

4th National Conference 4^e Conférence nationale

Delta Regina
Regina, SK, Canada
October 23-25, 2014
23 au 25 octobre 2014



Canadian Association of Perinatal and
Women's Health Nurses
Association canadienne des infirmières et infirmiers
en périnatalité et en santé des femmes



Photos courtesy of Regina Hotel Association

Thank you to our partners Merci à nos partenaires

The Canadian Association of Perinatal and Women's Health Nurses gratefully acknowledges the following sponsors for generously providing unrestricted educational grants in support of the CAPWHN 4th National Conference. / L'Association canadienne des infirmières et infirmiers en périnatalité et en santé des femmes (CAPWHN) remercie très chaleureusement les commanditaires suivants, qui nous ont offert des subventions éducationnelles sans restriction pour la quatrième Conférence nationale CAPWHN.

Platinum • Platine

The logo for Dräger, featuring the word "Dräger" in a bold, blue, sans-serif font.The logo for Johnson & Johnson Inc., featuring the company name in a red, cursive script font, with "INC." in a smaller, red, sans-serif font below it.

Silver • Argent



GE Healthcare

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The logo for Stay In Regina.com, featuring the text "Stay In Regina" in a bold, black, sans-serif font, with ".com" below it and a small purple triangle icon.



Welcome

The 2014 Conference Planning Committee welcomes you to Regina for the 4th National CAPWHN Conference: *Expanding Horizons, Grounding Practice*. The conference is a unique opportunity to bring together nurses with a collective interest, disseminating current evidence related to practice, research, education, and policy with the goal of improving perinatal and women's health. Together, share experiences and gain knowledge across a wide variety of practice settings, rekindle old friendships, develop new relationships, and network with colleagues from across the country. We hope you have fun in the process!

Several exhibitors are in attendance at the conference. Take the time to see and learn about the latest innovations in women's and perinatal health. We invite you to complete the exhibitor passport, learn interesting facts about Saskatchewan, and have the chance to win your CAPWHN membership for a year.

Each year the CAPWHN National Conference provides support to charities that assist women and children. This year's planning committee has chosen to assist two local charities, Sofia House and the Mackenzie Infant Care Centre. Please consider bidding on silent auction items, joining the Friday morning "Toonie Trot," or supporting the various other initiatives designed to raise funds for these two conference charities.

While visiting Canada's Queen City, consider exploring some of the area attractions. Regina's downtown is rich with shopping and local dining. Visit Casino Regina and see the transformation from what was once the historic Union Train Station, now featuring games, dining, and live performances in the Show Lounge. Other area attractions include the RCMP Heritage Centre; Wascana Centre, a 930 hectare parkland development in the heart of Regina; the Royal Saskatchewan Museum; and the MacKenzie Art Gallery. Join us on Friday night for the social event, *Prairie Elegance under the Northern Lights*. Be prepared to have a great time with old and new friends while dancing the night away!

We hope that the conference will refresh and energize all participants as you continue to provide care for women and their families. We encourage everyone to share knowledge gained at the conference with local colleagues as you return to your home communities. We wish you a fun and educational conference in Regina!

Jodie Bigalky, RN, MN, PNC(C) & Robin Evans, RN, PhD, PNC(C)

Co-Chairs, 2014 Conference Planning Committee



Jodie Bigalky

Bienvenue

Le Comité organisateur de la Conférence 2014 vous souhaite la bienvenue à Régina pour la 4^e Conférence nationale de CAPWHN intitulée *Élargir nos horizons, solidifier nos pratiques*. La Conférence est une occasion unique de rassembler des infirmières et infirmiers ayant un intérêt commun, de disséminer des données courantes liées à la pratique, à la recherche, à l'éducation et aux politiques dans le but d'améliorer la périnatalité et la santé des femmes. Rassemblés, nous partagerons des expériences et acquerrons des connaissances d'une vaste gamme de milieux de pratique, renouons de vieilles amitiés, nouons de nouvelles amitiés et ferons du réseautage avec des collègues de partout au pays. Nous espérons que vous en retirerez du plaisir!

Plusieurs exposants seront présents à la conférence. Prenez le temps de découvrir les dernières innovations en santé des femmes et en santé périnatale. Nous vous invitons à remplir le passeport des exposants, à apprendre des faits intéressants sur la Saskatchewan et à courir la chance de gagner une adhésion d'un an à CAPWHN.

Tous les ans, la Conférence nationale de CAPWHN offre du soutien aux femmes et aux enfants. Le Comité organisateur de cette année a choisi d'aider deux organismes de bienfaisance locaux, soit *Sofia House et le Mackenzie Infant Care Centre*. Envisagez de miser sur des articles présentés à la vente aux enchères silencieuse, de vous joindre au *Toonie Trot* du vendredi matin, ou d'appuyer diverses autres initiatives conçues pour recueillir des fonds au profit de ces deux organismes de bienfaisance.

En visite à la Ville Reine, envisagez d'explorer certains des attraits de la région. Le centre-ville de Régina abonde en centres d'achats et de restaurants. Visitez le Casino de Régina et observez la transformation de ce qui était autrefois la station de train historique Union, présentant maintenant des jeux, des restaurants et des spectacles en direct dans le Show Lounge. Parmi les autres attraits de la région, notons le Centre du patrimoine de la GRC; le Centre Wascana, une forêt-parc de 930 hectares au cœur de la ville de Régina; le *Royal Saskatchewan Museum*; et la *MacKenzie Art Gallery*. Joignez-vous à nous vendredi soir pour l'événement social *Prairie Elegance under the Northern Lights*. Soyez prêt pour cette soirée divertissante en compagnie d'anciens et de nouveaux amis tout en laissant aller votre fou sur le plancher de danse!



Robin Evans

Nous espérons que la Conférence inspirera les participants et leur donnera les idées nécessaires dans le cadre de leur pratique à dispenser des soins aux femmes et à leur famille. Nous encourageons tout le monde à partager les connaissances acquises pendant la Conférence avec des collègues locaux en retournant dans vos communautés respectives. Nous vous souhaitons une conférence éducative et des plus agréables à Régina!

Jodie Bigalky, I.A., M.Sc. inf., PNC(C) et Robin Evans, I.A., Ph.D., PNC(C)

Co-présidentes, Comité organisateur de la Conférence 2014

Welcome to CAPWHN's 4th National Conference!

On behalf of myself as President and the entire CAPWHN Board of Directors I would like to welcome everyone to Regina. Some of you are returning members, others recently joined CAPWHN, and still others are considering membership in our organization. We are excited that you have chosen to attend CAPWHN's 4th National Conference and look forward to networking with you at various sessions and events. The social event *Prairie Elegance under the Northern Lights* promises to be a fun filled glamorous evening. CAPWHN is continuing to grow and respond to the needs of Canadian nurses in Perinatal and Women's Health. These areas of health care are constantly changing. In order to remain current and challenged with new information, conferences such as CAPWHN's are important. The next few days will provide you with an opportunity to network and learn from colleagues and to be inspired by experts in our field. Please stop me and say hello as I would love to hear what CAPWHN can do for you to ensure you are the best nurse you can be.

I wish to thank Jodie Bigalky and Robin Evans along with their Conference Planning Committee who have been working hard for over a year to prepare and organize the events to ensure all attendees benefit from an outstanding three days of innovative clinical and research updates in perinatal and women's health nursing. Their group working together with Rita Assabgui, our Executive Director, has selected speakers to energize, abstract presenters to collaborate with, and planned events to enjoy at the end of the days! The conference theme of "Expanding horizons, grounding practice" has provided the planning team guidance to ensure learning opportunities focus on new and innovative ideas for our practice, while using a good evidence-informed basis for the practice we have. Enjoy yourself and be sure to share all you have learned when you go home!

Lisa Keenan-Lindsay, RN, MN, PNC(C)
CAPWHN President



Lisa Keenan-Lindsay

Bienvenue à la 4^e Conférence nationale de CAPWHN!

Au nom du Conseil d'administration de CAPWHN et en mon nom, à titre de présidente, j'aimerais vous souhaiter la bienvenue à Regina. Certains d'entre vous êtes déjà membres, d'autres viennent tout juste de rejoindre les rangs de CAPWHN, et d'autres envisagent encore d'adhérer à notre organisation. Nous sommes emballés que vous ayez choisi de participer à la 4^e Conférence nationale de CAPWHN et sommes impatients de faire du réseautage avec vous à divers événements et sessions. L'activité sociale intitulée *Prairie Elegance under the Northern Lights* promet d'être une soirée étincelante et très plaisante. CAPWHN poursuit sa croissance et répond aux besoins des infirmières et infirmiers canadiens spécialisés en périnatalité et en santé des femmes. Ces domaines des soins de santé sont en évolution constante. Afin de demeurer à l'affût et au courant des nouvelles données, il est important d'assister à des conférences comme celles de CAPWHN. Les quelques prochains jours vous offriront l'occasion de faire du réseautage, d'apprendre de vos collègues et de trouver l'inspiration auprès des spécialistes de notre domaine. N'hésitez pas à m'interpeller pour me dire bonjour, car j'aimerais entendre ce que CAPWHN pourrait faire pour s'assurer que vous excelliez dans votre profession.

Je désire remercier Jodie Bigalky et Robin Evans ainsi que leur Comité organisateur de la Conférence qui travaillent inlassablement depuis plus d'un an à la planification et à l'organisation des événements en vue d'offrir aux participants trois excellentes journées de mises à jour clinique et en recherche innovatrices dans le domaine des sciences infirmières périnatales et en santé des femmes. Leur groupe travaillant en collaboration avec Rita Assabgui, notre directrice générale, a choisi des conférenciers inspirants et des auteurs de résumés avec qui collaborer, en plus de planifier des événements de fin de journée! Le thème de la conférence, *Élargir nos horizons, solidifier nos pratiques*, a offert à l'équipe de planification une orientation pour que les occasions d'apprentissage misent sur des idées innovatrices et nouvelles pour notre pratique, tout en ayant recours à des données factuelles pour la pratique que nous avons acquise. Amusez-vous et assurez-vous de partager tout ce que vous aurez appris de retour au bercail!

Lisa Keenan-Lindsay, inf. aut., maîtrise en sciences inf., PNC(C)
Présidente de CAPWHN



Goals of the 4th National Conference: Expanding Horizons, Grounding Practice

- Provide a networking forum to facilitate the dissemination of current evidence to guide practice, research, and education to influence policy.
- Discuss different strategies to promote health and influence the lives of diverse and vulnerable populations.
- Explore methods of implementing quality nursing practice to improve patient safety and outcomes in diverse practice settings.
- Create an opportunity to share and expand knowledge related to perinatal, neonatal, and women's health issues across the lifespan.
- Refresh and energize those who provide care for women and families.

Objectifs de la quatrième Conférence nationale : Élargir nos horizons, solidifier nos pratiques

- Offrir un forum de réseautage qui favorise la diffusion des plus récentes données et, ainsi, oriente la pratique, la recherche et l'éducation en vue d'influencer les politiques.
- Discuter de stratégies visant à promouvoir la santé et à améliorer la qualité de vie de populations diverses et vulnérables.
- Explorer des façons d'optimiser la pratique infirmière et, ainsi, la qualité des soins et la sécurité dans divers milieux cliniques.
- Offrir l'occasion d'échanger et d'élargir nos connaissances en périnatalité, en néonatalogie et en santé des femmes.
- Ressourcer et dynamiser ceux et celles qui offrent des soins aux femmes et aux familles.

Conference Charities

The 2014 Conference Planning Committee has selected two local charities that support women and children.

Le Comité organisateur de la Conférence de 2014 a choisi d'appuyer deux organismes locaux qui soutiennent les femmes et les enfants.

Sofia House

Sofia House is a local charity situated in Regina. Sofia is an acronym that stands for "Support of Families in Affliction" and is also the Greek name for "Wisdom." Sofia House delivers essential programs that support abused women and children who are victims of domestic violence. Programs provide an important link to a life free of violence, enabling a woman and her children to move from an abusive home into a successful, independent living arrangement, in an effort to break the cycle of violence. Sofia House strives to provide comprehensive services for families to ensure a safe environment equipped with essentials for everyday living. In addition to safety, Sofia House provides supportive counselling services which focus on building self esteem and empowering women. The program also connects families with resources in the community and provides advocacy and support with legal, medical, and financial matters.

Sofia House se situe à Régina. Sofia est un acronyme—Support of Families in Affliction—et, en grec, veut dire sagesse. Sofia House anime des programmes clés dont le but est d'appuyer les femmes et les enfants qui font l'objet de violence familiale. Ces programmes constituent un pont critique vers une vie réussie et autonome où le cycle de la violence n'est plus. Sofia House s'efforce de fournir des services complets aux familles pour que celles-ci puissent vivre dans un milieu sécuritaire doté des nécessités de la vie quotidienne. En plus d'un refuge en sécurité, Sofia House offre des services de counseling axés sur l'estime de soi et l'émancipation des femmes. Enfin, les programmes exposent les familles aux ressources dans la communauté et défendent leurs intérêts sur le plan financier, médical et juridique.

MICC

The Mackenzie Infant Care Centre (MICC) provides child care for young student mothers in the Regina area, enabling them to attend high school classes at the Shirley Schneider Support Centre - the longest operating educational centre of its kind in Canada. The program provides health related educational information for families, which encourages healthy lifestyles for parents while caring for their newborns. During school lunch breaks, student mothers take an active role in caring for their babies by feeding and changing them and spending good quality time. Other daily activities continue as usual during lunch time so that young parents in the centre may benefit from the role modelling of positive parenting provided by the caregivers. MICC's mission statement is to provide "continuity of education" to their young vulnerable student mothers. Their ultimate goal is to set them up to succeed and become contributing members of our society, while being the best possible mom they can be.

Le Mackenzie Infant Care Centre (MICC) offre des services de garderie aux jeunes mères étudiantes dans la région de Régina pour qu'elles puissent suivre leurs cours du secondaire au Shirley Schneider Support Centre, le plus ancien centre éducationnel de son genre au Canada. Le programme renseigne les familles en matière de santé pour que les parents adoptent des modes de vie sains dans leur rôle auprès de leurs nouveau-nés. À l'heure du midi à l'école, les mères nourrissent leurs bébés, en font la toilette et passent tout simplement de bons moments avec eux; bref, elles en prennent soin directement. En même temps, d'autres activités quotidiennes se poursuivent à l'heure du midi, de sorte que les jeunes parents puissent s'inspirer du modèle parental présenté par les soignants et aidants. Selon l'énoncé de mission du MICC, le centre veut offrir un apprentissage continu aux jeunes mères vulnérables, le but ultime étant de les diriger vers le succès et d'en faire des membres utiles de la communauté... et des mamans exemplaires.



CAPWHN 4th National Conference Planning Committee

Membres du Comité organisateur de la quatrième Conférence nationale de CAPWHN

Planning Committee / Comité organisateur

Jodie Bigalky (Co-chair / Co-présidente)
Robin Evans (Co-chair / Co-présidente)
Francesca Carteri-Bitz
Leah Thorp

Program Committee / Comité du programme

Leah Thorp (Chair / Présidente)
Cindy Leclerc Glenys Weisshaar

Abstract Review / Analyse de résumés

Debbie Fraser Patricia Gregory
Sandy Kluka Roxanne Laforge
Glenys Weisshaar

Hospitality Committee / Comité d'accueil

Francesca Carteri-Bitz (Chair / Présidente)
Jo-Anne Guillemin Danita Lang

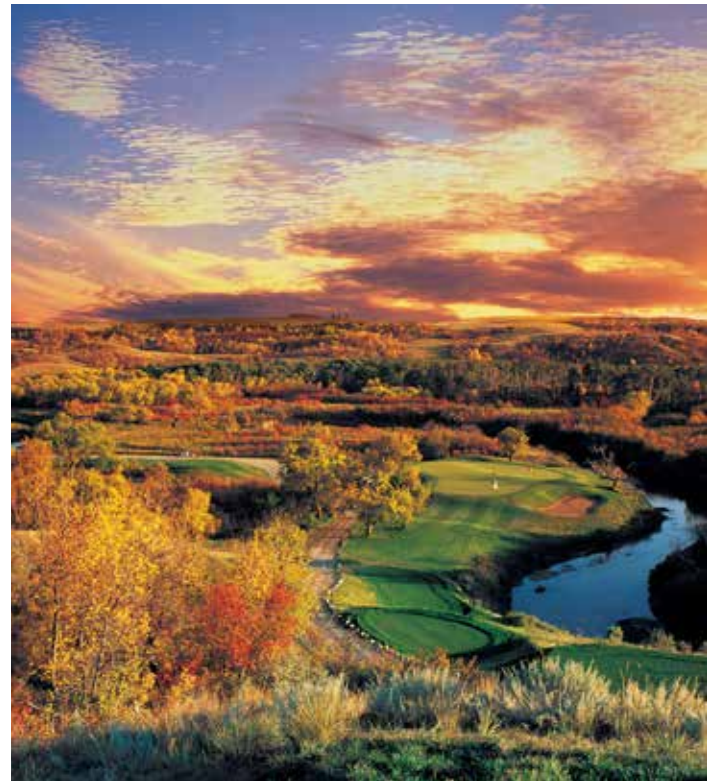
CAPWHN Support / Collaboration de CAPWHN

Lisa Keenan-Lindsay (President / Présidente)
Rita Assabgui (Executive Director / Directrice générale)

CAPWHN Board of Directors

Conseil d'administration de CAPWHN

Lisa Keenan-Lindsay, President / Présidente
Kim Dart, President Elect / Présidente désignée
Nancy Watts, Past President / Présidente sortante
Kathryn Banks, Treasurer / Trésorière
Pam O'Sullivan, Director (BC, AB, YT) / Directrice (BC, AB, YT)
Patricia Gregory, Director (SK, MB, NT) / Directrice (SK, MB, NT)
Marie-Josée Trépanier, Director (ON) / Directrice (ON)
Diane Bourget, Director (QC) / Directrice (QC)
Barbara Whynot, Director (Atlantic Provinces and NU) /
Directrice, (région de l'Atlantique et NU)
Sharon Dore, Director at Large / Conseillère





General Information

The following information is provided to help make your experience at the conference more enjoyable.

Registration Desk

This is your one-stop shop for registration, membership applications, general Regina information and maps, silent auction display and payments. The registration desk is located in the 2nd floor foyer of the Delta Regina and will be staffed during the following hours:

- Thursday October 23rd 07:00 - 17:30
- Friday October 24th 07:30 - 17:00
- Saturday October 25th 07:00 - 13:30

Name Badges

Name badges must be worn at all times while at the conference. These are very helpful when networking with other delegates and clearly identify you as a conference delegate. The sessions for which you registered are included with your name badge.

Meals

Continental breakfasts, breaks and lunches throughout the three day conference are included in the full conference registration fees. If you registered at the daily rate, meals will only be included for the day for which you registered. Meals are located in the Exhibit Hall (Umbria / Lombardy A&C).

Exhibitors

All conference delegates are encouraged to visit the exhibitors in the Exhibit Hall (Umbria / Lombardy A&C). Our exhibitors' support contributes greatly to the success of the CAPWHN National Conference. Exhibits are open during all meals and breaks until Friday October 24th at 13:15.

Passport

Your exhibitor passport is in your delegate bag. You must visit all of the exhibitors to receive the answers to the questions. Deposit your completed passport at the registration desk by Friday afternoon for a chance to win a CAPWHN membership for a year.

Opening Reception with Exhibitors

You will have an opportunity to meet with the exhibitors during Thursday evening's opening reception. Be sure to take time to fill out your passport and learn about the latest products and advances in perinatal and women's health. If you registered for the reception, you will find your reception ticket and one drink ticket at the back of your badge. Yummy appetizers will be served and a cash bar is available.

Prairie Elegance under the Northern Lights

This is the theme for Friday evening's dinner/dance. If you registered for the event you will find your dinner ticket at the back of your badge. A cash bar is available. The event is not a formal affair, but we hope to see you in cocktail attire (think Little Black Dress!) as we enjoy the music of Regina's renowned one hit wonders and classic rock cover band, **Wonderland!**

Posters

A fabulous array of research and clinical posters are being presented at the conference. Make time to visit the poster presentations on the 2nd floor foyer to learn new information and findings from projects and initiatives from colleagues across the country. Poster presenters will attend their posters on Friday, October 24, 2014 from 16:30-17:00 to answer any questions you may have.

Généralités

Voici quelques renseignements pour vous aider à profiter davantage de la Conférence.

Bureau d'inscription...et plus!

Oui, ici, en plus de vous inscrire, vous pouvez faire une demande d'adhésion à CAPWHN, obtenir de l'info sur Régina, voir les articles de l'encan silencieux et faire des paiements. Le Bureau d'inscription se trouve au foyer du deuxième étage du Delta Régina et est ouvert à ces heures :

- Jeudi 23 octobre 7 h - 17 h 30
- Vendredi 24 octobre 7 h 30 - 17 h
- Samedi 25 octobre 7 h - 13 h

Insignes d'identité

Vous devez porter votre insigne en tout temps pendant la conférence. Cela favorise le réseautage et sert de preuve de votre inscription en bonne et due forme. Les séances auxquelles vous participez figurent sur le carton avec votre insigne.

Petits-déjeuners, pauses et repas du midi

Les petits-déjeuners continentaux, les pauses et les repas du midi vous sont offerts pendant les trois jours de la conférence. Si vous avez opté pour l'inscription quotidienne, vous avez droit aux repas de la journée en question. Les repas sont servis dans la salle d'exposition (Umbria / Lombardy A&C).

Exposants

Nous vous encourageons à visiter nos exposants dans la salle (Umbria / Lombardy A&C). Leur soutien contribue au succès de la Conférence nationale CAPWHN. Les kiosques sont ouverts pendant tous les repas et toutes les pauses jusqu'au vendredi 24 octobre à 13 h 15.

Passeport

Votre *Passeport exposants* est dans votre trousse d'inscription. Vous devez visiter tous les kiosques pour obtenir les réponses aux questions. Une fois votre passeport rempli, déposez-le au Bureau d'inscription au plus tard vendredi après-midi pour avoir une chance de gagner une adhésion d'un an à CAPWHN.

Réception d'ouverture avec les exposants

Jeudi soir - C'est le moment tout indiqué pour remplir votre Passeport car vous aurez l'occasion de rencontrer tous les exposants. Si vous avez choisi de participer à cette réception, votre billet d'entrée et votre coupon pour une consommation sont au verso de votre insigne d'identité. On vous servira de succulents amuse gueule, et un bar payant vous proposera de bons cocktails.

Soirée Prairie Elegance under the Northern Lights

Vendredi soir - Si vous avez choisi de participer à cette soirée, votre billet pour le souper est au verso de votre insigne d'identité. Encore une fois, un bar payant vous proposera de quoi vous désaltérer. Cet évènement ne demande pas une tenue de cérémonie, mais nous espérons vous accueillir en tenue de cocktail (pensez petite robe noire!) pour apprécier des tubes sans lendemain du célèbre groupe interprète de rock classique de Régina, **Wonderland!**

Affiches

Rendez-vous au foyer du deuxième étage pour y voir la magnifique série d'affiches scientifiques et prendre connaissance des percées générées par les projets et les initiatives de vos collègues partout au pays - qui seront d'ailleurs auprès de leurs affiches le vendredi 24 octobre 2014 de 16 h 30 à 17 h pour répondre à vos questions.



General Information - Cont'd

Conference Charities

We are pleased to support **Sofia House** and the **Mackenzie Infant Care Centre**. We are raising funds through the Toonie Trot and Silent Auction, and we accept general donations. Please give generously! All proceeds from these events (cheque or exact cash only please) are donated to the conference charities.

CAPWHN Boutique

Find great CAPWHN items at terrific prices. Get yours before they sell out!

Vendors Marketplace

The marketplace, 2nd floor foyer, features several popular local vendors for your convenience and shopping pleasure.

Door Prizes

Draws for prizes occur throughout the conference. Winners must be present at the time of the draw to claim their prize.

Messages

For your convenience, a message board is located in the 2nd floor foyer. Please use it to connect with new and old friends and don't forget to check it regularly.

Green Initiative

Delegates will receive a USB with their delegate kit. The USBs will be loaded with presentations where authors have authorized that they be shared and that were received in advance of the conference. There is a business centre at the hotel should you wish to print a particular presentation.

Scent Free Environment

CAPWHN is committed to providing a scent free environment. Please refrain from wearing any scented products during the conference.

Your continuing education hours at the CAPWHN conference qualify for CNA certification renewal towards perinatal or another relevant specialty. Please keep a copy of your certificate of attendance for this purpose.

CAPWHN has received approval for 13 L and 0.75 R Continuing Education Recognition Points (CERPs) from the International Board of Lactation Consultant Examiners (IBLCE); IBLCE approval number C1446557. A certificate of attendance detailing the CERPs allocated by IBLCE will be available.

Généralités - suite

Oeuvres de bienfaisance

C'est avec plaisir que nous amassons des fonds pour **Sofia House** et **Mackenzie Infant Care Centre** au moyen de l'activité Toonie Trot et de notre vente aux enchères écrites. Vous pouvez aussi faire un don direct. Nous comptons sur votre générosité, car toutes les recettes sont versées aux organismes choisis.

Boutique CAPWHN

Procurez-vous des articles CAPWHN à des prix imbattables. Faites vite car les tablettes se vident vite!

Coin des marchands et fournisseurs

Plusieurs marchands locaux populaires vous proposent du magasinage agréable sur place au foyer du deuxième étage.

Prix de présence

Les tirages ont lieu tout au long de la conférence. Votre présence est exigée au moment du tirage pour que vous puissiez réclamer votre prix.

Messages

Un babillard se trouve au bureau d'inscription, au foyer du deuxième étage. Veuillez le vérifier régulièrement pour y faire des retrouvailles ou de nouveaux contacts.

Une solution verte

Nous vous remettons sur une clé USB le texte des exposés soumis avant notre conférence. Il vous suffit d'aller au centre d'affaires de l'hôtel pour faire imprimer un exposé quelconque.

Sans parfum

CAPWHN reconnaît l'importance d'un milieu non odorant : Veuillez vous abstenir de porter des produits parfumés.

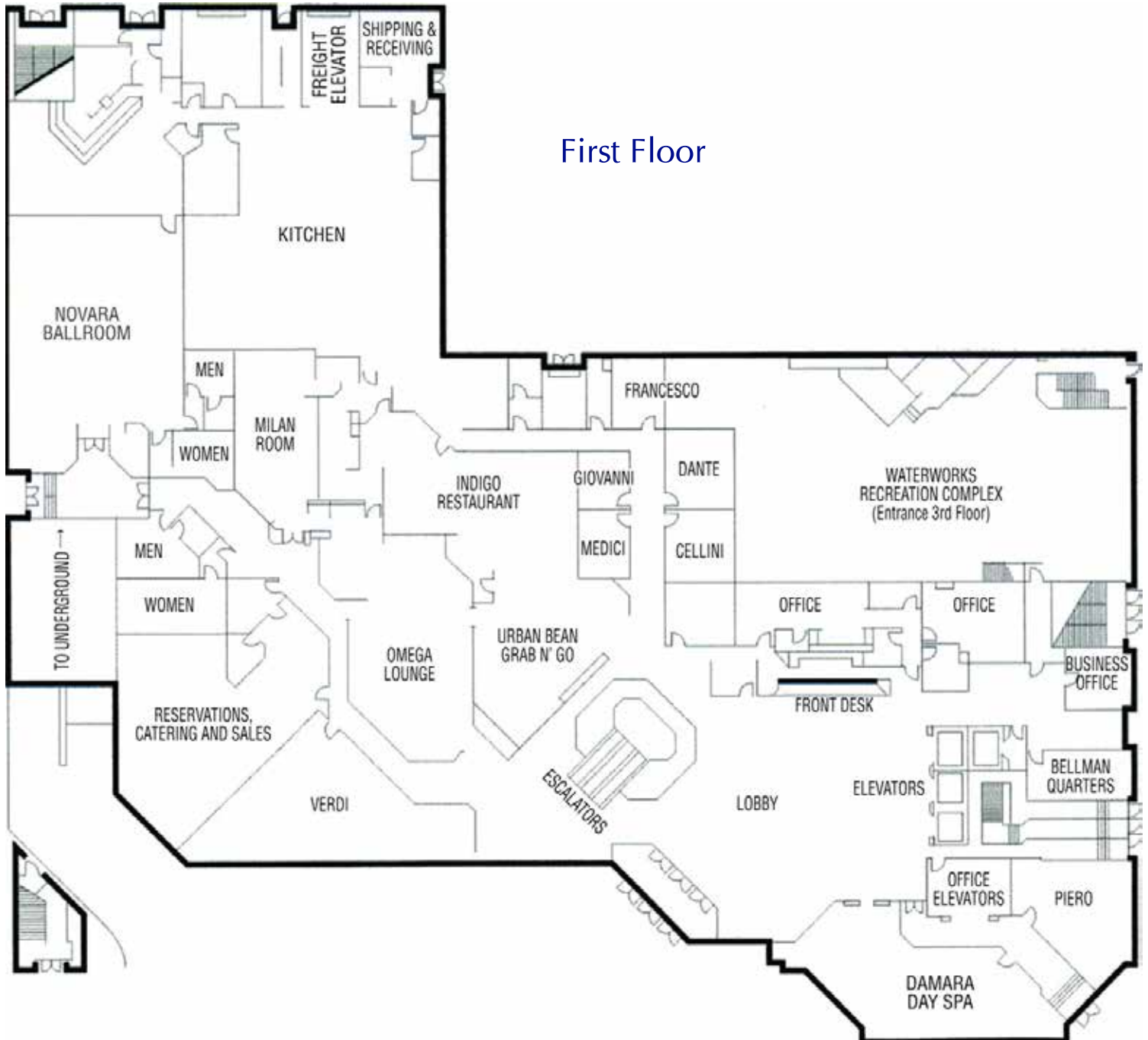
La conférence CAPWHN est reconnue comme activité d'apprentissage continu par l'AIIC pour le renouvellement de votre certification en périnatalité ou dans une spécialité connexe. Veuillez conserver votre attestation de présence à cette fin.

Nous avons en outre fait approuver une demande de Continuing Education Recognition Points (CERPs) auprès du *International Board of Lactation Consultant Examiners (IBLCE)*; le numéro d'approbation est le C1446557. Somme toute, vous pouvez accumuler jusqu'à 13 L et 0,75 R en CERPs. Nous vous donnerons un certificat de participation détaillant les CERPs alloués par IBLCE à cette fin.



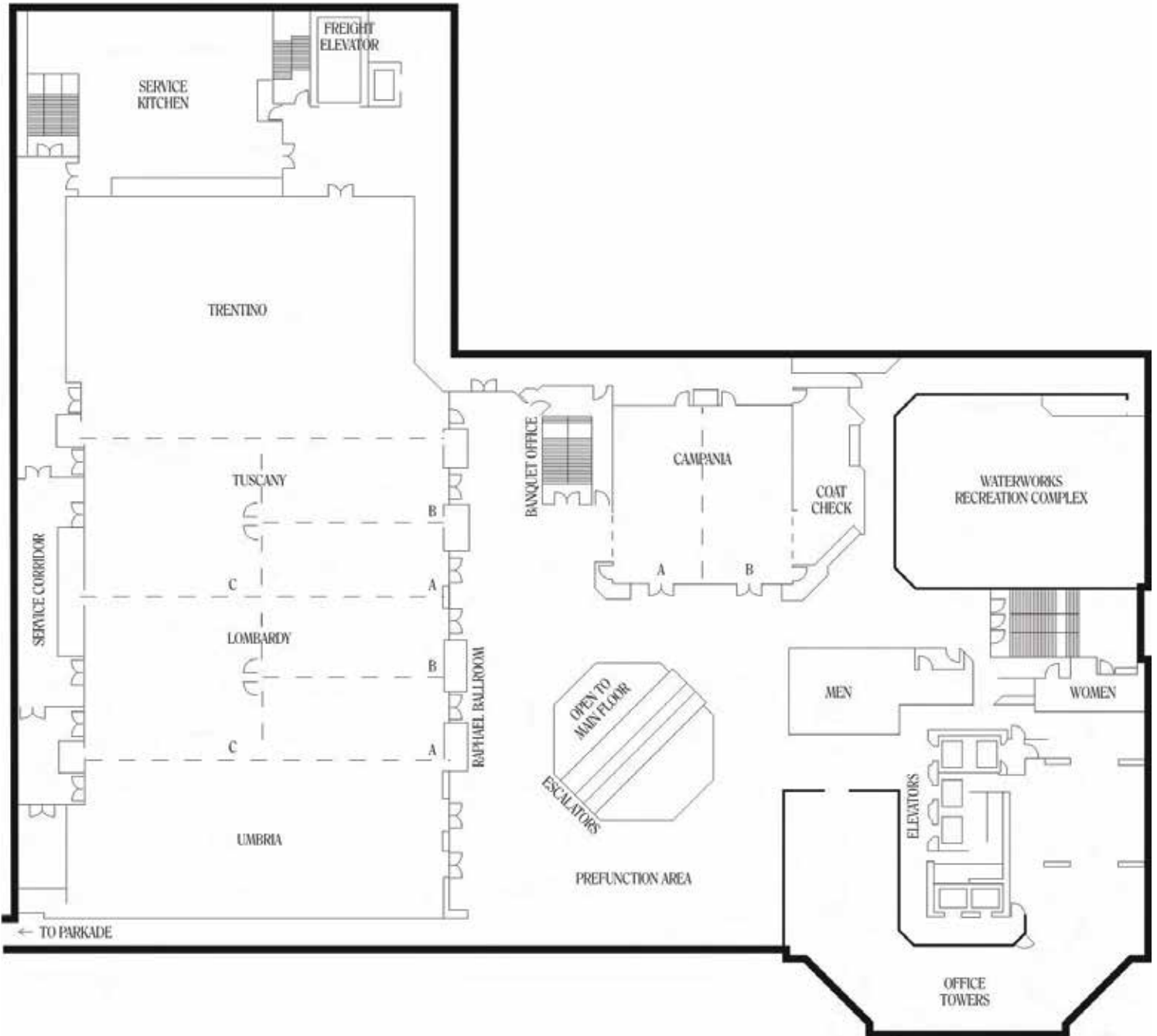
Floor Plan / Plan de l'étage

First Floor



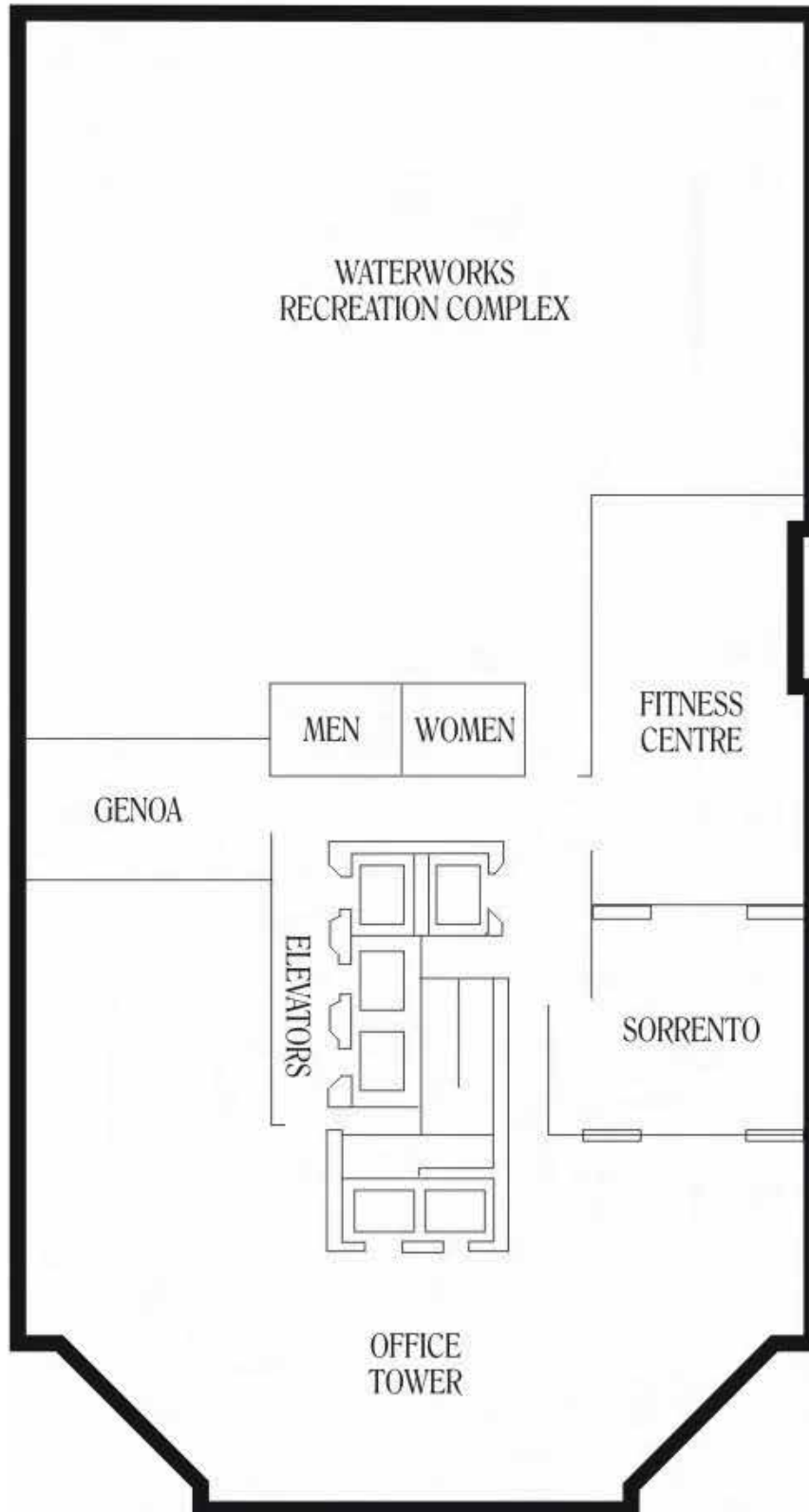


CONVENTION LEVEL (SECOND FLOOR)





THIRD FLOOR



Program at a Glance / Survol du programme

DAY 1 – Thursday October 23 / Le jeudi 23 octobre

07:00 - 08:15	Registration / Breakfast (UMBRIA / LOMBARDY A&C)
08:15 – 08:45	Opening Ceremonies (TRENTINO / TUSCANY)
08:45 – 09:45	Opening Keynote / Conférence principale d'ouverture (TRENTINO / TUSCANY) Social Determinants of Health - “Thinking Upstream: Beyond health care to a truly healthy society” <i>Les déterminants sociaux de la santé – « Voir en amont : Dépasser les soins de santé pour créer une société vraiment saine »</i> <i>Presenter / Conférencier : Ryan Meili</i>
09:45 – 10:15	Break / Exhibits / Posters (UMBRIA / LOMBARDY A&C)
10:15 – 12:15	Specialty Sessions A SSA-01 ETHICAL/LEGAL - The last few cases: An update on Canadian perinatal law (NOVARA) <i>Presenter: Elaine Borg</i> SSA-02 OBSTETRICS - Changing the management of labour with an improved labour curve (CAMPANIA A) <i>Presenter: Trina Stryker</i> SSA-03 BREASTFEEDING - Innovations for implementing the Baby-Friendly Initiative (LOMBARDY B) <i>Presenters: Linda Young, Hiltrud Dawson, Kristina Niedra</i> SSA-04 WOMEN’S HEALTH - Urogynecology review / Caring for vulnerable women (VERDI) <i>Presenters: Amanda Scollan / Susanne Nasewich</i> SSA-05 HIGH RISK OBSTETRICS - Simulating clinical best practice (CAMPANIA B) <i>Presenters: Melanie Basso, Isabelle Baribeau</i>
12:15 – 13:15	Lunch / Exhibits / Posters (UMBRIA / LOMBARDY A&C)
13:15 – 15:15	Specialty Sessions B SSB-01 ETHICAL/LEGAL - Mock case: Perinatal catastrophe in the court (NOVARA) <i>Presenter: Reginald Watson</i> SSB-02 INTERNATIONAL - Beyond Canadian borders: Nurses’ role in global maternal and newborn health (CAMPANIA A) <i>Presenters: Leanne Johnson, Carol Hamilton, Lynn Rempel</i> SSB-03 OBSTETRICAL TRIAGE - Safety and critical thinking (CAMPANIA B) <i>Presenters: Nancy Watts, Robert Gratton</i> SSB-04 MATERNAL MENTAL HEALTH - The impact of mood disorders on women and their families (PIERO) <i>Presenter: Sally Elliott</i> SSB-05 BREASTFEEDING - Improving exclusive breastfeeding rates of mothers who give birth by caesarean: An EXTRA project (LOMBARDY B) <i>Presenters: Cheryl Morin, Shelly Petruskavich</i> SSB-06 PERINATAL LOSS - Creating a positive and supportive environment during a time of profound loss and sadness (VERDI) <i>Presenter: Danita Lang</i>
15:15 – 15:30	Break / Exhibits / Posters (UMBRIA / LOMBARDY A&C)
15:30 – 16:30	Keynote Presentation / Conférence principale (TRENTINO / TUSCANY) Bleeding disorders across the lifespan <i>Troubles de saignement au long de la vie de la femme</i> <i>Presenter / Conférencière : Diane Francoeur</i>
16:30 – 17:30	Special Meetings / Networking 1. Hospital Staff Nurses (NOVARA) 2. Community / Public Health (CAMPANIA A) 3. Clinical Educators / Advanced Practice Nurses (CAMPANIA B) 4. Managers / Directors (LOMBARDY B) 5. University / College Professors / Researchers (VERDI)
17:30 – 19:00	Opening Reception with Exhibitors (UMBRIA / LOMBARDY A&C)

Program at a Glance / Survol du programme

DAY 2 – Friday October 24 / Le vendredi 24 octobre

07:00 - 07:30	Toonie Trot (<i>MEET IN LOBBY</i>)
07:30 – 08:30	Registration / Breakfast (<i>UMBRIA / LOMBARDY A&C</i>)
08:30 – 08:45	Opening Remarks (<i>TRENTINO / TUSCANY</i>)
08:45 – 09:45	Keynote Presentation / Conférence principale (<i>TRENTINO / TUSCANY</i>) Aboriginal maternal mental health - “Promoting Aboriginal maternal mental health and resilience” <i>La santé mentale maternelle chez les femmes autochtones - « Promouvoir la santé mentale maternelle et la résilience chez les Premières Nations »</i> Presenter / Conférencière : Angela Bowen
09:45 – 10:15	Break / Exhibits / Posters (<i>UMBRIA / LOMBARDY A&C</i>)
10:15 – 11:45	Concurrent Sessions A (2 X 45 min) A-01 / A-02 Breastfeeding (<i>CAMPANIA A</i>) A-03 / A-04 Neonatal Care (<i>VERDI</i>) A-05 / A-06 High Risk Pregnancy (<i>LOMBARDY B</i>) A-07 / A-08 Obstetrical Triage (<i>CAMPANIA B</i>) A-09 / A-10 Women’s Health (<i>NOVARA</i>)
11:45 – 13:15	Lunch / Exhibits / Posters (<i>UMBRIA / LOMBARDY A&C</i>)
12:30 - 13:15	Knowledge Theatre (<i>TRENTINO / TUSCANY</i>)
13:15 – 14:45	Concurrent Sessions B (2 X 45 min) B-01 / B-02 Breastfeeding (<i>CAMPANIA A</i>) B-03 / B-04 Pregnancy (<i>NOVARA</i>) B-05 / B-06 Labour & Birth (<i>CAMPANIA B</i>) B-07 / B-08 Postpartum Care (<i>VERDI</i>) B-09 Prenatal Care (90 minute presentation) (<i>LOMBARDY B</i>)
14:45 – 15:00	Break / Posters (<i>2nd FLOOR FOYER</i>)
15:00 – 16:30	Concurrent Sessions C (2 X 45 min) C-01 / C-02 Breastfeeding (<i>CAMPANIA A</i>) C-03 / C-04 Processes of Care (<i>NOVARA</i>) C-05 / C-06 Innovative Programs (<i>VERDI</i>) C-07 / C-08 Education (<i>CAMPANIA B</i>) C-09 / C-10 Baby Friendly Initiatives (<i>LOMBARDY B</i>)
16:30 – 17:00	Poster Viewing (<i>2nd FLOOR FOYER</i>)
18:00	Prairie Elegance under the Northern Lights (<i>TRENTINO / TUSCANY</i>) Dinner and Dance





Program at a Glance / Survol du programme

DAY 3 – Saturday October 25 / Le samedi 25 octobre

07:00 – 08:30	Breakfast / Annual General Meeting <i>(TRENTINO / TUSCANY)</i>
08:30 – 08:40	Opening Remarks <i>(TRENTINO / TUSCANY)</i>
08:40 – 09:40	Keynote Presentation / Conférence principale <i>(TRENTINO / TUSCANY)</i> Aboriginal Health - “Reflections in the looking glass: Reflective practice, cultural safety, and Aboriginal health” <i>Santé des autochtones - « L'autre côté du miroir : La pratique réflexive, la sécurité culturelle et la santé des autochtones »</i> Presenter / Conférencière : Jo-Ann Episkenew
09:40 – 09:50	Break / Posters (2nd FLOOR FOYER)
09:50 – 11:20	Concurrent Sessions D (2 X 45 min) D-01 / D-02 Breastfeeding <i>(CAMPANIA A)</i> D-03 / D-04 Perinatal Loss <i>(LOMBARDY B)</i> D-05 / D-06 Legal/Leadership <i>(CAMPANIA B)</i> D-07 / D-08 High Risk Obstetrics <i>(VERDI)</i> D-09 Men's Sexuality (90 minute presentation) <i>(NOVARA)</i>
11:20 – 12:50	Lunch and Final Keynote / Repas du midi et conférence principale <i>(TRENTINO / TUSCANY)</i> Focus on the 90% / Mise sur les 90% ! Presenter / Conférencière : Darci Lang
12:50 - 13:00	Closing Remarks <i>(TRENTINO / TUSCANY)</i>



Conference Program

DAY 1 - Thursday October 23 / Le jeudi 23 octobre

- 07:00 - 08:15 **Registration / Breakfast** (UMBRIA / LOMBARDY A&C)
- 08:15 - 08:45 **Opening Ceremonies** (TRENTINO / TUSCANY)
- 08:45 - 09:45 **Opening Keynote / Conférence principale d'ouverture** (TRENTINO / TUSCANY)

Social Determinants of Health

“Thinking Upstream: Beyond health care to a truly healthy society”

The Social Determinants of Health are well understood to have a primary impact on health outcomes, but how should we respond to this knowledge? Using patient stories to illustrate the impact of the determinants in the lives of individuals, Dr. Meili then expands to a broader picture approach to clinical care and political decision-making. Using the national organization Upstream as a model, he proposes a new approach to advocacy and policy to lead us beyond health care to a truly healthy society.

Learning Objectives:

- Understand implications of social determinants of health on practice and on advocacy.
- Expand understanding of the advocate role at individual, community and humanitarian levels.
- Become familiar with the “Upstream” model and associated citizens’ movement.

Les déterminants sociaux de la santé

« Voir en amont : Dépasser les soins de santé pour créer une société vraiment saine »

On sait fort bien que les déterminants sociaux de la santé jouent un rôle de premier pan dans les résultats cliniques, mais comment faut-il appliquer ces connaissances? Le Dr Meili nous raconte les histoires de divers patients pour nous montrer comment les déterminants touchent la vie des particuliers et pour nous présenter une approche plus englobante dans la prestation des soins cliniques, la défense des intérêts et les prises de décisions politiques. Il s’inspire en outre du modèle de l’organisme national Upstream pour illustrer la vision qui, à son avis, nous mènera au-delà des soins de santé et créera ainsi une société vraiment saine.

Objectifs d’apprentissage :

- Comprendre l’impact des déterminants sociaux de la santé sur la pratique et sur la défense des intérêts.
- Mieux saisir le rôle de défenseur des intérêts sur le plan individuel, communautaire et humanitaire.
- Se familiariser avec le modèle Upstream et son mouvement citoyen connexe.

Presenter / Conférencier : Ryan Meili MD, CCFP

Head, Division of Social Accountability; Assistant Professor, Departments of Community Health & Epidemiology and Academic Family Medicine, College of Medicine, University of Saskatchewan

Chef, Division of Social Accountability; Professeur adjoint, Departments of Community Health & Epidemiology and Academic Family Medicine, College of Medicine, University of Saskatchewan, Saskatoon SK

Ryan Meili is a Family Doctor at the Westside Community Clinic in Saskatoon and an Assistant Professor at the College of Medicine, University of Saskatchewan, where he serves as head of the Division of Social Accountability, director of the Making the Links Certificate in Global Health, and co-lead of SHARE: the Saskatchewan HIV/AIDS Research Endeavour. His 2012 book: A Healthy Society: How a focus on health can revive Canadian democracy has sold thousands of copies across Canada. Ryan also serves as vice-chair of the national advocacy organization Canadian Doctors for Medicare and is

the founding director of Upstream: Institute for a Healthy Society.

Ryan Meili est médecin de famille à la Westside Community Clinic à Saskatoon et professeur adjoint au College of Medicine, University of Saskatchewan, où il travaille comme chef de l'imputabilité sociale, directeur du Making the Links Certificate in Global Health et co-chef de SHARE (Saskatchewan HIV/AIDS Research Endeavour. En 2012, il a publié A Healthy Society: How a focus on health can revive Canadian democracy, qui s'est vendu à plusieurs milliers d'exemplaires à l'échelle du Canada. Ryan est en outre le vice-président de Canadian Doctors for Medicare, organisme porte-parole national, et le directeur fondateur d'Upstream: Institute for a Healthy Society.



09:45 - 10:15 **Break / Exhibits / Posters** (UMBRIA / LOMBARDY A&C)

10:15 - 12:15 **Specialty Sessions A**

ETHICAL/LEGAL (NOVARA)

SSA-01 The last few cases: An update on Canadian perinatal law

Elaine Borg, RN, BScN, LLB

This presentation will focus on several recent Canadian legal decisions relevant to perinatal nurses. The most common legal analyses will be presented, illustrated by actual cases, and discussed with the audience. By the end, participants will have learned how to avoid becoming a legal case study.

Learning Objectives:

- Gain greater knowledge about the most common legal proceedings involving health professionals.
- Learn how daily practices lead to a successful legal defense.
- Heightened awareness about the need to safeguard the privacy of personal health information.

Presenter: Elaine Borg, Canadian Nurses Protective Society, Ottawa ON

OBSTETRICS (CAMPANIA A)

SSA-02 Changing the management of labour with an improved labour curve

Trina Styker, MD, FRCSC

The evidence challenging the accuracy of the Friedman curve will be presented and a new labour curve will be discussed. Strategies that are commonly used to reduce the Cesarean section rate will be examined. An approach to labour that utilizes fewer intrapartum interventions will be proposed.

Learning Objectives:

- Review “historical” concepts of normal labour.
- Redefine normal and abnormal labour.
- Review strategies that may reduce the rate of primary Cesarean sections.

Presenter: Trina Styker, Regina Qu'Appelle Health Region, Regina SK

BREASTFEEDING

(LOMBARDY B)

SSA-03 Innovations for implementing the Baby-Friendly Initiative

Linda Young MEd, MScN, EdD; Hiltrud Dawson RN, BTEch, IBCLC; and Kristina Niedra MA

This presentation will highlight key innovations that are in motion in Ontario for increasing engagement and raising the profile of the BFI across the healthcare continuum. Specific strategies and tools will be discussed, both those intended to reach clients themselves, as well as those that will help individual organizations and networks adopt breastfeeding best practices. Among the innovations are two toolkits, an online clearing house, a directory of services for mothers and service providers, as well as strategies that are intended to support populations with lower breastfeeding rates. All innovations were developed based on identified need that was collected through formal and informal engagement, consultation processes and research validation. The session will engage and stimulate participant thinking about possible innovations that can be used in their own settings to support adoption of breastfeeding best practices. The goals of the tools are two-fold – the development of a Baby-Friendly culture across the province and ultimately, the enhancement of effective breastfeeding supports for mothers in Ontario.

Learning Objectives:

- Showcase provincial tools that support the BFI across the healthcare continuum.
- Describe the process of developing innovative breastfeeding support resources.
- Share adaptable innovative strategies for developing breastfeeding supports.

Presenters: Linda Young; Hiltrud Dawson; and Kristina Niedra, Toronto ON

WOMEN'S HEALTH

(VERDI)

SSA-04 Urogynecology review/Caring for vulnerable women

Presentation #1 – Urogynecology review - Practical management of female incontinence and pelvic organ prolapse

Amanda Scollan MSN, RN(NP)

This presentation will focus on reviewing urogynecological pathophysiology. Participants will have the opportunity to explore issues that are common when caring for women including recognizing symptoms and identifying current treatment options. Participants may benefit both personally and professionally from attending this session.

Learning Objectives:

- Identify types of incontinence.
- Define pelvic organ prolapse and associated symptoms.
- Discuss current treatment options for pelvic floor dysfunction.

Presenter: Amanda Scollan, Regina SK

Presentation #2 – Scarred, scared, and infected: Understanding the inner city woman

Susanne Nasewich RN, BA, BScN

This presentation will highlight key issues for vulnerable women and their families that are often neglected and ignored in primary care. Topics include crimes of sexual assault or rape, HIV and sexually transmitted infections, drug misuse and dependence, and the linkages of these to mental health. Women with these experiences in all stages of life often remain silent and in the shadows. A greater understanding of the lives of the women will assist health professionals to increase their assertiveness, broaden their current assessment practices, and become advocates for those too scared to approach and navigate the health system. Case scenarios based on the inner city community will be presented.

Learning Objectives:

- Gain greater knowledge about the physical, emotional, and psychosocial issues associated with crimes of violence, power, and control; HIV and sexually transmitted infections; and drug misuse and dependence in women from childhood and beyond.
- Describe interventions and resources available to vulnerable inner city populations, highlighting the importance of the interview and the nurse-patient relationship.
- Learn how to advocate for vulnerable populations in daily practice.

Presenter: Susanne Nasewich, Regina Qu'Appelle Health Region, Regina SK

HIGH RISK OBSTETRICS

(CAMPANIA B)

SSA-05 High risk obstetrics: Simulating clinical best practice

Melanie Basso, RN, MSN, PNC(C) and Isabelle Baribeau RN, BSc, BSN, BA, MSN

This presentation will focus on management of the common high risk clinical scenario of postpartum hemorrhage (PPH). We know that the following trends associated with the management of PPH are:

- Gross underestimation of blood loss.
- Varied and inconsistent nursing and medical management of initial steps during PPH and massive hemorrhage.
- Lack of clear team roles.
- Delay in recognition of PPH severity and escalation of care.
- Lack of clarity between staff in the OR, lab services and transfusion medicine.
- Lack of clear process for transfer of care and consultation involving critically ill patients.

Using simulation and case study, the participants will actively be involved in the simulation of managing postpartum hemorrhage. Participants will be exposed to putting best evidence into practice through simulation. A case scenario will be presented on managing postpartum hemorrhage. A new evidence-based protocol will be presented. This presentation will be a hands-on experience.

Learning Objectives:

- Present an evidence-based policy and standardized process associated with the initial risk assessment, identification, and management of PPH, including assessment of blood loss and activation of massive hemorrhage protocol.
- Through a simulated clinical scenario, present an algorithm and standardized process for risk assessment, identification, and management of PPH.
- Present a process for measuring data for effectiveness of a major clinical practice change.

Presenters: Melanie Basso and Isabelle Baribeau, BC Women's Hospital and Health Centre, Vancouver BC



12:15 – 13:15 Lunch / Exhibits / Posters (UMBRIA / LOMBARDY A&C)

13:15 – 15:15 Specialty Sessions B

ETHICAL/LEGAL (NOVARA)

SSB-01 Mock case: Perinatal catastrophe in the court

Reginald Watson, Q.C., Miller Thomson LLP

The trial will be based upon a hypothetical situation and the participants will be asked to chart the relevant information and hand off the patient to the night shift. The day shift and night shift nurses will then be cross-examined upon the fact scenario and the contents of the chart notes.

The audience will perform the role of the cross-examiner's consultants if they are not selected to be one of the actors.

Learning Objectives:

- Participate in a mock trial.
- Improve charting skills and learn the basics of civil litigation cases.

Presenter: Reginald Watson, Miller Thomson LLP, Regina SK

INTERNATIONAL (CAMPANIA A)

SSB-02 Beyond Canadian borders: Nurses' role in global maternal and newborn health

Leanne Johnson RN, MN, PNC(C), Carol Hamilton RN, BScN, MDiv, and Lynn Rempel RN, PhD

Join members of the CAPWHN Global Health Interest Group to learn more about the global health care needs of mothers and babies in the poorest regions of our world. Discover how the Canadian government plans to address these ongoing needs beyond 2015. Be inspired by the story of how one Canadian nurse saw the need in Northern Malawi (13th poorest region of the world) and founded a Canadian charity to assist many. You will leave this session with effective strategies by which you can make a difference in our global world!

Learning Objectives:

- Gain an understanding of the issues surrounding global maternal and newborn health.
- Learn about Change Her World, a global initiative dedicated to the education and health of girls and women.
- Discuss how CAPWHN members can become involved in improving the lives of women globally.

Presenters: Leanne Johnson, Faculty of Nursing, Edmonton AB; Carol Hamilton, Institute for Parent and Infant Care and Change Her World, Stratford ON; and Lynn Rempel, Brock University, St. Catharines ON

OBSTETRICAL TRIAGE (CAMPANIA B)

SSB-03 Obstetrical Triage: Safety and critical thinking

Nancy Watts RN, MSN, PNC(C) and Robert Gratton MD, FRCSC

Obstetrical Triage is an important ambulatory program as it is the first point of contact for a variety of non urgent and urgent problems. Women/families arrive in triage for many reasons. Obstetrical care providers need to provide high quality, timely and safe care for all of these women/families.

This interactive, case-based presentation will focus on the diversity of presentations that can be part of a "triage day" and look at problem-solving approaches that could be planned and utilized. We will describe the Obstetrical Triage Acuity Scale (OTAS) and demonstrate its ability to stratify care based on acuity and assess patient flow.

Learning Objectives:

- Provide an overview of various conditions seen in the Triage unit of an Obstetrical program and appropriate interventions using a case-based approach.
- Describe the acuity of women presenting to Triage and assigning them a priority scale (OTAS).
- Highlight patient safety, flow and patient experience as an integral part of care in Triage.
- Describe critical thinking that is used by experienced nurses in Triage and how this can be encouraged and supported.

Presenters: Nancy Watts and Robert Gratton, London Health Sciences Centre, London ON

MATERNAL MENTAL HEALTH (PIERO)

SSB-04 The impact of mood disorders on women and their families

Sally Elliott RN, CCE

This presentation will discuss postpartum mood disorders - the varied manifestations of illness; the percentages of women affected; the risk factors; and the coping and healing tools used for families. Health care professionals will learn strategies for assisting women and their families such as: understanding the illness; recognizing the risk factors and symptoms; providing a safe, confidential forum for women; and referring mothers and families for further community assistance and resources.

Learning Objectives:

- Appreciate an understanding of the various types and severity - the whole spectrum - of postpartum mood disorders.
- Learn some helpful tools to assist in the healing of women and families.

Presenter: Sally Elliott, Regina YMCA, Regina SK

BREASTFEEDING (LOMBARDY B)

SSB-05 Improving exclusive breastfeeding rates of mothers who give birth by caesarean: An EXTRA project

Shelly Petruskavich RN, MN, PNC(C) and Cheryl Morin RN, BNSc

Infants born by caesarean are significantly less likely to be exclusively breastfeeding at discharge in comparison to infants born vaginally. The purpose of this presentation is to share information on a collaborative project between acute care and public health that implemented evidence-based interventions to increase exclusive breastfeeding rates with mothers who give birth by caesarean.

Learning Objectives:

- Review the evidence of effective interventions to address the identified needs of breastfeeding mothers who give birth by caesarean.
- Examine the results of a qualitative research study undertaken to understand the infant feeding experiences of women who gave birth by caesarean section in Peel Region.
- Learn about interventions implemented for mothers who give birth by caesarean to increase exclusive breastfeeding rates.

Presenters: Shelly Petruskavich, Trillium Health Partners, Mississauga ON and Cheryl Morin, Peel Public Health, Peel ON

PERINATAL LOSS (VERDI)

SSB-06 Creating a positive and supportive environment during a time of profound loss and sadness

Danita Lang RN, BScN, PNC(C)

Caring for families experiencing a perinatal loss can be both fear provoking and intimidating for healthcare providers. This presentation will focus on exploring perinatal loss including using the resources available to create the most positive experience possible for the woman and her family. Participants will have the opportunity to ask difficult questions and will leave with ideas that will help them to improve care for an extremely vulnerable population while also taking caring of themselves.

Learning objectives:

- Explore perinatal loss and its impact on women and their families.
- Discuss the options for collecting mementos and creating memories when caring for families experiencing a perinatal loss.
- Dispel the myths and fears associated with caring for families experiencing a perinatal loss.

Presenter: Danita Lang, Regina SK

15:15 – 15:30 **Break / Exhibits / Posters** (UMBRIA / LOMBARDY A&C)

15:30 – 16:30 **Keynote Presentation / Conférence principale**
(TRENTINO / TUSCANY)



Bleeding disorders across the lifespan *Troubles de saignement au long de la vie de la femme*

Learning Objectives:

- Discuss the different presentations of bleeding disorders and how nurses can be the first to detect them.
- Review when to refer women and where they should be seen (community vs. tertiary centre).

Presenter / Conférencière : Diane Francoeur MD, FRCSC, CHU Sainte-Justine, Montréal QC

16:30 – 17:30 **Special Meetings / Networking**

The Conference Planning Committee has organized special meetings to promote networking opportunities among conference participants. Connect with colleagues from across the country who play a similar role as you to discuss common areas of interest, share ideas and build new friendships! All are welcome to participate, and you can choose any of the following options:

1. Hospital Staff Nurses (NOVARO)
2. Community / Public Health (CAMPANIA A)
3. Clinical Educators / Advanced Practice Nurses (CAMPANIA B)
4. Managers / Directors (LOMBARDY B)
5. University / College Professors / Researchers (VERDI)

17:30 – 19:00 **Opening Reception with Exhibitors**
(UMBRIA / LOMBARDY A&C)

DAY 2 – Friday October 24 / Le vendredi 24 octobre

07:00 – 07:30 **Toonie Trot** (MEET IN LOBBY)

07:30 – 08:30 **Registration / Breakfast** (UMBRIA / LOMBARDY A&C)

08:30 – 08:45 **Opening Remarks** (TRENTINO / TUSCANY)

08:45 – 09:45 **Keynote Presentation / Conférence principale**
(TRENTINO / TUSCANY)

Aboriginal maternal mental health “Promoting Aboriginal maternal mental health and resilience”

Maternal mental health is a serious problem for childbearing women and their families. Aboriginal women are at higher risk for depression, related to their social vulnerabilities. Nurses have the opportunity to promote maternal mental health and resilience.

This presentation discusses the prevalence and risk factors for maternal mental health problems in Aboriginal women in North American, Australia, and New Zealand. It will also relay recent research experiences promoting resilience and positive childbearing with Aboriginal maternal mental health researchers in Australia.

Learning Objectives:

- Understand the prevalence and factors associated with maternal mental health in Aboriginal women.
- Compare strategies to promote maternal mental health and resilience in Canada and Australia.

La santé mentale maternelle chez les femmes autochtones « Promouvoir la santé mentale maternelle et la résilience chez les Premières Nations »

Les problèmes de santé mentale sont une grande préoccupation chez les femmes enceintes ou venant d'accoucher. Vu leurs vulnérabilités sociales, les femmes autochtones y sont particulièrement susceptibles et courent

un plus grand risque de dépression. Cela dit, les infirmières et infirmiers peuvent promouvoir la santé mentale et la résilience. Cet exposé porte sur la prévalence des problèmes de santé mentale maternelle chez les femmes autochtones en Amérique du Nord, en Australie et en Nouvelle-Zélande, et les facteurs de risque qui les sous-tendent. Il traite aussi de mes expériences scientifiques récentes avec des chercheurs autochtones australiens en santé mentale maternelle en vue de favoriser la résilience et la procréation positive.



Objectifs d'apprentissage :

- Comprendre la prévalence et les facteurs de risque des problèmes de santé mentale maternelle chez les femmes autochtones.
- Comparer les stratégies employées au Canada et en Australie pour promouvoir la résilience et la santé mentale.

Presenter / Conférencière : Angela Bowen RN, PhD / I.A., Ph.D. Associate Professor, College of Nursing; Associate Member, Psychiatry, University of Saskatchewan

Professeure agrégée, College of Nursing; membre associée, psychiatrie, University of Saskatchewan Saskatoon SK

Dr. Angela Bowen is a Registered Nurse and a trained midwife with a PhD in Community Health and Epidemiology. She has extensive clinical, educator, and administrator experience in Obstetrics and Mental Health. Her research focus, Maternal Mental Health, brings these areas together.

Angela Bowen, infirmière autorisée et sage-femme qualifiée, détient un doctorat en santé communautaire et épidémiologie. Elle possède en outre une vaste expérience comme clinicienne, formatrice et administratrice en obstétrique et en santé mentale. Son domaine de recherche principal, la santé mentale maternelle, fait le pont entre ces disciplines.



09:45 – 10:15 Break / Exhibits / Posters (UMBRIA / LOMBARDY A&C)

10:15 – 11:45 Concurrent Sessions A (2 X 45 minutes)

BREASTFEEDING (CAMPANIA A)

A-01 A Cochrane systematic review for the treatment for painful nipples

Jo Watson PhD, RN(EC), IBCLC; Cindy-Lee Dennis PhD; Kim Allen PhD, RN; Mary Renfrew PhD; Felicia McCormick PhD

Purpose: The primary objective of this review was to assess the effects of treatments for nipple pain.

Learning Objectives:

- Understand the importance of nipple pain as a clinical outcome in randomized trials.
- Describe the findings of a Cochrane systematic review focused on treating nipple pain.
- Describe recommendations for future evaluations of nipple pain treatments.

Presenter: Jo Watson, Sunnybrook Health Sciences Centre, Toronto ON

A-02 The influence of the childbirth process on breastfeeding initiation, duration, and exclusivity

Janet Bryanton RN, PhD; Rosemary Drake BN, RN, IBCLC; Donna Walsh BN, RN, IBCLC; Kathy Later RN; Patrice Drake RN, MN; Shauna Chisholm BN, RN, MBA

Purpose: This pilot study examined the influence of modifiable factors related to the childbirth process on breastfeeding initiation, as well as duration and exclusivity up to 6 months postpartum.

Learning Objectives:

- Examine the effect of factors related to the childbirth process on the initiation of breastfeeding.
- Examine the effect of factors related to the childbirth process on the duration of breastfeeding at 2 weeks, 2 and 6 months postpartum.
- Examine the effect of factors related to the childbirth process on the exclusivity of breastfeeding up to 6 months postpartum.

Presenters: Janet Bryanton and Patrice Drake, University of Prince Edward Island, Charlottetown PE

NEONATAL CARE (VERDI)

A-03 You can't just take the instrument out of a box and expect it to work: Implementing a transcutaneous neonatal Hyperbilirubinemia screening program

Krista Bearg BScN, MD, BScMed, FRCS; Martha Lyon PhD, DABCC; Julie Smith-Fehr RN, BScN, MN; Betty Lou Agnew BSN, RN; Tonia Olson RN, BScN, MN

Purpose: To explore how innovative research and collaborative partnerships between Nursing, Clinical Laboratory and Medical Services can create a strong sustainable evidence-based practice model for the development and implementation of a Hyperbilirubinemia screening program.

Learning Objectives:

- Understand how point of care testing links clinical laboratory results, physician practice and decreases infant blood draws.
- Present survey results regarding parent satisfaction of infant care.
- Present our experience in developing this program: What worked well and what to avoid.

Presenters: Tonia Olson and Martha Lyon, West Winds Primary Health Centre, Saskatoon Health Region, Saskatoon SK

A-04 Performing a heel lance while a baby is breastfeeding - an art and a science

Ginette Aucoin RN, MScA, IBCLC; Juana Ruiz RN, BScN; Mary-Grace Espinosa RN, IBCLC; Valerie Beaudoin RN, BScN; Thirtepha Saladin RN; Marie-Michelle Pierre RN; Lea Charpentier RN, BScN; Yue Shi BScN, CPNP

Purpose: To propose a structured nursing procedure to perform a heel lance while an infant is breastfeeding, and/or in skin to skin position.

Learning Objectives:

- Understand how nurses are traditionally taught to draw blood from an infant's heel on the postpartum unit.
- Describe the factors that facilitate and/or challenge nurses to draw blood by heel lance while an infant is breastfeeding, and/or in skin to skin position.
- Present a step by step method that was developed by clinical nurses for drawing blood from an infant's heel while he/she is breastfeeding, and/or in skin to skin position.

Presenters: Ginette Aucoin and Juana Ruiz, Jewish General Hospital, Montreal QC

HIGH RISK PREGNANCY (LOMBARDY B)

A-05 Perinatal care for women with spinal cord injuries

Melanie Basso RN, BSN, MSN, PNC(C); Kate McBride RN, BSN; Stacy Elliott MD, FRCPC; Lynsey Hamilton, Rick Hansen Institute; Karen Hodge, Patient (woman with spinal cord injury)

Purpose: To share a process of health care professionals working with women with spinal cord injury to create a best practice guideline to guide care for this population of childbearing women.

Learning Objectives:

- Determine the gaps in the provision of perinatal care to women with spinal cord injury.
- Describe a process of participatory action research.
- Define a best practice guideline, a "pregnancy roadmap" for women with spinal cord injury.

Presenter: Melanie Basso, BC Women's Hospital & Health Centre, Vancouver BC



A-06 Pregnant women and substance use disorders: What do we know and what do we need to know?

Jodie Bigalky RN, MN, PNC(C)

Purpose: To discuss the impact of substance use disorders on women's health with specific emphasis on reviewing the current evidence related to pregnant women.

Learning Objectives:

- Understand the health issues that are commonly encountered by women with substance use disorders.
- Review the current evidence related to pregnant women, substance use disorders, and nursing.
- Explore the implications for nursing practice and future research with the intent of identifying opportunities for improving the care of pregnant women with substance use disorders.

Presenter: Jodie Bigalky, University of Saskatchewan, Regina SK

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OBSTETRICAL TRIAGE
(CAMPANIA B)

A-07 Expanding horizons with hospital partnerships: Collaborating on triage learnings and an acuity scale

Nancy Watts RN, MN, PNC(C); Nancy White RN; Robert Gratton MD; Greg Hancock MD

Purpose: To provide information on the partnership of a tertiary level hospital with a regional level 2 hospital regarding Triage Acuity and presentation.

Learning Objectives:

- Provide a brief overview of the Triage Acuity scale (Obstetrical Triage Acuity Scale or OTAS).
- Describe the process of collaboration between a tertiary hospital and a Level 2 hospital.
- Outline learnings gained by both institutions with implementation and evaluation.

Presenter: Nancy Watts, London Health Sciences Centre, London ON

A-08 Women's satisfaction with obstetrical triage services

Marilyn Evans RN, PhD; Nancy Watts RN, MN, PNC(C); Robert Gratton MD

Purpose: The purpose of this study is to explore women's satisfaction with the care they received in an obstetrical triage unit.

Learning Objectives:

- Identify salient factors that increase or diminish women's satisfaction with obstetrical triage services.
- Gain an in-depth understanding of ongoing needs of women who present to obstetrical triage.
- Discuss implications for improving obstetrical triage in practice settings and further research.

Presenter: Marilyn Evans, University of Western Ontario, London ON

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WOMEN'S HEALTH
(NOVARA)

A-09 Recovery from hysterectomy: The impact of core muscle function and perceived body on women's return to normal activity

Lela Zimmer RN, BScN, PhD; Lois Lochhead RPT, MSc, PhD(c)

Purpose: The purpose of this pilot study was to investigate the effect of hysterectomy on physical and psychosocial function in women receiving the surgery for non-malignant conditions.

The WHO International Classification of Functioning, Disability and Health (ICF) was used as a framework to explore changes in core muscle function before and after hysterectomy, effects of hysterectomy on self-perceived embodiment, and how these factors contribute to, or inhibit, return to pre-surgery activity.

Learning Objectives:

- Increased understanding of impacts of gynecological surgery on core muscle function.
- Insight into post-surgical recovery following gynecological surgery.
- Increased understanding of the impact of gynecological health on activity and self-perception.

Presenter: Lela Zimmer, University of Northern British Columbia, Prince George BC

A-10 Drive-through hysterectomy: Implementation of short stay hysterectomy pathway

Kate Narduzzi RN, BScN, MScN

Purpose: To share the development, implementation and supporting research for a short stay hysterectomy pathway for women undergoing vaginal and laparoscopic hysterectomy.

Learning Objectives:

- Discuss the research and literature supporting the success of laparoscopic and vaginal hysterectomy procedures performed as day surgery.
- Share an example of a short stay hysterectomy pathway including selection and discharge criteria in an acute care hospital setting.
- Provide the results of a research study which explored patient satisfaction and recovery outcomes for women who were discharged the same day following a hysterectomy procedure.

Presenter: Kate Narduzzi, London Health Sciences Centre, London ON

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11:45 – 13:15 Lunch / Exhibits / Posters (UMBRIA / LOMBARDY A&C)
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12:30 - 13:15 Knowledge Theatre (TRENTINO / TUSCANY)

Nan Okun MD, FRCSC, Mount Sinai Hospital, Toronto, ON

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13:15 – 14:45 Concurrent Sessions B (2 x 45 minutes)
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BREASTFEEDING
(CAMPANIA A)

B-01 The challenges of exclusive breastfeeding: Experiences from Western Canada

Karrie Hammond-Collins RN, MPH; Risa Ledray RN; Josh Marko MPH

Purpose: This presentation will summarize the findings of research examining current exclusive breastfeeding rates as defined by the Breastfeeding Committee for Canada and present the findings from a mixed-methods survey exploring the facilitators and barriers to breastfeeding in Saskatoon Health Region. Recommendations for improving exclusive breastfeeding rates will be discussed.

Learning Objectives:

- Have a deeper knowledge of the WHO's recommendation on exclusive breastfeeding as well as recommended steps for supporting exclusive breastfeeding.
- Be able to describe current rates of exclusive breastfeeding in Saskatoon Health Region and Canada.
- Be able to name some key facilitators and barriers to six-month exclusive breastfeeding, as described by mothers in Saskatoon Health Region.

Presenter: Karrie Hammond-Collins, Prairie North Health Region, Saskatoon SK



B-02 Reducing unnecessary supplementation in breastfed babies: The role of newborn clinical weights

Shelley Keefe RN, BN, IBCLC; Kelley Lundrigan RN, BScN

Purpose: Supplementation rates at our facility are among the highest in the province of Nova Scotia. Our goal is to reduce the unnecessary supplementation of breastfed babies. One area that we decided to look at was the effect that fluid overload in mothers during labour/delivery was having on newborn weight loss. Recognizing that this fluid overload leads to weight loss in the newborn greater than the recommended 10% we implemented “clinical weight” which is measured at 24 hours post birth and this weight provides the baseline for decision-making around supplementation in the healthy newborn.

Learning Objectives:

- Recognize the effect that fluid overload in the labouring mother can have on the newborn's weight loss.
- Discuss the implementation of newborn clinical weight measurement at the Cape Breton Regional Hospital.
- Discuss how the implementation of clinical weights and other measures are affecting supplementation rates.

Presenters: Shelley Keefe and Kelley Lundrigan, Cape Breton Regional Hospital, Sydney NS

PREGNANCY (NOVARA)

B-03 Childbearing women have a phone in their hand: Navigating what to trust and what to recommend

Cindy Leclerc RN, IBCLC, BSN; Jana Stockham RN, BSN, IBCLC

Purpose: The current childbearing generation has embraced technology. This presentation aims to educate health care professionals about the apps, websites and social media new families are using; the vast amount of health information available online and the difficulties families face in determining which sources to trust; which sources provide accurate and evidence-based information; and our top 10 list of apps and websites we recommend to new families.

Learning Objectives:

- Obtain knowledge about the vast amount of health information and support available to parents online.
- Identify sources of health information that provide evidence based information for new families.
- Understand why our health care teaching needs to evolve to meet the learning needs of the current childbearing generation.

Presenters: Cindy Leclerc and Jana Stockham, Cindy and Jana Health Resource, Saskatoon SK

B-04 Evaluating prenatal education programs: Development of the UpStart Parent Survey - Prenatal Version

Karen Benzies PhD, RN; Leslie Barker BScN, RN; Jocelyn Churchill MN, LCCE, FACCE, RN; Sarah Horn MA; Jennifer Smith BA, BCR

Purpose: This presentation aims to describe the development of a new measure, the UpStart Parent Survey - Prenatal Version, to evaluate knowledge, experiences and satisfaction with prenatal education programs. The psychometric properties of the new measure will be described along with the outcomes of a 6-week prenatal education program using the new measure.

Learning Objectives:

- Understand the process of developing a new scales to measure outcomes of prenatal education programs.
- Understand the reliability of the new measure, and the populations for which it can be used.
- Understand how the new measure can be used to create useful information for program planning decisions.

Presenter: Karen Benzies, Faculty of Nursing, University of Calgary, Calgary AB

LABOUR & BIRTH (CAMPANIA B)

B-05 The efficacy and safety of water immersion during labour & birth: A retrospective chart review

Beverley O'Brien RN, DNSc; Heather Fisher RM, MN

Purpose: To share findings regarding the safety and efficacy of water immersion in labour and birth from a maternity unit in Alberta, Canada.

Learning Objectives:

- Learn about the Shared Care Maternity Program in Stony Plain, Alberta and how Family Physicians, Registered Midwives and Registered Nurses collaborated to provide care to birthing women in this community.
- Gain an understanding of the current literature on water immersion for labour and birth.
- Learn about the safety and efficacy of water immersion in a maternity unit in Alberta.

Presenter: Heather Fisher, University of Alberta, Edmonton AB

B-06 Fusion of horizons: Understanding women's choice for caesarean deliveries

Julia Wigmore BSc, BScN, RN, PNC(C); Cynthia Mannion PhD, RN; Graham McCaffrey PhD, RN

Purpose: To provide an interpretive analysis of how we, as health care providers, might understand women's choice for caesarean delivery in the absence of medical indication.

Learning Objectives:

- Share initial findings of research project.
- Discuss difference strategies for health care providers to promote health in cases when women have chosen a caesarean delivery.
- Share and expand knowledge of how some women are choosing to deliver by caesarean.

Presenter: Julia Wigmore, University of Calgary, Calgary AB

POSTPARTUM CARE (VERDI)

B-07 Quantification and risk factors for postpartum urinary retention in an obstetric teaching hospital: A pilot study

Melanie Basso RN, BSN, MSN, PNC(C); Darren Lazare MD, FRCSC; Ellen Giesbrecht MD, FRCSC; Barb Black RN, BSN

Purpose: The purpose of this research is to implement a new standardized clinical practice for the diagnosis and management of postpartum urinary retention.

Learning Objectives:

- Review the incidence of postpartum urinary retention in women with risk factors following delivery.
- Describe the roles of interdisciplinary team members in data collection.
- Present the preliminary results of our study.

Presenter: Melanie Basso, BC Women's Hospital & Health Centre, Vancouver BC



B-08 Proportion of maternal-newborn dyads eligible for hospital discharge by 24 hours after birth in an Ontario hospital

Wendy Peterson RN, PhD; Ann Salvador RN, BScN, MPA; Barbara Davies RN, PhD; Julie Nault MD; Daniel Moreau MD; Rosaline Galipeau RN, PhD

Purpose: The objective of this study was to determine the proportion of maternal-newborn dyads that would meet a set of low-risk criteria and be eligible for early discharge (at or before 24 hours) after childbirth.

Learning Objectives:

- Discuss 'low risk' criteria required for early discharge (< 24 hours) of maternal-newborn dyads.
- Describe a sample of maternal-newborn dyads who meet a set of low risk criteria.
- Discuss the concept of early hospital discharge after childbirth.

Presenter: Wendy Peterson, School of Nursing, University of Ottawa, Ottawa ON

PRENATAL CARE (LOMBARDY B)

B-09 How useful are prenatal classes? The perceptions of francophone parenting couples from the Ottawa area (90 minute presentation)

Denise Moreau R.N., Ph.D.; Viola Polomeno R.N., Ph.D.

Purpose: To present the partial findings from a research study on francophone parenting couples in relation to the content and the usefulness of prenatal classes and to propose changes in terms of their content and approach.

Learning Objectives:

- To inform perinatal health care professionals on what couples think about and suggest about prenatal classes.
- To propose changes to prenatal classes in terms of content and teaching approach.

Presenters: Denise Moreau and Viola Polomeno, School of Nursing University of Ottawa, Ottawa ON

14:45 – 15:00 Break / Posters (2nd FLOOR)

15:00 – 16:30 Concurrent Sessions C (2 x 45 minutes)

BREASTFEEDING (CAMPANIA A)

C-01 Mother-to-mother support: Lessons learned in developing a breastfeeding café

Cindy Leclerc RN, BSN, IBCLC; Linda Albert RN, BSN, IBCLC

Purpose: Mother-to-mother support is key in promoting exclusive breastfeeding for 6 months and beyond. This presentation will outline the research underlying the development of the café; how we developed a BF café with no new allocation of resources; strategies that have proved supportive of the role of the café; and mistakes we made along the way.

Learning Objectives:

- Obtain knowledge about the importance of mother-to-mother support for breastfeeding.
- Identify strategies that promote mother-to-mother support.
- Identify the challenges faced in organizing and maintaining a breastfeeding café.

Presenters: Cindy Leclerc and Linda Albert, Saskatoon District Health, Saskatoon SK

C-02 Decanting human milk substitutes: Healthy eating for newborn babies

Sue Hermann MN, RN, IBCLC, PNC(C); Jo Watson PhD, RN(EC), IBCLC, PNC(C); Monica Nicholson MN, RN, PNC(C)

Purpose: To share an innovative process for decanting human milk substitutes in the early postpartum period when breastfed babies require supplementation for medical indications or when families make an informed choice to feed their baby human milk substitutes.

Learning Objectives:

- Review the BFI 10 steps and implications on nursing practice for the use of human milk substitutes in breastfed and formula fed infants.
- Describe an innovative process for decanting human milk substitutes, during the early postpartum period.
- Describe the challenges and lessons learned when implementing a decanting process.

Presenters: Sue Hermann, Jo Watson and Monica Nicholson, Sunnybrook Health Sciences Centre, Toronto ON

PROCESSES OF CARE (NOVARA)

C-03 Building the foundation for future growth for our triage process in the birthing unit

Kelly Chinchilla RN; Diane McMaster RN; Amanda Weatherston BScN, RN; Marnie Buchanan HBSn, RN

Purpose: To share our journey of improving our Triage and Assessment Utilization within the Birthing Unit. By changing the physical environment of the triage area and empowering the role of the RN and the multidisciplinary team; together we developed new process for managing patient flow in this outpatient area.

Learning Objectives:

- Take some key learnings or applicable points that you can apply to your own practice setting.
- Understand our journey to improved patient flow by empowering the role of the RN in the triage area.
- Gain an understanding of how "Releasing Time to Care" (RTCTM) provided a framework for the team to identify areas of change while looking through the lens of data review/tracking and how to engage the entire multidisciplinary team to develop goals and objects (with solutions) for improved patient flow.

Presenters: Diane McMaster and Amanda Weatherston, St. Joseph's Healthcare Hamilton, Hamilton ON



C-04 Expanding and improving an induction process

Nancy Watts RN, MN, PNC(C); Kathryn Wodrich RN, PNC(C); Leah McKay RN, B.N.SC.

Purpose: A quality improvement process was developed to improve the information that women/families were given for induction: Methods and purpose to make their experience more positive.

Learning Objectives:

- Share the process of adding a consent to the induction of labour at a tertiary care centre.
- Describe a qualitative and quantitative evaluation process to evaluate the outcomes of this process.
- Provide information from the literature on the induction process and patient experience.

Presenters: Nancy Watts and Kathy Wodrich, London Health Sciences Centre, London ON

INNOVATIVE PROGRAMS (VERDI)

C-05 Preventing newborn abductions in the hospital setting

Michelle O'Connor RN, BScN, PNC(C)

Purpose: To develop a newborn abduction emergency response plan; plan and execute a mock drill; and prepare nursing staff to respond to an emergency.

Learning Objectives:

- Understand essential components of a hospital newborn abduction plan.
- Planning a mock drill in the hospital setting.
- Executing a mock drill in the hospital setting.

Presenter: Michelle O'Connor, Sunnybrook Health Sciences Centre, Toronto ON

C-06 The transformative blueprint: An innovative education model for the amalgamation of hospitals

Jan Andrews RN, BScN, MN; Ileen Gladding RN, BScN, MN

Purpose: To provide a new way of facilitating an amalgamation of hospital cultures in today's healthcare environment.

Learning Objectives:

- Understand the use of Appreciative Inquiry as a model of change for healthcare amalgamations.
- Identify the importance of cultural connections in a restructured environment.
- Utilize strategies to maintain a patient focused perspective through multi-site integration.

Presenters: Jan Andrews and Ileen Gladding, Trillium Health Partners, Mississauga ON

EDUCATION (CAMPANIA B)

C-07 Interactive learning: An on-line manual for fetal health surveillance in Canada

Janet Walker RN, BScN, MSN, PNC(C)

Purpose: To familiarize participants with the new enhanced features of the on-line fetal health surveillance manual that is based on the Fundamentals of Fetal Health Surveillance: A self learning manual and to launch it for general use.

Learning Objectives:

- Identify advantages of interactive simulation education.
- Determine how the on-line manual can be used in your practice environment.
- Acquire knowledge about how to facilitate use of the on-line fetal health surveillance manual.

Presenter: Janet Walker, Perinatal Services BC, Vancouver BC

C-08 The use of active learning strategies to enhance student learning: How I gave up using PowerPoint

Lisa Keenan-Lindsay RN, MN, PNC(C), LCCE

Purpose: To share the experience of using active learning in an undergraduate maternal newborn course to enhance student engagement and critical thinking skills.

Learning Objectives:

- Review research on enhancing student engagement.
- Discuss active learning strategies.
- Share personal experience using case studies and role playing in the class.

Presenter: Lisa Keenan-Lindsay, Seneca College of Applied Arts and Technology, King City ON

BABY FRIENDLY INITIATIVES (LOMBARDY B)

C-09 Against the odds: The story of a Baby Friendly Initiative™ Coalition

Tonia Olson RN, BScN, MN, IBCLC; Johanna Bergerman B.S H.E.c., B.A. (Hon.), IBCLC; Jana Stockham RN, BScN, IBCLC

Purpose: To appraise the barriers, initiatives, and accomplishments of the Baby Friendly Initiative™ Coalition in the Saskatoon Health Region.

Learning Objectives:

- Understand the rationale and context for a Baby Friendly™ Coalition.
- Understand the importance of, and barriers to, engaging key stakeholders in a Baby Friendly™ Coalition.
- Explore the accomplishments of Baby Friendly™ Coalition subcommittees; including work toward the establishment of a Human Milk Bank, Standardized Breastfeeding Education; and bolstered community partnerships.

Presenters: Tonia Olson, Jana Stockham, Healthy and Home West Winds Primary Health Centre, Saskatoon Health Region, Saskatoon SK



C-10 Mother's postpartum experiences in a Baby Friendly Hospital

Janna Arguijo Garcia BSc, MSc(A.) Nursing Candidate; Hailey Gurr BA & BSc, MSc(A.) Nursing Candidate; Jennifer Somera N., MSc(A), IBCLC; Margaret Purden N, PhD

Purpose: To explore mothers' postpartum experiences following the delivery of a healthy infant within a Baby Friendly Hospital.

Learning Objectives:

- Understand mothers' experience within a Baby Friendly Hospital.
- Enhance nursing knowledge regarding how to care for mothers within a Baby Friendly Hospital.
- Promote nurses understanding of the importance of their role in aiding women's transition to becoming a mother.

Presenters: Janna Arguijo Garcia and Hailey Gurr, Interior Health, Vernon BC

16:30-17:00 **Poster Viewing (2nd FLOOR)**

18:00 **Prairie Elegance under the Northern Lights - Dinner and Dance - Wonderland! (TRENTINO / TUSCANY)**



DAY 3 - Saturday October 25 / Le samedi 25 octobre

07:00 – 08:30 **Breakfast / Annual General Meeting (TRENTINO / TUSCANY)**

08:30 – 08:40 **Opening Remarks (TRENTINO / TUSCANY)**

08:40 – 09:40 **Keynote Presentation / Conférence principale (TRENTINO / TUSCANY)**

Aboriginal Health

“Reflections in the looking glass: Reflective practice, cultural safety, and Aboriginal health”

Learning Objectives:

- Create an understanding of the historical and contextual factors that have resulted in health disparities in Aboriginal communities in Canada.
- Share an understanding of cultural safety and how it operates in practice.
- Illustrate how cultural safety for Aboriginal people could lead to improved health outcomes.

Santé des autochtones

« L'autre côté du miroir : La pratique réflexive, la sécurité culturelle et la santé des autochtones »

Objectifs d'apprentissage :

- Comprendre les facteurs historiques et les contextes variés qui ont engendré des disparités en matière de santé chez les peuples autochtones au Canada.
- Établir une vision commune de la sécurité culturelle et de comment elle fonctionne au quotidien.
- Montrer comment la sécurité culturelle peut améliorer l'état de santé des peuples autochtones.

Presenter / Conférencière : Jo-Ann Episknew Ph.D., Director / directrice Indigenous Peoples' Health Research Centre, University of Regina Regina SK



Jo-Ann Episknew is Director of the Indigenous Peoples' Health Research Centre on leave from her position as Professor of English at the First Nations University of Canada. An Associate Faculty in Kinesiology and Health Studies at the University of Regina and in the Johnson Shoyama Graduate School of Public Policy, Jo-Ann is also Adjunct Professor in the Department of Community Health and Epidemiology at the University of Saskatchewan. Jo-Ann is an active researcher whose interests include Aboriginal youth health, applied literatures, narrative medicine, narrative policy studies, and trauma studies. She is author of *Taking Back Our Spirits: Indigenous Literatures, Public Policy, and Healing* (2009), winner of two Saskatchewan Book Awards.

En congé de son poste de professeure d'English à l'Université des Premières Nations du Canada, Jo-Ann Episknew dirige le Indigenous Peoples' Health Research Centre. Elle est en outre professeure agrégée en kinésiologie et en études de la santé à la University of Regina et à la Johnson Shoyama Graduate School of Public Policy, ainsi que professeure auxiliaire au Department of Community Health and Epidemiology à la University of Saskatchewan. Chercheure très active, Jo-Ann s'intéresse tout particulièrement à la santé des jeunes autochtones, à la littérature appliquée, à la médecine narrative, aux études narratives des politiques et à l'étude des traumatismes. Son livre *Taking Back Our Spirits: Indigenous Literatures, Public Policy, and Healing* (2009) a remporté deux Saskatchewan Book Awards.

09:40 – 09:50 **Break / Posters (2nd FLOOR)**

09:50 – 11:20 **Concurrent Sessions D (2 X 45 minutes)**



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BREASTFEEDING

(CAMPANIA A)

D-01 Breastfeeding and population health: What can we do to reach and support populations with lower rates of breastfeeding?

Hiltrud Dawson RN, BTech, IBCLC

Purpose: To share information about breastfeeding community projects to support populations with lower rates of breastfeeding including goals, objectives, current and future initiatives, and lessons learned to date. This presentation will provide information helpful for understanding which populations in Ontario and Canada have lower rates of breastfeeding and what strategies effectively promote and support breastfeeding.

Learning Objectives:

- List and describe populations with lower rates of breastfeeding.
- Discuss strategies used to effectively promote and support breastfeeding for populations with lower rates of breastfeeding.
- Discuss how breastfeeding supports population health and how we can apply lessons from the Best Start Resource Centre project to similar settings and populations.

Presenter: Hiltrud Dawson, Best Start Resource Centre/Health Nexus, Toronto ON

D-02 Growing a Baby-Friendly Ontario

Linda Young MEd, MScN, EdD; Kristina Niedra; Hiltrud Dawson; Ruth Turner

Purpose: To share information on the BFI Implementation Strategy for Ontario including goals, objectives, initiatives, strategies for monitoring progress and lessons learned to date. This presentation will provide information helpful for understanding complex change to enhance evidence-based practice through BFI implementation at the organizational, regional and system level.

Learning Objectives:

- Describe the strategy for BFI Implementation in Ontario.
- Describe initiatives, progress to date, lessons learned and future plans.
- Discuss the strategy development in the context of implementing complex change.

Presenters: Linda Young and Kristina Niedra Toronto East General Hospital, Toronto ON

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PERINATAL LOSS

(LOMBARDY B)

D-03 Adapting a patient education booklet on misoprostol use in the medical management of miscarriage

Maria Damian BSc(N), MSc(A) candidate; Diane Bourget RN, MSc; Ginette Aucoin RN, MSc(A)

Purpose: The project objective was to adapt a patient education booklet for women who are prescribed misoprostol for the medical management of early pregnancy miscarriage in the context of early pregnancy assessment clinics.

Learning Objectives:

- Gain an understanding of the current evidence on the medical management of early pregnancy miscarriage.
- Learn about the process of developing a patient education tool for medical management of early pregnancy miscarriage.
- Discuss evaluation and outcomes of the tool, and implications for nursing practice.

Presenter: Maria Damian, Royal Victoria Hospital, Montreal QC

D-04 Perinatal palliative care: Supporting parents in preparing to experience their baby's birth, life and death

Sarah Parkinson RN, MScN, PNC(C); Janice Gorodzinsky MSW; Sharan Goobie MD, FRCPC Medical Geneticist; Stephanie Ho Genetic Counsellor

Purpose: To review the available research on perinatal palliative care and how our cumulative experiences with families continuing a pregnancy with a legal diagnosis have informed our development of an interprofessional team that can support families in the future. We hope to leave attendees with knowledge for enhancing their own practices and tangible resources that they can consider for use in their own facility.

Learning Objectives:

- Define perinatal palliative care and which clinical situations would benefit from this care process.
- Outline the newly formed perinatal supportive care service available at our tertiary hospital including the development of a palliative birth plan.
- Demonstrate the emotional benefits for couples who pursued perinatal palliative care.

Presenter: Sarah Parkinson and Janice Gorodzinsky, London Health Sciences Centre, London ON

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LEGAL/LEADERSHIP

(CAMPANIA B)

D-05 Nursing negligence lawsuits; When the doctor and the nurse disagree over Oxytocin

Chris Rokosh RN, PNC(C)

Purpose: For perinatal nurses to gain knowledge surrounding nursing negligence lawsuits involving Oxytocin, to examine their own beliefs and practices surrounding 'who's in charge' of Oxytocin and to advocate for clarity and confidence in the policies surrounding Oxytocin administration in the Labour and Delivery setting.

Learning Objectives:

- Acquire knowledge of the nurse/physician interplay and outcomes in nursing negligence lawsuits involving Oxytocin and fetal injury.
- Evaluate their own beliefs, practices and facility guidelines surrounding the nursing responsibility to administer Oxytocin when the fetal heart rate is abnormal and the physician is in the .
- Apply new knowledge to Oxytocin administration to examine their own practices and, where necessary, advocate for change and clarification in the role and responsibility of the perinatal nurse.

Presenter: Chris Rokosh, CanLNC Education, Experts, and Class Action, Calgary AB



D-06 An evidence informed approach for Charge Nurses as front-line leaders

Monica Friesen BN, MScN, PNC(C); Barbara Astle BScN, MN, PhD; Sonia Udod BScN, MS, PhD

Purpose: The purpose of this Knowledge Translation (KT) project was to strengthen the leadership role of the Charge Nurse as a front-line leader.

Learning Objectives:

- Clarify roles and responsibilities for Charge Nurses as front-line leaders to effectively accomplish their role.
- Determine competencies necessary to practice in the designated role of Charge Nurse.
- Utilize and apply findings of this Knowledge Translation project to strengthen the leadership role of the Charge Nurse as a front-line leader in perinatal settings.

Presenter: Monica Friesen, Halton Healthcare Services - Milton site, Oakville ON

HIGH RISK OBSTETRICS (VERDI)

D-07 Innovation in critical care obstetrics

Monica Nicholson MN; Leigh Andrews MN, PNC(C); Jo Watson PhD, RN(EC)

Purpose: To highlight our innovative practice through case studies and how it has changed management of obstetrical patients who are critically ill.

Learning Objectives:

- Describe our unique program.
- Outline the benefits of this program to the interprofessional team, women and their families.
- Reflect on their current practice and identify if this model can be implemented in their facility.

Presenters: Monica Nicholson and Leigh Andrews, Sunnybrook Health Sciences Centre, Toronto ON

D-08 Fetal scalp lactate to assess fetal acidemia: The final chapter

Melanie Basso RN, BSN, MSN PNC(C); Ellen Giesbrecht FRCSC; Ivy Fernando RN, BSN PNC(C); Catherine Halstead MD, FRCPC; Elvira Kozak Medical Laboratory Technician

Purpose: The purpose of this research is to compare two point of care lactate meters to validate existing evidence based clinical cut offs for clinical decision making when assessing fetal acidemia during labour.

Learning Objectives:

- Define the process for using scalp lactate for assessing fetal acidemia.
- Describe the final data comparing two point of care meters for assessing scalp lactate.
- Define the related newborn and maternal outcomes for births that utilized fetal scalp lactate testing during labour.

Presenter: Melanie Basso, BC Women's Hospital, Vancouver BC

MEN'S SEXUALITY (NOVARA)

D-09 Men's sexuality during the perinatal period (90 minute presentation)

Viola Polomeno RN, BSc, MSc(A), PhD

Purpose: To increase perinatal nurses' knowledge about men's sexuality during the transition to parenthood. Perinatal nurses are not well informed about perinatal sexuality, so this session will present the latest findings about this topic and propose a series of recommendations for clinical practice and research.

Learning Objectives:

- Increase perinatal nurses' knowledge about men's sexuality during the perinatal period.
- Present the latest research findings regarding men's sexuality during pregnancy, labour and birth, postpartum and in relation to breastfeeding.

Presenter: Viola Polomeno, University of Ottawa - School of Nursing, Ottawa ON

11:20 – 12:50 Lunch and Final Keynote / Repas du midi et conférence principale (TRENTINO / TUSCANY)

Focus on the 90%

Darci will share her message, Focus on the 90%. She will ask you, what do you focus on at work, with coworkers, patients and in your personal life? There are so many positives in our day to day life and it is so easy to be dragged down by the 10% negatives. Darci's message is a reset. It is the reminder that we all have choice and choosing to see the positives will help in "expanding horizons and grounding practice."

Misez sur les 90% !

En vous proposant son message, Misez sur les 90% !, Darci vous demandera ce qui vous anime au travail, auprès de vos collègues, de vos patients et dans votre vie personnelle. Notre quotidien est rempli de moments réjouissants (les 90%), mais c'est facile de nous laisser abattre par les quelques petits irritants (les 10%). Le message de Darci, en fait, est un simple rappel : Le choix nous appartient...et choisir de miser sur les choses positives nous aidera à « élargir nos horizons et à solidifier nos pratiques ».

Presenter / Conférencière : Darci Lang, Professional Speaker and Trainer/ Formatrice et conférencière professionnelle, Regina SK



Darci Lang is proud to call Regina home. Like you, she is proud of her work and knows what it is like to balance our lives. She is an entrepreneur three times over, a national best selling author, a wife to Darren and a Mom to Jayda and John. She has been "expanding her horizons" and has won The Saskatchewan Woman Entrepreneur of the Year Award and an ABEX. Darci has also been a finalist in nine other nationally recognized business excellence awards. She is truly someone who walks the talk.

Darci Lang est fière de vivre à Régina. Comme vous, elle est fière de son travail et connaît le défi de mener une vie équilibrée. Elle a lancé trois entreprises et est une auteure à succès à l'échelle du Canada. Elle et son époux, Darren, ont deux enfants, Jayda et John. Darci travaille, elle aussi, à « élargir ses horizons ». Récipiendaire du prix ABEX et du Saskatchewan Woman Entrepreneur of the Year Award, elle s'est en outre classée parmi les finalistes de neuf autres prix d'excellence nationaux en affaires, honneurs qui soulignent sa capacité de joindre les gestes aux paroles.

12:50 - 13:00 Closing Remarks (TRENTINO / TUSCANY)

Poster Presentations / Présentations par affiches

P-01 Revision of the Family-Centred Maternity and Newborn Care National Guidelines

Lynn M. Menard RN, MPA

Purpose: To promote the Family-Centred Maternity and Newborn Care National Guidelines and to advise of the revision process.

Presenter: Lynn M. Menard, Public Health Agency of Canada, Ottawa ON

P-02 14,000 families, 38,000 women - One clinic's experience from 2002-2012 - Reasons women sought breastfeeding care in a regional perinatal centre

Jo Watson PhD, RN(EC), IBCLC

Purpose: To provide insight into reasons women sought care in a regional perinatal centre breastfeeding clinic in order to guide health services planning for ambulatory breastfeeding support.

Presenter: Jo Watson, Sunnybrook Health Sciences Centre, Toronto ON

P-03 Exploring nurses' experience of infant feeding support

Joan Humphries RN, BSN, MN, PhD(c)

Purpose: Gain a better understanding of the challenges that face nurses in the context of infant feeding support and ways that nurses interpret Baby Friendly best practice guidelines when assisting mothers.

Presenter: Joan Humphries, Camosun College, Victoria BC

P-04 Obstetrical falls - Do they really happen and how to prevent them?

Kim Lortie RN, BScN, MScN; Carolyn Crowley RN, BScN, MN; Nathalie Girard RN, BScN

Purpose: Research reported a fall rate of 27% for pregnant women, which is comparable to a fall rate of 25% for a person 70 years of age. This data focused our attention towards finding a reliable and accurate fall risk assessment tool adapted for perinatal units through all phases of hospitalization (antepartum, intrapartum and postpartum).

Presenter: Véronique Bertrand, Montfort Hospital, Ottawa ON

P-05 The birth of an integrated model of primary care

Viva Swanson RN, BSN, PNCC, MBA (C); Joanne Cozac RN, BSN, MSN; Kristin Turnbull BHSc, MSc (C); Andrea Fish RN, BSN

Purpose: To present learnings from the implementation of an innovative, integrated model of care in a northern British Columbia community.

Presenters: Viva Swanson and Joanne Cozac, Fort St. John Hospital & Peace Villa, Fort St. John BC

P-06 From the ground up: Changing education in changing times

Lisa Bland BScN, RN

Purpose: To share the goals and implementation of strategies that have helped Family Newborn Adult Surgery Unit continue to support education in a challenging health care environment.

Presenter: Lisa Bland, IWK Health Centre, Halifax NS

P-07 Developing tools to aid in the implementation of a late preterm initiative

Jennifer Marandola BSN

Purpose: Encourage and support nurses in the process of changes in practice as well as the implementation of evidence-based practice.

Presenter: Jennifer Marandola, Royal Victoria Hospital, Montreal QC

P-08 Gestational weight gain: A comparison of the SOGC and IOM guidelines for patients with obesity

ZM Ferraro, N Barrowman, D Prud'homme, M Walker, SW Wen, M Rodger, KB Adamo

Purpose: Currently, in Canada two gestational weight gain (GWG) guidelines exist for women struggling with obesity. The 2009 institute of medicine (IOM) recommendations have been adopted by Health Canada and note a 9kg upper limit of gain. However, the Society of Obstetricians and Gynaecologists of Canada (SOGC) 'obesity and pregnancy' clinical practice guideline recommends an upper limit of 7kg. We have previously shown that excess GWG, independent of pregravid BMI, increases the risk of fetal overgrowth, a predictor of obesity later in life. The purpose of this study was to assess the risk of large for gestational age neonates in patients with obesity who exceed GWG recommendations, using both guidelines, to determine if there was a clinically significant difference in fetal growth outcome.

Presenter: Liz White-MacDonald, MacEwan University, Edmonton AB



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www.cna-aiic.ca

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The Canadian Nurses Association (CNA) is the national professional voice of registered nurses in Canada. A federation of 11 provincial and territorial nursing associations and colleges representing 151,404 registered nurses, CNA advances the practice and profession of nursing to improve health outcomes and strengthen Canada's publicly funded, not-for-profit health system.

CNA is responsible for the overall management of the only national areas of nursing practice competency certification program. There are currently 20 specialties / areas of nursing practice and more than 18,000 CNA-certified nurses in Canada. From that number 753 nurses are certified in Perinatal Nursing. For more information about the CNA Certification Program, visit the CNA website at <http://getcertified.cna-aiic.ca>



www.changeherworld.ca

Booth/Kiosque 19

CHANGE HER WORLD, a Canadian Registered charity co-founded in 2010 by Linda Willis (a special education teacher) and Carol Hamilton (nurse consultant/counsellor and ordained minister), is dedicated to removing the barriers that prevent girls and women from being educated in the developing world. Currently girls and women in the remote region of Northern Malawi, Africa receive support including payment of school fees, provisions such as school uniforms, shoes, socks, school supplies, mosquito nets, solar lamps, underwear, clothing, and blankets. Larger community projects are also vital to this work including the establishment of a medical scheme to provide health care, both emergency and preventative, to the girls and their families, cooking pots for many schools, repairing of girls' hostels, provision of bicycles for those walking long distances, and building of female teachers' homes. Visit www.changeherworld.ca to find out more about how you can be a part of making a difference in the life of a girl. If you want to change the world, start with her!



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Dräger is a leading international company in the field of Neonatal Care. Dräger brings thermoregulation, respiratory support, jaundice management, vital sign monitoring, IT, neonatal transport and architectural systems together. With decades of neonatal experience, Dräger can support you in developing a thriving environment for your newborns and an efficient and effective place to work for your staff. Our worldwide one vision: Dräger. Technology for Life® is present in more than 190 countries. Dräger has approximately 12,000 employees worldwide. Please visit www.draeger.com for more information.



careers.fraserhealth.ca

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Fraser Health is British Columbia's largest health authority, with a regional population of 1.6 million in 20 dynamic communities of Metro Vancouver and Fraser Valley. We oversee operations of 12 acute care hospitals, tertiary teaching hospitals and services in public health, home health, mental health and residential care facilities. Committed to the passionate pursuit of quality and safe health care, Fraser Health is an academic teaching organization that supports research, evaluation, and the use of evidence. In October 2013, Surrey Memorial Hospital opened the second largest Emergency Department in Canada along with a new Critical Care Tower in June 2014. Other expansion plans include the redevelopment of Chilliwack General Hospital and expansion of the Royal Columbian Hospital; these and other infrastructure projects underway provide unprecedented career opportunities, with current roles available in the areas of Perinatal, Neonatal, Pediatric, Pediatric ER and Women's Health.



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Healthcare IT Re-imagined. Please visit GE Healthcare at booth 21 at the CAPWHN Conference in Regina.



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Inception Lifebank is Canada's largest and most experienced cord blood program. Partnered with Mount Sinai Hospital, Sunnybrook Health Sciences Centre and The Scarborough Hospital, Inception Lifebank specializes in preserving and saving your baby's cord blood and cord tissue so that the beneficial stem cells it provides are always available to your family for medical intervention should you need them.



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Mackenzie Infant Care Centre

Booth/Kiosque 06

The Mackenzie Infant Care Centre (MICC) provides child care for young student mothers in the Regina area, enabling them to attend high school classes at the Shirley Schneider Support Centre - the longest operating educational centre of its kind in Canada. The program provides health related educational information for families, which encourages healthy lifestyles for parents while caring for their newborns. During school lunch breaks, student mothers take an active role in caring for their babies by feeding and changing them and spending good quality time. Other daily activities continue as usual during lunch time so that young parents in the centre may benefit from the role modelling of positive parenting provided by the caregivers. MICC's mission statement is to provide "continuity of education" to their young vulnerable student mothers. Their ultimate goal is to set them up to succeed and become contributing members of our society, while being the best possible mom they can be.

MAQUET-DYNA MED

www.maquet-dynamed.com

Booth/Kiosque 20

MAQUET-DYNA MED represents the Maternal Infant Care division for GE and will be presenting the entire product spectrum for L&D and NICU including Corometrics: Maternal and Fetal Monitoring, Panda iRes neonatal Resuscitation warmer, Giraffe Shuttle transportation device, Standalone resuscitation unit (StAR), a hand held ultra sound (V Scan), Giraffe incubators and combination OmniBed for NICU and new Phototherapy treatment devices as well as specialty preemie products such as diapers, soothers and phototherapy eye-covers.



www.motherschoiceproducts.com

Booth/Kiosque 11

Mothers Choice Products is a national distributor of mom and infant products including the WHO Code compliant breastfeeding company Ameda. Mothers Choice Products knows how much breastfeeding matters to moms and their babies and that is why we strive to educate and support the professional community. Mothers Choice Products is also a distributor of TENS products which provide natural labour pain relief and pelvic floor exercisers for optimal women's health.

www.mountsinaiservices.com

Booth/Kiosque 05

Mount Sinai Services is a provider of the Illumina veriFi[®] PreNatal test and other screening/diagnostic tests to healthcare providers, hospitals and clinics across Canada. We have worked collaboratively with Mount Sinai Hospital (MSH) who was critical in assessing the veriFi[®] test performance and clinical value for patients. MSH is one of Canada's largest healthcare providers for high-risk pregnancies and a Centre of Excellence in Women's and Infants Health.

The veriFi[®] Prenatal Test is a simple blood test that uses cutting-edge technology to screen pregnant women for chromosomal and microdeletion problems as early as 10 weeks in pregnancy. The test is safe, easy, accurate and provides definitive results with the lowest test failure rate. Please come to the Knowledge Theatre event, sponsored by Mount Sinai Services, where Dr. Nan Okun will provide an education session regarding non-invasive prenatal testing: its clinical role and value, ethical aspects and information needed by parents. Dr. Okun is MD BScN, FRCSC, Associate Professor, Obstetrics and Gynecology, Maternal Fetal Medicine, Mount Sinai Hospital.



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Booth/Kiosque 12

Northern Health is responsible for the delivery of health care across Northern British Columbia, including acute care, mental health, public health, addictions, and home and community care services. Through the efforts of our dedicated staff and physicians, in partnership with communities and organizations, we provide exceptional health services for Northerners. Northern Health leads the way in promoting health and providing health services for Northern and rural populations.

Northern Health is currently looking for dynamic individuals for our Nursing Leadership, Nurse Practitioner, Maternity and Labor and Delivery positions.

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The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across British Columbia (BC). BC Women's Hospital (BCW) is an agency of the PHSA. BCW is the only facility in BC devoted primarily to the health of women, newborns and families. It provides a broad range of specialized women's health services that address the health needs of women of all ages and backgrounds. BC Women's is one of the largest maternity facilities in Canada, with over 7,000 births a year! As an academic health centre BCW's mandate includes providing strong leadership in research and the education and professional development of health care professionals in areas related to the health of the populations we serve. Discover a Nursing career with an organization that touches every facet of specialty health care across the province! Apply online at <http://careers.phsa.ca>. For more information contact Kuldish Chatha, Nurse Recruitment Advisor at 604-875-7291, email: kuldish.chatha@phsa.ca



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sofiahouse.ca

Booth/Kiosque 10

Sofia House is a local charity situated in Regina. Sofia is an acronym that stands for "Support of Families in Affliction" and is also the Greek name for "Wisdom." Sofia House delivers essential programs that support abused women and children who are victims of domestic violence. Programs provide an important link to a life free of violence, enabling a woman and her children to move from an abusive home into a successful, independent living arrangement, in an effort to break the cycle of violence. Sofia House strives to provide comprehensive services for families to ensure a safe environment equipped with essentials for everyday living. In addition to safety, Sofia House provides supportive counselling services which focus on building self esteem and empowering women. The program also connects families with resources in the community and provides advocacy and support with legal, medical, and financial matters.

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