



UNIVERSITY OF CALGARY
FACULTY OF NURSING

Report to Community

YEAR IN REVIEW | 2018 - 2019

50 YEARS OF NURSING

Dean's Message

What an exciting time to be a part of UCalgary Nursing! In 2019, we celebrate 50 years as a school of nursing and our commitment to leading the pursuit of nursing excellence is stronger than ever. In this time of health-care transformation, nursing leadership is critical to creating the preferred future.

It is hard to believe I have been your dean for almost a year. And what a year it has been! In addition to all our 50th anniversary events and initiatives, we prepared for our accreditation review with the Canadian Association of Schools of Nursing in February and our UCalgary unit review in March (the unit review process, coordinated by the Provost and Vice-President Academic, is held every five years at our institution). The effort that must go into compiling materials for reviewers in both instances is significant, but the results were gratifying and indicated our faculty is headed in the right direction.

The past 11 months have been ones of discovery for me: it has been wonderful to meet so many in our nursing community and I have been overwhelmed with the support I have received in this role. Our new year will bring many challenges including development of a new strategic vision and a re-imagined undergraduate curriculum. I will continue to look for ways we can work toward providing opportunities to highlight nursing's leadership role in health-care transformation through innovation, research, interprofessional partnerships and entrepreneurial thinking.

Dr. Sandra Davidson | RN, PhD

Dean | UCalgary Nursing



Notable Highlights from 2018-2019

New dean begins five year term

In August 2018, we welcomed our new dean, **Dr. Sandra Davidson**, for a renewable term of five years. Davidson joins us from the University of Alberta, where she was the associate dean for undergraduate programs in their Faculty of Nursing.

In the short time since arriving at UCalgary, Davidson says she feels energized by the momentum not just within the faculty, but also the university as a whole. "My timing is good," she says. "We have a new president and there is lots of optimism and excitement about what is next for UCalgary."

Davidson's early initiatives include a focus on elements of *Leading the Pursuit of Nursing Excellence*, the faculty's strategic plan, where she sees the most opportunity for growth.

"Advancement of nursing education and wellness for work and study are the pillars where some truly great work is just beginning and I am most excited about building entrepreneurial capacity here," she says. "I see us developing courses and curricula focused on the art and science of innovation as it relates to health care and leveraging and growing interprofessional partnerships for entrepreneurial thinking."

"I am so delighted to have started my role as we launch into our 50th anniversary," she continues. "There is increased energy and an attitude of genuine positivity and I am looking forward for all that is to come."

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Dean Sandra Davidson at the 2018 faculty and staff retreat which featured a Lego® Serious Play® workshop component.

New leadership roles created

There were also changes to the Dean's Administrative Team. In late spring, the role of associate dean, teaching, learning and technology was eliminated and replaced with the associate dean, curriculum development and program evaluation which will lead the curriculum renewal efforts taking place in 2019-2020 and the development/maintenance of a program evaluation program. Three additional new roles were created: assistant dean, faculty development, designed to develop and support a program that aligns with curricular renewal and continue to improve the quality and consistency of teaching and learning in the faculty; director, blended and online learning technology, functioning as the academic lead to build capacity for blended learning and online learning technology within the faculty including the Stackable MN Certificate Program; and director, mental health and wellness, developing infrastructure and programming to support the faculty's official adoption of the Campus Mental Health Strategy and to make wellness accessible and visible.

Schumacher lecture: Health, human suffering and everything in-between

In September, the fifth Marguerite Schumacher Memorial Alumni Lecture, commemorating the first dean of UCalgary Nursing, was conducted by **Dianne Tapp (MN'93, PhD'97)**. A crowd of almost 100 packed The Ranchmen's Club in Calgary to listen to Tapp, former dean of UCalgary Nursing, speak about the future of nursing.

"Nursing's future depends on our ability to conserve the humanistic side of health care in the face of digital and technological advances and the way the system wants to neatly box the profession," she says, asking the question 'what is the way forward for the preservation of registered nursing?'



UCalgary Nursing Alumni president Kate Wong (BN'12) with Dianne Tapp, MN'93, PhD'97, speaker at the 2018 Marguerite Schumacher Memorial Alumni Lecture.



UCalgary Nursing turns 50

January kicked off our 50th anniversary with a launch event. The celebration continued for the first half of 2019 with the alumni breakfast series (February and May), the Pursuit of Excellence Awards, the second pinning ceremony for new Bachelor of Nursing graduates and the publication of a UCalgary Nursing alumni history booklet. A unique web initiative – the 50 Faces of Nursing – invited nominations from our faculty, staff, alumni, students, partners and more that would acknowledge someone who may have helped shaped our legacy over the years. This successful profile series has been republished in UCalgary's daily UToday digital newsletter and encouraged pride in our history.

Top:
Nursing students at the 50th anniversary launch party held January 2019.

Bottom:
Indigenous artist Kalum Teke Dan and his painting "Sunset Song."

Indigenous painting defines space

In January, Blackfoot artist **Kalum Teke Dan** painted a mural to uplift the Gathering Space. The room in the Professional Faculties Building foyer is meant to be a safe place for Indigenous nursing students to study, regroup and connect. study, regroup and connect and for an expanding team of others interested in Indigenous initiatives within the faculty as they grow in their role in 'reconcili-action.' It continues the faculty's adoption of facets of UCalgary's Indigenous Strategy, *ii' taa'poh'to'p**, and the call to action for nursing schools from the Truth and Reconciliation Commission in 2015.

"Sunset Song" is an image of a man singing old prayers and telling stories of the Indigenous culture, based on memories of Teke Dan's grandfather; the warriors (on the right) represent the Treaty 7 braves.

**ii' taa'poh'to'p, the University of Calgary's Indigenous Strategy, is a commitment to deep evolutionary transformation by reimagining ways of knowing, doing, connecting and being. Walking parallel paths together, 'in a good way,' UCalgary will move towards genuine reconciliation and Indigenousization.*

Alumni engagement contributes to community

Our Alumni Executive continued to make progress engaging more than 8,000 alumni and, overall, contributing in many ways to enhance our community. In recognition of the anniversary of the faculty, they have been working towards establishing a new endowed student award. Spearheaded by the Gold Committee, they organized a fundraiser held at the Indigo Dalhousie bookstore, directed Giving Day 2019 funds to the scholarship and held a very successful alumni luncheon and silent auction, featuring keynote speaker **Margaret Trudeau**. Over \$12,000 has been raised for this 50th anniversary scholarship.

Top:
Margaret Trudeau signing books for attendees of the 2019 Alumni Luncheon in June.

Bottom:
From left: alumni Pat Roseneau, Rita Lisella and Judy Hanson with director of development Stephanie Ng at Indigo Dalhousie.

Student activities

UCalgary nursing students challenged to be champions of peace

Four Faculty of Nursing students — two undergraduate, two graduate — returned from a life-changing conference in Thailand in November 2018 with a mission to change the world — or at least their part of it.

The inaugural United Nations Peace Summit of Emerging Leaders, held in Bangkok, was designed to equip young leaders from all over the world to be champions of peace. “The hope was not to create massive change among us, but for us to return to our communities and lead small initiatives to make a difference,” says doctoral candidate **Kirnvir Dhaliwal**.

The students heard powerful stories of loss and survival during the three-day Together for Peace event including that of Ponheary Ly.

A Cambodian national, Ly survived the killing fields of the Khmer Rouge, but her father, a teacher, was murdered. Her mission, to educate the youth of her country by providing school supplies and the basic necessities so they can stay in Cambodia, prompted her to establish the Ponheary Ly Foundation. “It resonated more strongly,” says **Sareena Mithani**, who was in her final undergraduate year during the conference, of Ly’s message of education as key to a more peaceful world.

“*Our goal in sending these students to the peace summit was to give them an opportunity to develop their future as nursing leaders in global health and peace-building. This experience will positively impact them for the rest of their lives.*”

“Illiteracy is prominent in these villages,” says **Ivan Lerida**, a third-year student at the time. “Ponheary became a teacher herself and saw many children working in the fields instead of going to school. Her foundation raises funds to give these kids an education to help their communities out of poverty.”

The students, now considered Humanitarian Affairs Peace Ambassadors, were tasked with fundraising for an international charity (the Ponheary Ly Foundation Canada) and a local charity as part of their mission. They chose the Veterans Food Bank of Calgary, which is run by veterans for veterans.

Dean **Sandra Davidson** is pleased with the outcome of the faculty’s sponsorship of the students. “Our goal in sending these students to the peace summit was to give them an opportunity to develop their future as nursing leaders in global health and peacebuilding. This experience will positively impact them for the rest of their lives.”



From left: Ivan Lerida, Sareena Mithani, Ponheary Ly, Sylwia Ciezar Andersen and Kirnvir Dhaliwal at the United Nations Peace Summit of Emerging Leaders.



Faculty activities

UCalgary Nursing brings well-being to forefront by adopting Campus Mental Health Strategy

Prioritizing mental health has been an ongoing commitment for the Faculty of Nursing and is a pillar of the 2017 – 2020 strategic plan, *Leading the Pursuit of Nursing Excellence*. Dean **Sandra Davidson** carried that one step farther in March 2019 with the official adoption of the Campus Mental Health Strategy (CMHS).

“My role as a leader is to create a culture and set the bar for how we work together in a way that honours not just our academic and professional excellence, but also our personal wellness,” says Davidson.

As one of the first to embed the university’s institutional mental health strategy, a three-year phase-in is planned. Throughout the first year, an implementation committee

will identify opportunities through a needs assessment to understand what makes students, faculty and staff thrive. During year two, they’ll focus on putting research into practice by introducing new policies, procedures and curriculum changes.

At the close of the third year, the faculty intends to evaluate their progress and publish the findings, establishing a model for other faculties at UCalgary and across Canada to follow.

“This is exactly what we envisioned when the strategy launched back in 2015,” says **Dr. Andrew Szeto (PhD)**, CMHS director. “Our mission is to create a community of caring, so developing positive cultures at the faculty level is an incredibly important step in prioritizing mental health and well-being. The Faculty of Nursing is a natural fit to champion this initiative.”

From left: Dr. Andrew Szeto, director, Campus Mental Health Strategy, UCalgary; Dr. Jacqueline Smith, director, Mental Health and Wellness, UCalgary Nursing; Dr. Sandra Davidson, dean, UCalgary Nursing.

Assistant professor **Dr. Jacqueline Smith (RN, PhD)** has been named UCalgary Nursing’s first director of mental health and wellness. In addition to maintaining her teaching and research position, she’ll be heavily invested in developing infrastructure and programming to make wellness accessible and visible.

“As nurses, we’re great at taking care of others, but tend to struggle with our own self-care. Part of this culture shift means establishing a foundation of personal wellness while also modelling the way for other faculties to bring well-being to the forefront of their work and study,” says Smith.

“Everyone wants to be in a place where they have emotional and intellectual well-being, and feel supported,” adds Davidson.

“If we can create a name for ourselves by living the strategy and creating wellness for work and study, we’ll produce better nurses and will be better positioned to attract talented researchers and top students.”

“Our mission is to create a community of caring.”

Original story written by Lauren Phillips, University Relations and published in UToday.

New name, same commitment to wellness

In support of this new initiative the faculty’s Engagement Committee was renamed the Mental Health and Wellness Engagement Committee and will be advisory to the dean as well as to Smith, as director, mental health and wellness.

The committee will be responsible for facilitating the development of a positive, supportive, inclusive community and promoting mental health and wellness within UCalgary

Nursing. The goal is to create a sense of community among faculty, staff, students, adjunct, alumni, emeriti and the Medicine Hat College campus.

In 2018-19, the committee championed many activities that connected all members of our community including regular yoga classes, lunch and learns, participation in the ARNET Lantern Walk and the Calgary Pride Parade, a mindfulness seminar, an afternoon break during the Curriculum Visioning Day (to begin planning for a reimagined undergraduate curriculum) in April and a team pedometer challenge.



Staff members Edita Skoric and Sladana Kovacevic at the launch of the faculty pedometer challenge.

Research activities

UCalgary research reaches families on wide scale

Dr. Karen Benzies' (RN, PhD) goal has always been to help mothers and fathers of premature babies gain confidence in caring for their baby when they are able to leave the hospital. In Alberta, one in every 12 babies is born preterm, the second highest rate of all Canadian provinces, putting them at risk for a variety of ailments, explains Benzies.

"Parents are often not ready to look after their baby because they may have limited involvement in their hospital care. With Family Integrated Care (FICare), parents are educated and supported by nurses to provide care for their baby."

Benzies has focused her research career trying to determine if simple interventions can reduce distress for parents of young children. She created Welcome to Parenthood™ to address the risk of postnatal depression in parents and improve infant development and used her successes (and failures) to adapt key components of this program to FICare. Thanks to a successful grant (2015 – 2018) from Alberta Innovates under their Partnership for Research

Innovation in the Health System (PRIHS) program, the team evaluated FICare and its impact on hospital length of stay with preterm infants in Level II NICUs. The results have proven so positive that they have been invited by Alberta Health and the Maternal Newborn Child and Youth, Strategic Clinical Network (MNCY SCN) to scale and spread Alberta FICare to all 14 NICUs in Alberta.

Benzies is excited, not just about the promising results, but because of what it says about knowledge translation (KT) in the province.

"The key KT message in this is that Alberta has created a pipeline to innovation that starts with PRIHS grants," says Benzies. "If successful, that research can move quickly along the pipeline to improve outcomes for infants and their families and also save costs. In past, it has taken decades for effective interventions to be adopted, if at all.

"We need to recognize and capitalize on these pipelines because nurses have many clinical questions and potential solutions that, if evaluated and found effective, could improve outcomes and save costs for specific populations."

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Benzies adds that many stakeholders, including parents, clinicians and leading decision-makers, have allowed FICare's three components of information sharing, parent education and parental support to flourish. Her research team including her graduate students have published articles about FICare, with many more to come. In partnership with the MNCY SCN, Alberta Health Services and Covenant Health, Benzies and her team look forward to engaging with the community to implement Alberta FICare into the health-care system.

Dr. Karen Benzies, professor and associate dean, research, UCalgary Nursing.

Donor Activities

Donor champions nurses who focus on gerontology

As she walks through the halls of The Lodge at Valley Ridge, **Marian Sayers** greets most everyone by name. After seven-and-a-half years living at the retirement residence, it makes sense she would know almost all her neighbours. But it also fits with who she is: warm, friendly and to use a stereotypical word for nurses, caring.

Sayers has been a nurse since 1951, the last 12 of which were spent in seniors' care homes.

"What triggered me to work in this area was when my mother lived in a residence," she says now. "After a visit, I just came away thinking 'we can do better' in terms of care."

As a family who believes in giving back, Sayers and her husband, who passed away in 2012, decided to establish the Marian and Bill Sayers Scholarship in Gerontological Nursing to encourage interest and growth in graduate students.

"Gerontology — perhaps more than any other area of nursing — needs truly compassionate, dedicated nurses, but it is not an area of real appeal for a lot, especially the younger nurses just entering the profession," says Sayers. "Bill knew that it was very important to me and so he made the scholarship happen."

“Gerontology needs truly compassionate, dedicated nurses, but it is not an area of real appeal for a lot, especially the younger nurses just entering the profession.”

In 2014, then UCalgary Nursing student **Chelsea Langdon (BN'15)**, who knew Sayers from The Lodge, nominated her for the Covenant Health Faculty of Nursing ASPIRE Award, which celebrates leadership, excellence and teamwork within the nursing community. Langdon cited Sayers' mentorship, during her career, of the nursing students she encountered, and her compassionate manner with everyone she meets. Sayers acknowledges she would not have been successful in her career without help from others.

"I went back to school, when I was 49, with 19-year-olds," she says, with a laugh, about taking recertification classes after time off to raise her children. "The director of Lambton College in Sarnia created a path for me to be licensed in Ontario. It wasn't easy, but I did it and worked for three years in the best nursing home in Sarnia and then nine in Toronto. There were five of us, all 'mature RNs' who started around the same time. We worked well together and did make a difference — and gained the respect of the health care aides. So I saw what could happen with good staff. Unfortunately there is rarely enough funding for the staff needed to do a good job."

Today, she enjoys meeting the recipients of her scholarship and learning where they want to see gerontological nursing go in the future. "We started this scholarship because I wanted to see change soon. It may be slower than I want, but change is happening."

Top:
From left: Covenant Health's Sandra Vanderzee, Marian Sayers and Chelsea Langdon at the 2014 Covenant Health Faculty of Nursing Awards.

Bottom:
Marian Sayers today



By the numbers 2018 - 2019

Undergraduate programs

September 2018

143 students admitted
117 direct from high school
26 transfer students

January 2019

99 students admitted
73 degree holders
26 transfer students

June 2019

277 graduates
(includes Medicine Hat College grads)

November 2018

No graduates

Graduate programs

September 2018

22 students were admitted
13 MN course-based 6 MN Thesis 3 PhD

January 2019

15 students were admitted
5 MN course-based 7 MN Thesis 3 PhD

May 2019

9 students were admitted
5 Master of Nursing/Nurse Practitioner
2 students transferred from MN course-based to MNNP
2 PhD

November 2018

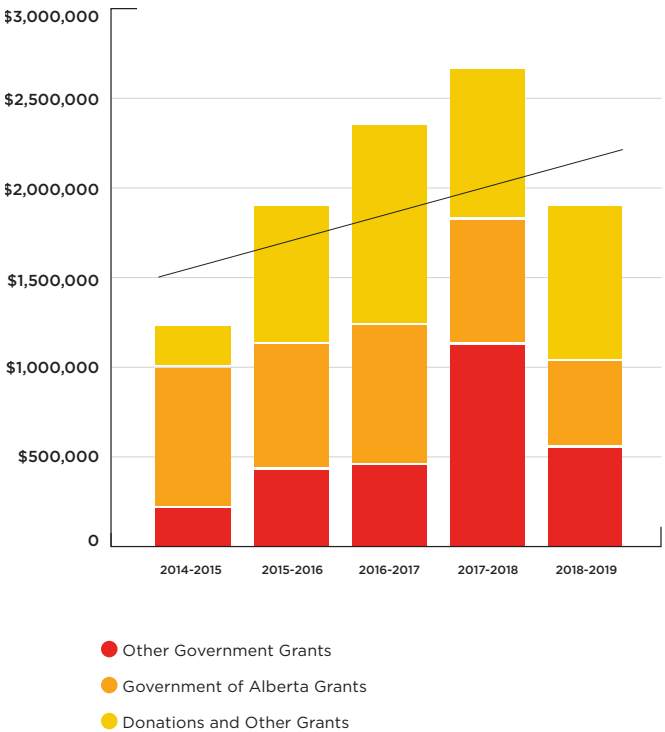
18 students graduated
2 MN course-based 8 MN Thesis
5 Master of Nursing/Nurse Practitioner
2 Post-Master's Nurse Practitioner Diploma
1 PhD

June 2019

21 students graduated
12 MN course-based 6 MN Thesis 3 PhD

Research

Research revenue (FY 2014-15 to FY 2018-19)



Note: while research revenue for FY 2018-19 was lower than FY 2017-18 (an unusually successful year), it was in line with prior fiscal years.

Research Publications

Calendar year 2018

150 Publications and conference papers
1 Book
22 Chapters
173 Total peer-reviewed publications

Our vision

Leading the pursuit of nursing excellence.

Our mission

We advocate

for tangible change through innovations in education, research and practice.

We lead

and collaborate to promote health across the lifespan.

We engage

stakeholders and partners to transform the well-being of individuals, families and communities.

Our values

Respect

We foster a supportive environment that upholds personal dignity through interactions characterized by integrity and courtesy.

Inclusivity

We recognize and respect diversity, engaging within our differences, and striving for all to feel valued and supported.

Compassion

We seek to understand and respond to the needs and suffering of humanity through action-oriented caring.

Leadership

We cultivate our own strengths and the strengths of others in pursuit of excellence and shared goals, taking responsibility for creation of desired futures.

Courage

We think creatively and act with commitment and integrity even when it is difficult.





Well-being

We focus individually and collectively on promoting all aspects of health in our work, study and personal lives.



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