

***“This past year has been tough for so many of us. There haven’t been a lot of things to look forward to due to the COVID pandemic and Code Red restrictions here in Manitoba. Amidst the chaos, CGNA has found a way to bring us all together. I am looking forward to the CGNA 2021 conference as it will be an opportunity to come together as a community – of like-minded individuals who share the common goal of improving the care of older adults. Sharing knowledge, networking and just continuing to be a part of the CGNA community are some of the things that I am excited for!”***

***Jennifer Fulcher RN MN GNC(C), Manitoba Gerontological Nursing Association, (MGNA)***

**CGNA 2021 is about wonder. In my experience as a gerontological nurse, I have witnessed many colleagues, and have myself, open up to the wonder of our from with older persons. We thoughtfully wonder what might have contributed to the clinical picture presented to us work. We collaboratively wonder how to achieve success working not only with our interdisciplinary colleagues but with clients and families to maximize strengths and promote quality of life. And perhaps most appropriately for CGNA2021, we collectively wonder what is possible when a tremendous group of dedicated nurses comes together to grow our current knowledge and imagine what the future will be. I look forward to being amongst my gerontological nursing peers April 22-24 to embrace our specialty and to wonder what’s next. #GeroNursesRock**

**We’d love to hear what excites you about CGNA2021? Join the conversation on social media using the hashtag #CGNA2021. We can’t wait to ‘see’ you in April!**

**Julie Rubel, CGNA Director of Communication**



## **Perspectives: Journal of the Canadian Gerontological Nursing Association (CGNA) Forthcoming Special Issue: Indigenous Elders**

Elders are a source of wisdom, strength, and spirituality in the life of Indigenous communities in Canada. Elders are the keepers and purveyors of language, custom and history. Their own histories are evident in the Truth and Reconciliation Commission Report (2015) and the recommendations for changes in policies, programs and the “way we talk to, and about each other”.

With the aim of respectful recognition of Indigenous Elders and the vision of CGNA to promote excellence in gerontological nursing through leadership, knowledge and scholarship, *Perspectives* is currently inviting manuscripts on the following topics for a special issue in 2021. Some examples of topics are:

- Description of the contributing role of Indigenous Elders to the health of their families and communities including oral histories and development of initiatives;
- Discussion of gerontological nursing practice, education and administration related to the health and well-being of Indigenous Elders;
- Rapid reviews of the literature uncovering gaps in nursing knowledge of the health of Indigenous Elders; and
- Exploration of the roles of Indigenous Elders as advocates and advisors during transitions of care within and between health care settings (for example, acute care, long-term care homes and community)

We are pleased to announce that Bernice Downey will be the guest editor of this special issue. Dr. Downey is Anishinaabe Kwe with ancestral roots from Lake St. Martin, MB. She is an Assistant Professor at the School of Nursing and Department of Psychiatry and Behavioural Neurosciences, and Indigenous Health Lead at the Faculty of Health Sciences, McMaster University, Ontario.

In the spirit of inclusion, we are interested in receiving manuscripts representing a wide spectrum. We welcome the Indigenous community perspective and that of healthcare and social service providers (nurses, allied health and others) as well as interested persons representing other fields both inside and outside of Canada. Guidelines for authors are available in *Perspectives* and on the CGNA website: [www.cgna.net](http://www.cgna.net).

**Edition submission deadline is September 2021. Queiries may be sent to Dawn Prentice, Editor-in Chief via email at [dprentice@brocku.ca](mailto:dprentice@brocku.ca)**



## Gerontological Nursing Certification

<https://cna-aiic.ca/en/certification>

### Study Group for Registered Nurses, Psychiatric Nurses & Practical Nurses

Webinars every other Thursday from March – April 2021  
Pacific time 3-4 pm, 4-5pm Mountain time, 6-7pm Eastern time

**Exam window: May 1 – 15, 2021**

DATE	Study Group Session	Speakers
Mar 4	Tips for preparing the exam	Josephine Agudo, RN Vancouver Coastal Health Educator
Mar 18	COVID vaccine	Gokul Pullagura PharmD, PhD Pfizer Educator
April 1	Depression, grief and loss	Polly Huynh LPN, RN LTC Case Manger
April 15	Ethics, decision-making	Margaret Lin RN University of British Columbia
April 29	Aging and environment	Heather Cooke PhD Simon Fraser University
May 1 – 15	Exam Days	Best of Luck

Register at <https://cgna.net/> for live webinars  
Contact Dr. Lillian Hung, email: [education@cgna.net](mailto:education@cgna.net) for questions  
The webinars will be recorded and posted on CGNA website as education resources for CGNA members.





**CANADIAN GERONTOLOGICAL NURSING ASSOCIATION**

**CGNA Management**

Anthony Lombardo, PhD

Email: [office@cgna.net](mailto:office@cgna.net)

**CGNA Newsletter Editor**

Christine Johnson, RN MN GNC(c) RNC(c)

Email: [cmjohnson@hsc.mb](mailto:cmjohnson@hsc.mb)

CGNA EXECUTIVE	
President: Lori Schindel Martin	<a href="mailto:lori.schindelmartin@ryerson.ca">lori.schindelmartin@ryerson.ca</a>
President Elect: Elaine Campbell	<a href="mailto:ecampbell@ihis.org">ecampbell@ihis.org</a>
Past President: Mollie Cole	<a href="mailto:mollie.cole@hqca.ca">mollie.cole@hqca.ca</a>
Treasurer/Membership: Lindsay Thomas	<a href="mailto:lindsay.thomas@ahs.ca">lindsay.thomas@ahs.ca</a>
Secretary: Joyce Taekema	<a href="mailto:taekema@shaw.ca">taekema@shaw.ca</a>
Communications: Julie Rubel	<a href="mailto:julie.rubel@gmail.com">julie.rubel@gmail.com</a>
Education: Lillian Hung	<a href="mailto:Lillian.Hung@vch.ca">Lillian.Hung@vch.ca</a>
CGNA Directors	
British Columbia, GNABC: Shelley Canning	<a href="mailto:shelley.canning@ufv.ca">shelley.canning@ufv.ca</a>
Alberta, AGNA: Edythe Andison	<a href="mailto:eandison@gss.org">eandison@gss.org</a>
Manitoba, MGNA: Victoria Marek	<a href="mailto:president@mgna.ca">president@mgna.ca</a>
New Brunswick, NBGNA	
Nova Scotia, NSGNA: Jennifer Hayes	<a href="mailto:Jennifer.Hayes@nshealth.ca">Jennifer.Hayes@nshealth.ca</a>
Ontario, GNAO: Therese Lim	<a href="mailto:limt@tbh.net">limt@tbh.net</a>
Prince Edward Island, PEIGNA: Eileen Larkin	<a href="mailto:ealarkin@gov.pe.ca">ealarkin@gov.pe.ca</a>
Newfoundland & Labrador, NLGNA: Sue Ann Mandville-Anstey	<a href="mailto:sueann.mandville.anstey@mun.ca">sueann.mandville.anstey@mun.ca</a>

