

7<sup>TH</sup> NATIONAL CONFERENCE | 7<sup>E</sup> CONFÉRENCE NATIONALE



# CAPWHN

ANNUAL CLINICAL, EDUCATION,  
RESEARCH CONFERENCE

HALIFAX, OCT 12-14 2017



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

## THANK YOU TO OUR SPONSORS / MERCI À NOS COMMANDITAIRES

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 7th CAPWHN 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 7e Conférence nationale de CAPWHN.

### PLATINUM / PLATINE

The logo for Dräger, featuring the word "Dräger" in a bold, blue, sans-serif font.The logo for Huggies, featuring the word "HUGGIES" in a large, red, 3D-style font, with "BRAND" in small letters above it, and the Kimberly-Clark logo (a circle with a cross) and the name "Kimberly-Clark" below.The logo for Johnson & Johnson, featuring the name "Johnson & Johnson" in a red, cursive font, with "INC." in a smaller, red, sans-serif font below it.The logo for Pampers, featuring a yellow heart shape with radiating lines above the word "Pampers" in a teal, rounded font.

IWK Health Centre

### BRONZE

The logo for Northern Health, featuring a stylized sun or star icon above the text "northern health" and the tagline "the northern way of caring" below.The logo for Philips, featuring the word "PHILIPS" in a bold, blue, sans-serif font.

### PARTNERS / PARTENAIRES

The logo for SOGC, featuring a stylized black figure of a person holding a baby, with the letters "SOGC" below it.

## WELCOME MESSAGE - CONFERENCE CO-CHAIRS

On behalf of the 2017 CAPWHN National Conference Planning Committee, we would like to welcome you to CAPWHN's Annual Clinical, Education, Research Conference in beautiful and historic Halifax. Our conference theme recognizes Atlantic Canada's heritage and offers nurses from across the country an opportunity to learn and share knowledge and innovations with a particular focus on equity and diversity. We extend a warm Atlantic welcome to CAPWHN members, soon-to-be members, and colleagues from across the country. The CAPWHN conference is the leading opportunity for perinatal, women's health and neonatal nurses to engage in discovery and debate, renew acquaintances, meet new colleagues and kindle excitement for our profession. While in Halifax, we hope you will have the opportunity to enjoy our lively and friendly city, become familiar with our history and culture, and breathe the refreshing sea air.

As conference delegates you will participate in specialty and concurrent sessions on clinical care related to maternal newborn and women's health that bring together cutting edge research and innovative programs. Additionally there are sessions on education and research strategies that will foster discussion and networking for inventive approaches to teaching and further enhancing our nursing knowledge. We are excited to feature dynamic plenary sessions with Dr. Marsha Campbell-Yeo about partnering with parents to improve pain care for newborns, Dr. Natalie Rosen addressing perinatal sexual health for women and couples, and a 'panel plenary' led by experienced clinicians and advocates working to improve reproductive health for imprisoned women and trans individuals. The conference will close with a compelling keynote session by Cheyenne Joseph on Aboriginal Women's Health. The stimulus of practical and creative ideas will give you many take home approaches to integrate into your practice and to share with your colleagues.

The 2017 CAPWHN National Conference will provide you with opportunities for networking and for visiting with our conference sponsors and exhibitors who will provide the latest information on products and resources. On Thursday during lunch Steven Schwingamer, Historian with the Canadian Museum of Immigration at Pier 21, will offer reflections on the role of nurses who cared for women and children entering Canada through Pier 21. On Friday night you will enjoy a fabulous East Coast celebration featuring food and fun as only Atlantic Canada can provide!

We are thrilled that you are here with us in Halifax. We hope that your conference experience leaves you feeling professionally renewed and personally refreshed.



Rebecca Attenborough, RN, MN



Michelle LeDrew, RN, MN, CHE

## WELCOME MESSAGE - CAPWHN PRESIDENT

Welcome to Halifax and CAPWHN's Annual Clinical, Education, Research Conference (ACERC). The name change was made to better represent the full scope of the conference's contribution to our nursing knowledge. The name now speaks to the national contribution of nurses to the quality and advancement of care in perinatal and women's health.

The program promises the opportunity to hear many knowledgeable speakers that will excite the potential for change in care, cause much discussion and initiate creative research ideas. You will also hear of the work of CAPWHN over this past year - this involves guidelines, standards and competencies, educational opportunities, collaborations, and much more.

In addition to all this wisdom, the opportunity to meet new and long time colleagues always provides stimulating networking and possibilities for new ventures. In addition, we always anticipate the great East coast hospitality.

Our thanks go to the conference co chairs and working group chairs and members for their many volunteer hours to put this program together. As all of us know, the hard work of our executive director Rita Assabgui, who directs the process, is essential to the success. Thanks also go to our industry partners and sponsors - without their contribution and support we could not hold a conference or build a highly visible and active CAPWHN organization.

Looking forward to chatting and networking with everyone over the next few days!



Sharon Dore, RN, PhD

## **Goals of the 7th National Conference: A Gateway for Diversity, Equity, and Innovation**

This conference will provide educational opportunities where participants can acknowledge and celebrate nursing expertise with a focus on advancing the care of women and their families through:

1. Providing the gateway for networking that facilitates the sharing of knowledge and fosters building collaborative relationships.
2. Enhancing nursing practice and the care of women and their families through the lens of diversity and equity.
3. Exploring strategies that optimize the integration of innovation into quality nursing practice.
4. Sharing exemplars where research evidence has been meaningfully and successfully translated into nursing practice.

Your continuing education hours at the CAPWHN Annual Clinical, Education, Research 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 Continuing Education Recognition Points (CERPs) from the International Board of Lactation Consultant Examiners (IBLCE); IBLCE approval number C1771385. A certificate of attendance will be provided to conference delegates.

## **Conference Charity - Avalon Sexual Assault Centre**

Avalon Sexual Assault Centre is a non-profit organization that works to eliminate sexual assault/abuse and to change the culture that fosters sexism, social injustice and other forms of oppression. Avalon provides counselling and education, as well as the Sexual Assault Nurse Examiner (SANE) program. Staff at Avalon also support victims of assault as they transition through the justice system, and counsel non-offending parents of children who have been victims of sexual assault. For more information on Avalon, programs offered, and the centre's guiding principles, please visit [www.avaloncentre.ca](http://www.avaloncentre.ca).



## **CAPWHN 7th National Conference Planning Committee / Membres du Comité organisateur de la 7e Conférence nationale de CAPWHN**

### **Committee Chairs**

**Rebecca Attenborough** (co-chair)

**Michelle LeDrew** (co-chair)

### **Program Working Group**

**Lisa Bland** (co-chair)

**Cynthia Mann** (co-chair)

**Betty Ann Robinson**

**Catherine Sheffer**

### **Abstract Working Group**

**Leeanne Lauzon** (co-chair)

**Annette Elliott-Rose** (co-chair)

**Janet Bryanton**

**Danielle Macdonald**

**Catherine Sheffer**

**Erna Snelgrove-Clarke**

**Maureen White**

### **Hospitality Working Group**

**Barbara Whynot** (co-chair)

**Diane O'Reilly** (co-chair)

**Heather Ezurike**

**Erin Fiander**

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**Maureen White**

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**Marilyn Evans, Director at Large**

**Leeanne Lauzon, Director at Large**

**Lyndsay Martin-Kowalyk, Director at Large**

**Catherine Sheffer, Director at Large**

**Anne Simmonds, Director at Large**



## 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 Halifax information and maps, as well as silent auction and boutique payments. The registration desk is located on Level 2 foyer of the World Trade and Convention Centre and will be staffed during the following hours:

- Thursday October 12th 0700-1730
- Friday October 13th 0700-1745
- Saturday October 14th 0745-1300

### NAME BADGES

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

### 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 are only included for the day for which you registered. Meals will be located in the Exhibit Hall.

### EXHIBITORS

All conference delegates are encouraged to visit the exhibitors in the Exhibit Hall. Our exhibitors' support contributes greatly to the success of the CAPWHN National Conference. Exhibits are open during all meals and breaks until Friday October 13th at 13:30.

### 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 12 month CAPWHN membership.

### 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, your badge will have a special identifier and one drink ticket will be included at the back of your badge. Yummy appetizers will be served and a cash bar is available.

### FRIDAY EVENING DINNER

Friday evening's dinner is an East Coast party! If you registered for the event your badge will have a special identifier. A cash bar will be available. In keeping with the theme, the dress code is casual. Enjoy a lobster supper and Highland fling dancers - we encourage everyone to try Highland "flinging"! To top off the evening, dance the night away to the tunes of the Asia & NuGruv!

### POSTERS

A fabulous array of research and clinical posters are being presented at the conference. Make time to visit the posters on Level 2 of the WTCC to learn new information and findings from projects and initiatives from colleagues across the country. Poster presenters will attend their posters on Thursday October 12, 2017 from 1715 to 1800 and Friday October 13, 2017 from 1500 to 1545 to answer any questions you may have.

### CONFERENCE CHARITY

We are pleased to support Avalon Sexual Assault Centre, which offers a continuum of specialized services, with an emphasis on support, counselling, education, immediate medical care, forensic evaluation, leadership, and advocacy to those affected by all forms of sexualized violence/abuse, their families, the general public, and other support/service providers. We are raising funds through the following activities: the Toonie Trot (drop a Toonie in the donation box before heading out on a picturesque 5 km run led by Heather Ezurike); Toonie Yoga (an indoor yoga session led by Barbie Leggett) - make sure to bring your mat and towel! We are also raising funds through a Silent Auction (check out the great items on Level 2 of the WTCC!); and we accept general donations. Please give generously! Note that the preferred forms of payment are cheque or exact cash (to avoid credit card fees) as all proceeds from these events are donated to Avalon.

### CAPWHN BOUTIQUE

Liquidation sale! Everything must go!

### MARKETPLACE

The marketplace, located on Level 2, features fabulous local artisans 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 WTCC Level 2 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 the presentations received in advance of the conference where authors have authorized that they be shared. There is a business centre at the host hotels should you wish to print a particular presentation.

### SCENT FREE ENVIRONMENT

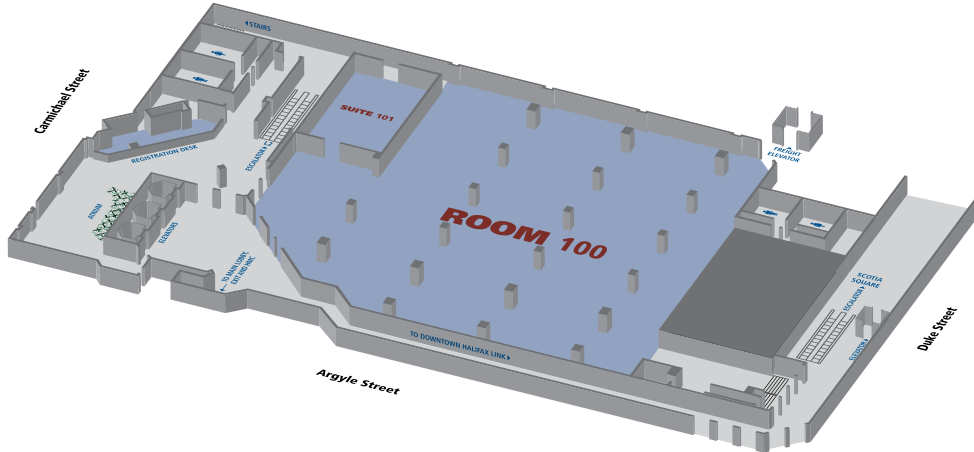
CAPWHN is committed to providing a scent free environment. Please refrain from wearing any scented products during the conference.

### BABY AND BREASTFEEDING FRIENDLY

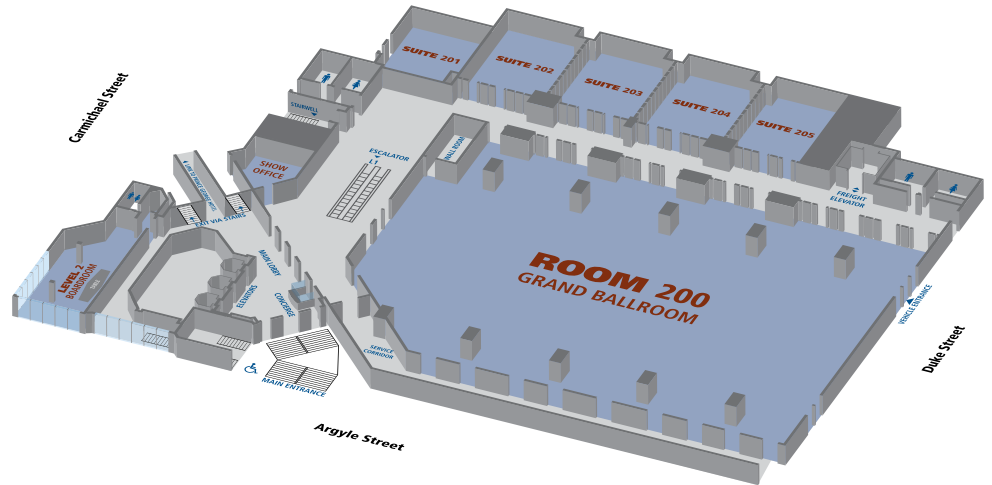
While it goes without saying, the CAPWHN conference is a baby and breastfeeding friendly environment.

# WORLD TRADE & CONVENTION CENTRE FLOOR PLANS

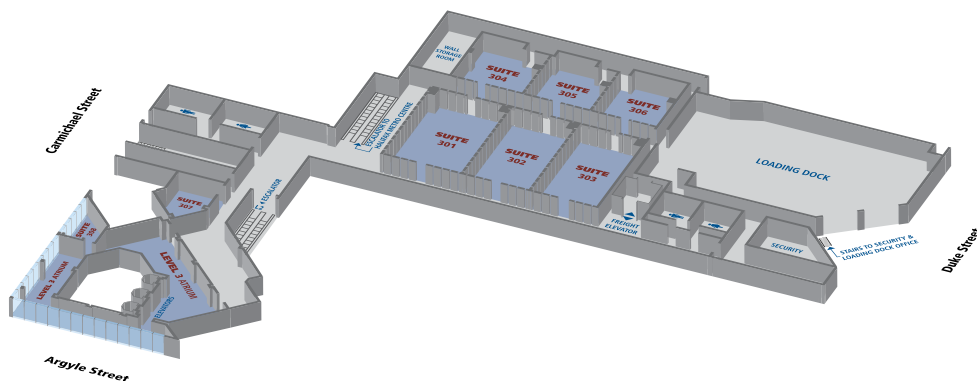
## LEVEL 1



## LEVEL 2



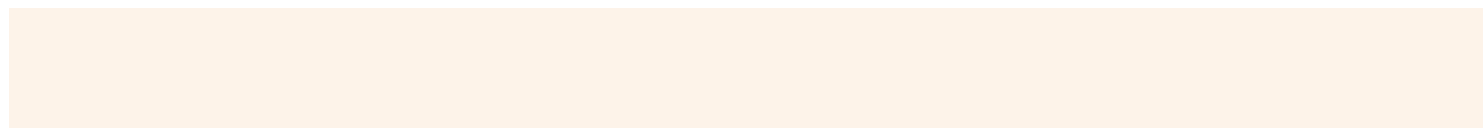
## LEVEL 3



## — PROGRAM AT A GLANCE —

Pre-Conference - Wednesday October 11 / Le mercredi 11 octobre		
0900-1230	<b>Pre-Conference Workshop #1</b> <b>Out in the World! - Canadian Association of Schools of Nursing Entry to Practice Competencies for Nursing Care of the Childbearing Family</b> <i>Presenters: Faith Wight Moffatt, RN, PhD, and Karen MacKinnon, RN, PhD, Co-Chairs of the Canadian Association of Schools of Nursing (CASN) Task Force for Development of Entry to Practice Competencies for Nursing of Childbearing Families</i>	<b>Suite 301</b>
1300-1400	Lunch for Pre-Conference Workshop 1 and 2 Participants	Suite 302
1400-1600	<b>Pre-Conference Workshop #2</b> <b>Nursing with Childbearing Families in Rural, Remote and Northern Communities</b> <i>Presenters: Anne Simmonds, RN, PhD; Leeanne Lauzon, RN, MSc, PNC(C); Karen MacKinnon, RN, PhD; and Pertice Moffitt, RN, PhD</i>	<b>Suite 301</b>

DAY 1 - Thursday October 12 / Le jeudi 12 octobre		
0745-0845	Registration / Breakfast / Exhibits	Room 200B
0845-0945	<b>Opening Ceremonies / Cérémonies d'ouverture</b>	<b>Room 200A</b>
0945-1045	<b>Opening Keynote / Conférence principale d'ouverture - Neonatal Care Partnering with Parents to Improve Newborn Pain Care - Evidence and Implementation</b> <i>Presenter: Marsha Campbell-Yeo, RN, NNP-BC, PhD</i>	<b>Room 200A</b>
1045-1115	Refreshment Break / Exhibits	Room 200B
1115-1215	<b>Concurrent Sessions A (two 30 minute presentations in each session)</b>	<b>Suites 301-306</b>
1215-1330	Lunch / Exhibits	Room 200B
1310-1340	<b>Medicine and Migration at Pier 21</b> <i>Presenter: Steven Schwinghamer, MA History</i>	<b>Room 200A</b>
1340-1410	<b>Plenary Keynote / Conférence principale - Women's Health Avalon Sexual Assault Centre and the Impact of Sexualized Violence</b> <i>Presenter: Jackie Stevens, MA Sociology</i>	<b>Room 200A</b>
1415-1515	<b>Concurrent Sessions B (two 30 minute presentations in each session)</b>	<b>Suites 301-306</b>
1515-1545	Refreshment Break / Exhibits	Room 200B
1545-1715	<b>Concurrent Sessions C (two 45 minute presentations in each session)</b>	<b>Suites 301-306</b>
1715-1800	<b>Poster Presentations</b>	<b>Suite 202/203</b>
1800-2000	Opening Reception with Exhibitors / Réception d'ouverture avec les exposants	Room 200B



DAY 2 - Friday October 13 / Le vendredi 13 octobre		
0700-0900	Registration / Breakfast / Exhibits	Room 200B
0800-0900	<b>Annual General Meeting (CAPWHN Members) / Assemblée générale annuelle (membres de CAPWHN)</b>	<b>Room 200A</b>
0900-1000	<b>Plenary Keynote / Conférence principale - Perinatal Sexual Health Risk and Protective Factors for the Perinatal Sexual Health of Women and Couples</b> <i>Presenter: Natalie Rosen, PhD, R Psych</i>	<b>Room 200A</b>
1000-1030	Refreshment Break / Exhibits	Room 200B
1030-1200	<b>Concurrent Sessions D (two 45 minute presentations in each session)</b>	<b>Suites 301-306</b>
1200-1300	Lunch / Exhibits	Room 200B
1300-1500	<b>Specialty Sessions</b>	<b>Suites 301-306</b>
1500-1545	<b>Poster Presentations</b>	<b>Suite 202/203</b>
1545-1745	<b>KAIROS Blanket Exercise</b>	<b>Room 100</b>
1545-1745	<b>Networking Sessions</b>	<b>Suites 301-306</b>
1745-1815	Free Time	
1815-2200	<b>CAPWHN East Coast Party</b> <i>Featuring entertainment by Asia &amp; NuGruv</i>	<b>Room 200A</b>

DAY 3 - Saturday October 14 / Le samedi 14 octobre		
0700-0745	Toonie Trot Yoga	Meet in Prince George Hotel Lobby Regency 1, Prince George Hotel
0745-0820	Breakfast / Networking	Room 200A
0820-0830	<b>Opening Remarks / Allocution d'ouverture</b>	<b>Room 200A</b>
0830-1000	<b>Panel Keynote Discussion / Conférence principale - Women's Health in the Prison System Supporting the Reproductive Health of Criminalized Women and Trans Individuals in Nova Scotia</b> <i>Presenters: Martha Paynter, PhD (student); Glenda Carson, PhD, RN, PNC(C), IBCLC; El Jones</i>	<b>Room 200A</b>
1000-1015	Refreshment Break	Level 2 Foyer
1015-1145	<b>Concurrent Sessions E (two 45 minute presentations in each session)</b>	<b>Suites 301-306</b>
1145-1245	<b>Closing Keynote / Conférence principale de clôture - Aboriginal Women's Health Tools of Allyship: Moving Beyond Witness</b> <i>Presenter: Cheyenne Joseph, RN, BScK, BScN, MPH, CCHN (c)</i>	<b>Room 200A</b>
1245-1300	<b>Closing Remarks / Allocution de clôture</b> Lunch to go	<b>Room 200A</b>

# CAPWHN ANNUAL CLINICAL, EDUCATION, RESEARCH CONFERENCE FULL PROGRAM

## Pre-Conference - Wednesday October 11 / Le mercredi 11 octobre

**0900-1230 Pre-Conference Workshop #1**  
**Out in the World! - Canadian Association of Schools of Nursing Entry to Practice Competencies for Nursing Care of the Childbearing Family**  
Suite 301

**Purpose:** This interactive workshop will provide the opportunity for participants to review and discuss how to integrate the newly approved Canadian Association of Schools of Nursing (CASN) Entry to Practice competencies for Nursing with Childbearing families into nursing education and practice settings. The relationship between these CASN competencies and the Canadian Nurses Association (CNA) Perinatal competencies for speciality practice will also be explored.

### Learning Objectives:

- Introduce and discuss the newly approved CASN Entry to Practice Competencies for Nursing of Childbearing Families.
- Review the process of developing these national competencies for nursing of childbearing families.
- Discuss the purpose of these competencies in relation to provincial entry-to-practice competencies and to CNA perinatal certification competencies.
- Explore how these new entry-to-practice competencies can be useful and important to practicing nurses and unit managers, as well as to educators and students, and the childbearing families with whom we work.

**Presenters:** Faith Wight Moffatt, RN, PhD, and Karen MacKinnon, RN, PhD, Co-Chairs of the Canadian Association of Schools of Nursing (CASN) Task Force for Development of Entry to Practice Competencies for Nursing of Childbearing Families

**1300-1400 Lunch for Pre-Conference Workshops 1 and 2 Participants**  
Suite 302

**1400-1600 Pre-Conference Workshop #2**  
**Nursing with Childbearing Families in Rural, Remote and Northern Communities**  
Suite 301

### Session Description:

Nurses who care for childbearing families in Canada's rural, remote and northern communities practice in a unique environment influenced by geography, population health needs and more limited access to resources. This interactive workshop will provide participants with the opportunity to discuss current and emerging issues, share experiences of working with childbearing families in small communities, and build networks that support excellence in nursing practice, research, and education for rural, remote and northern communities.

### Learning Objectives:

- Examine current and emerging issues in providing nursing care to childbearing families in rural, remote and northern communities.
- Explore strategies to enhance nurses' competence and confidence in this care environment, and improve outcomes for families.

- Provide opportunities for networking among CAPWHN members interested in exploring issues related to nursing practice, research and education within these communities.

**Presenters:** Anne Simmonds, RN, PhD, Assistant Professor, Teaching Stream, Lawrence S. Bloomberg Faculty of Nursing, University of Toronto, Toronto, ON; Leeanne Lauzon, RN MSc PNC(C), Perinatal Nurse Consultant, Reproductive Care Program of Nova Scotia, Halifax, NS; Karen MacKinnon, RN MScN PhD, Associate Professor, School of Nursing, University of Victoria, Victoria, BC; and Pertice Moffitt, RN PhD, Manager/Instructor, Health Research Programs, North Slave Research Centre, Aurora Research Institute, Yellowknife, NT

## DAY 1 - Thursday October 12 / Le jeudi 12 octobre

**0745-0845 Registration / Breakfast / Exhibits**  
Level 2 Foyer / Room 200B

**0845-0945 Opening Ceremonies / Cérémonies d'ouverture**  
Room 200A

**0945-1045 Opening Keynote / Conférence principale d'ouverture - Neonatal Care**  
Room 200A

### Partnering with Parents to Improve Newborn Pain Care - Evidence and Implementation

Involvement of parents in newborn pain management is of increased interest in both research and clinical settings. From an evolutionary view, the mother is the optimal source of physical and psychological support for the infant, both as a fetus and after birth. Hospital care and medical interventions are sources of separation and stress, leading to a diminished capacity for the infant to endure painful procedures. After decades of healthcare providers not recognizing newborn infants' capacity to feel pain and the associated adverse outcomes, most surgical and end-of-life pain is now prevented and treated with pharmacological methods. However, the drugs used are often not effective for the most commonly performed painful procedures, and their repeated and frequent use may have potential short and long-term adverse effects. Recent research has thus focused on finding non-pharmacological interventions or sweet tasting solutions as a substitute to drugs, or as a means to decrease the drug-doses needed for optimal analgesia associated with procedural pain. Several of these interventions involve parents, e.g. skin-to-skin care, breastfeeding, or facilitated tucking. Despite this knowledge, clinicians often struggle with incorporating these strategies into everyday practice. Moreover, most parents and many providers remain unaware of the powerful benefits of integrating parents as active participants in newborn pain management.

### Learning Objectives:

- Describe the immediate and long lasting consequences of untreated procedural pain experienced in early life.
- Discuss the current most effective ways to diminish procedural pain in newborns.
- Identify at least three strategies to engage parents more fully in newborn pain management.

**Presenter:** Marsha Campbell-Yeo, RN, NNP-BC, PhD, Associate Professor, Dalhousie University School of Nursing, and Clinician Scientist, IWK Health Centre, Halifax NS



Dr. Marsha Campbell-Yeo, a certified neonatal nurse practitioner, is an Associate Professor at the School of Nursing, Dalhousie University and a Clinician Scientist at the IWK Health Centre (cross appointment in the Department of Pediatrics, Psychology and Neuroscience) and a Canadian Institutes of Health Research (CIHR) funded New Investigator. Her research lab, primarily funded by the CIHR and Canadian Foundation for Innovation (CFI), aptly named "Mechanisms, Outcomes, and

Mobilization of Maternally-Led Interventions for Newborn Care" (MOM-LINC), examines the effectiveness of maternal-led interventions to improve outcomes of at-risk infants related to stress, pain and neurodevelopment as well as improving uptake of pain relieving interventions by both parents and health care providers through innovative strategies and e-Health technology.

**1045-1115** Refreshment Break / Exhibits  
Room 200B

**1115-1215** Concurrent Sessions A (two 30 minute presentations in each session)

## A01 - BREASTFEEDING AND BREASTMILK

Suite 301

### A01-1 Infant Feeding Practices Among Black Women Living with HIV

**Author:** Josephine Etowa, PhD, MN, BScN, RM, RN, FWACN

**Purpose:** This paper presents the preliminary findings of a current CIHR funded study examining the socio-cultural determinants of infant feeding practices among Black women living with HIV.

#### Learning Objectives:

- Describe the socio-cultural contexts of infant feeding practices among Black women living with HIV.
- Identify facilitators for effective infant feeding choices.
- Discuss the challenges faced by HIV positive Black women regarding infant feeding.

**Presenter:** Josephine Etowa, University of Ottawa School of Nursing, Ottawa ON

### A01-2 Breastfeeding Support: Better Assisting Those Negatively Impacted by the Determinants of Health

**Authors:** Cyndee MacPhee, MN, BScN, RN; Kim Shebib, MEd, BScN, RN, IBCLC; Shelley Keefe, MEd, BN, RN, IBCLC; Melissa Dakai, MEd, BN, RN, IBCLC; Jessica Waye, MN, BScN, RN, IBCLC

**Purpose:** The overall purpose of our project was to provide data required to contribute to the Cape Breton District Health Authority (CBDHA) strategic plan to become BFI certified to protect, promote and support breastfeeding and to develop strategies based on findings to improve the initiation and duration of exclusive breastfeeding in this district.

#### Learning Objectives:

- Discuss factors that impact the breastfeeding experience.
- Understand the need for action related to earlier and specific interventions to help increase breastfeeding initiation and duration rates, specifically for neonates/ infants born into less equitable settings.
- Identify potential early interventions that may have an impact on breastfeeding initiation and duration rates for mothers who are negatively impacted by the determinants of health.

**Presenter:** Cyndee MacPhee, Cape Breton University, Sydney NS

## A02 - COMMUNITY INNOVATIONS / PROFESSIONAL PRACTICE

Suite 304

### A02-1 Outpatient Pharmacologic Weaning for Neonatal Abstinence Syndrome

**Authors:** Jodie Murphy-Oikonen, HBSW, MSW, PhD; Karen McQueen, RN, PhD

**Purpose:** The purpose of this presentation is to critically review the existing literature regarding the efficacy and safety of outpatient pharmacologic weaning for infants with NAS.

#### Learning Objectives:

- Discuss the efficacy and safety of an outpatient pharmacologic treatment approach for infants with Neonatal Abstinence Syndrome.
- Describe neonatal outcomes associated with outpatient pharmacologic treatment of Neonatal Abstinence Syndrome.
- Advocate for the development of safety protocols/guidelines for infants with Neonatal Abstinence Syndrome who receive home weaning.

**Presenters:** Jodie Murphy-Oikonen, School of Social Work, and Karen McQueen, School of Nursing, Lakehead University, Thunder Bay ON

### A02-2 Adaptation and Evaluation of the Nurse-Family Partnership Program Within Canadian Public Health Units: Translating for a New Context

**Authors:** Lenora Marcellus, PhD, MN, BSN, RN; Karen MacKinnon, PhD, MN, BSN, RN; Susan Jack, PhD, RN; Andrea Gonzales, PhD; Nicole Catherine, PhD; Debbie Sheehan, MN, RN; Charlotte Waddell, PhD; Natasha VanBorek, BA, MScPPH

**Purpose:** To provide an overview of the process of adapting and evaluating the Nurse-Family Partnership (NFP) program in Canada.

#### Learning Objectives:

- Identify key elements of the NFP public health nurse home visitation program.
- Describe adaptations that have been made to the NFP to fit the intervention to the Canadian social, cultural, and geographical context.
- Discuss progress to date in the three research studies related to provincial implementation of the NFP in British Columbia - a randomized control trial, a biological outcomes adjunct study, and a process evaluation.

**Presenters:** Lenora Marcellus and Karen MacKinnon, University of Victoria School of Nursing, Victoria BC

## A03 - KNOWLEDGE TRANSLATION

Suite 302

### A03-1 Impact of the Helping Babies Survive Program on Neonatal Mortality and Stillbirth Rates: Findings from a Joanna Briggs Institute Systematic Review

**Authors:** Justine Dol, MSc; Marsha Campbell-Yeo, PhD, NNP-BC, RN; Gail Tomblin Murphy, PhD, RN; Megan Aston, PhD, RN; Douglas McMillan, MD, FRCPC; Brianna Richardson, BScN, RN

**Purpose:** To evaluate the impact of the Helping Babies Survive Program on neonatal mortality rates and stillbirth rates.

#### Learning Objectives:

- Understand the impact on newborn mortality rates after Helping Babies Breathe training in healthcare providers.
- Understand the impact on stillbirth rates after Helping Babies Breathe training in healthcare providers.

- Understand how the Joanna Briggs Institute Systematic Review was used to conduct this review.

**Presenter:** Justine Dol, PhD Health Program, Dalhousie University, Halifax NS

#### **A03-2 Look Before You Leap: Coast to Coast Responses to the Recommended Changes for Newborn Eye Prophylaxis**

**Authors:** Janet Walker, RN, MSN, PNC(C); Leeanne Lauzon, RN, MSc, PNC(C)

**Purpose:** This session will consider the complexity of the impacts of the 2015 Canadian Paediatric Society (CPS) Position Statement "Preventing Ophthalmia Neonatorum", and describe how these have been addressed in Nova Scotia and British Columbia.

##### **Learning Objectives:**

- Review ophthalmia neonatorum and examine the impact of proposing practice change.
- Examine the different provincial approaches to the CPS position statement key recommendations.
- Explore where we go from here.

**Presenters:** Janet Walker, Perinatal Services BC, Vancouver BC; and Leeanne Lauzon, Reproductive Care Program of Nova Scotia, Halifax NS

### **A04 - LABOUR AND BIRTH**

Suite 303

#### **A04-1 Enhanced Recovery After Caesarean Section: The Journey Begins**

**Authors:** Christine Finnbogason, RN, BSc, BN, MN, PNC(C); Heather Elands, RN, BN, PNC(C); Elizabeth Reddoch, RN, BN

**Purpose:** Enhanced recovery after surgery (ERAS) protocols have been implemented in a number of different surgical specialties. These protocols have been shown to reduce patient morbidity and decrease hospital length of stay. The use of ERAS protocols has begun in the UK over the last few years. The purpose of this presentation will be to share our collaborative multidisciplinary process of implementing the innovative and evidence-based practice of ERAS in our regional obstetrical program.

##### **Learning Objectives:**

- Describe the multidisciplinary journey of implementing ERAS protocols for elective caesarean births within our regional program.
- Review the philosophy of ERAS and potential implications for obstetrical patients.
- Share resources that were developed to support enhanced recovery after caesarean births.

**Presenters:** Christine Finnbogason and Heather Elands, Women's Hospital Health Sciences Centre, Winnipeg MB

#### **A04-2 Including a Safety Checklist in a Revised Induction Process**

**Authors:** Nancy Watts, RN, MN, PNC(C); Kim Moran, RN, MScN, PNC(C); Wendy Whittle, MD, PhD; Joanne MacKenzie, RN, MScN

**Purpose:** The revision of any process involves reviewing the current process and then considering possibilities. The process of induction from booking to cervical ripening to use of oxytocin was revised to reflect current best practices taking into account staff feedback and concerns regarding barriers and challenges. The purpose of this presentation is to describe our process, share what we have learned about readiness for change and innovative solutions including a safety checklist to be used as a communication and documentation tool.

##### **Learning Objectives:**

- Describe best practices for cervical ripening and use of oxytocin.

- Explain root cause analysis in relation to use of oxytocin.
- Understand the safety aspects of a checklist to encourage documentation and communication.

**Presenter:** Nancy Watts, Sinai Health System, Toronto ON

### **A05 - GLOBAL HEALTH**

Suite 306

#### **A05-1 Experiences of Pregnancy Complications: Voices from Central Haiti**

**Author:** Marion Alex, RN, MN

**Purpose:** The study purpose was to explore and gain insight into the lived experience of skilled birth attendants (saj fanm), traditional birth attendants (matwon) and postpartum mothers in Haiti, with a focus on their experience with complicated pregnancy and birth.

##### **Learning Objectives:**

- Increase participants' appreciation for global maternal/newborn health realities, including rates of maternal and neonatal mortality and their underlying causes.
- Identify connections between the health of women and newborns in Haiti and the nation's history and political economy.
- Develop insight into the realities -- challenges and opportunities -- of 'safe motherhood' through the stories of Haitian front-line maternity workers and mothers.

**Presenter:** Marion Alex, St. Francis Xavier University, Antigonish NS

#### **A05-2 The Experiences of Nurse-Midwives and Obstetricians Delivering Postpartum Care with Limited Resources in Tanzania**

**Authors:** Danielle Macdonald, RN, BA, BScN, MN, PhD(c); Megan Aston, PhD, RN; Keisha Jefferies, PhD (student), MN, BScN, RN; Sheri Price, PhD, RN; Columba Mbekenga, PhD, RN; Thecla Kohi, PhD, RN; Gail Tomblin Murphy, PhD, RN; Shawna O'Hearn, MA, MSc; Lilian Mselle, PhD, RN; Maureen White, MN, RN

**Purpose:** To present the findings of a feminist poststructuralist study, which explored the experiences of nurse-midwives and obstetricians in the provision of postpartum care in Tanzania.

##### **Learning Objectives:**

- Identify resources which influenced the delivery of postpartum care in Tanzania.
- Develop an understanding of how social and institutional discourses may have influenced the ways that nurse-midwives and obstetricians provided postpartum care in Tanzania.
- Recognize the need for equitable access to adequate resources in order to provide postpartum care for women and their families throughout the world.

**Presenters:** Danielle Macdonald, University of Ottawa School of Nursing, Ottawa ON; Megan Aston, and Keisha Jefferies, Dalhousie University School of Nursing, Halifax NS

**1215-1330** Lunch / Exhibits  
Room 200B

**1310-1340** **Medicine and Migration at Pier 21**  
**Room 200A**

Medical screening and care were critical parts of the immigrant experience to Canada, and vital public health protections for the city of Halifax. However, the city's immigration medical sites - notably the hospital and clinic at Pier 21, and the quarantine station on Lawlor's Island - are not well-known. From Tolstoy's sponsorship of Russian refugees to dealing with tubercular patients in the post-war era, Halifax's immigration medical services made the entry of millions of immigrants to Canada possible.

**Presenter:** Steven Schwinghamer, MA, Historian, Canadian Museum of Immigration at Pier 21



*Steven Schwinghamer is a historian at the Canadian Museum of Immigration at Pier 21. His research interests include the history of Pier 21 and inclusion and exclusion in Canadian immigration policy. He is affiliated with the Gorsebrook Research Institute at Saint Mary's University, the Centre for Oral History and Digital Storytelling at Concordia University, and the Landscapes of Injustice project.*

### 1340-1410 Plenary Keynote / Conférence principale - Women's Health Room 200A

#### Avalon Sexual Assault Centre and the Impact of Sexualized Violence

This presentation will provide an overview of the programs and services offered by Avalon Sexual Assault Centre and address sexual assault statistics and issues relevant in the Halifax Region and in Nova Scotia. The presentation will also include a discussion of the impacts of sexualized violence on physical and mental health, the cost of sexualized violence to the health care system and provide a trauma informed feminist analysis of sexualized violence as a women's health issue.

**Presenter:** Jackie Stevens, M.A. Sociology, Executive Director, Avalon Sexual Assault Centre



*Jackie Stevens has worked with Avalon Sexual Assault Centre for the past 20 years. She is currently the Executive Director but served as the Coordinator of Community/Legal Education and Professional Training for 16 years. During that time, Jackie assisted with the development and implementation of the Avalon Sexual Assault Nurse Examiner (SANE) Program and has provided professional training for first responders and health care providers including pregnancy and childbirth practitioners.*

### 1415-1515 Concurrent Sessions B (two 30 minute presentations in each session)

#### B01 - RESEARCH AND WOMEN'S VOICES

Suite 306

##### B01-1 Enhancing Perinatal Bereavement Care in Ontario: Results of a Provincial Needs Assessment

**Author:** Michelle La Fontaine, B.A.A., CLStDipl.

**Purpose:** Each year in Ontario approximately 37,000 families experience pregnancy and infant loss. Within the healthcare system, many of these families do not receive timely, compassionate, and informed care. This presentation will highlight a provincial needs assessment undertaken between January and March 2017. Over the course of three months, in-person focus groups were held in 14 rural, urban, and First Nations communities with bereaved families and care providers. An online survey for bereaved families also ran concurrently. This session will describe the findings from the focus groups and online survey, and will engage and stimulate participants' thinking about possible innovative ways to address existing gaps in care in their own settings to advance the care of families who experience perinatal bereavement. The session will also highlight advocacy work undertaken by nurses and a peer support organization during the passing of provincial legislation aimed at protecting the needs of families experiencing perinatal loss, the first of its kind in North America.

#### Learning Objectives:

- Gain greater knowledge about the unique care needs of this population.

- Describe the process of implementing a provincial needs assessment and the results of same.
- Share adaptable innovative strategies for implementing family-centred supports for this population.

**Presenter:** Michelle La Fontaine, Sunnybrook Health Sciences Centre, Toronto ON

##### B01-2 Adding the "First Voice": The Inclusion of Community Members on Maternal Child Health Research Teams

**Authors:** Claire Gallant, Mother, MMus, HonBMus; Erna Snelgrove-Clarke, RN, PhD; Cynthia Mann, RN, MHA, MN, IBCLC

**Purpose:** The purpose of the presentation is to discuss the innovative approach of adding community members to interdisciplinary research teams in maternal child health, including the benefits and challenges of this initiative.

#### Learning Objectives:

- Describe the potential roles community members can play on research teams.
- Become familiar with tools that can be implemented when including and supporting community members/non health care providers in both clinical and research initiatives.
- Understand how clinical outcomes, most specifically breastfeeding outcomes, can be improved through the inclusion of mothers and community members in the research process.

**Presenters:** Claire Gallant and Cynthia Mann, IWK Health Centre, Halifax NS

#### B02 - PROMOTING HEALTH IN UNIQUE POPULATIONS

Suite 304

##### B02-1 Understanding Perinatal Food Choices of African-Canadian Immigrant Women: A Photovoice Study

**Authors:** Josephine Etowa, PhD, MN, BScN, RM, RN, FWACN; Salma Debs-Ivall, PhD, RN

**Purpose:** This paper presents findings of a study that examined how health practices of immigrant women affect their food choices and practices during the perinatal period.

#### Learning Objectives:

- Describe ethno-cultural food choices and practices of Canadian immigrant women of African and Caribbean descent during the perinatal period.
- Explain how health beliefs and practices of immigrant women affect their food choices and practices during the perinatal period.
- Discuss the implications of study findings for perinatal care.

**Presenter:** Josephine Etowa, University of Ottawa Faculty of Health Sciences, Ottawa ON

##### B02-2 Informed Advocacy: Nurses Providing Woman, Family, and Community-Centred Care

**Authors:** Karen MacKinnon, RN, MScN, PhD; Pertice Moffitt, RN, BScN, MN, PhD

**Purpose:** To share an empirically derived Informed Advocacy framework that may be helpful for nurses.

#### Learning Objectives:

- Explore how nurses can use this framework to provide woman, family and community-centred care.
- Discuss a practice story that will be analyzed using the Informed Advocacy Framework

- Reflect on our experiences and discuss how this framework might inform nursing education and practice.

**Presenters:** Karen MacKinnon, School of Nursing, University of Victoria, Victoria BC; and Pertice Moffitt, Health Research Programs, Aurora Research Institute/Aurora College, Yellowknife NT

### B03 - BREASTFEEDING AND BREASTMILK Suite 302

#### B03-1 Investigating the Effectiveness of a Breastfeeding Education Session Delivered in the Secondary School Reproductive Curriculum on the Breastfeeding Knowledge, Attitude and Intentions of Grade 9 and 10 Female Students

**Authors:** Celina Reyes, BHSc, MHSc (student); Jennifer Abbass-Dick, RN, BNSc, MN, PhD

**Purpose:** The purpose of this study was to determine the effectiveness of a breastfeeding education session delivered with the reproduction curriculum in grade 9 and 10 health class on breastfeeding intention, knowledge and attitude. Students' feedback on the session was also obtained.

##### Learning Objectives:

- Discuss why breastfeeding education should be added to the secondary school reproductive health curriculum.
- Describe the breastfeeding workshop designed to meet the needs of grade 9 and 10 female secondary school students.
- Present the findings regarding the impact the breastfeeding education session had on grade 9 and 10 female students' breastfeeding knowledge, attitude and intentions.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology Health Sciences Faculty, Oshawa ON

#### B03-2 The Influence of the Childbirth Process on Breastfeeding Duration and Exclusivity in PEI

**Authors:** Janet Bryanton, RN, PhD, PNC(C); Rosemary Drake, BN, RN, IBCLC; Donna Walsh, BN, RN, PNC(C), IBCLC; Patrice Drake, BSc, RN, PhD(c); Kathy Larter, RN; William Montelpare, PhD

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

##### Learning Objectives:

- Identify the key features of Baby Friendly and Mother Friendly initiatives.
- Identify the effect of factors related to the childbirth process on the duration of breastfeeding at 2 weeks and 2 and 6 months post-birth.
- Identify the effect of factors related to the childbirth process on breastfeeding exclusivity at 2 weeks and 2 and 6 months post-birth.

**Presenters:** Janet Bryanton and Patrice Drake, University of PEI School of Nursing, Charlottetown PE

### B04 - LABOUR AND BIRTH Suite 303

#### B04-1 An Interdisciplinary Approach to Address Induction of Labour: The Implementation of 3 New Practices

**Authors:** Christine Finnbogason, RN, BSc, BN, MN, PNC(C); Heather Elands, RN, BN, PNC(C); Elizabeth Reddoch, RN, BN

**Purpose:** The purpose of this presentation is to discuss the implementation of three new practices in the Winnipeg Regional Health Authority to improve patient safety and patient flow in relation

to our induction of labour process. We will examine the collaborative interdisciplinary team approach utilized to create the guidelines for these practices and introduce them into clinical practice.

##### Learning Objectives:

- Discuss the collaborative interdisciplinary team approach used to address concerns related to the induction of labour process in the Winnipeg Regional Health Authority. Benefits of utilizing a collaborative interdisciplinary approach will be highlighted.
- Outline the current state options for induction of labour before the project began and gaps that were identified.
- Introduce three new practices implemented in the Winnipeg Regional Health Authority: Outpatient Cervidil, Vaginal Misoprostol and Oral Titrated Misoprostol.

**Presenters:** Christine Finnbogason and Heather Elands, Women's Hospital Health Sciences Centre, Winnipeg MB

#### B04-2 Factors Considered by Maternity Care Providers When Counselling Pregnant Women with a Previous Caesarean Section on Delivery Method

**Authors:** Wendy Sword, RN, PhD; Christine Kurtz Landy, RN, PhD; Jackie Cramp, MSc; Jamie Dawdy, RN, MSc; Sarah McDonald, BA, MD, FRCSC, MSc; Anne Biringer, MD, CCFP, FCFP; Birth Methods Study Team

**Purpose:** The purpose of this study was to explore factors maternity care providers consider when counselling pregnant women with a previous caesarean section, who are eligible for a trial of labour, on delivery method.

##### Learning Objectives:

- Reiterate the SOGC guideline for offering a trial of labour with one previous transverse low-segment Caesarean section and the supporting evidence.
- Identify key factors maternity care providers consider when counselling women on delivery method.
- Describe the nurse's role in relation to SOGC guideline for offering a trial of labour and the factors considered by maternity care providers.

**Presenter:** Wendy Sword, University of Ottawa School of Nursing, Ottawa ON

### B05 - PRENATAL AND POSTPARTUM CARE INNOVATIONS Suite 301

#### B05-1 Preparing to Become a Parent... Before Baby's Arrival - An Innovative Strategy

**Authors:** Lauren Rivard, RN, MSc; Christina Cantin, RN, MScN, PNC(C); Marie-Josée Trépanier, RN, BScN, MEd, PNC(C)

**Purpose:** To describe the process of co-designing a postnatal planning tool for new parents to assist with the transition home from hospital after birth. This innovative project, which is currently in progress, has engaged new and expectant parents as well as perinatal care providers in developing a tool to assist parents to plan and be prepared for their transition to parenthood. The tool will be piloted with partner organizations in the Fall of 2017 to determine if the completion of the tool increases new parents perceptions of readiness for discharge home following birth.

##### Learning Objectives:

- Describe the importance of collaborating with new and expectant parents in developing tools for their use.
- Describe the process of developing a 'Postnatal Planning' tool to enhance transition to parenthood.

- Understand the importance of collaboration between hospital and community perinatal care providers and new and expectant parents to optimize transition to home following birth.

**Presenter:** Lauren Rivard, Champlain Maternal Newborn Regional Program, Kingston ON

### **B05-2 Acknowledging Diverse Needs: Home in the Hospital (Hospitality) Program for High Risk Antenatal Women/Families**

**Authors:** Nancy Watts, RN, MN, PNC(C); Joanne Mackenzie, RN, MScN; Nely Amaral, RN, BScN; Lindsay Pollard, RN, MScN; Valerie Glasgow, RN, BN; Rose Owen, RN, BScN

**Purpose:** The purpose of this presentation is to provide information on an innovative, evidence-based practice from conception to implementation and evaluation: creation of hospitality rooms for antenatal patients.

#### **Learning Objectives:**

- Understand the benefits of having antenatal women close to hospital but not admitted.
- Understand the steps in implementation including creation of a waiver, development of a process of check-in and out and appropriate safety measures.
- Provide evaluation data on a new process and future steps.

**Presenter:** Joanne Mackenzie, Mount Sinai Hospital, Toronto ON

**1515-1545** Refreshment Break / Exhibits  
Room 200B

**1545-1715** **Concurrent Sessions C (two 45 minute presentations in each session)**

## **C01 - HEALTH SERVICES**

Suite 306

### **C01-1 Engaging Frontline Staff to Optimize Quality Improvement and Performance**

**Authors:** Michelle O'Connor, RN, BScN, MN, PNC(C); Claudia Browne-Bynoe, RN, BScN; Beverly St. Martin, RN, BScN, MHSc; Tharshini Kamalachandra, BASc

**Purpose:** The purpose of this presentation is to showcase one organization's strategy to optimize the integration of innovation into quality improvement and performance in the perinatal setting.

#### **Learning Objectives:**

- Understand the importance of displaying unit-specific data in a meaningful way.
- Utilize Pareto charts to understand unit-specific barriers to process measures.
- Apply tools to engage staff to improve performance and outcome measures.

**Presenters:** Michelle O'Connor, Claudia Browne-Bynoe, and Beverly St. Martin, Scarborough and Rouge Hospital, Scarborough ON

### **C01-2 Saskatoon Health Region's Journey to Single Room Maternity Care**

**Authors:** Leanne Smith, RN, BSN, MHA, CHE; Jade Odermatt, RN, BScN

**Purpose:** The purpose of this presentation is to share with the audience how the Saskatoon Health Region has used lean tools to engage care providers in developing the model of care for the new maternal and children's hospital scheduled to open in 2019 in Saskatoon. The Maternal Care Unit in the hospital will consist of 49 single room maternity care rooms which is a large departure from the current model with separate Labour and Birth and Post-Partum Units.

#### **Learning Objectives:**

- Understand how lean methodologies can be used to develop a model of care.
- Understand how staff and physician engagement can assist in changing a culture.
- Describe how single room maternity care will be operationalized in a large tertiary hospital.

**Presenter:** Leanne Smith, Saskatoon Health Region, Saskatoon SK

## **C02 - NEONATAL PRACTICE AND BREASTFEEDING**

Suite 304

### **C02-1 Optimizing Direct Breastfeeding at Discharge for Preterm Infants in the Neonatal Intensive Care Unit (NICU): A Comparison of the Effect of Duration of Protected Time**

**Authors:** Janine McClure, RN, IBCLC; Marsha Campbell-Yeo, PhD, NNP-BC, RN; Joyce Ledwidge, Pdt; Souvik Mitra, MD, RCPC Affiliate (Neonatal-Perinatal Medicine), MSc (student); Brenda Hewitt, MN, NP (Family/All Ages), CNCCP(c), IBCLC; Darlene Inglis, RN, BScN, MN, IBCLC

**Purpose:** To determine if protected breastfeeding time (without introduction of other oral feeding methods) for mothers and their stable preterm infants increases direct breastfeeding at discharge.

#### **Learning Objectives:**

- State the importance of direct breastfeeding for infants and mothers.
- Explain the concept of protected breastfeeding time for infants in the NICU.
- Identify the key factor that impacts the initiation of oral feeding for infants in the NICU.

**Presenter:** Janine McClure, IWK Health Centre, Halifax NS

### **C02-2 Building a Virtual Community of Practice to Enhance the Uptake of Evidence-Based Nursing Care Practices in Quebec NICUs: The CVP-Neon@t**

**Authors:** Sonia Semenic, RN, PhD; Marilyn Aita, RN, PhD; Nancy Feeley, RN, PhD; Laura Haiek, MD, MPH; Marjolaine Héon, RN, PhD; Kathleen Lechasseur, RN, PhD; Geneviève Roch, RN, PhD; Lise Talbot, RN, PhD

**Purpose:** The purpose of this presentation is to describe the development and implementation of a virtual community of practice (CoP) for NICU nurse leaders in Quebec (CVP-Neon@t). The CoP supports the implementation of four key evidence-based neonatal nursing care practices: promotion of exclusive breastfeeding, skin-to-skin care, developmental care, and family involvement in care.

#### **Learning Objectives:**

- Discuss the concept of "community of practice" as a knowledge translation strategy.
- List the steps involved in developing and implementing a nursing community of practice (CoP).
- Discuss the impact of implementing a province-wide CoP on neonatal nursing care practices and outcomes.

**Presenter:** Sonia Semenic, Ingram School of Nursing, McGill University, Montreal QC

## **C03 - INNOVATIVE EDUCATIONAL APPROACHES**

Suite 302

### **C03-1 The Blanket Exercise: An Innovative Educational Tool for Teaching Culturally Safe Nursing Practice**

**Author:** Elizabeth White-MacDonald, RN, BScN, MN

**Purpose:** To describe an experience implementing the Blanket Exercise;

an educational innovation where students were provided an opportunity to participate in a culturally specific participatory action learning opportunity relevant to the history of Indigenous colonization and to apply the knowledge gained to culturally appropriate registered nursing practice.

**Learning Objectives:**

- Understand the student experience of an Indigenous colonization-related participatory action activity in an undergraduate nursing course.
- Discuss the outcomes associated with the student experience to promote culturally safe registered nursing practice.
- Discuss how this new-found knowledge can be utilized to promote collaboration with Indigenous Peoples within registered nursing practice with the aim of improving the health and wellbeing of women, children and families.

**Presenter:** Elizabeth White-MacDonald, MacEwan University, Edmonton AB

**C03-2 "What's It Really Like?": An Innovative Strategy for Building Capacity and Sharing Tacit Knowledge with BScN Students Interested in Perinatal Nursing and Reproductive Health**

**Authors:** Anne Simmonds, RN, PhD; Manjit Dhanoa-Yasi, RN, MN; Melissa Kaups, HBA

**Purpose:** This presentation aims to stimulate reflection and discussion about strategies to promote much needed capacity building, networking and knowledge sharing in the preparation of future perinatal and reproductive health nurses.

**Learning Objectives:**

- Understand the factors influencing education and training of pre-licensure BScN students in the areas of perinatal nursing and reproductive health.
- Describe the process of developing and implementing a collaborative student-faculty initiative to address current gaps in educational opportunities.
- Identify specific strategies for increasing capacity for training and educating future perinatal nurses within their educational and practice-based settings.

**Presenters:** Anne Simmonds, Manjit Dhanoa-Yasi, and Melissa Kaups, University of Toronto, Toronto ON

**C04 - COLLABORATIVE PRACTICE**

Suite 301

**C04-1 Collaboration Between Midwives and Nurses in Canada: Past, Present, and Future**

**Authors:** Danielle Macdonald, BA, BScN, MN, PhD(c), RN; Josephine Etowa, PhD, RN, RM, FWACN

**Purpose:** To stimulate discussion about the importance of collaboration between midwives and nurses in Canada and to explore how this collaborative relationship can strengthen collaborative birthing care for maternal-newborn health care in Nova Scotia, and in Canada.

**Learning Objectives:**

- Describe the histories of midwifery and nursing in Canada, and specifically in Nova Scotia.
- Explore different and innovative collaborative relationships between midwives and nurses in Canada.
- Recognize that collaboration between midwives and nurses has the potential to address inequities in the delivery of low-risk perinatal health care in Canada.

**Presenter:** Danielle Macdonald, University of Ottawa School of Nursing, Ottawa ON

**C04-2 "It Takes a Village": Case Presentations of Nurses and Midwives Working in Multidisciplinary, Collaborative Teams to Provide Equitable Care to Women Accessing Maternity Services in Peri-Urban Rwanda**

**Authors:** Erica Corbett, Senior Midwifery Student, MSc Epidemiology; Ruth Tuyisenge, RM; Isaac Muwambya, Community Health Care Worker

**Purpose:** The purpose of this presentation is to share experiences and best practices of a multidisciplinary team working in a peri-urban area just outside Kigali, Rwanda with the aim to show how these collaborative partnerships improve care and outcomes for women antenatally and postpartum.

**Learning Objectives:**

- Understand how to communicate effectively and across cultural differences between different members of a healthcare team.
- Carefully create relationships for multidisciplinary work in the participant's own practice.
- Apply lessons learned as part of the presentation to provide the highest level of evidence-based collaborative care.

**Presenter:** Erica Corbett, National College of Midwifery (USA), Halifax NS

**C05 - BEREAVEMENT AND PERINATAL LOSS**

Suite 303

**C05-1 Integration of a Perinatal Loss Registered Nurse (RN) to Improve Compassionate and Sensitive Care for Women and Families Experiencing a Pregnancy Loss**

**Authors:** Danita Lang, RN, BScN, PNC(C); Leah Thorp, BScN, MN, RN, PNC(C)

**Purpose:** The purpose of this presentation is to share the conceptualization and implementation of an innovative RN position which ensures best practice guidelines for perinatal loss. This presentation will provide details of the integration of an innovative position including the challenges and benefits of providing sensitive care during a specific time.

**Learning Objectives:**

- Understand the evidence informed practices and care necessary during any perinatal loss but specifically between 15 - 22 weeks.
- Apply knowledge to current practices regarding the registered nurse's specific contribution in providing perinatal loss care during a vulnerable period.
- Describe the innovative registered nurse position within an organization that contributes to improved care of women and families experiencing a perinatal loss between 15 - 22 weeks' gestation.
- Compile information to develop and implement other innovative positions/programs specific to perinatal loss with the challenges and benefits experienced while establishing the perinatal loss registered nurse position in the Regina Qu'Appelle Health Region.

**Presenters:** Danita Lang and Leah Thorp, Regina Qu'Appelle Health Region, Regina SK

**C05-2 Recommendations for the Provision of Compassionate Care for Early Pregnancy Loss in Emergency Departments (2017)**

**Authors:** France Morin, RN, BScN, MScN; Doreen Day, MHSc, CHE; Olha Lutsiv, MScPH; Laura Zahreddine, RN, BScN, MN

**Purpose:** To inform CAPWHN members of the recommendations for the provision of compassionate care for early pregnancy loss in Emergency Departments.

**Learning Objectives:**

- Describe the methodology used to develop new evidence-based recommendations.

- Provide overview/summary of the new evidence-based recommendations.
- Apply the recommendations in their practice when caring for families experiencing an early pregnancy loss in the Emergency Department.

**Presenters:** France Morin, Champlain Maternal Newborn Regional Program, Ottawa ON; and Laura Zahreddine, Provincial Council for Maternal and Child Health, Toronto ON

**1715-1800 Poster Presentations (Block 1 of 2), see page 25 Suite 202/203**

**1800-2000 Opening Reception with Exhibitors / Réception d'ouverture avec les exposants Room 200B**

Join your CAPWHN colleagues for networking with the conference exhibitors, hors d'oeuvres and an opportunity to enjoy the beautiful sounds of the Celtic harp, played by Ellen Gibling, an accomplished performer in orchestral, chamber, Irish, and pop music.

## DAY 2 - Friday October 13 / Le vendredi 13 octobre

**0700-0900** Registration / Breakfast / Exhibits  
Room 200B

**0800-0900** Annual General Meeting (CAPWHN Members) /  
Assemblée générale annuelle (membres de CAPWHN)  
Room 200A

**0900-1000 Plenary Keynote / Conférence principale - Perinatal Sexual Health Room 200A**

### Risk and Protective Factors for the Perinatal Sexual Health of Women and Couples

The transition to parenthood - from pregnancy through the first year postpartum - presents many unique joys and challenges to new parents, including changes to their sexual relationship. This presentation will highlight the prevalence and significance of sexual concerns - such as genito-pelvic pain, sexual dysfunction, and sexual distress - faced by women and couples in both pregnancy and postpartum. The presentation will outline research examining several risk and protective factors for genito-pelvic pain, sexual function and satisfaction, and relationship well-being during this period. Importantly, considering perinatal sexual health from a couple's perspective (i.e. including the partner) will be emphasized. Potential clinical applications of this research will also be discussed.

#### Learning Objectives:

- Identify common sexual concerns of both new mothers and their partners, relevant to the perinatal period.
- Recognize psychological predictors of pain, sexual, and relationship well-being in pregnancy and postpartum.
- Consider ways to assess and offer brief intervention to new parents who are struggling with their sexual relationship in pregnancy or postpartum.

**Presenter:** Natalie Rosen, PhD, R Psych, Assistant Professor, Departments of Psychology and Neuroscience, Obstetrics & Gynaecology, Dalhousie University, Halifax NS



*Dr. Natalie Rosen is an Associate Professor of Clinical Psychology in the Departments of Psychology and Neuroscience and Obstetrics and Gynaecology at Dalhousie University, Halifax, Nova Scotia. She completed her doctoral work at McGill University in 2009 followed by a post-doctoral fellowship at the Université de Montréal in 2012. Dr. Rosen's research interests focus on*

*understanding how individuals, and especially couples, cope with sexual health problems, particularly in the transition to parenthood. Her goal is to identify predictors of sexual and relationship well-being of new parents over time, and then to translate her findings into interventions aimed at enhancing couples' well-being. She is an Associate Editor of the journal "Archives of Sexual Behavior" and has published over 50 peer-reviewed articles and book chapters on sexual health and relationships. Dr. Rosen's research is currently funded by the Canadian Institutes of Health Research, the Nova Scotia Health Research Foundation, the Social Sciences and Humanities Research Council, the IWK Health Centre, and the Canadian Foundation for Innovation.*

**1000-1030** Refreshment Break / Exhibits

**1030-1200 Concurrent Sessions D (two 45 minute presentations in each session)**

## D01 - WOMEN'S HEALTH

Suite 302

### D01-1 A Gateway for Enhanced Patient Recovery: The Implementation of Enhanced Recovery After Surgery (ERAS) Protocols Within a Gynecological Surgery Program

**Authors:** Jennifer Cumpsty, RN, BN; Christine Finnbogason, RN, BN, MN; Elizabeth Reddoch, RN, BN

**Purpose:** The purpose of this presentation is describe the principles of Enhanced Recovery After Surgery (ERAS) and how it applies to the gynecological surgery patient and to share our journey of implementing ERAS through our Women's Health program.

#### Learning Objectives:

- Review the evidence-based ERAS guidelines for Gynecologic/Oncologic surgery
- Describe the implementation and evaluation of ERAS guidelines and share lessons learned through this collaborative multidisciplinary journey.
- Discuss the continuation and expansion of ERAS into our Regional Gynecology Surgery program.

**Presenter:** Jennifer Cumpsty, Women's Hospital Health Sciences Centre, Winnipeg MB

### D01-2 Promoting Equity and Access to Sexual Health: Dalhousie University Mobile STI Clinic

**Authors:** Allison MacFadden, BScN (Student); Krista Shanks, BScN (Student); Martha Paynter, BScN (Student); Pauline Surkan, BScN (Student); Christina Elgee, RN, Student Health Outreach Nurse; Jennifer Searle, RN, Clinical Instructor

**Purpose:** Describe a weekly mobile STI screening clinic and complimentary education and advocacy that promotes equity and access to sexual health at Dalhousie University.

#### Learning Objectives:

- Identify that mobile STI screening clinics using a self-collection method can improve the sexual health of women ages 15-29 by improving access to screening, normalizing STI screening, offering safe sex education, expediting diagnosis and treatment, and reducing transmission rates.
- Recognize that the lack of structural inclusivity can be a barrier to accessing services in the community and see that nurses can advocate for change.
- Assess personal exposure to inclusive education and question how this impacts the provision of equitable care.

**Presenters:** Allison MacFadden and Krista Shanks, Dalhousie University School of Nursing, Halifax NS

## D02 - PARENTAL SUPPORT NETWORKS AND BREASTFEEDING Suite 301

### D02-1 Through the Eyes of "The Canadian Nurse": Major Trends in Maternal Infant Health and Nursing in Canada, 1905-2015

**Author:** Lenora Marcellus, PhD, MN, BSN, RN

**Purpose:** The purpose of this historical study was to identify key national trends in maternal-infant health and nursing practice over the past century, from 1905 to 2015, the life cycle of the Canadian Nurse journal.

#### Learning Objectives:

- Identify major historical themes in maternal-infant nursing practice.
- Explore the social factors that influenced this practice.
- Describe how nurses can be involved in preserving and sharing maternal-infant nursing history.

**Presenter:** Lenora Marcellus, University of Victoria, Victoria BC

### D02-2 Meeting the Postpartum Needs of Mothers Through Social Networks: Envisioning Future Possibilities for Practice

**Authors:** Joelle Monaghan, MN, RN; Megan Aston, PhD, RN; Sheri Price, PhD, RN; Josephine Etowa, PhD, RN; Andrea Hunter, PhD; Gail Tomblin Murphy, PhD, RN; Meaghan Sim, PhD, RD; Sionnach Lukeman, MScN, RN

**Purpose:** To present the findings of our CIHR bridge funded study, MUMs: Mapping and Understanding Mothers' Social Networks and provide direction for nurses and other health care providers to maximize maternal-newborn outcomes in Nova Scotia through accessible, effective and coordinated postpartum care.

#### Learning Objectives:

- Discuss how first time mothers in Nova Scotia experience, access and navigate information and support through social networks.
- Identify where first time mothers go for postpartum information and support in Nova Scotia.
- Discuss how postpartum supports and services should be socially and institutionally constructed to meet the diverse needs of first time mothers in Nova Scotia.

**Presenters:** Joelle Monaghan, Megan Aston, and Sheri Price, Dalhousie University School of Nursing, Halifax NS

## D03 - LABOUR AND BIRTH Suite 303

### D03-1 Barriers and Facilitators to Birth Without Epidural in a Tertiary Obstetric Referral Centre: Perspectives of Health Care Professionals and Patients

**Authors:** Alyssa Knox, BA, MSc(A) (Student); Geneviève Rouleau, MIPH, MSc(A) (Student); Sonia Semenic, RN, PhD; Malisa Khonghkhram, RN, MScN; Luisa Ciofani, RN, MSc(A), IBCLC, PNC(C)

**Purpose:** In this study, healthcare professionals and patients identified contextual factors which they felt influenced the use of epidural analgesia in a tertiary obstetric care setting. The presenters will describe these findings, and will discuss recommendations to improve support for birth without epidural in this context.

#### Learning Objectives:

- Describe key factors that may influence epidural use in high-risk obstetrical care settings.
- Critically analyse differences in patients' and health care professionals' understandings of the birthing experience.
- Discuss recommendations for supporting birth without epidural in high-risk obstetrical units.

**Presenter:** Alyssa Knox, McGill University Ingram School of Nursing, Montreal QC

### D03-2 Birthing with Balls!

**Authors:** Stephanie Assouline, RN, BsN (Student); Irene Sarasua, RN, MSc(A), PNC(C), IBCLC; Nadine Fava, RN, BFA, MScA; Caroline Ball, RN, BScN, IBCLC

**Purpose:** The purpose of this presentation is threefold: 1) to present the evidence for the use of peanut balls with labouring women; 2) to describe the introduction of peanut balls in a tertiary care high-risk obstetrical referral centre; and 3) to discuss patient and healthcare provider satisfaction with the use of peanut balls for labour/labour support.

#### Learning Objectives:

- Gain knowledge of the state of the evidence on the use of peanut balls in labour, with particular relevance to their use among non-ambulatory labouring patients.
- Learn steps taken to implement peanut balls in a labour and delivery unit, including teaching workshops for both patients and nursing staff.
- Learn about patient and health care provider experiences and satisfaction with using peanut balls during labour.

**Presenters:** Irene Sarasua and Nadine Fava, Jewish General Hospital, Montreal QC

## D04 - HEALTH SERVICES Suite 304

### D04-1 Predictive Staffing Process: Aligning Human Resources with Patient Needs in a Post Partum Unit

**Authors:** Janet Sawatzky, RN; Karen Isbach, RN, BN

**Purpose:** To create a reliable, transparent, 24/7 shift to shift staffing process that identifies the staffing requirements for the oncoming shift to meet the patient needs and identifies any excess or additional staff to be utilized or deployed elsewhere in the program to minimize potential overtime situations.

#### Learning Objectives:

- Create opportunity for improvement through deep understanding of current state metrics.
- Identify the underlying principles for developing a predictive staffing process.
- Describe the importance of the Plan, Do, Study, Adjust Cycle in real time where the work is being done.

**Presenters:** Karen Isbach and Janet Sawatzky, St. Boniface General Hospital, Winnipeg MB

### D04-2 Are We Achieving Excellence? Cost Analysis for Methods of Screening and Preventing Newborn Jaundice

**Authors:** Stephanie McClean, RD, CDE, MPH (student); Krista Baerg, MD, FRCPC; Julie Smith-Fehr, RN, BScN, MN; Michael Szafron, PhD

**Purpose:** To assess the cost of transcutaneous bilirubin (TcB) method versus total serum bilirubin (TSB) method for newborn jaundice screening in hospital, urban and rural settings within a tertiary care centre and community follow-up program.

#### Learning Objectives:

- Compare the cost of TSB versus TcB screening method for newborn jaundice.
- Describe variables utilized in cost minimization analysis.

- Use research to inform evidence-based practice.

**Presenter:** Julie Smith-Fehr, Saskatoon Health Region, Saskatoon SK

## D05 - HEALTH PROMOTION IN UNIQUE POPULATIONS Suite 306

### D05-1 Strengthening Global Maternal-Child Health Research: A Case Study of a Canadian-Nigerian Partnership

**Authors:** Josephine Etowa, PhD, RN, RM, FWACN; Danielle Macdonald, RN, MN, PhD(c); Bagnini Kohoun, PhD

**Purpose:** To present the preliminary findings of a qualitative case study, which explored a nine-year partnership between maternal-child health researchers in Canada and Nigeria.

#### Learning Objectives:

- Describe the partnership between the Canadian and Nigerian maternal-child health researchers.
- Identify strategies used by those involved to maintain the research partnership.
- Identify facilitators for the successful collaboration and challenges experienced by maternal-child health researchers in both countries.

**Presenters:** Josephine Etowa, Danielle Macdonald, and Bagnini Kohoun, University of Ottawa School of Nursing, Ottawa ON

### D05-2 Healthy Beginnings Enhanced Home Visiting Program: An Overview of Nova Scotia's Home Visiting Program and Approach to Supporting Vulnerable Families

**Authors:** Kathryn Inkpen, BScN, RN; Janis Kay-Hatfield, MN, BScN, RN

**Purpose:** To describe Nova Scotia's approach to supporting vulnerable families using a blended model of Professional and Community Home Visitors. Tools used in the Healthy Beginnings Enhanced Home Visiting Program, evaluation strategies and family successes will be shared.

#### Learning Objectives:

- Explore the factors that place families at risk for poor child health outcomes and the tools and processes used to determine risk.
- Identify critical success factors and challenges in establishing and sustaining an intensive, long-term home visiting program.
- Discuss the results of a staged evaluation strategy, including an economic evaluation.

**Presenters:** Kathryn Inkpen and Janis Kay-Hatfield, Nova Scotia Health Authority, Public Health, Halifax NS

**1200-1300** Lunch / Exhibits  
Room 200B

**1300-1500** Specialty Sessions

## SS01 - BLADDER HEALTH Suite 304

### Conservative and Surgical Approaches to the Management of Urinary Incontinence and Pelvic Organ Prolapse

This specialty session on women's health will focus on pelvic floor dysfunction including urinary incontinence and pelvic organ prolapse. Both are common conditions and have a significant impact on women's quality of life. During this session we will review the types of urinary incontinence and compartments involved in pelvic organ prolapse and the conservative and surgical treatments options available. Our focus on conservative therapies will include pelvic floor physiotherapy and intra-vaginal devices for both pelvic floor conditions.

#### Learning Objectives:

- Understand the different types of urinary incontinence and pelvic organ prolapse and the available conservative and surgical treatment options.
- Become familiar with the role of pelvic floor physiotherapy for conditions of the pelvic floor.
- Participate in a hands-on demonstration of intra-vaginal devices used in the conservative treatment of urinary incontinence and pelvic organ prolapse.

**Presenters:** Marianne Pierce, BSc, MD, FRCS(C), Dalhousie University and IWK Health Centre, Halifax NS; and Stella Roy, PT, Bedford Health Centre, Bedford NS

*Dr. Marianne Pierce is currently an Assistant Professor in the Department of Obstetrics and Gynecology at Dalhousie University. She received her medical degree in 2003 from Dalhousie University and her Fellowship in Obstetrics and Gynecology from Queen's University in 2008. Since completing a clinical fellowship in Urogynecology and Pelvic Reconstructive Surgery at Dalhousie in 2010, she has been a member in the division of Urogynecology and Pelvic Floor Surgery at the IWK Health Centre in Halifax. She is actively involved with the SOGC through various committees including the Urogynecology Committee. Her clinical interests involve women's gynecologic health and in particular pelvic floor dysfunction secondary to childbirth.*



*Stella Roy has enjoyed her Women's Health physiotherapy practice at Bedford Orthopaedic Health Centre since 2000. She helps women with pelvic pain or pelvic support issues and provides them with treatment, exercise and education. Stella graduated from St Thomas' Hospital, London, UK with a Diploma in Physiotherapy and went on to work in Penticton, BC. She proceeded to Halifax to upgrade to a Physiotherapy degree at Dalhousie University in 1985 and has stayed here ever since.*

*Stella's other passion is International work with Rotary International. She has travelled to Nigeria, India and Madagascar with the END POLIO NOW campaign to vaccinate children and visit rehabilitation centres around the world for corrective surgery for Polio victims. She lives in Bedford and loves to hike with her dog Sailor and enjoys most water sports.*

## SS02 - LATE PRETERM Suite 301

### Late Preterm Infants: From Conception to Community

This specialty session will appraise best practice recommendations for late preterm infants, compared with current practices across Canada. Participants will consequently have the opportunity to hone their skills and will be equipped with tools to become agents of change in their home work setting. An additional value will be placed on the need to improve the trajectory of care.

#### Learning Objectives:

- Present an overview of current practice guidelines regarding care of healthy late preterm infants in hospital and transitioning to community care.
- Begin discussion regarding consolidation of care regarding these infants across Canada.
- Increase skill and competency of healthcare professionals regarding this population.

**Presenters:** Ginette Aucoin, RN, IBCLC, MScA, Conseillère cadre/Advanced Nursing Practice Consultant, Clientele 0- 18 years, Child-Family & School, Maison Bleue, Department of Nursing, Centre intégré universitaire de santé et services sociaux (CIUSSS), Centre-Ouest Montreal, QC; and

Jennifer Marandola RN, MN, IBCLC, PNC(C), Advanced Nursing Practice Consultant, Maternal-Child Program/Public Health, Centre intégré universitaire de santé et services sociaux (CIUSSS) West Island, Montreal QC



*Ginette has been an Advanced Nursing Practice Consultant for the child/family/youth/school public health nursing programs of the Integrated Health and Social Services University Network of West-Central Montreal since May 2016. Prior to this, she worked as clinical nurse on a maternal child unit for the past 9 years. She has a passion for learning. She has been described by her colleagues as full of energy and dedicated to the quality of nursing care of young families.*



*Jennifer has been a nurse for twelve years in various perinatal areas and has acted as a private lactation consultant for the last 4 years. She graduated with a Master's Degree from the University of Victoria and has recently begun work as an Advanced Nursing Practice Consultant for the West Island of Montreal. She has been CAPWHN Regional Director of Quebec for the last two years. Her passion and interest in the late preterm population has led her to be chosen by CANN as one of the authors involved in developing a book of Canadian guidelines for late preterm infants set to be released sometime in 2018.*

### SS03 - TRANS HEALTH AND GENDER INCLUSIVITY

Suite 302

#### Trans Health and Gender Inclusivity: Navigating the Health Care System, and Accessing Gender Affirming Health Services

This session will provide information on the complexities of gender identity, language, and gender transition processes. We will explore challenges and barriers that members of the trans and gender diverse community face in accessing health care, impacts on health system use and health of the community, and how you and your teams can work to reduce these barriers to provide the best care possible.

#### Learning Objectives:

- Understand gender identity, gender diversity, and gender transition, and recognize challenges and barriers facing the trans and gender diverse community in accessing health services.
- Understand and implement strategies for creating safer, more inclusive spaces and experiences in the health system for members of the trans and gender diverse community.

**Presenter:** prideHealth Coordinator, prideHealth (an initiative of Nova Scotia Health Authority in partnership with IWK Health Centre), Halifax NS



### SS04 - INDIGENOUS HEALTH

Suite 303

#### Actions of the Truth and Reconciliation Commission of Canada

In this session the CAPWHN Advocacy and Health Policy Committee (AHPC) will provide an overview of the Truth and Reconciliation Commission of Canada (TRC): Calls to Action (2015) related to perinatal and women's health.

In 2015, the AHPC chose Aboriginal Women's Health as an initiative to highlight in our national committee. One of the committee's key actions was to develop a position statement on cultural safety and humility. The committee collaborated with the Canadian Indigenous Nursing Association (CINA) to develop the position statement, which was finalized and released in June 2017.

This session shares CAPWHN's Position Statement on Cultural Safety/Humility, which can assist nurses in discussing strategies to improve knowledge, skills, and behaviours related to health. The position statement assists in building health care professionals' awareness and understanding of cultural safety and humility to construct relationships with Indigenous people and each other to improve care experiences while recognizing the historical treatment of Indigenous People of Canada by mainstream society including nurses. The position statement outlines the Canadian treatment of Indigenous people and seeks to address the role nurses can play in implementing the TRC recommendations (www.trc.ca) by committing to practice in a culturally safe and humble way. Through this, we can support the road to healing through the journey of Truth and Reconciliation for the Indigenous People of Canada, while acknowledging the past, present and future to build capacity for the health and wellbeing of Indigenous and non-Indigenous individuals, families, and communities.

#### Learning Objectives:

- Recognize how Indigenous people are self-reliant, vibrant, healthy people following the historical and present effects of colonization such as Indian Residential Schools, Indian Hospitals, and the 60s scoop.
- Explore the impact of the TRC: Calls to Action (2015) recommendations that pertain to perinatal and women's health.
- Share the CAPWHN Position Statement on Cultural Safety/Humility in response to the TRC: Calls to Action (2015).
- Develop and commit to individual and organizational strategies for reconciliation and building relationships to improve health and wellness.

**Presenters:** Leah Thorp, Regina Qu'Appelle Health Region Treaty 4 Territory, BScN, MN, RN, PNC(C), Coordinator Perinatal Outreach Education Program, Regina Qu'Appelle Health Region in the Saskatchewan Health Authority, Regina SK; and

Lucy Barney, Titqet Nation, RN, BSN, MSN, Provincial Lead, Aboriginal Health, Perinatal Services BC and Perinatal Specialist, First Nations Health Authority, Vancouver BC



*Leah is a registered nurse and coordinator of the Perinatal Outreach Education Program which collaborates with the Saskatchewan Perinatal Education Program to coordinate and deliver evidence-based educational programs for health care professionals. Leah is currently the RN representative on the Society of Obstetricians and Gynaecologists of Canada (SOGC) Indigenous Women's Health Committee and co-chair of the CAPWHN Advocacy and Health Policy Committee.*

*Leah has enjoyed assisting women and families in birth for the last 17 years. In her coordinator role, the capacity to assist many health care providers, women, babies, and families has expanded and provided a valuable perspective of perinatal care. Her passion for Indigenous health stems from the inequities she witnesses throughout Saskatchewan. It is her goal to build relationships and collaborate to improve outcomes and health within the child bearing years.*



*Lucy is at the forefront of developing innovative and successful programming for Aboriginal people. She works on strategies to assist existing programs and to develop new programs for maternal/child health that will enable Aboriginal people to access culturally appropriate services. Lucy's own life experience as a First Nation woman, mother, and traditional dancer brings enormous commitment, dedication, and creativity to her work. Her voice as a leader is crucial. She is a model of strong, innovative leadership in the Aboriginal community.*

She was awarded an ACCOLAIDS Award for Innovative Programming and a Langara College Outstanding Alumni Award for Community Service. Lucy completed her Master of Science in Nursing at the University of British Columbia. She was program manager of Chee Mamuk, an Aboriginal HIV/AIDS education program at the BC Centre for Disease Control, for nine years and is also working with the First Nations Health Authority Maternal and Child Health Wellness Department.

Lucy Barney, Leah Thorp, and Sarah Reaburn, along with the CAPWHN Advocacy and Health Policy Committee and the CAPWHN Board of Directors contributed to the development of the CAPWHN Position Statement on Cultural Safety/Humility.

## SS05 - MEDICAL ASSISTANCE IN DYING

Suite 305

### End of Life Law and Ethics in Canada

End of life care can raise legal and ethical questions and challenges for nurses caring for patients across the lifespan right from neonates to the elderly. In this presentation, the presenter will explain the legal status of the full spectrum of end of life care - withholding/withdrawal of potentially life-sustaining treatment, palliative interventions, and medical assistance in dying (MAiD). She will then engage with legal and ethical issues associated with elements of end of life care that are unclear and/or controversial. For example, can health care providers withhold or withdraw potentially life-sustaining treatment from patients against the wishes of the patient or their substitute decision-maker (e.g., parents of newborns)? Can health care providers provide deep and continuous sedation and withhold artificial hydration and nutrition from patients whose death is not imminent? Should mature minors be able to access medical assistance in dying? Should patients be able to access MAiD through requests made in advance of loss of capacity?

#### Learning Objectives:

- Understand the current legal status of the full spectrum of end of life care in Canada (withholding/withdrawal of potentially life-sustaining treatment, palliative interventions, and medical assistance in dying).
- Participate in legal, ethical, and clinical discussions re: palliative sedation and unilateral withholding/withdrawal of potentially life-sustaining treatment.
- Participate in legal, ethical, and clinical discussions re: access to medical assistance in dying for mature minors and individuals whose sole underlying condition is a mental illness who do not meet the legislative eligibility criteria and through requests made in advance of loss of capacity.

**Presenter:** Jocelyn Downie, SJD, FRSC, FCAHS, Fellow, Pierre Elliott Trudeau Foundation; University Research Professor, Faculties of Law and Medicine, Dalhousie University, Halifax NS



Jocelyn is a Fellow of the Royal Society of Canada and the Canadian Academy of Health Sciences. She is also a Fellow of the Pierre Elliott Trudeau Foundation. She began her academic career in Philosophy (BA and MA at Queen's University and an MLitt at the University of Cambridge) and then switched to Law (LLB at the University of Toronto and LLM and SJD at the University of Michigan at Ann Arbor). After law school, she clerked for Chief Justice Lamer at the Supreme Court of Canada.

After graduate school, she was the Director of the Health Law Institute at Dalhousie for ten years. She is now a University Research Professor in the Faculties of Law and Medicine at Dalhousie University and a Faculty Associate of the Dalhousie Health Law Institute. Her work on end of life law and ethics goes back many years and includes: articles, presentations, and policy development on issues across the entire range of end of life law and policy; Special Advisor to the Canadian Senate Committee on Euthanasia and Assisted Suicide; author of *Dying Justice: A Case for*

*the Decriminalizing Euthanasia and Assisted Suicide in Canada* (winner of the AbbyAnn D. Lynch Medal in Bioethics from the Royal Society of Canada); member of the Royal Society of Canada Expert Panel on End-of-Life Decision-Making; member of the pro bono legal team in the case of *Carter v. Canada* (Attorney General); and member of the Provincial-Territorial Expert Advisory Group on Physician-Assisted Dying and the Canadian Council of Academies Expert Panel on Medical Assistance in Dying.

## SS06 - LEGAL UPDATE

Suite 306

### The Last Few Cases: An Update on Canadian Perinatal Law

This presentation will focus on recent Canadian obstetric cases.

#### Learning Objectives:

- Become familiar with the terms used in law.
- Learn the common legal analyses and common legal defences.
- Identify how your practice builds the evidence that will become your defence if needed.

**Presenter:** Elaine Borg, RN, BScN, LLB, Legal Counsel, Canadian Nurses Protective Society, Ottawa ON

**1500-1545 Poster Presentations (Block 2 of 2), see page 25 Suite 202/203**

**1545-1745 KAIROS Blanket Exercise (registration is limited) Room 100**

In this activity participants share the historic and contemporary relationship between Indigenous and non-Indigenous peoples in Canada covering over 500 years of history. Participants take on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization and resistance. They are directed by facilitators representing a narrator (or narrators) and the European colonizers. Following the activity, participants engage in a sharing circle to discuss their experiences.

#### Learning Outcomes:

- Learn about the policies and actions that have affected the health and wellbeing of Indigenous Peoples through colonization.
- Explore the diversity of perspectives when examining experiences of Indigenous health and wellness through the interactive experience of the KAIROS Blanket Exercise.
- Reflect on the relationship between colonization, intersectionality and experiences of oppression among Indigenous populations, and the impact on the healthcare relationship.

**Facilitators:** Elizabeth White-MacDonald, MacEwan University, Edmonton AB; and Vanessa Nevin, Indian Residential School Resolution Health Support Program Coordinator, FNIHB Atlantic, Halifax NS

Elizabeth is an Assistant Professor at MacEwan University in Edmonton where she has been teaching in the baccalaureate program since 2010. Liz has practiced as a staff nurse, a Nurse Practitioner/ Community Health Nurse in remote Aboriginal communities, and as a Clinical Nurse Specialist/ Clinical Nurse Educator in Maternal/Child Health. She has been involved in MacEwan University's Indigenous strategies and initiatives and is a member and past Chair of CAPWHN's Advocacy & Health Policy Committee. Liz has participated in two Blanket exercises to date, one for an entire 4th year class of nursing students as an approach to responding to the need for reconciliation and the TRC Calls to Action.

Vanessa Nevin is the Indian Residential School Resolution Health Support Program Coordinator for First Nations Inuit Health Branch, Atlantic Region (Health Canada). Vanessa is Mi'kmaq and grew up in Sipekne'katik First Nation in Nova Scotia. In addition to her extensive experience working with Indian Residential School issues she worked closely with the Truth &

Reconciliation Commission on the Atlantic National event and hearings in 2011. Vanessa has a BA with a major in history from University of Victoria and is very close to completing her Masters in Conflict Analysis and Management from Royal Roads University.

**1545-1745 Networking Sessions (registration is limited)**

- Hospital Staff Nurses Suite 301
- Community and Public Health Suite 305
- Clinical Educators and Advanced Practice Nurses Suite 302
- Managers and Directors Suite 303
- University and College Professors Suite 304
- Researchers Suite 306

**1745-1815** Free Time

**1815-2200 CAPWHN East Coast Party Room 200A**

Please join us for our traditional Atlantic Canadian CEILIDH (pronounced "kay-lee") that you will not soon forget! We have planned a fun East Coast party where you will enjoy a traditional lobster dinner. There will also be a local highland dance group performing the highland fling and attendees will get an opportunity to get up and learn a step or two. When the feast is over, the good times continue with, **Asia and NuGruv**, a dynamic and high energy band that will have you up on the dance floor!

Not a lobster lover? Don't worry, alternatives are available for those with allergies or dietary concerns.

Family or friends in town? Buy them a ticket and join in on the fun!

**DAY 3 - Saturday October 14 / Le samedi 14 octobre**

**0700-0745** Toonie Trot Meet in Prince George Hotel Lobby  
Yoga Regency 1, Prince George Hotel  
Fundraising activities for Avalon Sexual Assault Centre

**0745-0820** Breakfast / Networking  
Room 200A

**0820-0830** Opening Remarks / Allocution d'ouverture  
Room 200A

**0830-1000 Panel Keynote Discussion / Conférence principale - Women's Health in the Prison System Room 200A**

**Supporting the Reproductive Health of Criminalized Women and Trans Individuals in Nova Scotia**

This panel will describe their work within health care institutions and community organizations to support the health of criminalized women and trans individuals in pregnancy and postpartum and with regards to reproductive health care. Women are the fastest growing population in prison in Canada, and Indigenous women and Women of Colour are vastly over-represented in carceral facilities. While advocating for decarceration, they support women within correctional institutions to access health services. The panel will provide time for questions from the audience.

**Learning Objectives:**

- Develop participant understanding of the conditions of imprisonment for women and trans individuals in Nova Scotia with regards to health services.
- Improve understanding of the causes of criminalization for women and trans individuals in Nova Scotia.
- Stimulate capacity for action among participants to advocate for criminalized clients experiencing addiction in the context of reproductive health services.

**Presenters:** Martha Paynter, BScN and PhD Student, Dalhousie School of Nursing, Halifax NS;

Glenda Carson, PhD, RN, PNC(C), IBCLC, Perinatal Clinical Nurse Specialist, IWK Health Centre, and Adjunct Professor, Dalhousie School of Nursing, Halifax NS; and El Jones, Halifax NS



Martha Paynter is committed to the advancement of perinatal and reproductive health for women and families in Atlantic Canada. Paynter holds an MSc in Health Research Methodology (McMaster), a Master's in Development Economics (Dalhousie) and a Graduate Diploma in Health Services and Policy Research. From 2007-2015, Paynter worked in health services management for the Departments of Health in NB and NS. Paynter serves on the Board of Directors of

the Atlantic Milk Bank Coalition. She is the President and founder of Women's Wellness Within: An Organization Serving Criminalized Women, advocating and supporting pregnant and parenting women in corrections and in the community.



Glenda Carson is currently a perinatal clinical nurse specialist in the Women's and Newborn Health Program at the IWK Health Centre in Halifax NS. Her clinical population includes women and families who are experiencing complex high-risk pregnancies, including addiction and substance use. Glenda graduated with her diploma as a registered nurse from the Kelsey School of Applied Arts and Sciences in Saskatoon, Saskatchewan and received her Baccalaureate and Masters degrees

in nursing from Dalhousie University, Halifax, NS. She graduated with her PhD in nursing from the University of Alberta, Edmonton, Alberta. As part of her advanced nursing practice role she provides perinatal nursing consultation and education to provincial regional hospitals, First Nations communities, the Nova Scotia Department of Health and Wellness and the Reproductive Care Program of Nova Scotia. She is a member of the FASD Intergovernmental Exchange Group, Nova Scotia Department of Health and Wellness. Her research areas of interest include the relational ethics and aspects of patient education and care.



El Jones is a spoken word poet, an educator, and a community activist living in African Nova Scotia. She was the fifth Poet Laureate of Halifax. In 2016, El was a recipient of the Burnley "Rocky" Jones human rights award for her community work and work in prison justice. She is a co-founder of the Black Power Hour, a live radio show with incarcerated people on CKDU that creates space for people inside to share their creative work and discuss contemporary social and political issues, and along with this work, she supports women in Nova Institution in writing and sharing their voices. El was recently named the Nancy's Chair of Women's Studies at Mount Saint Vincent University for the 2017-2019 term. El would like to pay tribute to the many nameless and unrecognized women whose work makes it possible for her to be here today.

**1000-1015** Refreshment Break  
Level 2 Foyer

**1015-1145 Concurrent Sessions E (two 45 minute presentations in each session)**

**E01 - POSTPARTUM CARE**

Suite 301

**E01-1 Capturing the Current State of Postnatal Hospital Discharge: A Regional Initiative**

**Authors:** Lauren Rivard, RN, MSc; Christina Cantin, RN, MScN, PNC(C); Marie-Josée Trépanier, RN, BScN, MEd, PNC(C)

**Purpose:** The length of postnatal hospital stay (LOS) continues to decrease across Ontario. This has created a challenge for health care providers to ensure that postnatal families have the necessary knowledge

to safely care for themselves and their babies, and to ensure that there are no gaps in service in the early postnatal period. This presentation will describe the activities of a regional Postnatal Hospital Discharge Experiences Workgroup in exploring this key area of transition.

**Learning Objectives:**

- Describe the process for capturing the current state including obtaining local, regional and provincial LOS data, gathering a list of practices and processes related to hospital discharge, and surveys of new parents and health care providers regarding their experiences of hospital discharge.
- Share the key findings and recommendations from this work as well as discuss limitations.
- Discuss next steps in enhancing the transition from hospital to home in the region.

**Presenter:** Lauren Rivard, Champlain Maternal Newborn Regional Program, Kingston ON

**E01-2 Ahead of the Birth: Planning Post Partum Discharge Prenatally**

**Authors:** Colleen Boyd, RN, MN, IBCLC; Lisa MacDonald, RN, IBCLC, PNC(C)

**Purpose:** To highlight Open Arms Family Clinic prenatal /post partum services.

**Learning Objectives:**

- Identify the current model of care with Open Arms Family Clinic (O AFC) prenatal approach.
- Identify current tools utilized in O AFC to prioritize care.
- Discuss the value of an upstream approach used in O AFC model.

**Presenters:** Colleen Boyd and Lisa MacDonald, Saint Martha's Regional Hospital, Antigonish NS

**E02 - PROFESSIONAL PRACTICE AND EDUCATION** Suite 304

**E02-1 Use of a Maternal Newborn Audit and Feedback System in Ontario: A Case Study Comparison**

**Authors:** Sandra Dunn, RN, PhD; Jessica Reszel, RN, MScN; Ann Sprague, RN, PhD; Ian D. Graham, PhD; Wendy Peterson, RN, PhD; Holly Ockenden, MSc; and members of the MND Research Team

**Purpose:** As part of a study examining the effectiveness of an electronic audit and feedback system (Maternal Newborn Dashboard (MND)) to improve maternal-newborn care practices and outcomes, the purpose of this study was to conduct a case study comparison of a diverse group of hospitals in Ontario. Our goal was to improve understanding of factors that explain variability in performance post-MND implementation.

**Learning Objectives:**

- Describe individual and organizational facilitators to using an electronic audit and feedback system to improve maternal newborn care.
- Describe individual and organizational barriers to using an electronic audit and feedback system to improve maternal newborn care.
- Identify strategies for addressing barriers to using an electronic audit and feedback system to improve maternal newborn care.

**Presenter:** Sandra Dunn, Better Outcomes Registry & Network (BORN Ontario), Ottawa ON

**E02-2 Developing a Labour and Birth Orientation Program**

**Author:** Katelyn Smallwood, BScN, RN

**Purpose:** The purpose of this presentation is to share the outcomes of an innovative program aimed at re-development of labour and birth orientation at the Queen Elizabeth Hospital in Charlottetown, PE.

**Learning Objectives:**

- Identify at least two methods used in the planning and developing of the orientation program.
- Identify at least two ways in which labour and birth knowledge acquisition will be acquired by orientees throughout the orientation process.
- Identify at least one method of evaluation that will be used to determine whether or not an orientee is competent for independent practice following labour and birth orientation.

**Presenter:** Katelyn Smallwood, University of PEI Faculty of Nursing, Charlottetown PE

**E03 - PRACTICE DEVELOPMENT** Suite 302

**E03-1 Changing Practice and Promoting Skin-to-Skin Contact After Birth**

**Authors:** Jennifer Jollymore, BScN, BSc, RN; Melissa Mackie, BN, RN, IBCLC

**Purpose:** To inspire nurses working with new families to protect uninterrupted skin-to-skin contact between mothers and babies after birth.

**Learning Objectives:**

- Understand the importance of protecting uninterrupted skin-to-skin contact between mothers and babies after birth.
- Identify areas of their own practice that they can adapt to be more 'baby friendly'.
- Describe strategies that they can use in their workplace to promote practice change.

**Presenters:** Jennifer Jollymore and Melissa Mackie, IWK Health Centre, Halifax NS

**E03-2 "Walking the Line:" Public Health Nurses' Preliminary Responses to (Observed or Suspected) Child Maltreatment in the Nurse-Family Partnership Program**

**Authors:** Lenora Marcellus, PhD, MN, BSN, RN; Karen MacKinnon, PhD, MN, BSN, RN; Susan Jack, PhD, RN; Andrea Gonzales, PhD; Lil Tonmyr, PhD; Colleen Varcoe, PhD, RN; Natasha Van Borek, BA, MScPPH

**Purpose:** To describe how public health nurses recognize and respond to suspected child maltreatment among home visited clients and describe the impact of child welfare reports on families and nurses.

**Learning Objectives:**

- Describe the purpose and program elements of the Nurse-Family Partnership intervention.
- Identify key themes reported by nurses in their experiences of identifying and reporting child maltreatment when working with young families.
- Explore how nurses can negotiate the tension between developing trusting relationships and following legislated reporting mandates.

**Presenters:** Lenora Marcellus and Karen MacKinnon, University of Victoria School of Nursing, Victoria BC

**E04 - PROMOTING HEALTH IN UNIQUE POPULATIONS** Suite 303

**E04-1 Challenging the Gender Binary: Gender Inclusivity in Perinatal Nursing Care**

**Authors:** Eileen McMahon, RN(EC), BScN, MN, NP-Adult, PNC(C); Nancy

Watts, RN, MN, PNC(C); Melanie Basso, RN, MSN, PNC(C); Aurelie Lecocq, PhD; Leanne Johnson, RN, MN, PNC(C); Judy Flieler, RN, MScN, PNC(C); Landyn Blais, RN, PNC(C); Julie German, RN(EC), BScN, MSc, PNC(C), CCHN, NP-PHC

**Purpose:** To describe the importance of providing inclusive perinatal care, to review the process used to develop gender inclusive perinatal competencies, and to reveal the updated Canadian Nurses Association (CNA) perinatal competencies.

**Learning Objectives:**

- Identify the reasons why gender inclusivity is important in perinatal nursing care.
- Describe the role of the perinatal nurse in providing gender inclusive care to childbearing persons.
- Apply what is learned in this session to effect change in the participant's own practice environment.

**Presenters:** Eileen McMahon and Nancy Watts, Mount Sinai Hospital, Toronto ON; and Melanie Basso, BC Women's Hospital and Health Centre, Vancouver BC

### E04-2 Childbirth Fear and Planned Cesarean Birth

**Authors:** Janet Bryanton, RN, PhD, PNC(C); Cheryl Tatano Beck, RN, PhD, CNM; Stephanie Morrison, BScN, RN

**Purpose:** The purpose of this study is to explore women's experiences of fear in relation to their decision to have a planned cesarean birth. The research question guiding this study is: What is the essence of the experience of fear in women's decisions to have a planned cesarean birth?

**Learning Objectives:**

- Discuss relevant literature related to fear and childbirth.
- Discuss women's fear of childbirth in relation to their decision to request a planned cesarean birth.
- Identify implications for practice, related to study findings.

**Presenters:** Janet Bryanton and Stephanie Morrison, University of PEI School of Nursing, Charlottetown PE

## E05 -LABOUR AND BIRTH

Suite 306

### E05-1 Empowering the Birth of a Family: A Photovoice Project to Assess Family-Centred Maternity Care

**Author:** Darcie Sparks, RN, BSN, PhD (Student)

**Purpose:** The purpose of the project was to trial a participatory action research photovoice strategy to explore the presence of Family-Centred Maternity Care (FCMC) philosophy in the current delivery of maternity care in Saskatoon, Saskatchewan, prior to a future change in the model of care to Single Room Maternity Care.

**Learning Objectives:**

- Be able to build a concrete understanding of family centered maternity care philosophy and principles at the end of the presentation.
- Understand the participatory action research strategy of photovoice.
- Show an understanding of how photo voice was utilized to give a family a voice in order to impact and bring about changes to the provision of maternal/infant care.

**Presenter:** Darcie Sparks, University of Saskatchewan College of Nursing, Saskatoon SK

### E05-2 The Influence of Environments on Fear of Childbirth During Women's Intrapartum Hospital Stays

**Authors:** Jenny Auxier, RN, BSN; Wendy Hall, RN, PhD

**Purpose:** About 25% Canadian women report fear of childbirth (FOC). FOC has been associated with women's preference for cesarean births. Researchers have estimated that 20% of women in developed countries report FOC. Most Canadian women give birth in hospitals. Evidence suggests that hospital birth environments affect women's perceptions of FOC; similar effects could be anticipated in British Columbia which has one of the highest Canadian cesarean section rates. Studying hospital birth environments to identify whether or how structures, stimuli, and people influence FOC is important to our comprehension of women's FOC. Therefore, this study aimed to explore women's perceptions of the effects of hospital birth environments on their FOC. The research question was: What are women's perceptions of the influence of environments on FOC during their intrapartum hospital stays?

**Learning Objectives:**

- Specify connections between fear of childbirth and negative maternal birth outcomes.
- Identify factors influencing women's fear of childbirth during labours and births in hospital environments.
- Articulate strategies to reduce women's fear of childbirth.

**Presenter:** Jenny Auxier, University of British Columbia, Vancouver BC

### 1145-1245 Closing Keynote / Conférence principale de clôture - Aboriginal Women's Health Room 200A

#### Tools of Allyship: Moving Beyond Witness

This keynote address will shine a spotlight on nursing care and health equity for Indigenous people. It will inspire new relationships and pathways ahead and will invite you through the threshold of understanding, respect, and reconciliation. As we explore lived experiences through the lens of equity and diversity, let us also add new tools of advocacy and allyship to our nursing care toolbox.

**Learning Objectives:**

- Identify nursing opportunities to achieve health equity for Indigenous people.
- Demonstrate cultural safety through a shared understanding within healthcare relationships with indigenous patients, families and communities.
- Assemble a clinical toolbox for allyship, in partnership with Indigenous patients, families, and communities.

**Presenter:** Cheyenne Joseph, RN, BScK, BScN, MPH, CCHN(c), Senior Instructor, University of New Brunswick, Moncton NB



*Cheyenne Joseph is a member of Bear River First Nation in Nova Scotia. Cheyenne has been a registered nurse for 14 years, working with Atlantic Canada's Indigenous communities on a variety of levels, from frontline public health to government and not-for-profit, and now academia. She is currently a Senior Instructor at the University of New Brunswick, teaching community health nursing in the classroom and in the field. Cheyenne is also the owner and operator of Mi'kmaq Mama, a website (and associated social media) where she shares her culture, recipes, and insights with viewers.*

### 1245-1300 Closing Remarks / Allocution de clôture Room 200A

Lunch to go

## – POSTER PRESENTATIONS –

### P01

#### **Breastfeeding on Campus - Conducting an Environmental Scan to Determine Supports for Breastfeeding Students**

**Authors:** Amanda Hodgins, BHSc; Jennifer Abbass-Dick, PhD; Manon Lemonde, PhD

**Purpose:** The purpose of this presentation is to describe a research project which included an environmental scan undertaken at an Ontario University to determine the supports available to breastfeeding women who are completing post-secondary education.

#### **Learning Objectives:**

- Illustrate the human rights protection for breastfeeding mothers.
- Discuss a project undertaken at an Ontario University to determine supports in place for breastfeeding students.
- Highlight the recommendations resulting from the environmental scan on where supports for breastfeeding students can be improved to comply with the Ontario Human Rights Commission protections.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology, Oshawa ON

### P02

#### **Prenatal Mindfulness Resource Development to Support Maternal Mental Health and the Transition to Parenthood**

**Authors:** Jennifer Abbass Dick RN, BNSc, MN, PhD, IBCLC; Wendy Stanyon, RN, BN, MAEd, EdD; Winnie Sun, PhD; Cindy-Lee Dennis, PhD

**Purpose:** The purpose of this presentation is to describe a research study which will design, create and evaluate a prenatal mindfulness resource for mothers in a region of Ontario to support maternal mental health and a positive transition to parenthood. The benefits of mindfulness training for this population will be described.

#### **Learning Objectives:**

- Illustrate the components of a prenatal mindfulness resource for pregnant women.
- Discuss the process involved in creating a mindfulness resource for prenatal women.
- Communicate the effectiveness of mindfulness in supporting perinatal mental health and its integration into prenatal education.

**Presenter:** Jennifer Abbass Dick, University of Ontario Institute of Technology, Oshawa ON

### P03

#### **The Breastfeeding Coparenting Framework - A New Framework to Improve Breastfeeding Outcomes**

**Authors:** Jennifer Abbass-Dick, RN, BNSc, MN, PhD, IBCLC; Cindy-Lee Dennis, PhD

**Purpose:** The purpose of this presentation is to describe the five components of the breastfeeding coparenting framework and the qualitative and quantitative research which informed its development. This framework is designed to assist breastfeeding women and their coparents in working as a team towards meeting their breastfeeding goals.

#### **Learning Objectives:**

- Illustrate the five components of the Breastfeeding Coparenting Framework.
- Discuss the main findings from the qualitative and quantitative research on fathers and breastfeeding which informed the development of the framework.
- Discuss potential application of the Breastfeeding Coparenting Framework into breastfeeding services and programs to increase parents ability to work together to meet their breastfeeding goals.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology, Oshawa ON

### P04

#### **Prenatal Mindfulness Education for Adolescent Mothers: Building Resiliency Skills to Overcome Not Only the Stress of Childbirth, But Also the Challenges Faced by Young Parents**

**Authors:** Kymberly Crawford, BHSc, MHSc (student), CD(DONA); Jennifer Abbass-Dick, PhD

**Purpose:** To identify if mindfulness training during the prenatal period for adolescent mothers may be an ideal skill to build resilience to assist young mothers through labour and childbirth, in addition to building the skills and capacity to withstand the stresses experienced with meeting the Social Determinants of Health (SDOH) for them and their child.

#### **Learning Objectives:**

- Identify the effects of mindfulness-based interventions in healthy adolescents.
- Recognize the effects of mindfulness training as supplementary prenatal childbirth education in adults and how the practice is transferable to expectant adolescents.
- Describe the potential effects of mindfulness on the social determinants of health among adolescents, particularly during parenthood.

**Presenter:** Jennifer Abbass-Dick, University of Ontario Institute of Technology, Oshawa ON

## P05

### **Making Room: Exploring the Complexities, Challenges and Triumphs of Establishing and Implementing Public Breastfeeding Spaces**

**Authors:** Jacqueline van Wijlen, MN, RN-NP; Sionnach Lukeman, MScN, RN; Erin Austen, PhD; Nicola Aquino, BSc; Ellen Lukeman, RN; Zoe Fielding, BEd

**Purpose:** The purpose of our presentation is to discuss the complexities, challenges and triumphs of establishing and implementing public spaces for breastfeeding in the community.

#### **Learning Objectives:**

- Be informed on current, best-available literature surrounding the establishment of public breastfeeding spaces.
- Have an understanding of evidence-informed strategies that may support the implementation of public breastfeeding spaces.
- Gauge the challenges that remain in establishing, implementing, and sustaining a public space for breastfeeding.

**Presenters:** Jacqueline van Wijlen and Sionnach Lukeman, Rankin School of Nursing, St Francis Xavier University, Antigonish NS

## P06

### **Breastfeeding Outcomes of Infants on Day of Discharge from Canadian Neonatal Intensive Care Units**

**Authors:** Jo Watson, PhD, RN(EC), IBCLC; Alex Kiss, PhD; Elizabeth Asztalos, MD, MSc, FRCPC

**Purpose:** This study reports maternal and neonatal factors associated with breastfeeding status on day of discharge from Canadian NICUs as reported through the Canadian Neonatal Network database, and includes the largest cohort of very low and extremely low birth weights ever reported in the literature.

#### **Learning Objectives:**

- Understand national variation in exclusive breastfeeding on day of discharge from Canadian NICUs.
- Understand maternal and neonatal factors associated with exclusive breastfeeding on day of discharge.
- Consider strategies to increase breastfeeding exclusivity in the NICU.

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

## P07

### **Exclusive Breastfeeding Village Support Group Initiative in Rural Tanzania**

**Author:** Keisha Jefferies, RN, MN, PhD (student)

**Purpose:** To share the preliminary ideas of a pilot project for improving the rates of exclusive breastfeeding in rural Tanzania.

#### **Learning Objectives:**

- Understand the factors influencing infant feeding practices in rural Tanzania.
- Recognize the importance of a community-based support group, which emphasizes exclusive breastfeeding, in rural Tanzania.
- Evaluate the feasibility of an exclusive breastfeeding support group in rural Tanzania.

**Presenter:** Keisha Jefferies, Dalhousie University School of Nursing, Halifax NS

## P08

### **Women's Experience of Perinatal Loss: Preliminary Findings**

**Authors:** Carla Ransom, MN, BN, RN; Angela Bowen, PhD, RN; Gerri Lasiuk, PhD, RPN, RN, CMHPN(C); Susan Fowler-Kerry, PhD, RN; Wendi Stumborg, BScN, RN

**Purpose:** To collaborate with women to describe their experience of perinatal infant loss and develop a learning resource to help nurses effectively support bereavement.

#### **Learning Objectives:**

- Describe the types and rates of perinatal loss.
- Define and differentiate perinatal bereavement and perinatal palliative care.
- Discuss five practices nurses can implement to provide sensitive perinatal bereavement support.

**Presenter:** Carla Ransom, University of Saskatchewan College of Nursing, Saskatoon SK

## P09

### **Keeping Mom and Baby Healthy - An Immunization Pilot Project**

**Authors:** Kelly Foster, BSc(Pharm), ACPR; Melanie MacInnis, BSc(Pharm), PharmD; Jennifer Isenor, BSc(Pharm), PharmD; Susan Bowles, BScPhm, PharmD, MSc(CHE); Sylvia Yazbeck, BSc(Pharm); Carla Mengual-Fanning, BSc(Pharm); Nancy Cashen, RN, MN; Susan Cahill, RN, Kathryn Slayter, BSc(Pharm), PharmD, FCSHP; Lynne McLeod, MD, FRCSC

**Purpose:** To increase immunization rates of pregnant patients at the IWK Perinatal Centre.

#### **Learning Objectives:**

- Describe the recommendations for vaccinations in

pregnancy.

- Understand the process of implementing an immunization pilot project in an outpatient perinatal centre.
- Discuss the implications and conclusions of the pilot project.

**Presenter:** Susan Cahill, IWK Health Centre, Halifax NS

## P10

### Introducing a Practice Change to Treat Neonatal Hypoglycemia with Dextrose 40% Oral Gel

**Authors:** Sue Hermann, MN, RN, IBCLC, PNC(C), CTD; Wendy Mouldsdale, MN, RN(EC), NP-Paediatrics, NNP-BC; Julie Choudhury, Pharm.D; Jo Watson, RN(EC), PhD, IBCLC, PNC(C); Meghan Donohue, RNC-NIC, BNSc; Gillian Ballantyne, BScN, RN, PNC(C)

**Purpose:** This poster describes an innovative process, led by an interprofessional team to develop and implement an algorithm for dextrose 40% oral gel to treat neonatal hypoglycemia during the first 48 hours of life. By using this collaborative approach, existing clinical guidelines and neonatal expertise, this algorithm translates evidence into practice.

#### Learning Objectives:

- Describe how an algorithm for dextrose 40% oral gel is used to treat neonatal hypoglycemia along with breastfeeding and skin-to-skin.
- Describe the process for implementing dextrose 40% oral gel in newborns.
- Outline the benefits and challenges of using an interprofessional team approach.
- Summarize trends in length of stay for hospitals in Eastern Ontario as compared to the province.

**Presenter:** Sue Hermann, Sunnybrook Health Sciences Centre, Toronto ON

## P11

### Understanding Nurses Experiences During Handover Between Labour & Delivery and Post Partum care

**Authors:** Timothy Harnish, RN, BScN; Elizabeth Greene, RN, BScN; Erna Snelgrove-Clarke, RN, PhD; Megan Aston, RN, PhD; Sheri Price, RN, PhD

**Purpose:** The purpose of this research study is to explore and seek to understand the experiences of nurses in handover in the labour and delivery and post partum care units at the IWK Health Centre.

#### Learning Objectives:

- Begin to understand the barriers that exist around handover in the labour and delivery and post partum settings.
- To define handover, its implications and best practices.
- Start to improve communication in handover between

labour and delivery and post partum settings.

**Presenters:** Timothy Harnish and Elizabeth Greene, IWK Health Centre, Halifax NS

## P12

### Women's Experiences of Prenatal Education and Support in Nova Scotia - A Feminist Poststructuralist Perspective

**Authors:** Victoria Little, RN, BScN, MScN (student); Megan Aston, PhD, RN; Sheri Price, PhD, RN; Andrea Chircop, PhD, RN; Debbie Sheppard-LeMoine, PhD, RN

**Purpose:** The purpose of this poster presentation will be to share initial findings of an in-progress Master's research project that explores first-time mothers' experiences of prenatal education and support in Halifax Regional Municipality. The proposed research study is timely, as it will provide valuable insights into how new mothers experience prenatal education and support since the recent change in the delivery method of universally provided prenatal information. The initial results of the study will not only be useful to nurses and healthcare providers working in public health and primary health care, but also to community agencies, such as family resource centres, who work diligently in their practice to best support mothers and families in the perinatal period by providing accessible and effective care.

#### Learning Objectives

- Understand how first-time mothers in Halifax Regional Municipality (HRM), Nova Scotia experience and access prenatal information and support through various online and offline formats.
- Identify where first-time mothers go for prenatal information and support in HRM, Nova Scotia.
- Understand how prenatal supports and services in HRM, Nova Scotia are socially and institutionally constructed through relations of power.

**Presenter:** Victoria Little, Dalhousie University School of Nursing, Halifax NS

## P13

### Breastfeeding Support: Better Assisting Those Negatively Impacted by the Determinants of Health

**Authors:** Cyndee MacPhee, MN, BScN, RN; Kim Shebib, MEd, BScN, RN, IBCLC; Shelley Keefe, MEd, BN, RN, IBCLC; Melissa Dakai, MEd, BN, RN, IBCLC; Jessica Waye, MN, BScN, RN, IBCLC

**Purpose:** The overall purpose of our project was to provide data required to contribute to the Cape Breton District Health Authority (CBDHA) strategic plan to become BFI certified to protect, promote and support breastfeeding and to develop strategies based on findings to improve the initiation and duration of exclusive breastfeeding in this district.

#### Learning Objectives:

- Discuss factors that impact the breastfeeding experience.

- Understand the need for action related to earlier and specific interventions to help increase breastfeeding initiation and duration rates, specifically for neonates/ infants born into less equitable settings.
- Identify potential early interventions that may have an impact on breastfeeding initiation and duration rates for mothers who are negatively impacted by the determinants of health.

**Presenter:** Cyndee MacPhee, Cape Breton University, Sydney NS

## P14

### Sharing Postnatal Length of Stay Data to Enhance the Transition to Home Following Birth

**Authors:** Lauren Rivard, RN, MSc; Christina Cantin, RN, MScN, PNC(C); Marie-Josée Trépanier, RN, BScN, MEd, PNC(C)

**Purpose:** This presentation aims to highlight the value of exploring data on postnatal length of stay in assisting a regional program to guide system planning and drive quality improvement projects.

#### Learning Objectives:

- Discuss the importance of length of stay as it relates to transition to home following birth.
- Demonstrate an understanding for the importance of length of stay data when considering community level supports for new parents.
- Summarize trends in length of stay for hospitals in Eastern Ontario as compared to the province.

**Presenter:** Lauren Rivard, Champlain Maternal Newborn Regional Program, Kingston ON

## P15

### Tale of Two Women in an Early Pregnancy Clinic

**Authors:** Joan Iginua-Osoyibo, RN, BScN, MScN, PNC; Karen Carr, RN; Prema Vaidyanathan, MBBS, FRCSC; Nyla Chattergoon, MBA

**Purpose:** The purpose of this quality improvement initiative was to improve the overall patient experience and satisfaction at the Early Pregnancy Clinic.

#### Learning Objectives:

- Learn how to improve care of patients experiencing early pregnancy loss, through collaborative relationships.
- Demonstrate using patients' stories to impact change ideas in enhancing practices and care of women and their families.
- Learn how to engage hospital stakeholders to invest in an area of care with less interest.

**Presenter:** Joan Iginua-Osoyibo, William Osler Health System, Brampton ON

## P16

### Neonatal Abstinence Syndrome: A Review of the Literature

**Authors:** Karen McQueen, RN, PhD; Jodie Murphy-Oikonen, MSW, PhD

**Purpose:** The purpose of the literature review was to summarize the current literature on Neonatal Abstinence Syndrome (NAS), including clinical characteristics, prevention, identification, and treatment.

#### Learning Objectives:

- Describe the current evidence to support treatment of infants with NAS.
- Appreciate the importance of the infant-mother dyad in the care of infants with NAS.
- Discuss the gaps in knowledge and areas for future research for NAS.

**Presenters:** Karen McQueen and Jodie Murphy-Oikonen, Lakehead University, Thunder Bay ON

## P17

### Are We Achieving Excellence? Cost Analysis for Methods of Screening and Preventing Newborn Jaundice

**Authors:** Stephanie McClean, RD, CDE, MPH (student); Krista Baerg, MD, FRCPC; Julie Smith-Fehr, RN, BScN, MN; Michael Szafron, PhD

**Purpose:** To assess the cost of transcutaneous bilirubin (TcB) method versus total serum bilirubin (TSB) method for newborn jaundice screening in hospital, urban and rural settings within a tertiary care centre and community follow-up program.

#### Learning Objectives:

- Compare the cost of TSB versus TcB screening method for newborn jaundice.
- Describe variables utilized in cost minimization analysis.
- Use research to inform evidence-based practice.

**Presenter:** Julie Smith-Fehr, Saskatoon Health Region, Saskatoon SK

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1505 Barrington St, Suite 1625  
Halifax, NS B3J 3Y6  
902-403-5711  
sandy.turnbull@hc-sc.gc.ca

Health Canada's Consumer Product Safety Program (CPSP) identifies, assesses, manages, and communicates risks to human health or safety of consumer products (including children's products and toys) and cosmetics, after they reach the consumer market. This is done by working closely with industry, partners and stakeholders to protect consumers from product-related hazards and to promote the safe use of products. CPSP is also actively involved in injury prevention by promoting consumer awareness of product-related hazards.



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Angela Yamaoka  
Marketing Manager  
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Richmond, BC V7A 5H5  
604-275-9221  
ayamaoka@motherschoiceproducts.com  
www.motherschoiceproducts.com

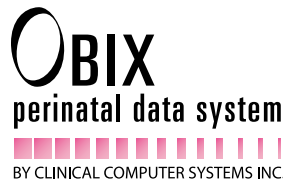
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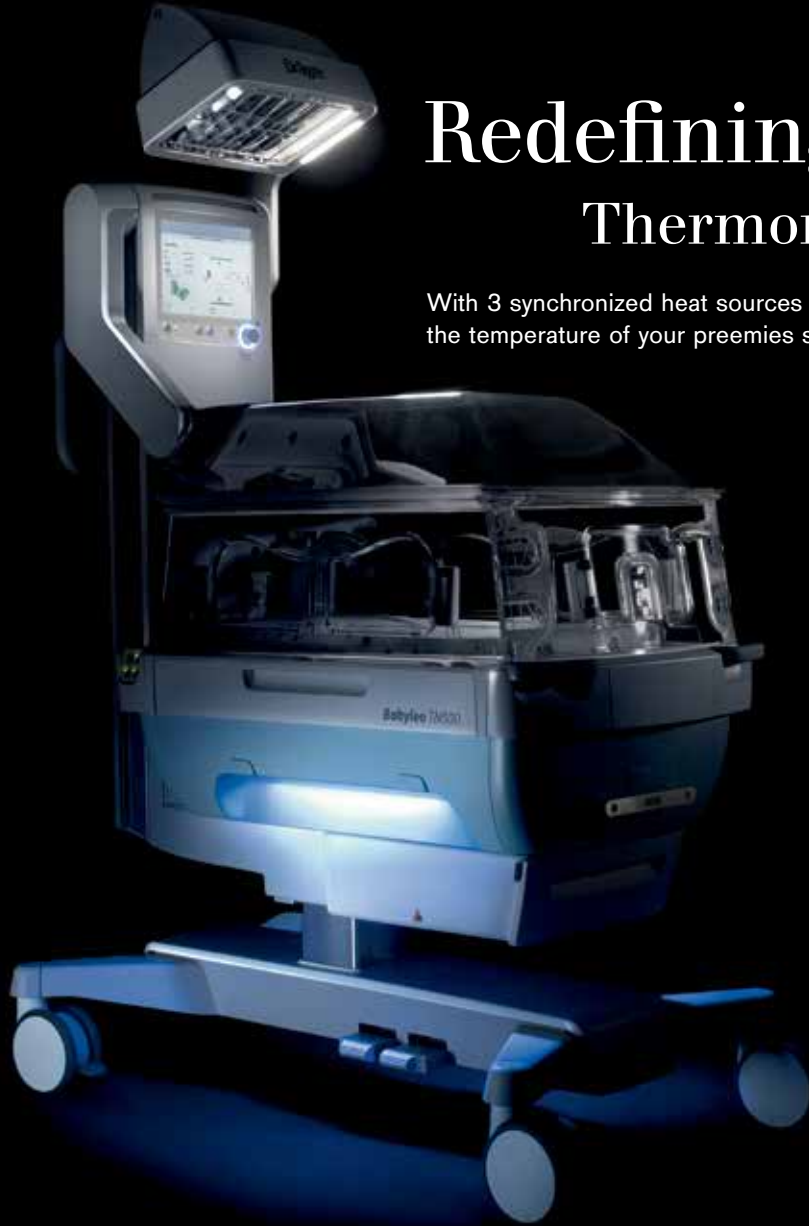


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